



新课标高中英语选修课教程

高中英语阅读技能

REAL ENGLISH READING (高一上)

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前言

《高中英语阅读技能》严格依据《英语课程标准》和“高考”对高中学生英语阅读能力和阅读话题的要求编写而成，是一套强调英语阅读技能培养和策略学习的教材。在策划和编写过程中，中、外作者注重了以下五个方面的结合：1. 阅读能力提升和基础知识学习巩固相结合；2. 优化学习方式和提高自主学习能力相结合；3. 阅读技能和其他技能综合发展相结合；4. 阅读能力提升和考试能力提升相结合；5. 必修综合教程和选修单项技能教程相结合。

本套教材适用于课改地区高中一、二年级英语选修课，非课改地区高中一、二年级英语专项训练，或者具有同等英语程度的学习者自学使用。在课改区，第一、二册对应模块1—4的学习，第三、四册对应模块5—8的学习。

本套教材所有的阅读篇章来自www.reallyenglish.com的英语阅读技能网络课程 *Effective Reading*。这套课程是为了帮助非英语国家学生科学、全面、系统地培养英语阅读技能设计的，共包括12项技能。这些技能恰恰是《英语课程标准》所要求训练的阅读技能，也是“高考”的“考纲”中对阅读所要求的必考技能。为了帮助中国的高中生更好地掌握这些技能，中方作者又按照中国学生的学习习惯和认知方式及具体考试要求，对12项阅读技能的学习顺序进行了调整、细化，并增加了相关的词汇训练技能和学习策略。

在选材上，本套教材尽可能紧密联系学生的生活实际，提供活的、真实的、有趣的阅读素材。本套教材第一、二册内容共涉及《英语课程标准》中规定的24个话题，如家庭、朋友、日常活动、学校生活、兴趣与爱好等，第三册和第四册再现了这些话题。另外，本套教材的体裁涉及记叙、议论、描述、新闻、故事，以及广告、信函、菜单、节目单等真实阅读材料。

本套教材第一、二册每篇文章250词左右，第三、四册每篇350词左右。长度逐渐递增，与高考篇章长度完全吻合。每册分为12个单元。每个单元设一个主题，含两篇阅读文章。每个单元由策略和技能学习、导入、主课文、副课文和回顾五部分组成。

本书的编写从内容到形式都有不少新的尝试，以期为高中英语阅读教学探索新的路径。因编者水平有限，不妥之处，敬请广大读者批评指正。

编者

使用说明

建议每个学时完成一个单元。老师在课堂上主要讲授和操练每个单元的第1—3部分。首先从Understanding Strategies and Skills入手,使学生了解本单元重点学习的阅读策略。之后,进入课文学习。在这一过程中学生要按照要求对文章进行预测,阅读,并完成Skill Check中的练习。老师要刻意要求学生运用所学的阅读技能与策略,以达到学以致用为目的。第4—5部分可根据具体情况灵活掌握,安排学生课外自学,老师只需要做适当的检查和指导。

书末附有练习答案、词汇表和阅读进步卡,供学生参考和使用。

每个单元由五个部分组成。这五部分的使用要点分别为:

第1部分Understanding Strategies and Skills为每单元提供了重点学习的阅读策略与技能,其中包括阅读策略(Comprehension Strategy)和词汇策略(Vocabulary Strategy)。学生首先要了解学习策略与技能,然后在阅读过程和理解过程中运用这些策略和技能,以便更好地完成阅读任务。

第2部分Getting Started要求学生以小组为单位通过提问与回答的方式对本单元所谈话题有所了解。这一活动旨在激活学生已有的知识图示,引导学生进入主题并为课文学习做好准备。

第3部分Reading 1由准备(Prepare)、阅读(Read)、练习(Comprehend)、讨论(Discuss)和写作(Write)等五个部分组成。Prepare部分要求学生在阅读之前完成。学生按照要求对课文进行预测,并完成相应的预测练习。这是检测学生学习阅读技巧的一部分。Read部分要求学生按照指令阅读。另外,这一部分还为学生提供了有关的文化背景知识和超标词汇。再者,这一部分提供了文章字数和计时表,方便学生计算阅读速度。Comprehend部分主要包括三方面的练习:

