

Part 1

Listening Strategies & Skills

听力训练策略 (Listening Strategies)

听力训练技巧 (Listening Skills)

听说能力是语言交流最基本的能力，它在交流过程中起着重要作用。英语学习中的四项基本技能：听、说、读、写，听力技能位于首位，它是其他各项英语技能的基础，直接影响学习者的英语综合运用能力。听力能力的培养和提高需要长期的语言实践和科学的听力训练，因此，掌握科学的学习方法，运用正确的听力策略和技巧是至关重要的。

听力训练策略 (Listening Strategies)

(一) 强化语音

语言的基础是语音，语音是听力中最直接的因素。发音的准确与否直接影响着学习者对语言的理解，对听力材料的正确理解要建立在良好的英语语音和语调的基础之上。由于受母语的影响，很多学习者的发音不准，又缺乏必要的语音基础知识，听力理解能力难以提高。因此，在平时的英语学习中，要重视语音知识的积累和语音技巧的训练和运用，不仅要熟悉和掌握 48 个音素的正确发音，了解重读、连读、弱读、失去爆破、同化、省略等语音技巧，熟悉英式英语和美式英语两者之间发音的差异。同时，还要注意语调的正确使用，因为语调的变化也会产生语意的变化。例如：对于“*What are you doing?*”这句话，读升调表疑问、惊讶，甚至质疑；读降调表呵斥、制止。良好的语音基础可以有效地帮助学习者提高对语音的识别度，从而提高听力理解能力。

(二) 扩大词汇量

词汇量的多少是直接影响听力理解的关键因素。根据教育部高教司颁布的《*高职高专教育英语课程教学基本要求(试行)*》，高职高专学生的词汇量应达到 3 400 个英语单词；《*高等学校英语应用能力考试大纲*》A 级听力水平要求：能听懂日常和涉外业务活动中使用的结构简单、发音清楚、语速较慢（每分钟 120 词左右）的英语对话和不太复杂的陈述，理解基本正确。要提高听力理解能力，必须平时注意词汇量的积累。在英语学习中，很多人习惯用背单词表或词汇书的方法来记单词，这种方法一般遗忘率较高。下面介绍几种轻松记忆法，以供参考。

1. 构词记忆法

构词记忆法是对单词进行构词分析，找出前缀、后缀、复合成分、词性转换等以加强记忆，是单词记忆中的第一大法。英语的构词法主要分三大类：派生法、合成法、词类转换法。英语中许多单词是通过派生、合成或词类转换而来的。其中，派生法由于词缀较多，有些学习者会感觉记忆困难，但只要掌握了基本规律就能高效记忆。例如：词根表示词的基本意思，前缀和后缀表示词的附加词汇意义或语法意义，通常情况下，前缀改变词义，后缀改变词性。派生法的构成形式有三种。

(1) 前缀 + 词根

dis- (不；非) + advantage (*n.* 优势) → disadvantage (*n.* 不利条件)

(2) 词根 + 后缀

accept (*v.* 接受) + -ance (名词词尾) → acceptance (*n.* 接受)

(3) 前缀 + 词根 + 后缀

inter- (相互) + change (*v.* 改变) + -able (形容词词尾) → interchangeable (*adj.* 可互换的; 可交换的)

2. 分类归纳法

分类归纳法主要是对单词进行分类、归纳、对比, 找出词义或语音上相同、相近或相反的地方, 同中求异, 异中求同, 加深印象。具体归类方法有以下几种:

(1) 近义词

view, scene, scenery, landscape 这些词都表示“风景、景色”, 把它们归纳在一起进行分析, 找出其相似点及细微差别之处。

(2) 反义词

optimistic 乐观的

pessimistic 悲观的

(3) 同音词

[pi:s] peace 和平

piece 片, 块

(4) 近形词

desert 沙漠

dessert 饭后甜食

(5) 同类词

同类词, 即把表达同类事物或人的词汇归类记忆, 例如: 交通工具类、职业类、食品类、动物类等。

(6) 同词异音及异义词

同一个单词, 因词性或词义不同而发音不同。注意它们在不同语言环境中的不同读音。例如: present 作名词“礼物”时, 读 [preznt], 而作动词“送给; 呈现”时, 则读 [pri'zent]。

3. 联想记忆法

联想记忆法, 即对词汇进行联想式记忆, 看到一个单词联想到它的同根词、近义词、反义词、同音词等。例如: 由 depend 可以联想到 dependent, dependence, independent, independence 等。

4. 运用记忆法

单词造句、阅读短文等方法也是记忆和巩固单词的好方法, 可以把单词放在词组、句子或课文等语言环境中记忆, 以免枯燥乏味, 且易记难忘。

总之, 要扩大词汇量, 有效地掌握一些记忆单词的好方法是必要的, 但更重要的是要

有毅力，坚持多听、多读、多写、多记。

（三）熟悉语法

语法和词汇一样也是英语学习和运用的基础，二者缺一不可。掌握一定的语法基础知识，对正确理解语意，提高听力能力起着重要作用。基本的语法结构主要包括句子结构（五种基本句型、there be 句型、简单句、复合句、并列句）、句式（陈述句、疑问句、祈使句、感叹句）、语气（陈述语气、祈使语气、疑问语气、虚拟语气）、句子时态（八种基本时态）和语态（主动语态、被动语态）等内容。语法知识的学习同样要注重平时的积累，语法上的错误要及时改正，不断督促自己形成正确的语法使用习惯，从而提高听力理解的准确度。

（四）积累背景知识

正确理解听力材料，除了要把握语言信息外，还要借助一定的常识和文化背景知识。中外文化存在着巨大差异，尤其是中西方国家的文化习俗差异，它直接影响到学生的跨文化交际的能力。学习者由于缺乏对英美国家的历史、地理、政治、文化、经济和风土人情的了解，就会因知识面窄，文化价值观的理解出现偏差，即使记住了单词的字面含义，也难理解它在特定语言环境中的真实语义。所以，学习英语的同时也应通过阅读书籍、报刊，观看影视作品，上网搜索等方式了解各国文化背景，拓宽自己的知识面，消除由于文化知识的缺乏而造成的听力理解障碍。

