



BBC WORLD SERVICE LEARNING ENGLISH

Olympics: The Flying Fish
奥运飞鱼-菲尔普斯

Olympics: The Flying Fish 奥运飞鱼 – 麦克·菲尔普斯

How Is He So Good? 他怎么能表现非凡?

In China he's known as 'the Flying Fish'; in America they call him 'the Baltimore Bullet'.

Whatever you call him, American swimmer Michael Phelps looks destined to become a household name across the world after breaking the Olympic record for most gold medals in a single Games. Phelps's total of eight golds in Beijing put him one ahead of compatriot Mark Spitz's previous tally set in 1972.

Michael Phelps dominated the field in seven of his races and set an amazing seven world records in the process. He did, however, have one close shave in the 100m butterfly which he won by the smallest possible margin of just 0.01 seconds, and in another he had to contend with a faulty pair of goggles.

Now people are already calling him the greatest Olympian of all time. But whether he is or not, what is it that makes Michael Phelps so good?

A good place to start might be his physique. Phelps has the perfect body shape for a swimmer: his armspan is longer than his height, he has very flexible joints, huge lungs, and his incredibly large feet (size 14 in the US, size 49 in China) act like flippers in the water.

To feed his huge swimmer's body, Phelps eats an astonishing 12,000 calories a day, six times the average for a man of his age.

According to his coach, Phelps starts with a breakfast of champions: "Three fried egg sandwiches with cheese, tomatoes, fried onions and mayo, a five egg omelette, a bowl of grits, three slices of French toast and three pancakes with chocolate chips."

He then slips into a swimsuit which has been making waves in the world of swimming. Designed by NASA, the American space agency, the suit is made of a special material which is said to help athletes swim 2% faster.

Michael Phelps should spare a thought for his mum, who first pushed him into swimming as a way of making friends, and who believed in him when one teacher said he would never be a success.

Whatever the reason for his success, Phelps admits there was perhaps also a bit of luck involving in winning his eight medals.

"I guess eight is a lucky number for me, too, now. The opening ceremony started on 8/8/08. Maybe it was meant to be," he said.

Glossary 词汇表

bullet – 子弹	destined to become – 命中注定成为
household name – 家喻户晓的名字	compatriot – 同胞
tally - (奖牌) 总数	dominated the field – 独霸泳池
close shave – 差一点(输掉); 死里逃生	margin – 相差时间
goggles – 游泳镜	physique – 体格
armspan – 两只胳膊的长度(从一手指尖到另一手指尖)	flexible joints – 灵活柔韧的关节
flippers – 橡胶蹼, 鸭脚板	calories – 卡路里, 热量
mayo – mayonnaise 的缩写, 蛋黄酱	grits – 粗燕麦粉
swimsuit – (连体) 游泳衣	making waves – 引起轰动, 制造浪潮
spare a thought – 关心, 想着	meant to be – 命中注定的

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. Mark Spitz won six gold medals in 1972. True / False
2. Michael Phelps shaved during the 100m butterfly. True / False
3. Phelps had problems with his goggles during his swim. True / False
4. Phelps large feet help him swim fast. True / False
5. Michael Phelps's mother always thought he could be successful. True / False

2. Jumbled Sentences 打乱词序的句子

Rearrange the words in the sentences below to make correct sentences.

