

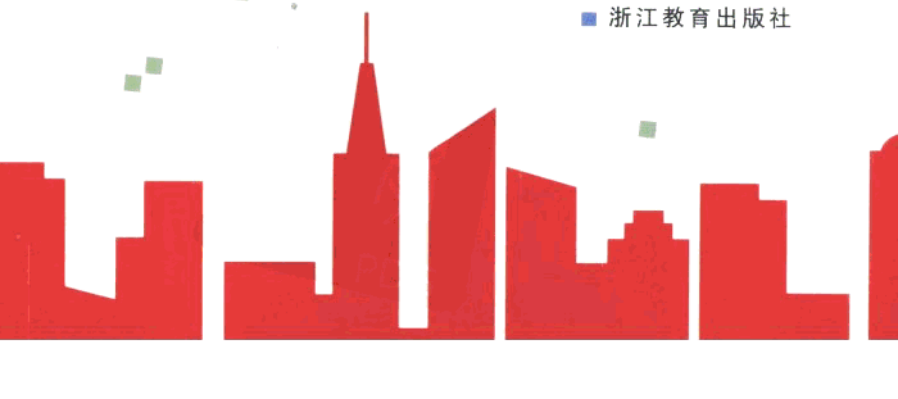
*Life*  
*@ Reading*



# 英语经典美文诵读

八年级

■ 浙江教育出版社





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# 英语经典美文诵读

八年级

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# 前 言

古人云：“熟读唐诗三百首，不会作诗也会吟。”古人又云：“读书破万卷，下笔如有神。”英伦名仕 Francisco Bacon 爵士亦云：“Reading maketh a full man.”（读书使人完美。）英语中更有格言，曰：“Reading is to the mind what exercise is to the body.”（阅读之于心灵，犹如运动之于身体。）

学习一门语言，阅读和背诵是两件很重要的事情。

阅读可以使人明理，使人睿智。在阅读的过程中，我们感知语言的美，感悟语境的美。通过阅读，我们培养语感，积累素材。通过阅读，我们体验文化，训练思维。

背诵可以使人博古通今，使人雄辩。在背诵的过程中，我们体验英语的用词习惯，我们感受英语的行文习惯。通过背诵，我们巩固词汇，强化写作。通过背诵，我们提升思维，拓展自我。

为了给初中学生的英语学习提供朗读和背诵的材料，我们经过一年多的筹备，组织来自于浙江省的优秀的中学教师，编写了《英语经典美文诵读》。

本书选材时充分考虑了《英语课程标准》的要求和现行初中英语教材的语法、话题及词汇，具有题材新颖、体裁广泛、循序渐进、难易适当、语言优美、朗朗上口等特点。每篇文章中的生词均有注释（英汉双语解释），对重点句型和优美句子均进行了强调，以供学生参考，学生在阅读之后还能记录学习到的新词和新句型。

书中如有不当之处，敬请批评指正。

编 者

2009年6月



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# Section One

## Sports

Sport is the sources of all lives.



### Passage 1

Read the passage and think: What's the difference between American football and British football?

## American Football

American football is a kind of ball game from the English game of *rugby*, and is *entirely* different from the British football, that is, soccer or *association football*. American football is the most popular sport in all schools and colleges in the United States.

There are *professional* football teams in nearly all big cities of the United States. Their players are almost always from college footballers.

The game is played with an *egg-shaped* ball, and the eleven players on each side may carry it and *knock* each other.

(81 words)

### New Words and Expressions

a kind of football 橄榄球

wholly; completely 全部地; 完全地

professional 职业的; 专业的  
British football 英式足球

autumn 秋天

relating to a job that needs special education and training 职业的

egg-shaped 椭圆形的

take the ball away by bringing down 阻挡



## 橄 榄 球

美国的橄榄球(美式足球)运动起源于英国的橄榄球赛,与一般的足球运动,即英式足球截然不同。秋天,美式足球运动是大、中学校里最流行的体育运动。

美国所有较大的城市几乎都有职业橄榄球队,其运动员大多数是原来的大学橄榄球运动员。

比赛用的橄榄球是椭圆形皮球,双方的11名运动员可以带球并抱摔对手。



### My notes

同学们,如果学到了什么新单词和新句子,赶紧记下来吧!

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◆ Health is better than wealth.

健康胜过财富

—John Ray

——约翰·雷伊

## Passage 2

Read the passage and think: How did the writer try to improve his skill in playing tennis?

During my \_\_\_\_\_ years I liked to go to the \_\_\_\_\_ room to play table tennis. Some of my classmates were very good at this game and I often tried to \_\_\_\_\_ with them to \_\_\_\_\_ my skill. In high school I spent many hours playing outdoor sports. I enjoyed team sports like basketball and volleyball. In my senior year I started to practice tennis. Sometimes I would find a partner to play tennis with me, but as yet I am not very good at it. Tennis \_\_\_\_\_ great \_\_\_\_\_ in the arms and legs as well as strong \_\_\_\_\_ on the game.