（五）培养良好的心理素质

由于平时缺乏系统、科学、适量的听力训练，很多学习者即使掌握了一定词汇和语法知识，在听力练习中仍感到力不从心。而在听力测试时，语速较快、答题时间短，更是让学习者无所适从，产生恐惧心理。听力开始前，有些学生因紧张情绪出现头脑一片空白，导致词汇上的“暂时性失忆”；多数学生在简单对话题型中，遇到听力障碍时容易产生焦虑情绪，必然影响后面听力内容的理解。因此，平时应多加强相关的听力训练，增强自信心，保持良好的心态，学会控制自己的情绪，逐步培养良好的听力心理素质。

听力训练技巧 (Listening Skills)

（一）合理选材、循序渐进

听力能力的提升是一个循序渐进的过程。在平时的听力训练中，选材很重要。听力训练前，学习者应对自己的听力水平有一个正确的认识，以便选择适合自己的听力材料。选择低于自己听力水平的材料，容易产生自满情绪，并不利于听力能力的提升，而若选择太难、远远超出自己听力能力的材料，会导致越听越没有信心、逐渐失去兴趣，甚至完全放弃。因此，听力训练前期应选择难度较易，语速较慢的听力材料进行训练。材料不宜过长，以 300 词左右的短文为宜，并且最好选择较为熟悉或感兴趣的话题。例如：关于日常生活、文化、

人物等方面的内容，训练之始避免选择科技、伦理方面等难度较大的文章，循序渐进，逐步增加听力材料的难度和话题的广度。

（二）适度训练、持之以恒

听力能力的提升不是一蹴而就的事，要通过长期的努力和坚持才能取得效果。有些学习者起初热情高涨，一天反复多次进行听力练习，刚开始几天坚持得很好，但一两个星期后，感觉听力没有明显进步，且练习比较枯燥，慢慢地开始间断性地练习，花在听力练习上的时间越来越少，直至最后放弃。为了取得理想的听力训练效果，学习者应该合理安排时间，进行适度训练并持之以恒。听力训练的频率一天一次或两次即可，选择一个比较固定的时间进行，最好是在自己精力比较旺盛的时间段。每天听力的训练时长合计 40 分钟左右为宜，时间不能太短，否则就达不到训练的效果，但也不能强迫自己一次听的时间太久，题量太大，毕竟题目多，听不懂的地方也多，若这样的状态持续的时间太长，将会严重影响学习者的自信心和对听力练习的兴趣。

（三）精听与泛听结合训练

精听要求学习者听懂每一个词、每一个句子，可以是逐词、逐句地反复听，也可以是用一段对话或是一篇文章重复地听。精听的最佳训练方法是听写练习。虽然精听练习要消耗大量的时间和精力，但它对提高听力水平的效果是最明显的，通过精听练习不仅能够提高学习者的听力水平，而且能够极大地促进词汇和语法的学习，这将是打好英语听力基础的关键。

泛听则要求学习者在听力练习中掌握对话、故事或短文等听力材料的大意，它主要锻炼学习者对英语的总体把握能力，泛听的内容可以更广泛一些，形式可以是对话、短文，也可以是影视录音，英文歌曲、英语故事、电台的英文节目，包括 VOA，BBC 的新闻节目等。泛听有助于培养学习者的英语语感和对英语听力的兴趣。

精听和泛听练习是相辅相成的，将这两种听力练习方法结合运用是最行之有效的，但是在实际练习过程中要把握“精听为主，泛听为辅”的原则。

（四）四项基本技能相结合

听、说、读、写是英语学习中的四项基本技能，它们是密不可分、相辅相成的。所以学习者平时听力训练时也要将它们结合起来，听完一段录音可以尝试复述，并在复述时注意自己的语音语调，达到以说促听的目的；读则是大声朗读或限时默读，朗读可以培养语感，默读可以提高学习者的阅读速度和扩大词汇量，以提高听力练习时对所听材料和阅读题目的反应速度；而写就是对所听材料的部分句子或段落进行听写，训练学习者听的精确度及书写的速度。

（五）明确各环节任务、提高听力效率

英国听力教学法专家 Mary Underwood 根据听力理论和记忆的心理规律设计了听的三个

步骤，即“听前”（pre-listening）、“听时”（while-listening）、“听后”（post-listening）。

1. 听前（pre-listening）

在听力练习或考试前，首先，调整心态，稳定情绪，做好听音的准备。

然后，迅速浏览，抓住重点。在录音播放前，抓紧时间，迅速浏览题目及选项，浏览选项时，对相同部分内容跳过，直接对比不同的部分，根据题目和选项可以凭借常识对部分内容进行预测，并注意抓住重点。例如：提问的疑问词，一般可归纳为 when、where、who、what、how 五个方面，以及由此展开的 how long、how much/many、what time 等，对问题做到心中有数，听音时才能较快地从录音中找到答案。若选项中出现不同的人名、地名、数字、时间或日期时，则要做好强记的准备。

最后，标记关键词，节省时间。从心理学的角度来说，人会被刻意标出来的地方所吸引，在浏览题目时，养成找关键字的习惯，可节省重读题目的时间，快速锁定考查的内容并做出应答。

2. 听时（while-listening）

听力过程中要做到以下几点。

（1）集中精力，排除干扰。

（2）利用预测时得到的潜在信息，把握听音的重点。

（3）有效速记。听力过程中时间紧，语速快，可以利用符号、图示、缩写等方法迅速记录要点，有的放矢。一般笔记要记下关键词和重要的时间、地点、数字、原因、结果、人物身份或关系等，这样促进有效记忆，提高准确率。

（4）以大局为重。在听力过程中，一旦遇到听不懂的内容，有些人会产生急躁、紧张的情绪，且停留在原题回想，导致错过了后面的听力内容，这是不可取的，正确的做法是暂时放弃没听懂的内容，花几秒钟的时间快速调整心态，全身心地投入到下一道题中，等听力结束后，可以凭自己的短时记忆再回过头去细想暂时放弃的那些题目，这是有舍才有得，以大局为重的策略。