- **Skill Check:** 这部分练习专门针对本单元所学阅读策略而设计,是本教材的一大特色之一,以多项选择题、问答题、填空题等形式检测学生运用所学阅读策略的情况。

- **Comprehension Check:** 这部分练习围绕课文理解展开,检测形式多样,主要包括:多项选择题,正误判断题,回答问题,完成表格,内容总结等。特别值得一提的是,随着任务型阅读成为新的热点,本书编排了任务性阅读练习,以适应新形势下高中英语阅读教学的需要。

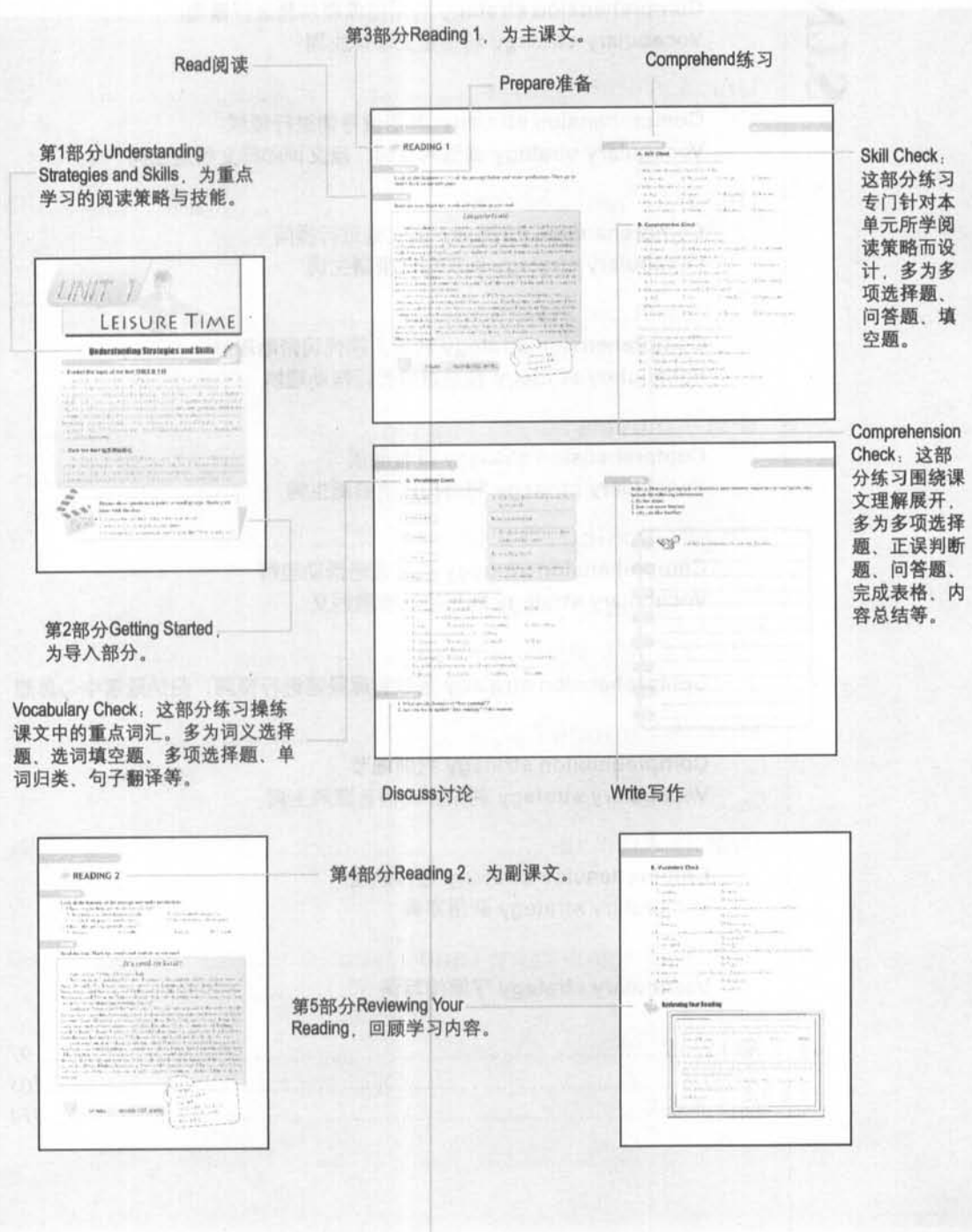
- **Vocabulary Check:** 这部分练习操练课文中的重点词汇,练习形式包括:词义选择,选词填空,多项选择,单词归类,句子翻译等。