(104 words)

### New Words and Expressions

middle school 中学

play 消遣; 娱乐

try to do better than another person or organization 比赛; 竞争

make sth better 改善; 改进

need 需要

the quality or degree of being strong 力量; 力气

close or complete attention 专心; 集中



在我读中学的日子里,我喜欢到活动室打乒乓球。我的一些同学精于此道,我常与他们对抗以提高自己的球技。读高中时,我把大量的时间用来进行户外运动。我喜欢团队运动项目,比如篮球和排球。临毕业那年,我开始练网球。有时我可以找到一个同伴陪我打,但是我打得不是很好。打网球不仅需要强壮的臂力和腿部力量,还需要集中精力。



### My notes

同学们,如果学到了什么新单词和新句子,赶紧记下来吧!

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◆ A man needs a purpose for real health. —Sherwood Anderson  
有目标的人才能有真正的健康。

——舍伍德·安德森

### Passage 3

Read the passage and think: How did the writer feel when she first played ice hockey with her friend?

## Ice Hockey

I'm the only *woman* on the Wellesley High School ice hockey team. When I first tried out with a friend, I was very *nervous*. However, my coach and my new teammates soon gave me a sense of confidence and I have ever since felt like I belonged. They never have put me into an *embarrassing* or uncomfortable situation. I understand how strange it must be to have me on the team, but they include me and treat me with respect.

My coach is also very *encouraging* and supportive. He is always teaching me and the rest of the team new and better plays.

I really love to play ice hockey. And I'm happy that I am able to play on our school team. I'm getting so much knowledge and working on skills to play well. It's a wonderful sport. I ask more girls to play.

(145 words)

### New Words and Expressions

a sport played on an ice rink between two teams of six skaters 冰球  
relating to women or girls 女性

worried or frightened about sth 担心

making you feel ashamed, nervous, or uncomfortable 使人尴尬的

a feeling of deep admiration for sb 尊重

feeling or showing a lot of interest and excitement about sth 热心的



## 冰 球

我是卡尔斯利高中冰球队的唯一的女性。当我第一次试着和小朋友们过招时,我非常紧张。然而,当我入队后,我的新队友们很快就给了我很大支持,对我也很友善,让我有到家了的感觉。他们从未使我陷入窘境或者感觉有任何的不安。我明白,我在队里看起来是多么的奇怪。但是,他们包容我,尊敬我。

我的教练也很热心、很支持我。他总是教我和其他队员如何打得有新意,打得更好。

我真的非常喜欢打冰球。能够在校队打球我感到很开心。我在不断地积累打好冰球的知识及技能。这是一项很好的运动。我鼓励更多的女孩来打冰球。

### My notes

同学们,如果学到了什么新单词和新句子,赶紧记下来吧!

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◆ A healthy mind is in a healthy body.

—Juvenal

健康的思想寓于健康的身体之中

——朱文诺尔



### Passage 4

Read the passage and think: What is the best speed for jogging?

Every day, in all kinds of weather, many thousands of men and women jog. Why does jogging—running slowly for long distances—become so popular? Because it is very good exercise. Jogging makes the heart stronger and helps people lose weight. It can also help them feel better about themselves. How fast should you go? Jog with a friend and talk to each other as you run.

How far should you jog? Remember not to go too fast too soon. In fact, you should walk, not run, the first few times.

After that, increase your distance a quarter or half mile every two weeks or so. Maybe in a few years, you, too, can run in a long race as thousands of people do.

(148 words)

### New Words and Expressions

run slowly for long distances 慢跑

the amount of space between two places or things 距离

make thinner 减肥

make greater or larger 增加;增大

a long race of about 26 miles or 42 kilometers 马拉松



每天,不管天气如何,都有成千上万的男男女女在进行慢跑运动。为什么慢跑——长距离的慢速跑步——变得如此风行?因为这是一项很好的运动方式。慢跑不但能使心脏更强健,而且有助于减肥,还能增强人们的自信心。那么慢跑的速度应该是多少?边跑边可以和朋友聊天的速度比较合适。如果跑步聊天感到困难,说明你的速度肯定是太快了。

慢跑锻炼的距离多远比较合适?请记住不要一开始就跑得太快。实际上,开始慢跑运动时,你应该走,而不是跑。一段时间以后,你可以做些短距离慢跑运动,但是你只需感到跑得舒服即可。然后,每隔两周左右时间再增加四分之一到半英里。也许几年后,你也可以和其他数以千计的人一样跑马拉松了。

### My notes

同学们,如果学到了什么新单词和新句子,赶紧记下来吧!

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- ◆ Early to bed and early to rise makes a man healthy, wealthy and wise.

—Benjamin Franklin

早睡早起使人健康,富有和聪明。

——本杰明·富兰克林



### Passage 5

Read the passage and think: What is the most popular professional sport in America?

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Professional sports are not only very popular in the United States, but also a big                     . The most popular sports are baseball, football and basketball.

For example, the                      are in Los Angeles. The strongest supporters of the Lakers are people of Los Angeles and Southern California. When the Lakers play, many people in Los Angeles                      follow the game. When we talk about "NBA", almost every one knows it has some                      with US professional basketball. NBA is getting new fans and supporters around the world. However, football is the most popular professional sport in the US.

(122 words)

### New Words and Expressions

occupation; profession; career 职业; 行业

the number 1,000,000 百万

sb who supports a particular person, group, or plan 支持者

name of a basketball team 湖人队(美国一支职业篮球队)

                     feeling or showing a lot of interest and excitement about sth 狂热  
地; 热土地

                     the condition or fact of being related 关系; 关联