3. 听后（post-listening）

听力结束后要快速整理答案，并根据对所听到的内容的理解和记忆结合书面的题目和选项核对答案。同时，每次听力练习后要对自己的出错点及时进行分析、总结，以便在往后的听力练习中进行有针对性的训练，切实提高学习者的听力能力和答题的正确率。

Part 2

Learning & Listening



- Unit 1** Weather
- Unit 2** Sport
- Unit 3** Health
- Unit 4** Travel
- Unit 5** Relationship
- Unit 6** Festival
- Unit 7** Art
- Unit 8** Service
- Unit 9** Occupation
- Unit 10** Technology

Unit 1

Weather



Cultural Background

People talk about the weather more in Britain than in most parts of the world. Why? There are probably two reasons. One is the uncertainty of the weather. The weather in Britain changes very quickly. In Britain, you can even experience four seasons in a day. You may go to bed with the stars shining brightly, and wake up with rain falling heavily. The weather in Britain is constantly changing. Another reason is that the weather is considered a safe topic of conversation. When you meet a person and do not know him well enough to talk about personal matters, you can at least sound friendly by talking about the weather.

As the weather is so changeable, it is of course quite important. It plays a big part in the lives of the British people. The British have to change their plans very often according to the weather and this has made them good at dealing with difficulties. Every daily newspaper publishes something about the weather. Both the radio and the television give reports on the weather several times each day.

Listening Tips

温度的符号及单位名词的读法

常用的温度单位有摄氏度和华氏度。摄氏度的英语表达是 degrees centigrade ['sentigreɪd] 或 degrees Celsius ['selsiəs], 符号是℃; 华氏度的英语表达为 degrees Fahrenheit ['færənhaɪt], 符号是°F。例如:

5℃读作 five degrees centigrade。

5°F读作 five degrees Fahrenheit。

-10℃则读作 ten degrees centigrade below zero 或是 minus ten degrees centigrade。

It will be a mild night, around 22 degrees centigrade. 今晚天气温和, 气温约为 22 摄氏度。

The lowest temperature will be 15 degrees Celsius below zero. 最低温度将达到零下 15 摄氏度。

In normal conditions, water freezes at 32 degrees Fahrenheit. 正常情况下, 水在 32 华氏度结冰。

Useful Words and Phrases

minus	[ˈmaɪnəs]	<i>prep.</i>	(表示运算) 减去; (表示数目) 在零度以下
		<i>n.</i>	减号; 负号
		<i>adj.</i>	负的
confirm	[kənˈfɜ:m]	<i>v.</i>	证实; 确认
climate	[ˈklaɪmət]	<i>n.</i>	气候; 氛围; 状况; 局势
moan	[məʊn]	<i>v.</i>	抱怨, 悲叹; 呻吟
		<i>n.</i>	呻吟声; 悲叹
foggy	[ˈfɒɡi]	<i>adj.</i>	有雾的; 模糊的, 朦胧的
chilly	[ˈtʃɪli]	<i>adj.</i>	寒冷的; 怕冷的; 冷淡的
pour	[pɔ:]	<i>v.</i>	涌出; 倒; 倾泻
		<i>n.</i>	倾泻; 骤雨
numb	[nʌm]	<i>adj.</i>	麻木的, 失去感觉的
		<i>v.</i>	使麻木; 使失去知觉
thunderstorm	[ˈθʌndəstɔ:m]	<i>n.</i>	雷暴; 大雷雨
extreme	[ɪkˈstri:m]	<i>adj.</i>	极端的; 非常的; 末端的
		<i>n.</i>	极端; 末端
shower	[ˈʃaʊə(r)]	<i>n.</i>	淋浴; 阵雨
		<i>v.</i>	下阵雨; 洒落
odd	[ɒd]	<i>adj.</i>	古怪的; 奇数的; 临时的
		<i>n.</i>	奇数; 怪人; 奇特的事物
fairly	[ˈfeəli]	<i>adv.</i>	相当地; 公平地
freezing	[ˈfri:zɪŋ]	<i>adj.</i>	严寒的, 冰冻的; 极冷的
exposed	[ɪkˈspəʊzd]	<i>adj.</i>	裸露的, 暴露的
mild	[maɪld]	<i>adj.</i>	轻微的; 温和的
clear up			放晴

Micro Listening



Task 1 Listen to the sentences and choose the words you hear in each of the following sentences.

- | | | |
|------------------|--------------|---------------|
| 1. A. minutes | B. minus | C. mines |
| 2. A. below | B. blow | C. bellow |
| 3. A. below | B. blow | C. bellow |
| 4. A. centimeter | B. centigram | C. centigrade |
| 5. A. centimeter | B. centigram | C. centigrade |

Task 2 Listen to the sentences and write down the words or phrases related to weather.

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Task 3 Listen to the dialogues and choose the correct answers.

- | | | |
|-------------------|-----------------|--------------------------|
| 1. A. Windy. | B. Rainy. | C. Cloudy. |
| 2. A. Sunny. | B. Rainy. | C. Cloudy. |
| 3. A. A raincoat. | B. An umbrella. | C. A pair of rain boots. |
| 4. A. Foggy. | B. Rainy. | C. Snowy. |
| 5. A. Her scarf. | B. Her boots. | C. Her gloves. |

Focus Listening



Task 1 Listen to the questions or sentences and choose the best response to what you hear. The questions or sentences will be spoken only once.

- | | |
|--|------------------|
| 1. A. Yes, it's terrible. | B. I don't know. |
| C. Yes, it's nice. | D. No, it isn't. |
| 2. A. It's going to rain. | |
| B. It will be windy. | |
| C. It was about 20 degrees centigrade. | |
| D. It will be about 20 degrees centigrade. | |

3. A. It is very cold.
C. It is rainy.
4. A. I like autumn best.
C. I like sunny days.
5. A. No, I don't.
C. No, it isn't.
- B. It was very cold.
D. It will be rainy.
- B. I don't like rainy days.
D. I don't like winter.
- B. Yes, I do.
D. Yes, I am.