Discuss部分要求学生在课文学习的基础上展开讨论。学生发表对该主题的看法,一方面检测学生是否真正理解课文;另一方面联系实际,从阅读中受益;Write部分是在课文学习和Discuss的基础上,要求学生写出一篇50—100词的文章。写作的形式除了传统的命题作文、自命题作文以外,本书设计了任务性写作练习,希望学生能把从阅读中所学到的知识运用到实际中去。这也是本书的特色之一。

第4部分Reading 2由准备(Prepare)、阅读(Read)和练习(Comprehend)三部分组成,要求与第3部分基本相同,只是在练习部分没有专门设计Skill Check练习,而是

把策略检查融入到阅读理解中，更符合测试的形式。

第5部分Reviewing Your Reading要求学生完成两项任务。第一，回顾本单元所学习的两篇文章，记录文章的难易程度。第二，回顾本单元要求学习的阅读策略与技能，总结在阅读过程中使用所学策略的情况。至此，一个单元的学习圆满完成。



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UNIT 1

LEISURE TIME

Understanding Strategies and Skills

Comprehension strategy



■ Predict the topic of the text 预测文章主题

拿到文章，我们首先观察一下它的基本特征，如标题、作者、文章的长度、文体、图表、照片、反复出现的词汇和语言等，文章的主题往往会通过这些特征反映出来。所以，我们在通读全文之前可以通过预测了解文章的主题。现在我们翻到下一页，快速浏览Reading 1 的标题、长度、文体、词汇和语言。通过观察我们会发现：标题Leisure time告诉我们文章讲的是人们在工作和学习之余的事情；文章开头的一些词汇martial arts, gymnastics, skateboarding 以及sport让我们猜想这篇文章与运动有关；频繁出现的词汇free running说明这项运动很可能是free running；全文有四个自然段，时态以一般现在时为主，说明文章是在讲述一个话题，而不是讲故事。把这几个方面综合起来看，我们预测这篇文章的主题是介绍人们在leisure time的一项体育活动free running。

■ Mark the text 给文章做标记

在阅读过程中，我们可以用笔给文章做标记。例如：我们可以用问号把难以理解的部分标出来；用圆圈把重要的、需要猜测的生词圈起来；用数字1、2、3等标明举办一项活动的原因或步骤。当然，我们完全可以使用自己熟悉的符号做各种标记。给文章做标记的目的就是帮助我们理解和处理文章中的不同信息，只要能达到目的，什么样的符号都是可以的。



Discuss these questions in pairs or small groups. Share your ideas with the class.

1. Look at the unit title. What is this unit about?
2. What do you do in your leisure time?
3. Is leisure time an important part of your life? Why or why not?

READING 1

Prepare

Look at the features (特征) of the passage below and make predictions. Then go to Skill Check on the next page.

Read

Read the text. Mark key words and sections as you read.

Leisure time

Imagine martial arts, gymnastics, and skateboarding (with no skateboard) mixed together. This is what the dangerous and exciting sport of "free running" looks like. Free runners move across a city by jumping from building to building, climbing walls, and running across roofs. They move quickly and smoothly—like cats—using buildings, walls, fences, park benches, and streetlights to run, climb, jump, swing, balance, bounce, and roll on. It is amazing to watch.

