

SFLEP – Longman Secondary English Graded Readers

外教社 — 朗文中学英语分级阅读

新课标百科丛书

极限运动

EXTREME SPORTS



新课标
第5级
之十二



上海外语教育出版社



KEN BEATTY

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Secondary English Graded Readers

“外教社—朗文中学英语分级阅读”是依照国家教育部最新颁布的《英语课程标准》(以下简称《新课标》)对阅读技巧的要求,由上海外语教育出版社与朗文公司强强联手、合力打造的中学百科阅读精品丛书。

本丛书按《新课标》分级编写,共4级,80册(各级册数安排及难度设计见封四)。继前三批出版的40册之后,近期我们又推出了第四批的8册新书,包括:

第三级

之十一 Circus 《马戏乐园》

之十二 Games 《游戏天地》

第五级

之十一 London 《伦敦游》

之十二 Extreme Sports 《极限运动》

第七级

之十一 All About The Nobel Prize 《诺贝尔奖》

之十二 The Unexplainable 《难解之谜》

第九级

之十一 Dreams 《说梦》

之十二 Tsunami 《海啸》

本着全心全意打造精品的原则,我们预计在2至3年内出齐全套80册,为读者奉献一套体裁新颖、内容丰富、形式优美、编排科学的精品《新课标》读物!

出版说明

随着新《英语课程标准》（以下简称《新课标》）的颁布，中学英语教学改革推进到了一个新的阶段，对学生的知识面、交际能力、文化意识等方面的要求提到了新的高度。课外阅读不再是课堂教学可有可无的补充，而已成为英语学习不可或缺的部分。《新课标》对学生课外阅读在数量上作出了明确的规定，在培养目标上提出了一系列新的要求。为此，上海外语教育出版社与朗文合作编写了这套“外教社—朗文中学英语分级阅读：新课标百科丛书”。其目的是将《新课标》的教学理念贯彻到课外阅读当中，帮助学生达到《新课标》所提出的各项要求。

丛书的编写以《新课标》为指导，主要有以下特点：1. 在总体设计上，根据《新课标》分级编写，针对性强，充分满足各阶段中学生的阅读需求；2. 在选材上，突出个性化特征，根据不同年龄段学生的不同阅读兴趣，选择具有时代感、内容丰富的题材，帮助学生在完成《新课标》阅读任务的同时，扩大知识面，培养跨文化交流意识；3. 在难度的把握上，兼顾能力的提高和阅读兴趣及自信心的培养，为学生营造宽松的学习氛围；4. 在学习策略的指导上，根据《新课标》对各级的要求为每册书编写阅读技巧指南，引导学生养成良好的学习习惯；5. 在单元后的练习编排上，突出灵活性、开放性、参与性，将读、说、写等相结合，激发学生的想象力和创造力，帮助学生全面达到《新课标》的各项要求。

丛书共80册，分3、5、7、9四级，每级各20册。本丛书与“外教社·朗文小学英语分级阅读”一脉相承，是外教社与朗文合作推出的阅读精品。

作为以《新课标》为指导编写课外阅读的积极尝试，我们衷心希望广大读者能够多与我们联系、沟通，提出宝贵的意见和建议，协助我们精益求精，将丛书不断提高、完善。

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SFLEP-Longman Secondary English Graded Readers
Extreme Sports

Original English material of this SFLEP-Longman Secondary English Graded Readers *Extreme Sports*

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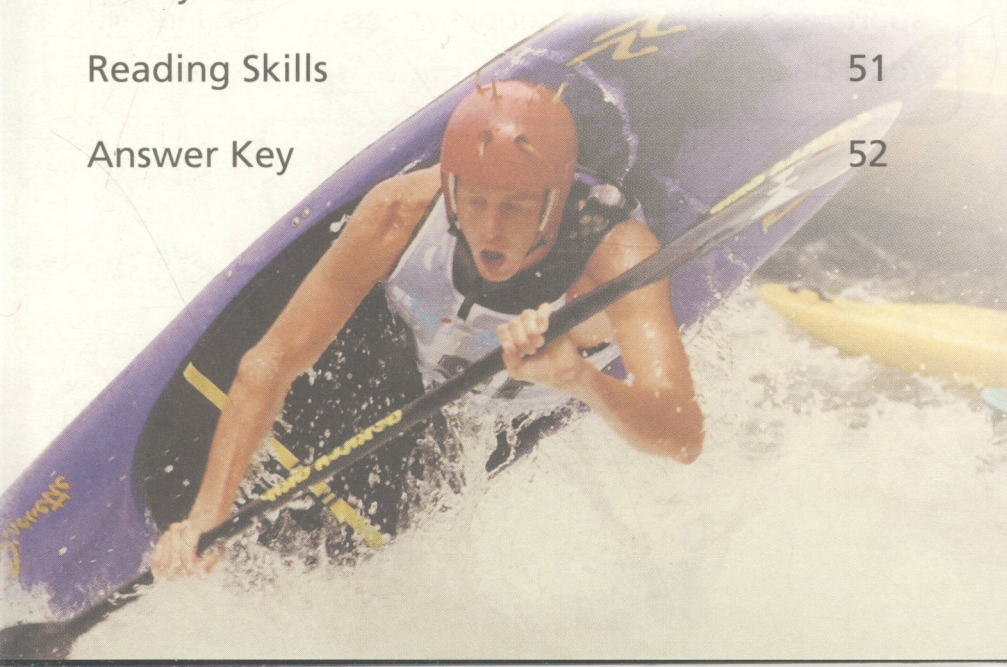
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Contents