Task 2 You will hear 5 short conversations. After each conversation, there is a recorded question. The conversations and questions will be spoken twice. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

1. A. Rainy.
C. Windy.
2. A. It will clear up.
C. It will be windy.
3. A. She likes beach and sunshine.
B. She likes the climate in Sanya.
C. She is going to visit somewhere else.
D. She is not going to visit Sanya.
4. A. The wind has stopped, but it's still raining.
B. It's still raining, and the wind is blowing.
C. Both the rain and wind have stopped.
D. The rain has stopped.
5. A. He will accept the woman's suggestion.
B. He will join the woman for a walk.
C. He will not go out for a walk.
D. He will go to the park.
- B. Cloudy.
D. Sunny.
- B. It will be rainy.
D. It will be cloudy.

Task 3 Listen to the short conversations and choose the correct answers. After each conversation, there are some recorded questions. The conversations and questions will be spoken twice. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

Conversation 1

1. A. Spring.
C. Autumn.
- B. Summer.
D. Winter.

- 2. A. Have a party.
- B. Stay at home.
- C. Go fishing.
- D. Have a picnic.

Conversation 2

- 3. A. It's cold.
- B. It's hot.
- C. It's warm.
- D. It's cool.
- 4. A. It would be colder than it was.
- B. It would be sunny.
- C. The cold weather would finish last night.
- D. It would be windy.
- 5. A. Confirm the appointment time.
- B. Order some drinks.
- C. Keep their bodies warm.
- D. Go out to have coffee.

Task 4 Listen and put the missing words or phrases in the blanks according to what you hear. The passage will be read twice.

Once you have visited Great Britain you will 1 _____ why we are always talking about the weather! Our climate can change from day to day but we are also lucky in that we 2 _____ have extreme weather conditions.

“March winds, April showers and thunder storms in August” has been a popular weather saying for centuries and can still be used today to 3 _____ the British weather.

We British love to moan about the weather and if you want to start up a conversation, just 4 _____ the weather. We will moan that it is so hot or cold but never perfectly 5 _____ !

Task 5 Listen to the passage and answer the questions. When you hear a question, you should complete the answer to it with a word or a short phrase (in no more than 3 words). Both the passage and the questions will be read twice.

- 1. What is the weather like in the southeast of the country?
_____.
- 2. What will the highest temperature be in the north?
_____.
- 3. In which part is it sunny in the evening?
_____.
- 4. What will the temperature be in the south during the day?
It's about _____.

5. Will the weather change a lot in the south?

Further Listening



Task 1 Listen, write & retell. Listen to the story and complete the sentences. The story will be read twice. Then retell the story.

A dog stole a big juicy bone from a butcher. He ran out into the fields with the bone. He was going to eat it all by himself. The dog came to a stream. 1 _____.

_____ The dog walked on to the bridge, and looked into the water. He could see 2 _____.

The dog thought the bone in the water 3 _____, so he dropped the bone from his mouth and jumped into the water to snatch the bigger bone from the other dog. He looked everywhere but he could not see the other dog. His shadow had gone. The silly dog went home hungry.

4 _____.

Task 2 Listen to the news twice and judge whether the following statements are TRUE (T) or FALSE (F).

- () 1. The super typhoon Mangkhut has winds of up to 200 kilometers per hour.
- () 2. The super typhoon Mangkhut is considered a category 5 hurricane in North America, the most severe level.
- () 3. The super typhoon Mangkhut is expected to reach the Philippines on Thursday.
- () 4. Mangkhut is the fifth storm to hit the Philippines this year.
- () 5. Mangkhut is the most powerful storm to hit Asia this year.
- () 6. Typhoon Jebi killed ten people in Japan.

Appreciation



This is an English picture story about The Snowy Day. Watch the video and fill in the blanks with the words or phrases you hear.

The Snowy Day

One winter morning Peter 1 _____ and looked out the window. Snow had fallen during the night. It 2 _____ everything as far as he could see.

After breakfast he put on his snowsuit and ran outside. The snow was piled up very high along the street to make a path for walking.

Crunch, crunch, crunch, his feet sank into the snow. He walked with his toes pointing out, like this. He walked with his toes pointing in, like that.

Then he dragged his feet s-l-o-w-l-y to make tracks. And he found something sticking out of the snow that made a new track. It was a stick—a stick that was just right for smacking a snow-covered tree.

Down fell the snow “plop!” on top of Peter’s head.

He thought it would be fun to join the big boys in their snowball fight, but he knew he wasn’t old enough yet. So he made a smiling snowman, and he made angels.

He 3 _____ he was a mountain-climber. He climbed up a great big tall heaping mountain of snow and slid all the way down. He 4 _____ a handful of snow and another, and still another. He packed it round and firm and put the snowball in his pocket for tomorrow. Then he went into his warm house. He told his mother all about his 5 _____ while she took off his wet socks. And he thought and thought and thought about them. Before he got into bed he looked in his pocket. His pocket was empty. The snowball wasn’t there. He felt very sad. While he slept, he dreamed that the sun had melted all the snow away. But when he woke up his dream was gone. The snow was still everywhere. New snow was falling! After breakfast he called to his friend from across the hall, and they went out together into the deep, deep snow.

