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**EXAM FOCUS 17:**

# SPORTS

**ALL-ROUND  
VOCAB  
LIST**

**SELECTION  
2026!!!**



**SUPER ENGLISH FORCE ★ SINCE 1998**



# SPORTS 运动

⊕ Events ⊕ Advantages ⊕ Types ⊕  
 ⊕ Facilities ⊕ Star Athletes ⊕ Value ⊕

- sport (n. 單數名詞) / sports (adj. 或複數)
- sporting activities (體育活動)
- athletics (田徑運動 / 體育運動)
- track-and-field events (田徑項目)
- team sports (團隊運動)
- water sports (水上運動)
- extreme sports (極限運動)
- physical education (體育課)
- lifetime career (終身職業)
- short-lived career (短暫的職業)
- sportsmanship (體育精神)
- gamesmanship (不擇手段的比賽策略)
- athleticism (運動能力 / 運動素質)
- serious / minor injuries (嚴重 / 輕微傷害)
- gambling (賭博)
- bolster attentiveness (增強專注力)
- boost morale (鼓舞士氣)
- build up physical strength (增強體力)
- develop strong willpower (培養堅強意志)
- elevate enthusiasm (激發熱情)



- **eliminate prejudice** (消除偏見)
- **encourage cooperation and teamwork** (鼓勵合作與團隊精神)
- **gain a sense of achievement** (獲得成就感)
- **give a sense of belonging** (帶來歸屬感)
- **improve concentration** (提高專注力)
- **increase stamina** (增強耐力)
- **keep up our spirits** (振奮精神)
- **learn leadership skills** (學習領導能力)
- **nurture diversified interests** (培養多元興趣)
- **promote international friendship** (促進國際友誼)
- **promote personal talents** (發揮個人才能)
- **raise confidence** (增強信心)
- **reinforce mutual respect among teammates** (加強隊友之間的相互尊重)
- **show perseverance and persistence** (展現毅力與堅持)
- **strengthen mutual understanding among teammates**  
(加強隊友之間的相互理解)
- **stretch potential** (發揮潛能)
- **train to work with others** (訓練與他人合作)
- **work in close collaboration with teammates on the field**  
(在賽場上密切合作)

### Describing Sports & Athletes

sportsmanlike (有體育精神的)	sportive (愛運動的 / 活潑的)
sporty (運動型的)	energetic (精力充沛的)
active (活躍的)	athletic (運動型的)
muscular (肌肉發達的)	well-built (體格健壯的)
physically essential (對身體必不可少的)	healthy / wholesome (健康有益的)
competitive (富有競爭性的)	resilient (有韌性的 / 不屈不撓的)
agile (敏捷的)	enduring (耐力強的)
hardworking (勤奮)	disciplined (自律)



### Facilities & Apparels

swimming pool (游泳池)	sports coats (運動外套)
indoor stadium (室內體育館)	sports shirts (運動衫)
sports complex (體育中心)	sports suits (運動套裝)
football field (足球場)	sports shoes (運動鞋)
gymnasium (體育館)	sportswear (運動服)
basketball court (籃球場)	racket (球拍)
covered playground (有頂操場)	helmets (頭盔)
apparatus (體育器械)	gloves (手套)
stadiums & arenas (體育場和競技場)	pads (護墊 / 護具)

### Sports Events

Olympics (奧林匹克)	Paralympics (殘奧會)
World Cup (世界盃)	Asian Games (亞運會)
Winter Olympics (冬季奧運)	sports tournament (運動聯賽)
sports day (運動會)	swimming gala (水運會)
athletic meet (田徑賽)	outdoor activities (戶外運動)

### Star Athletes

<b>Basketball:</b>	LeBron James, Kevin Durant, Stephen Curry
<b>Football / Soccer:</b>	Lionel Messi, Cristiano Ronaldo, Neymar Jr.
<b>Tennis:</b>	Novak Djokovic, Rafael Nadal, Roger Federer
<b>Golf:</b>	Tiger Woods, Rory McIlroy, Scottie Scheffler
<b>Boxing:</b>	Muhammad Ali, Mike Tyson, Floyd Mayweather Jr.
<b>Qualities:</b>	perseverance, talent & creativity, an inspiring success story, record-breaking achievements, confidence, courage, commitment to his beliefs, humility, determination

### Sports-related People

professional athletes (職業運動員)	players (球員)
sportsmen (運動員)	coaches / trainers (教練)
captains (隊長)	teammates (隊友)
sports writers (體育記者)	sports journalists (體育記者)
sports correspondents (體育特派記者)	sports presenters (體育節目主持人)
referees (裁判)	sportscasters (體育解說員)
spectators (觀眾)	fans / supporters (球迷)