Do you know?	2
Why Extreme Sports?	3
The High Jump	7
Hand over Hand	15
Fly like a Bird	25
Testing the Waters	33
Going Down	41
Safety First	49
Reading Skills	51
Answer Key	52



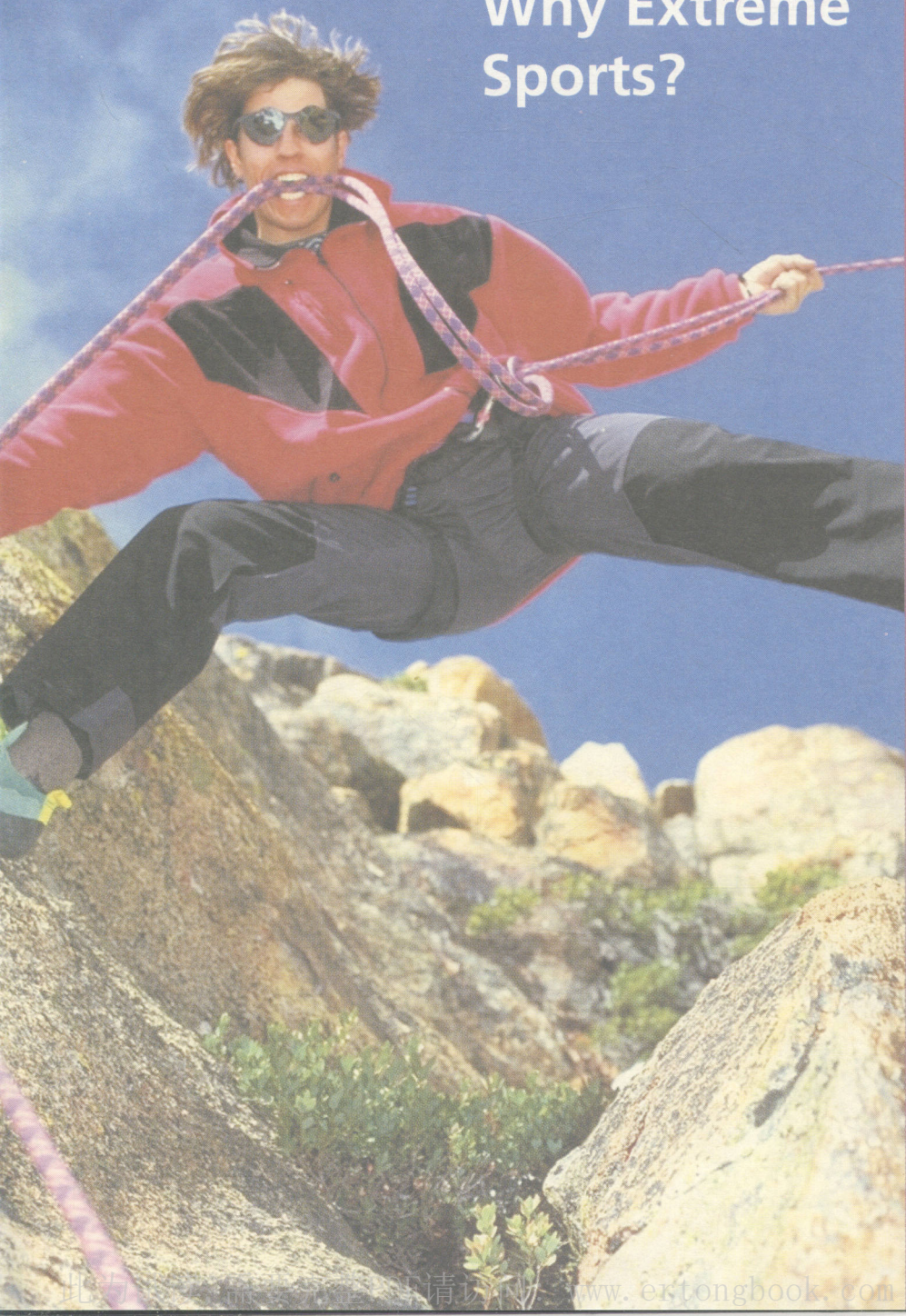
Do you know?