Interesting Expressions

under the weather 身体不适

在这里，weather 要看成阴雨绵绵、不好的天气，所以当一个人出现在这样的天气状态下的话，就代表他 / 她身体不适。例如：

A: You aren’t talkative today. 你今天话很少。

B: Can’t you tell I’m under the weather today? 难道你看得出来我今天不舒服吗？

on cloud nine 乐翻天，非常开心

直接把这个短语翻译成中文是“第九层云端上”，cloud nine 用来比喻最高境界或我们常说的九霄云外。例如：

He was on cloud nine after winning the competition. 赢了比赛，他非常开心。

storm out 生气地离开

storm 是风暴的意思，在这里用来形容一个人气急败坏的状态，如果你风暴般地离开就代表气冲冲地离开。例如：

She stormed out the room so angrily. Because her boyfriend went to the bar last night and cheated on her again. 她气冲冲地离开了房间，因为她的男朋友昨晚又去了酒吧而且再次背叛了她。

take a rain check 改期

take a rain check 起源于美国的棒球赛，如果是雨天的话，球场就会发放“Rain Check”，让观众可以改天看比赛或者下次再看，久而久之，这个短语就有“改期”的意思了。例如：

Can I take a rain check? I want to see the doctor first. 我可以改期吗？我要先去看医生。

steal someone's thunder 抢某人的风头

thunder 是非常吸引人的注意力的，当你抢了别人的“雷声”，也就是将众人的目光转移到自己身上，也就是“抢风头”的意思。

Unit 2

Sport



Cultural Background

Table Tennis

As a Chinese national ball game, table tennis has a strong civil foundation. However, the sport that Chinese people are good at originated in England in the late nineteenth century. At that time, tennis was popular in Europe. Due to the limitations of the venue and weather, some college students in the UK moved the tennis indoors. Using the dining table as the table, books as a net, parchment as a racket, the players hit a ball back and forth across a table. It was an extension of tennis on the table. It was not until in around 1900 that the ball was changed from a light, elastic solid ball to a hollow plastic ball, the board instead of the racquet. People played this kind of novel tennis game on the table, which is the name of table tennis.

“Pong” was the sound of the ball hitting the table. Later, an American manufacturer coined the term Ping-Pong. Ping-Pong became another official name of table tennis. Table tennis has been an Olympic sport since 1988 at Seoul.

Listening Tips

名词复数、动词第三人称单数中-s /-es 的发音规律

1. -s/-es 加在以清辅音结尾的单词后面时，读清辅音 [s]。

例如：hopes、mistakes、laughs

2. -s/-es 加在以浊辅音或元音音素结尾的单词后面时，读浊辅音 [z]。

例如：handbags、programs、holidays、drives、admires

3. -s/-es 加在以 [s], [z], [ʃ], [tʃ], [dʒ] 发音结尾的单词后面时，读 [ɪz]。

例如：boxes、watches、oranges、dishes、dresses、refuses

4. -s/-es 加在以 t、d 结尾的单词后面时，分别读 [ts]、[dz]。

例如：gets、appreciates、weekends

Useful Words and Phrases

motto	['mɒtəʊ]	n.	座右铭
portable	['pɔ:təbl]	adj.	便携的
		n.	手提式
option	['ɒpʃn]	n.	选择；选择权
relaxation	[ri:læks'eɪʃn]	n.	消遣，放松；松懈，松弛
manufacturer	[ˌmænjʊ'fæktʃərə(r)]	n.	制造商
enterprise	['entəpraɪz]	n.	企业
expand	['ɪks'pænd]	v.	扩大；扩充；扩展；发展
trademark	['treɪdmɑ:k]	n.	商标
register	['redʒɪstə]	n.	记录；登记簿；登记，注册
		v.	登记，注册；（仪表等）指示； 表示，表达
professional athlete			职业运动员
gold medal			金牌
membership card			会员卡
the World Championships			世界锦标赛

Micro Listening



Task 1 Listen to the sentences and choose the words you hear in each of the following sentences.

- | | | |
|----------------|------------|------------|
| 1. A. asks | B. acts | C. adds |
| 2. A. knows | B. mows | C. nose |
| 3. A. choose | B. shoes | C. shoots |
| 4. A. likes | B. bites | C. bikes |
| 5. A. colleges | B. bridges | C. garages |

Task 2 Listen to the sentences and write down the words or phrases related to sports.

1. _____ 2. _____

3. _____ 4. _____
5. _____ 6. _____
7. _____ 8. _____
9. _____ 10. _____

Task 3 Listen to the dialogues and choose the correct answers.

1. A. Football. B. Basketball. C. Volleyball.
2. A. Going on a diet. B. Exercising more. C. Sleeping.
3. A. Watch TV.
B. Read newspapers.
C. Listen to the news on a portable radio and do sports at the same time.
4. A. In the classroom. B. In the gym. C. In the library.
5. A. A bank card. B. A gym card. C. A USB card.

Focus Listening



Task 1 Listen to the questions or sentences and choose the best response to what you hear. The questions or sentences will be spoken only once.

1. A. I'm doing sports. B. I'm free.
C. I'm busy. D. I usually do sports.
2. A. Yes, I am. B. No, I'm not.
C. Yes, I do. D. I like, too.
3. A. Books. B. I like sports.
C. No, I don't. D. Volleyball.
4. A. 2 years ago. B. 6 hours.
C. Once a week. D. Never.
5. A. Most of us. B. Nobody.
C. I jump. D. Tom does.

Task 2 You will hear 5 short conversations. After each conversation, there is a recorded question. The conversations and questions will be spoken twice. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

1. A. Football. B. Ping-Pong.
C. Basketball. D. Tennis.

2. A. Just so-so. B. Bad.
C. Excellent. D. Too bad.
3. A. The man had better give up this habit.
B. It's good that the man still does so.
C. The man should change this habit.
D. The man should keep this habit.
4. A. For two hours. B. For two hours and a half.
C. For three hours. D. For three hours and a half.
5. A. She likes doing morning exercises.
B. She can't get up early.
C. She dislikes doing such exercises.
D. She will do it.

Task 3 Listen to the short conversations and choose the correct answers. After each conversation, there are some recorded questions. The conversations and questions will be spoken twice. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

Conversation 1

1. A. To watch TV. B. To go to see a movie.
C. To go to watch a game. D. To go to a concert.
2. A. At 6:30. B. At 6:20.
C. At 7:20. D. At 7:12.

Conversation 2

3. A. In a restaurant. B. At a railway station.
C. At a hotel. D. In a bank.
4. A. 14 minutes. B. 40 minutes.
C. 4 minutes. D. 4 hours.
5. A. By 7:30. B. By 8:00.
C. By 9:30. D. By 10:30.

Task 4 Listen and put the missing words or phrases in the blanks according to what you hear. The passage will be read twice.