You do not need any special equipment or money to do free running. "All you need is a pair of sneakers and an open mind," says Vincent Roux, who has been a free runner for six years. Beginners start by practicing on one-meter-high walls. There are lots of moves to learn, with names like "cat jump" and "the spider," but the only rule is that you must go forward, not backward.

Free running was started in Paris in 1989 by two bored teenagers who liked climbing trees and watching Jackie Chan movies. Together, they started a team of free runners called the Freego. Since then, free running has featured in Nike and Toyota commercials and is becoming more and more popular with young people worldwide.

Although free running is not illegal, many people are against it. They think it is too dangerous and does not show respect for property. But for free runners, it is about being free and powerful. "When you free run," says Roux, "you feel like a cross between Spider-Man and Superman."



_____ minutes _____ seconds (250 words)

martial arts 武术

gymnastics 体操

illegal 违法的

Comprehend**A. Skill Check**

Choose the best answer for each question.

1. What type of text do you think it will be?

- A. Fiction. B. Nonfiction. C. Script. D. Report.

2. What is the topic of the passage?

- A. Arts. B. Sports. C. Education. D. Training.

3. What is the passage possibly about?

- A. Free running. B. Climbing. C. Jumping. D. Bouncing.

B. Comprehension Check

Choose the best answer for each question.

1. What type of text is this reading taken from?

- A. A novel. B. A book report. C. A magazine. D. A guidebook.

2. What type of people read this type of text?

- A. Film star fans. B. Book fans. C. Car fans. D. Sports fans.

3. What do you think the name of this sport is?

- A. Free running. B. Gymnastics. C. Car racing. D. Free walking.

4. What equipment do you need to do this sport?

- A. Ball. B. Car. C. Sneakers. D. Fishing pole.

5. Where do you do this sport?

- A. Outside. B. By the sea. C. In a gym. D. In a swimming pool.

Mark each statement true (T) or false (F).

1. () Free running is popular in the countryside.

2. () Free running is a very old sport.

3. () More young people are starting to do free running.

4. () People of all ages do free running.

5. () Free running was started in New York.

6. () Many people are against free running, because it is illegal.

7. () Spider-Man and Superman are free runners.

C. Vocabulary Check

Match the words with their meanings.

1. equipment

2. martial arts

3. property

4. bounce

5. illegal

A. traditional Asian fighting sports like karate or judo

B. not allowed by law

C. the things you need to do a sport, hobby, or other activity

D. something owned

E. to jump back after having struck an object or a surface

Complete the sentences with the correct words.

- The boy _____ a ball on the sidewalk.
A. bounced B. practiced C. took D. held
- In _____, you fight with your hands and your feet.
A. yoga B. martial arts C. jumping D. free running
- The police are trying to stop _____ parking.
A. dangerous B. overnight C. quick D. illegal
- That store sells golf clothes and _____.
A. skateboard B. knitting C. equipment D. commercials
- The police advise you to take care of your own personal _____.
A. practice B. property C. building D. hobby

Discuss

- What are the features of "free running"?
- Are you for or against "free running"? Give reasons.

Write

Write a 50-word paragraph to introduce your favorite singer/movie star/sports star, include the following information:

1. his/her name
2. how you know him/her
3. why you like him/her



I'd like to introduce to you my favorite _____



READING 2

Prepare

Look at the features of the passage and make predictions.

- Where do you think you would find this text?
 - In a magazine about famous people.
 - In a women's magazine.
 - On the front page of a newspaper.
 - In a newspaper about sports.
- What is this passage probably about?
 - Women.
 - Hobby.
 - Knitting.
 - Custom.

Read

Read the text. Mark key words and sections as you read.

It's cool to knit!

True or false? Only old women knit.

Not anymore! Knitting has now become a fashionable hobby with women in their 20s and 30s. Young women can be seen knitting in coffee shops, hairdressers, bookstores, and bus stops, and Hollywood stars like Julia Roberts, Cameron Diaz, Madonna, and Gwyneth Paltrow all knit. They are knitting scarves, hats, socks, and sweaters—even bikinis and wedding dresses!