Common Sports Activities

- archery (射箭)
- badminton (羽毛球)
- basketball (籃球)
- boxing (拳擊)
- bungee jumping (蹦極跳)
- canoeing (獨木舟)
- cricket (板球)
- discus (擲鐵餅)
- dodgeball (躲避球)
- equestrianism (馬術)
- football / soccer (足球)
- grand prix racing (格蘭披治賽車)
- hammer throw (鎗球)
- hiking (遠足)
- hockey (曲棍球) / ice hockey (冰上曲棍球)
- hurdles (跨欄)
- javelin (標槍)
- karate (空手道)
- kickboxing (踢拳 / 拳擊健身)
- kung fu / martial art (武術)
- Mixed Martial Arts (MMA) (綜合格鬥)
- motorboat racing (賽艇)
- mountaineering/coasteering (登山/海岸攀岩)
- orienteering (越野定向)
- pickleball (匹克球)**
- rock climbing (攀石)
- rugby (橄欖球)
- scuba diving (潛水)
- skiing (滑雪)
- snorkelling (浮潛)
- softball (壘球)
- sumo (相撲)
- taekwondo (跆拳道)
- tug-o-war (拔河)
- windsurfing (滑浪風帆)
- water polo (水球)
- jumping: triple jump / long jump / high jump / pole vault (三級跳遠/跳遠/跳高/撐杆跳)
- swimming: freestyle/backstroke/breaststroke/butterfly stroke (自由泳/仰泳/蛙泳/蝶泳)
- 3 components of triathlon: swimming, cycling, running (鐵人三項：游泳、自行車、跑步)
- arm wrestling (拗手瓜)
- baseball (棒球)
- bowling (保齡球)
- bull fighting (鬥牛)
- callisthenics (健美體操)
- climbing (攀登)
- cycling (自行車)
- diving (跳水)
- dragon boat racing (賽龍舟)
- fencing (擊劍)
- freerunning (花式跑/飛躍道)
- gymnastics (體操)
- handball (手球)
- hill / mountain climbing (登山)
- horse / dog racing (賽馬/賽狗)
- ice skating (滑冰)
- judo (柔道)
- kayaking (划艇)
- kitesurfing (風箏浪板)
- marathon (馬拉松)
- auto / motor racing (賽車)
- motorcycle racing (摩托車比賽)
- mountain biking (山地自行車)
- parachuting / skydiving (跳傘)
- racing (賽跑)
- roller skating (滾軸溜冰)
- sailing (帆船)
- skateboard (滑板)
- snooker / pool / billiards (桌球)
- snowboard (滑雪板)
- squash (壁球)
- tennis (網球) & table tennis (乒乓球)
- tai chi (太極)
- volleyball (排球)
- weightlifting (舉重)
- wing chun (詠春)








🗨 Expression Formula x Exam Focus 🗨

2024 Set 7.3

Part A Group Interaction

This article appeared on a website:

**Mascot Design Contest for Cross Harbour Race**

The Cross Harbour Race is a popular Hong Kong sports event which attracts hundreds of swimmers and thousands of spectators each year. Swimming 1.8 km across the Victoria Harbour from Tsim Sha Tsui to Wan Chai, the race perfectly blends both nature and city experience together. The event has also attracted significant media attention with vibrant photos of athletes diving into Victoria Harbour against the picturesque backdrops of Hong Kong’s mountain and skyscraper views. With its 70 years of history, the cross harbour swim advocates the strong Lion Rock Spirit which truly fosters the pride of Hong Kong.

The organisers of the race are inviting people to enter a contest to design a mascot for the Cross Harbour Race. Sport mascots are often animals with humanlike characteristics and distinct personalities who represent something meaningful or unique about the event.

The goal of the Mascot Design Contest is to design a character inspired by the Hong Kong Cross Harbour Race. The mascot image should appeal to people of all ages. It will be used to raise awareness and promote the race, and will be a symbol of the swimming race appearing on t-shirts, water bottles, and souvenirs.

Your teacher wants your class to enter this Mascot Design Contest. Your group is meeting to discuss ideas for designing a mascot. You may want to talk about:

- what qualities make a good mascot
- what to consider when choosing a mascot for the Cross Harbour Race
- whether you would recommend using any of the characters shown above
- anything else you think is important



**PART B Individual Response**

1. Are sports events popular in Hong Kong?
2. Do you like watching sports events?
3. Is the Cross Harbour Race suitable for people of all ages?
4. Why do people like to buy toys and other souvenirs at sports events?
5. How else could the Cross Harbour Race be promoted in Hong Kong?
6. How can Hong Kong benefit from holding major sports events?
7. Why do large corporations sponsor major sports events?
8. Do mascots appeal to people of all ages?

**Cue Card**

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