Most young people enjoy some forms of physical activity. It may be walking, 1 _____
_____ or swimming, or in winter, skating or skiing. It may be a game of some kind of

football, golf or tennis. It may be mountaineering.

Mountaineering is a sport and not a game. There are no man-made rules, as there are for such games as golf and football. There are, of course, rules of a different kind which it would be dangerous to 2 _____, but it is this freedom from man-made rules that makes mountaineering attractive to many people. Those who climb mountains are free to use their own 3 _____.

The mountain climber knows that he may have to fight forces that are stronger and more 4 _____ than man. He has to fight the forces of 5 _____. This sport requires high mental and physical qualities.

Task 5 Listen to the passage and answer the questions. When you hear a question, you should complete the answer to it with a word or a short phrase (in no more than 3 words). Both the passage and the questions will be read twice.

1. When was the company set up?

_____, 1995.

2. What's their main business scope?

The production of _____ and _____.

3. What product does the company mainly produce?

Table tennis, badminton and _____.

4. What is the trademark's name?

_____.

5. When was the 26th Beijing World Table Tennis Championships?

_____.

Further Listening



Task 1 Listen, write & retell. Listen to the story and complete the sentences. The story will be read twice. Then retell the story.

An old woman had a cat. The cat was very old; 1 _____ because she was so old. One day the old cat saw a mouse; 2 _____ . But she could not bite it; 3 _____, because the cat could not bite it. Then the old woman became very angry because the cat had not killed the mouse. She began to hit the cat. The cat said, "Do not hit your old servant. I have worked for you for many years, and I would work for you still, but I am too old. 4 _____."

Task 2 Listen to the news twice and judge whether the following statements are TRUE (T) or FALSE (F).

- () 1. Olympic champion Sun Yang of China won his first title in men's 200 m freestyle at the 17th FINA World Championships in Budapest on Thursday.
- () 2. Another Chinese swimmer Xu Jiayu claimed the champion of the men's 100 m backstroke at the 17th FINA World Championships in Budapest.
- () 3. Sun Yang made a strong comeback to clock 1 minute and 44.39 seconds to record his groundbreaking victory, beating the Asian record of 1 minute 44.47 seconds he set in 2013.
- () 4. Sun Yang claimed the golds in the 400 m, 800 m and 1,500 m freestyle before his 200 m triumph at worlds.
- () 5. Sun Yang is also the Olympic champion in 200 m, 400 m, 800 m and 1,500 m freestyle.
- () 6. Xu Jiayu finished 51.86 seconds in National Championships in April.
- () 7. Xu Jiayu was very surprised at his performance.
- () 8. Xu Jiayu aimed at rewriting the world record before the matchup.

Appreciation

This is an interview with the basketball star LeBron James. Watch the video and fill in the blanks with the words or phrases you hear.

(R=Reporter; J=LeBron James)

R: When did you know "I'm gonna to play in the NBA"? No, not a dream about it, it's going to happen.

J: I would say I really start to open my eyes when I was in 8th grade. We played in a tournament in Orlando, it was a national tournament. And we were kids, kids from north-east Ohio, from Akron. We got all the way to championship. We lost championship by 1 point. But we made a statement in that tournament. And no one thought we can do and I was like, "OK, I got a little something going here." Maybe my dream can become reality. Just 1 _____.

R: But talk about how it helped you. Not just as a world-class basketball player. Being an athlete. How it helped you. Be the person that you are today.

J: It helped me tremendously. Being an athlete. Being around basketball. Help mold me to who I am today. To friendships, brotherhood that it created, the love to... I think, when you play sports. You are committed to something, the commitment, the 2 _____. Showing up at the practice on time. To be in there for yoKur

3 _____ . Listen to your coaches. It's a responsibility that you have when you are playing with a group. That you have to hold your end of the bargain. And shape me to who I am today.

R: Who were your role models? Because you know you were up there in classroom. The kids, their eyes got very big. You know they look up to you for various reasons. Who did you 4 _____ ?

J: My mother was definitely Number One on my list. She's everything to me. No matter what I was going through, she's always kind of kept the outside away from me. I have no idea how she did it. It was amazing. She was 16 when she was pregnant with me. She was sophomore high school, so, you know, as a kid, you don't understand. But when you grow up, become a man or woman, you have your own family, you look back on and say wow.

R: You do have your family. And you want your kids to play, be involved in sports?

J: They are now. It was a choice on their own. Obviously they can watch their dad play. They love sports. But I'm gonna be there as a father to 5 _____ them.

Interesting Expressions

love 零分

love 有“爱、爱情、恋爱、热爱”等的意思，这是大家所熟知的。但是，在体育比赛中（如网球比赛）用 love 表示零分。例如：

love game 表示一局中对手一分未得；

16:0 的英文表达为 sixteen love；

0:0 的英文表达为 love all。

用 love 来表示零分，是来源于法语中“鸡蛋”的单词 l'ove，因为“0”形似鸡蛋。

jump the gun 提前行动，抢先

jump the gun 原指赛跑时发令枪未响就抢先起跑。其中，gun 指赛跑时用的发令枪。后来该短语引申为“信号未发就开始行动”，常比喻“提前行动，抢先”。

behind the eight ball 处于不利地位，处于困境

台球游戏中，有一种名为 kelly pool 的轮番台球（rotation），要求游戏者将 15 枚球按编号顺序击落袋中，其中有“8”字的所谓 8 号黑球（eight ball）除外，它必须最后入袋。在击球过程中，任何一球触击 8 号黑球便要受罚失分，所以，如果其他球正好处在 8 号黑球的后方，情况就十分不利。现在用 behind the eight ball 比喻“处于不利地位，处于困境”。

on the ball 机灵地；警惕地；有见识地；勤奋地

这个词源来自球类运动。在球类比赛中，运动员们要目不转睛地盯着球，随时准备行动。后逐渐演变成今天的含义：机灵地；警惕地；有见识地；勤奋地。

例如：If we want to finish the work on time, we must keep on the ball. 如果想按时完成此工作，我们必须努力工作。



Unit 3

Health



Cultural Background

Yoga

Yoga originated in India and is popular in the world. Yoga is one of the oldest physical strength in the east. It was produced in BC as the crystallization of human wisdom. Yoga is also the Indian sages in the most strong views and static state, from the intuition of the understanding of life. The secret of yoga practice is the code of mutual taking between theories and practices. At present, yoga has become the forefront of fashion, widely disseminated throughout the world, and become a new way of life to adapt to all the high-tempo, simple, new human beings nowadays.