Knitting is being called the “new yoga”. It is very relaxing and is the perfect hobby for our busy, stressful, 21st-century lives. It slows down your heart and lowers your blood pressure. Lissy Blomster, a 25-year-old buyer from New York, says, “I come home from work mad and stressed almost every day. But after 30 to 45 minutes of knitting, I’m totally relaxed.” Jenny Carter, a 32-year-old advertising executive from Seattle, always knits through her lunch break. “It helps me clear my head and start fresh,” she says.

Even some men are taking up knitting. Dave White, a 33-year-old IT manager from San Francisco, started knitting six months ago, after a female friend introduced him to it. “I like knitting because I can go into my own little world and forget about my problems,” he says. But he has not told any of his male friends that he knits, and he never knits in public. Brian Duffey, however, a 26-year-old student from Chicago, said, “I knit anywhere, everywhere. I have never had a negative comment... in fact, I find it attracts women!”



_____ minutes _____ seconds (250 words)

knit 编织

hairdresser 美发师

yoga 瑜伽

executive 经理, 执行者(官)

negative 否定的, 负面的

bikini 比基尼

Comprehend

A. Comprehension Check

Choose the best answer for each question.

1. What has changed about knitting?
 - A. More men than women are knitting.
 - B. More women than men are knitting.
 - C. Old women have stopped knitting.
 - D. Young women have taken up knitting.
2. Why is knitting called the "new yoga"?
 - A. Because mainly women do it.
 - B. Because it comes from India.
 - C. Because it relaxes your body and mind.
 - D. Because mainly men do it.
3. When does Lissy Blomster knit?
 - A. In the office.
 - B. In the evenings.
 - C. On her way home from work.
 - D. In the mornings.
4. Why does Jenny Carter knit at lunchtimes?
 - A. She has no time to do it afterwards.
 - B. She can work better afterwards.
 - C. It is part of her job.
 - D. She is bored.
5. Why hasn't Dave White told his male friends about his knitting?
 - A. He is embarrassed.
 - B. His friends are not interested.
 - C. He is not good at knitting.
 - D. They are all good at knitting.

Complete the table.

Who knits?

Name	Age	City
Lissy Blomster	25	New York
1. _____	32	2. _____
Dave White	3. _____	San Francisco
4. _____	26	5. _____

B. Vocabulary Check

Complete the sentences with the correct words.

- I always go swimming after work because it's really _____.
 A. relaxing B. illegal
 C. perfect D. dangerous
- I enjoy _____ because I like making new clothes for myself and my family.
 A. yoga B. martial arts
 C. knitting D. free running
- I _____ photography two years ago, but I'm still not very good at it.
 A. took up B. practiced
 C. equipped D. called
- _____ is very good exercise, but the class is so peaceful that I sometimes fall asleep!
 A. Martial arts B. Knitting
 C. Running D. Yoga
- A new chief _____ officer has taken charge of our company.
 A. executive B. dangerous
 C. good D. perfect

**Reviewing Your Reading**

- Look at the two readings in this unit. Check the column that shows how easy or difficult the material was for you.

Name of Reading	Easy	Average	Difficult
1. Leisure time	☐	☐	☐
2. It's cool to knit!	☐	☐	☐

- Read the following list of strategies that you have practiced in this unit. Review the readings. Check which strategies you used, and how you used them.

Strategy	Always	Often	Sometimes	Never
Make predictions about the text	☐	☐	☐	☐
Mark the text	☐	☐	☐	☐

