



第八十七期

Should PE Class Be Mandatory?

體育課應該是強制性的嗎？

One educational issue that has undergone a lot of **debate** is whether physical education (PE) class ought to be mandatory or not. In most countries it is mandatory for elementary and high school students, but in some cases it is **optional** for the latter.

體育（PE）課程是否應該是強制性的一直是個備受爭論的教育議題。大多國家強制小學和國高中施行體育課，但在某些情況下，後者（國高中）是可選擇的。



Those who are against mandatory gym class argue that not all students like sports. They believe that the **facilities** and equipment needed for sports are expensive and that the class takes time away that could **otherwise** be spent on learning academic subjects. If students want to play sports, they are free to do so in their spare time. One final argument against it is that sports require a lot of space, so it can be difficult to build new schools in crowded urban areas.



那些反對強制執行體育課的人認為並非所有的學生都喜歡運動。他們認為體育運動所需的設備和器具是昂貴的，且體育課花費的時間反之可以花在學科上。如果學生想運動，他們可以在課餘時間自由行動。最後一個反對理由是--- 運動需要很大的空間，所以在擁擠的城市地區建立新的學校很難。

People who support mandatory gym class point out that it should not only revolve around sports. Physical education should include educating students about general health issues, proper diet, and so on. Now that **obesity** is on the rise in most developed countries and heart disease is the number one killer in the world, it is more important than ever before to teach students how to lead healthy lives.

支持強制性體育課的人士指出，課程不該只圍繞球類活動。體育應包括教育學生關於一般健康問題、適當飲食習慣等教育訓練。現在大多數已開發國家的肥胖率都在上升，心臟病也是世界第一大殺手，教育學生如何過健康的生活比以往任何時候都還重要。

Vocabulary 好字精選

1. debate (n) discussion between people who are for/against an issue 辯論，討論

There has been a lot of debate lately about whether we should put stray animals down or not.
最近有很多關於是否應該撲殺流浪動物的爭論。

2. mandatory (adj) not optional 強制性的，法定的

Getting a health check once per year is mandatory for police officers.
每年必須強制對員警進行一次健康檢查。

3. optional (adj) can choose to do it 可選擇的，非必須的

Betty is taking French as an optional course in her university program.
Betty 在她的大學課程中將法語作為選修課程。

4. facilities (n) amenities and equipment required for an activity (大型)設施，特別功能，才能

Facilities at this hotel include a pool, tennis courts, and computer room.
這家酒店的設施包括游泳池，網球場和電腦室。

5. otherwise (v) apart from that 在其他情況下，否則（+後果），以其他方式

This organization provides money to students that otherwise could not afford to go to college.
這個組織為不能上大學的學生提供資金。

6. obesity (adj) the condition of being extremely overweight 肥胖，過胖

Believe it or not, obesity is becoming an increasing problem in India.
不論你相信與否，印度的肥胖問題正日益嚴重。

Phrases and Sentence Patterns 句型解析

1. ought to be (phr) should be 應該是

This movie ought to be nominated for an academy award.
這部電影應該獲得奧斯卡獎提名。

2. take sth. away (phr) 把（某物）拿走

Bill, please take that knife away from your kid.
Bill，請把刀子從你的孩子身邊移遠一點。

3. point out (phrasal verb) mention a valid point 指出

Experts point out that alcohol is one of the most deadly drugs.
專家指出酒精是最致命的毒品之一。

4. revolve around (phrasal verb) be mainly related to 圍繞

The conference will revolve around the topic of money laundering.

會議將圍繞洗錢問題展開討論。



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Five Reasons Every Woman (and Man!) Should Try Belly Dancing

男女都要嘗試肚皮舞的五大理由

Belly dancing is a traditional dance performance form that originated in the Middle East, but is catching on around the world as a form of exercise. Dancers **reveal** their bellies and shake their hips sexily. Here are five reasons why you should try it!