Listening Tips

英语单词后加-ed的词形变化及其读音

1. -ed 加在以清辅音结尾的单词后面时，读清辅音 [t]。
例如：helped、washed、watched、marked、stopped
2. -ed 加在以浊辅音或元音音素结尾的单词后面时，读浊辅音 [d]。
例如：cleaned、played、prepared
3. -ed 加在以 t、d 结尾的单词后面时，分别读 [tɪd]、[dɪd]。
例如：painted、started、visited、needed

Useful Words and Phrases

medicine	[ˈmedsn]	n.	药；医学；内科
pill	[pɪl]	n.	药片；片剂

dentist	['dentɪst]	<i>n.</i>	牙医
operation	[ˌɒpə'reɪʃn]	<i>n.</i>	运作; 实施; 手术
stomachache	['stʌməkəɪk]	<i>n.</i>	胃痛; 腹痛; 肚子痛
examine	[ɪg'zæmɪn]	<i>v.</i>	检查; 调查; 对……进行考试
upset	[ʌp'set]	<i>n.</i>	肠胃不适; 心烦意乱, 失望, 苦恼
		<i>v.</i>	打乱; 推翻, 弄翻
		<i>adj.</i>	心烦的; 不适的; 混乱的
drugstore	['drʌgstɔː]	<i>n.</i>	药房
toothache	['tuːθeɪk]	<i>n.</i>	牙痛
stress	[stres]	<i>n.</i>	压力; 精神压力; 紧张; 着重
		<i>v.</i>	着重; 使受压力; 使紧张
vitamin	['vɪtəmɪn]	<i>n.</i>	维生素
a balanced diet			均衡饮食
keep fit			保持健康; 保持身材; 保持体形
put on weight			体重增加, 发胖
ask for a leave			请假
sore throat			喉咙痛
watch one's diet			注意饮食
eating habits			饮食习惯

Micro Listening



Task 1 Listen to the sentences and choose the words you hear in each of the following sentences.

- | | | |
|---------------|--------------|--------------|
| 1. A. brushed | B. rushed | C. rough |
| 2. A. pulled | B. pushed | C. poor |
| 3. A. needed | B. indeed | C. did |
| 4. A. notices | B. notion | C. noticed |
| 5. A. decided | B. dedicated | C. decorated |

Task 2 Listen to the sentences and write down the words or phrases related to health.

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

7. _____

8. _____

9. _____

10. _____

Task 3 Listen to the dialogues and choose the correct answers.

1. A. Because he will take an interview.
B. Because he will give a lesson.
C. Because he will join a party.
2. A. He failed the match. B. He hurt his hand.
C. He got a fever.
3. A. Doctor and patient. B. Classmates.
C. Waiter and customer.
4. A. Drink more water. B. Exercise more.
C. Wear glasses.
5. A. He is on a diet. B. He is tying a tie.
C. He is suffering from a toothache.

Focus Listening



Task 1 Listen to the questions or sentences and choose the best response to what you hear. The questions or sentences will be spoken only once.

1. A. Yes, I am. B. No, I'm not.
C. Yes, I have. D. No, I wasn't.
2. A. Yes, I don't. B. No, I don't.
C. No, I do. D. Yes, I does.
3. A. Have a balanced diet. B. Take some medicine.
C. Be on diet. D. Drink much water.
4. A. I like singing. B. I like eating dessert.
C. I like swimming. D. I like drinks.
5. A. To keep fit. B. To put on weight.
C. To be a good runner. D. To grow tall.

Task 2 You will hear 5 short conversations. After each conversation, there is a recorded question. The conversations and questions will be spoken twice. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

1. A. Pleased. B. Upset.
C. Excited. D. Relaxed.
2. A. She had a headache. B. She had a stomachache.
C. She was troubled by the noise. D. She caught a cold.
3. A. At a gym. B. At a drugstore.
C. In a doctor's office. D. In a library.
4. A. Stop taking the medicine. B. Change another medicine.
C. Go to the doctor's. D. Ask for some advice from others.
5. A. By going on a diet. B. By taking some drugs.
C. By keeping exercising. D. By eating balanced meals.

Task 3 Listen to the short conversations and choose the correct answers. After each conversation, there are some recorded questions. The conversations and questions will be spoken twice. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

Conversation 1

1. A. His arm hurts. B. He has a fever.
C. His leg hurts. D. He has a cough.
2. A. Play basketball. B. See a doctor.
C. Stay at home. D. Play football.

Conversation 2

3. A. He has a cough. B. He has a sore throat.
C. He has a fever. D. He has a pain in his ear.
4. A. To put something on it. B. To repair it.
C. To feed the birds. D. To enjoy the sunshine.
5. A. Drink more hot water and take some medicine.
B. Lie in bed.
C. Give him an injection.
D. Watch his diet.

Task 4 Listen and put the missing words or phrases in the blanks according to what you hear. The passage will be read twice.

Nowadays, many children spend hours a day 1 _____ or other digital products. Some eye doctors say all the screen time has caused more children to have what they call computer vision syndrome (视力综合征). Nathan Warford is an optometrist (配镜师) in the US. He says he has seen more children having 2 _____. “More children come into my office because their parents have noticed that they have headaches or red eyes, or because their degree of short-sightedness appears to be 3 _____ and they’re worried,” he said. Dr. Warford says part of the problem is that even if their eyes start to feel 4 _____ or they start to get a headache, some children don’t tell their parents, because they don’t want their games or the computer to be taken away. Another part of the problem is that people blink (眨眼睛) less often when they look at the screen. A person who uses a computer or a digital product blinks about one third as much as we normally do in everyday life. If eyes can’t 5 _____ or are too tired, they will not be protected normal.