UNIT 2

PEOPLE IN BUSINESS

Understanding Strategies and skills



Comprehension strategy

■ Explore what you already know 围绕主题展开联想

通过预测了解文章主题之后，我们可以围绕主题联想文章的内容和可能使用的词汇。联想可以分三步走：

1. 预测主题，而且预测得越具体越好；
2. 根据常识和经验，想象与主题有关的词汇和情景；
3. 用英语尽可能写下所想象的东西。

联想不仅可以帮助我们预测文章的内容和使用的词汇，也便于我们猜测生词的意思。

Vocabulary strategy

■ Decide which words are important 判断需要猜测的生词

我们不必认识文章中的每一个单词才能理解文章。对于不重要的生词要敢于放弃，只猜测对于阅读理解有影响的生词。一般情况下：

1. 重复的词或句子是理解文章的关键。标题和主题句反映文章的中心思想，它们会以同义词、重复、解释等形式在文章中再次出现，要对这些词、句中的生词进行猜测。
2. 描述性的词或目录中所列举的具体项目不重要。例如：Sam ran up the narrow stairs.句中的narrow是描述stairs的，对于理解全句就不重要，不需要猜测。
3. 大写的单词并不总是重要的。我们只要知道大写的词可能指的是人、物、地点等就可以了。



Discuss these questions in pairs or small groups. Share your ideas with the class.

1. Look at the unit title. What is this unit about?
2. Can you name some famous people in business? What business do they do?
3. What are your impressions of people in business?

READING 1

Prepare

1. Look at the features of the passage below and make predictions. Then go to Skill Check on the next page.
2. Brainstorm a family business. List some words and phrases connected to the topic.

Read

Read the text. Mark key words and sections as you read.

Dreams and Coffee Beans: The success of a family business

British people are famous for drinking tea. But brother and sister, Sahar and Bobby Green, became young millionaires when they opened a chain of American-style coffee shops in the U.K.

Having the idea: It started when Sahar took a weekend trip to New York to visit her brother Bobby. One evening, in a Thai restaurant, Sahar told Bobby how much she wished she could buy American-style coffee in London. Bobby suggested they start their own coffee shop. Sahar fell in love with the idea.

Doing the Research: Back in London, she spent a whole day on the London subway, getting off the train at different stations to taste the coffee. "It was horrible, and I knew there was a gap in the market." In November 1995, they opened their first Coffee Republic shop in central London.

Making it work: The first year was very difficult. There were problems finding and keeping staff, and British people were not used to the names of American coffees, like latte and macchiato. But being successful was their dream and they were not going to give up. Today, there are over 100 Coffee Republic shops all over the country and the company has revenues of £ 30 million a year.

Advice for others: Sahar has now written a best-selling book about their experience, called *Anyone Can Do It!* She hopes it will help other young people to start their own businesses. She believes success is 1% idea and 99% hard work, but she says, "If you think you have the energy, then get out and follow your dream."



_____ minutes _____ seconds (262 words)

latte and macchiato

意大利式咖啡的名称。拿铁(latte)的牛奶成分高；而泡沫咖啡(Macchiato)是在浓缩咖啡上加发泡起沫蒸汽牛奶制成的。

Comprehend**A. Skill Check**

Choose the best answer for each question.

1. What type of text will you read?
A. An article. B. A report. C. A questionnaire. D. A tour guide.
2. What is the topic of this passage?
A. Traveling. B. Coffee beans. C. A family business. D. A life story.
3. What is this passage probably about?
A. The success of a family business. B. Sahar's trip.
C. The American-style coffee. D. Sahar's life story.
4. Which of the underlined words in the passage need to be guessed? _____

B. Comprehension Check

Choose the best answer for each question.

1. Where would you find this text?
A. On a website. B. In a magazine. C. In a novel. D. In a report.
2. What type of people read this type of text?
A. People interested in famous people. B. People interested in business.
C. People interested in traveling. D. People interested in coffee making.
3. What type of company do these people run?
A. A fast-food restaurant. B. A teashop. C. A coffee shop. D. A hotel.
4. How many people run the company?
A. One. B. Two. C. Three. D. Four.
5. Which country is the company in?
A. The U. K. B. Italy. C. The U. S. D. Germany.

Mark each statement true (T) or false (F).

1. () The company has done well.
2. () The company is run by two friends.
3. () The article focuses on the personal lives of the people who run the company.
4. () The article tells you how the company began.
5. () British people dislike American coffee.
6. () The article tells you more hard work is needed to run your own business.