请将下列句子中的单词重新排列，组成一个正确的句子。

1. Beijing Phelps won eight Michael Olympics in the gold medals

2. record-holder swimmer American Mark was The previous Spitz

3. the perfect Michael for a physique has Phelps swimmer

4. every 12,000 Phelps eats an amazing calories day

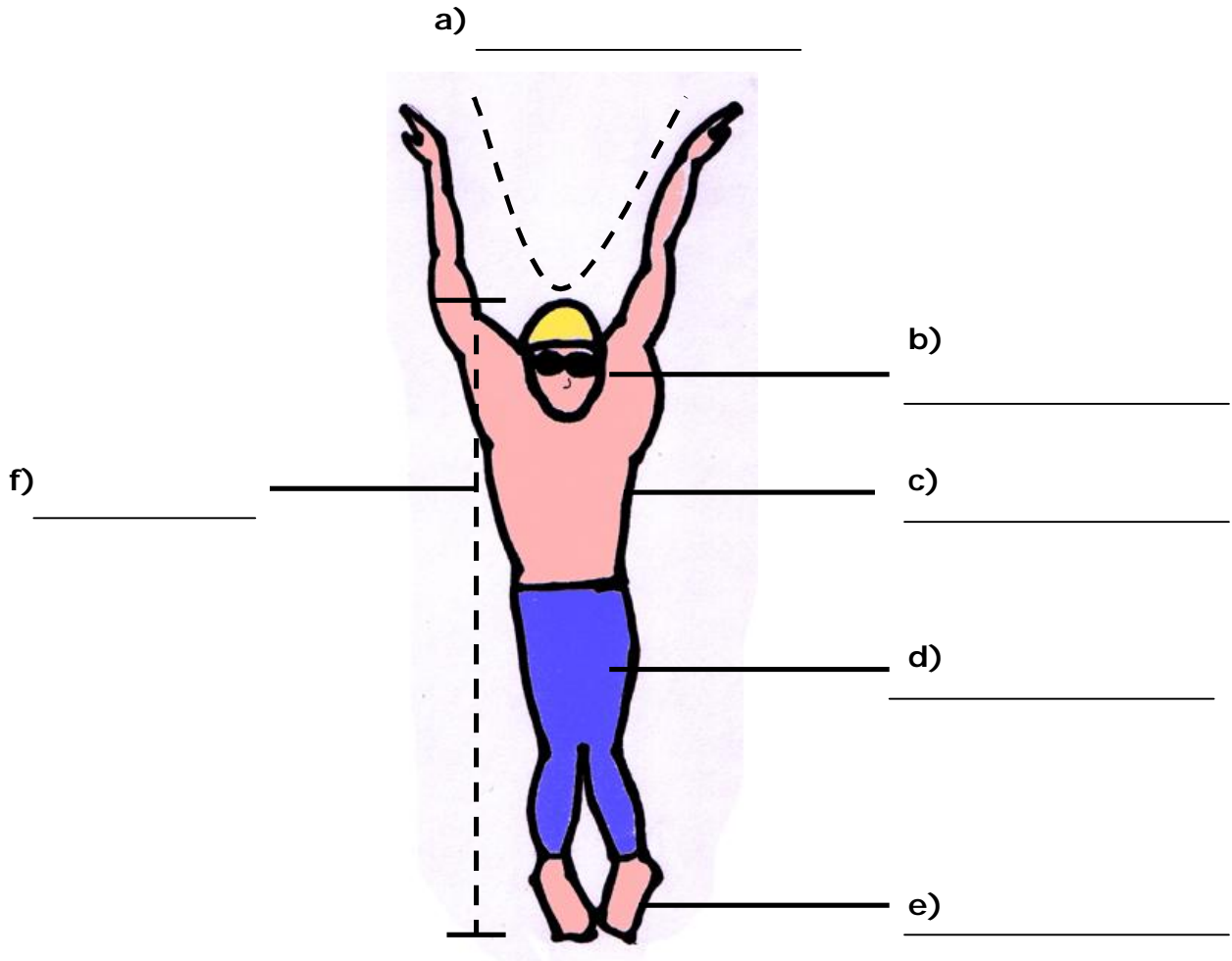
5. Michael is said to help The people swimsuit worn by Phelps swim faster

6. when his success thought he would not be a teacher Phelps's mother supported him

3. Label the picture 标注图片

Look at the picture of a swimmer below. The words you need words to fill in are at the bottom of the page.

请看一下图片。请将正确的表达写在图片下面。提示在最下面。



goggles swimsuit lungs height armspan feet

4. Wordsearch 单词搜索

Try to find the words associated with swimming in the puzzle below.

There are ten words to find. Words can be written horizontally (g), vertically (i) or diagonally (m)

请在下面的字谜游戏中，找出与有关游泳的英语单词。

共有10个单词，其组成方式可能以水平的 (g) 垂直的 (i) 或对角的 (m) 形式出现。

d	a	f	e	s	w	i	m	s	u	i	t
m	s	d	g	j	o	t	a	w	f	d	z
a	h	b	u	t	t	e	r	f	l	y	k
r	f	u	b	u	t	o	g	a	i	l	c
g	l	l	p	x	v	m	i	m	p	y	a
i	b	l	i	t	u	t	n	t	p	e	l
n	r	e	f	p	a	l	y	i	e	s	o
o	n	t	e	o	p	l	f	s	r	e	r
v	e	r	a	l	s	e	l	t	s	r	i
o	k	e	s	w	h	i	r	y	a	m	e
p	o	p	j	o	i	n	t	s	o	n	s
c	h	a	r	e	u	l	a	r	g	s	w

physique	goggles	swimsuit	flippers	calories
bullet	tally	joints	margin	butterfly

Answers 答案

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. Mark Spitz won six gold medals in 1972. False
2. Michael Phelps shaved during the 100m butterfly. False
3. Phelps had problems with his goggles during his swim. True
4. Phelps large feet help him swim fast. True
5. Michael Phelps mother always thought he could be successful. True

3. Label the pictures 标注图片

Look at the picture of a swimmer below. The words you need words to fill in are at the bottom of the page.

请看一下图片。请将正确的表达写在图片下面。提示在最下面。

- a) armspan
- b) goggles
- c) lungs
- d) swimsuit
- e) feet
- f) height

2. Jumbled Sentences 打乱词序的句子

Rearrange the words in the sentences below to make correct sentences.

请将下列句子中的单词重新排列, 组成一个正确的句子。

1. Michael Phelps won eight gold medals in the Beijing Olympics.
2. The previous record-holder was American swimmer Mark Spitz.
3. Michael Phelps has the perfect physique for a swimmer.
4. Phelps eats an amazing 12,000 calories every day.
5. The swimsuit worn by Michael Phelps is said to help people swim faster.
6. Phelps's mother supported him when his teacher thought he would not be a success.

4. Wordsearch 单词搜索

				s	w	i	m	s	u	i	t
m							a		f		
a		b	u	t	t	e	r	f	l	y	
r	f	u					g		i		c
g		l					i		p		a
i		l	i	t			n		p		l
n		e		p	a				e		o
		t			p	l			r		r
						e	l		s		i
							r	y			e
				j	o	i	n	t	s		s