Task 5 Listen to the passage and answer the questions. When you hear a question, you should complete the answer to it with a word or a short phrase (in no more than 3 words). Both the passage and the questions will be read twice.

1. What should we do to start a conversation?

We should have _____.

2. What does the speaker think can cause shyness?

Shyness is caused by _____.

3. What does the speaker suggest we do to improve confidence?

_____.

4. How many suggestions does the speaker give?

_____.

5. What does the speaker mainly talk about?

How to _____.

Further Listening



Task 1 Listen, write & retell. Listen to the story and complete the sentences. The story will be read twice. Then retell the story.

The dentist was just starting his morning’s work.

“Please send in the first patient, Miss Clark,” he said to his assistant.

The assistant went towards the door but before she reached it, 1 _____ . He looked as if he had run a very long way — his face was red, his clothes and hair were untidy and 2 _____ .

“Quick!” gasped the man, waving his arms. “Quick! Quick!”

The dentist wasted no time. Obviously this poor man was suffering terribly. With the help of his assistant the dentist pushed the man into the chair and 3 _____ . Then he looked into the man’s mouth and pulled out all the bad teeth he could find.

As soon as the man woke up, he began to wave his arms again and said “Quick! Quick!” in a weak voice.

“It’s all right now,” the dentist told him. “It’s over.”

“You don’t understand,” said the man. “4 _____ .”

Task 2 Listen to the news twice and judge whether the following statements are TRUE (T) or FALSE (F).

- () 1. Some parents think spanking a child is a common punishment.
- () 2. Many parents think spanking a child is good for children.
- () 3. Experts say that spanking is effective.
- () 4. The report admits that not every child who is spanked will have problems later in life.
- () 5. In recent years, few American experts have been advising parents against the use of physical punishment.
- () 6. Sweden was the first country to ban corporeal punishment.

Appreciation



This is a movie clip from *Hotel Transylvania 2*. Watch the video and fill in the blanks with the words or phrases you hear.

Grandma: Well, gosh! Welcome, you two.

Grandpa: Hey, gang.

Mavis: Hi, guys. This is so exciting. Ah! Look at all of this. So cool.

Wow! I can’t believe I’m actually here.

Grandma: Well, you are. Now, how does it work? Are you 1 _____ ?

Jonathan: Yeah.

Mavis: Oh. I'll do whatever you guys want.

Grandma: Good. Cause I bought this pretty sunhat for you.

Grandpa: Linda.

Grandma: But otherwise this poncho, if you wanna be safe.

Grandpa: We can 2 _____, Linda.

Grandma: Okay. Oh! Come see. I've set up your bedroom.

Mavis: It's just like Transylvania.

Grandma: Oh, Transylvania. There was a fun experience. Mike was afraid he'd get disemboweled and eaten, but I told him he was just being silly.

Grandpa: That was you, Linda.

Grandma: Oh. There they are. You know, we have a couple of mixed families in the neighborhoods, so I thought I'd 3 _____. They might be nice for you guys to talk to since you're thinking about moving here.

...

Grandma: Hi, Caren. Hi, Pandragora.

Caren: Welcome, Mavis.

Pandragora: Hey, guys. Yeah, you really dig it here. Don't even worry. People are totally cool 4 _____.

Caren: I mean, the kids get picked on a little, but it toughens them up.

Grandma: Oh, hey, you guys. And this is Loretta. She's married to Paul, who's a werewolf.

Paul: Excuse me?

Grandma: Yes, I was telling Mavis about the other monster-human couples in town.

Paul: I am not a werewolf.

Grandma: Oh, I thought ... Well, you're welcome to stay and have some cupcakes.

Vampires: Vampires will be friends forever

Through the centuries together

Even in the brightest sunny weather

Vampires will be friends forever

Literally forever

Dana: Great job, vampires. 5 _____.

Dracula: We're going.

Frank: What? Where?

Murray: Why are we doing this?

Dracula: You'd rather be listening to those putrid new songs? What happened to Michael Row Your Corpse Ashore? Or Old McWerewolf Had An Axe?

Frank: We shouldn't be up here, Drac.

Dracula: Who's ready to fly?

Dennis: Me! Me! Like a superhero.

Dracula: Better! Like a vampire!

Frank: This thing is rickety. You know? Maybe the kid isn't supposed to fly.

Dracula: Quiet. This is how they learn. You throw them and they figure it out. It's how I was taught.

Dennis: I wanna fly now!

Dracula: Attabat. You know Papa's right here if you need him.

Griffin: Uh. I can't watch this.

Murray: Please don't.

Dracula: Here we go!

Frank: He's still not flying.

Dracula: He will.

Interesting Expressions

not...for one's health 不是闹着玩的，另有目的

这个短语字面的意思是“不是为了谁的健康”，其引申的意思是“不是闹着玩的，另有目的”。例如：

He is not here for his health. 他到这儿来另有目的。

green-eyed 红眼病，嫉妒

这个词源自莎士比亚名剧《奥赛罗》第3幕第3场中的台词：Oh! Be ware, my lord, of jealousy; It's the green-eyed monster... 主啊，请小心嫉妒，它是红眼怪。

中国人表嫉妒时用红眼病来形容，英美国家的人则用绿了眼来形容。在美国，有时直接用 green 表示嫉妒。

barber's cat 面黄肌瘦的人

理发师把猫身上的毛都剃光了，就剩下了骨瘦如柴的身躯，如同“面黄肌瘦”的人。因此，

这个词的意思是面黄肌瘦的人，而不是理发师的猫。

live a dog's life 过着牛马不如的生活

指像狗一样活着，形容落魄的人“过着牛马不如的生活”，而不是“过狗的生活”。

pig out 狼吞虎咽地吃

不要翻译成“猪，出来吧”。英语里面关于 pig 的象征意义，其实和我们中文一样，都有吃货的意思。因此这个词是“狼吞虎咽地吃；大吃特吃”的意思。

drive one's pigs to market 打鼾

形容一个人睡觉的声音就像把猪赶到市场一样大，因此它的意思是“打鼾”，而不是“赶着猪去市场”。