肚皮舞原是中東傳統的表演舞蹈的一種，但現今變成一種流行於世界的活動，舞者們會露出肚皮，性感的搖擺臀部，下列是五個你不能不試的理由。



1. The Costumes

Sparkly and brightly colored, the costumes are gorgeous!

1. 服裝：

服裝都很華麗，閃閃發亮並帶有鮮明的色彩。

2. The Exercise

An hour of belly dancing is better for your body than an hour at the gym! That's why many people are taking up the activity as a way to lose weight.

2. 運動：

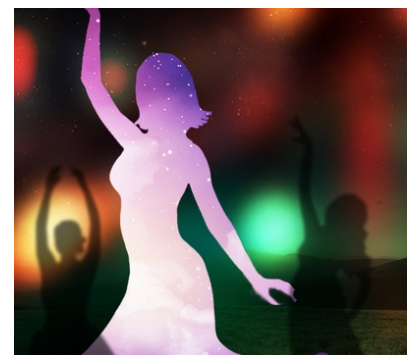
對身體而言，跳肚皮舞一小時好過去健身房一小時！這就是為什麼很多人開始學肚皮舞，並做為一種減肥方法。

3. A Confidence Boost

In the Middle East, a loose belly is perfectly acceptable for a belly dancer. Dancers **embrace** their bodies as they shake them around, and this can help to increase body confidence.

3. 自信心的建立：

在中東國家，鬆垮垮的肚皮對於舞者來說是完美且可被接受的，舞者們藉由擺動身體的同時，更能欣然接受自己的身體，這使人對於自己的身材更有自信。



4. Good for Any Age or Body Type

Do you have a leg injury? Or maybe you can't handle the more difficult moves of other kinds of dance? Then belly dancing is for

you!

4. 任何年齡及身型都合適：

你的腳曾受過傷嗎？或者可能你的身體無法承受其他的困難舞蹈動作？那肚皮舞絕對適合你。

5. Fun

Belly dancing is simply a good way to **relieve** your stress and have a good time. Not only can you make some new friends, but you can also impress your old friends with your dance moves the next time you hit the town!

5. 有趣：

肚皮舞是一種簡單舒壓的方式且有趣。不只可以讓你交到新的朋友，也可以在下次出去跳舞時，使老朋友對於你的舞步留下深刻的印象。

Vocabulary 好字精選

1. reveal (v) to show (something that is hidden) 披露，展現

The teacher was careful not to reveal the test answers.

老師謹慎地不洩漏考試答案。

2. sparkly (adj) having little shiny spots 閃亮亮的，耀眼的

The night sky looked sparkly with all its stars shining bright.

今晚的天空閃耀，星空閃閃。

3. confidence (n) a feeling of being happy with yourself 自信，信任，信賴

Getting compliments from others can help to increase one's confidence.

得到人們的稱讚會可以幫助自信心的增加。

4. boost (n) a source of help/encouragement 鼓舞，促進，激勵，放大

Getting voted the most handsome boy in the school was a boost to Matt's ego.

獲選校草的殊榮對 Matt 來說是很大的鼓勵。

5. embrace (v) accept sth. enthusiastically 欣然接受，擁抱

Many traditional artists are embracing new technology.

很多傳統的藝術家勇於接受新的工藝。

6. relieve (v) to reduce pain, stress, pressure, etc. 紓解，減輕

Having a cup of tea helps Olivia to relieve her pressure.

喝杯茶可以幫助Olivia釋放壓力。

Phrases and Sentence Patterns句型解析

1. catch on (phrasal verb) to become popular 變得流行

The word 'selfie' started catching on in 2013.

「selfie(自拍)」這個字從 2013 年流行起來。

2. take up + an activity/pastime/hobby (phrasal verb pattern) 開始學習

Many people are taking up yoga these days.

近期人們開始學習瑜珈。

3. hit the town (idiom) to go out dancing or partying 出去派對或跳舞

We are only in New York for one night so let's hit the town!

我們只會在紐約待一晚，一起出去狂歡吧！



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