- What are the X Games?
- Where is the highest bungee jump in the world?
- What does the 'French Spiderman' climb?
- Who was the first person to design a parachute?
- How long can you free-fall when skydiving?
- How fast can people surf?
- What should you always wear in a boat?
- Why should you take two lights when caving?

Read this book and find the answers to these and other questions. Learn about the wild world of extreme sports and just how far people will go to have fun. You'll be amazed!



Why Extreme Sports?



Speed and danger

Extreme sports are all about speed and danger. So why do people do them? The answer is simple:



+



=



People like to be safe, but they also love excitement. Some people find riding a bicycle *along* a mountain road exciting; others want to ride *down* the mountain! Extreme sports are invented by people like these who are always looking for extreme excitement.

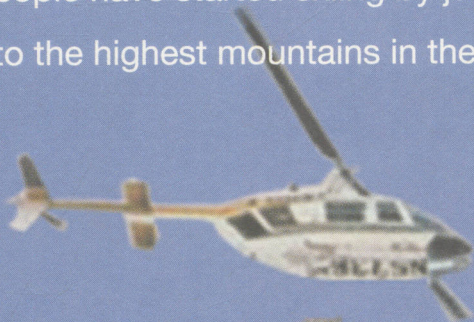


NOTES

excitement / ɪk'saɪtmənt /
令人兴奋的事

Where do they come from?

Some extreme sports like bungee jumping are new inventions; others simply take old sports to new levels. For example, people have skied for hundreds of years, but recently, people have started skiing by jumping out of helicopters onto the highest mountains in the world!



The Olympic Games for extreme sports are called the X Games. They are held every summer and winter.



NOTES

bungee jumping / 'bʌndʒi

,dʒʌmpɪŋ / 蹦极运动

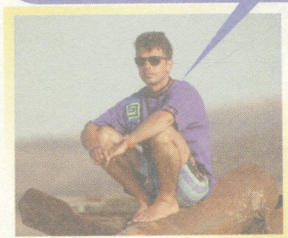
helicopter / 'helɪkɒptə / 直升飞机

What do they do?

These people are talking about the dangers of their extreme sports. Which sport does each of them do?

1.

I sometimes worry that the cord will break.



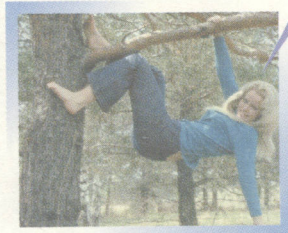
2.

If it didn't open, I would fall to the ground and die!



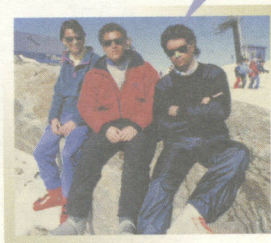
3.

I could be badly hurt if I crashed into a tree.



4.

We could drown if we fell out and hit our heads on a rock.



a



White-water rafting

b



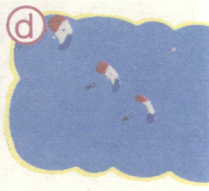
Bungee jumping

c



Snowboarding

d



Parachuting

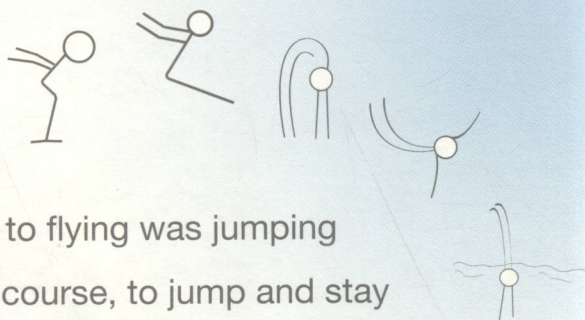
Answers: 1. b; 2. d; 3. c; 4. a

The High Jump



Flying and diving

People have always wanted to fly. In the past, the closest thing to flying was jumping from great heights. Of course, to jump and stay alive, you had to land in water!



Diving is an ancient sport. A 2,500-year-old tomb in Naples shows a man diving from a platform, possibly a cliff.



NOTES

tomb / tu:m / 墓

Naples / 'neɪplz / 那不勒斯
(意大利南部港市)

platform / 'plætfɔ:m / 平台

cliff / klɪf / 悬崖, 峭壁

Cliff diving

All you need for cliff diving is a swimsuit, but it is very dangerous. First, you need to make sure that the water is deep enough so you will not hit rocks or other objects on the bottom. Secondly, you need to make sure you do not hurt yourself when you hit the water. Hitting water from a great height can be like hitting a wall.

There is a famous cliff diving spot in Mexico. Every day, tourists come to watch young men dive 45 metres into the ocean below.



NOTES

swimsuit / 'swɪmsu:t / 游泳衣

object / 'ɒbdʒɪkt / 物, 物体

spot / spɒt / 地点

Mexico / 'meksɪkəʊ / 墨西哥