

ENGLISH LISTENING PRACTICE

[FOR JUNIOR STUDENTS]



中考临考

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英语听力 训练与测试

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怎样提高英语听力水平

(How to Improve Your English Listening Ability)

人们在交际的过程中离不开听,只有听懂了别人说些什么,才能使交际活动进一步发展。在人类的交际活动中听和说占绝大多数比重。近年来学校对学生的英语听力的培养给予前所未有的重视,中考和高考也把英语听力题列为考试范围,英语学习者想提高自己的听力水平的欲望也愈来愈强烈。那么怎样才能提高英语听力水平?怎样才能取得中考听力题的好成绩?下面就谈谈英语听力训练中应该注意的问题以及有关方法和策略。

一、为什么听不懂?

作为英语学习者,听不懂是学习过程中常见的现象。原因可能是多方面的,就学生而言,根本的原因可能是:

1. 辨音能力

我们的英语老师大都是中国人,我们在听课时听到的是中国老师说出来的英语。有的老师发音准确,有的老师发音不甚准确;有的语速快,有的语速慢。学生们习惯了某一种特定的发音,一接触到另一种不同的发音就会有不适应的感觉。另外,就中考听力测试而言,我们所接触到的声源大都来自美国人的发音,而我们在日常学习中所听到的课本录音是来自英国人的发音。发音不尽相同,可能会造成辨音上困难,但这是可以克服的,只要稍加训练就

能适应。本书配的磁带就是请美籍英语老师录制的。不论英国人的发音还是美国人的发音,英语都是他们的母语。其发音地道、纯正,都是值得我们认真学习和模仿的。对于初中生来说,在训练辨音能力时,不仅要注意英美单词的不同发音处,而且要注意句子的语流。有时老师上课时,为了照顾所有的学生,会放慢语速,每个单词说得清清楚楚,使学生能听得明白,同学们习惯于这种照顾性英语。而英美人在平时讲话时,主要是要表达意思,他们更着重于语流,着重强调能表达思想的词和句。如果把句子中的每个单词都说的清清楚楚,就会影响要表达的思想。例如: $\text{h} \text{ɒ} \text{t} \text{ə} \text{t} \text{ɔ} \text{l}$ /, 这实际上是把“Not at all”一口气说了出来。

2. 发音和词义的对应

在进行听力训练时,学生常常不能把单词的发音和它的意义联系起来,如果看到这个词,一下就能明白,而听到这个词就不明白了。这是因为我们的大脑对词形和词义有较强的联系,而对发音和词义联系就相对弱一些。听英语的目的在于理解意思,如果我们不能把单词的发音和词义联系起来,就会造成理解的中断。这是听不懂英语的其中一个原因。

3. 语境问题

学生在听的过程中一个常见的毛病就是把注意力集中在词汇上,一旦一个词没有听明白,马上就惊慌失措。我们必须注意:能听懂一个单词,不一定就能听懂一个句子,能听懂一个句子,不一定就能听懂一篇短文。因而在听的过程中把握语境是十分重要的。这里包括大语境和小语境。大语境是指所听内容的语意范围,也就是这篇短文在谈论什么,要表达什么意思,这特别表现在听一篇长对话或短文;小语境是指一个单句、一段短对话、或短文中的长句所表达的意思,这两者是相辅相成的。在听英语的过程

中,我们听熟悉的内容就容易理解,听不熟悉的内容就不容易理解。对中考而言,这个问题是不存在的。因为中考听力所涉及的内容都是我们所熟悉的。如果平时课文掌握得比较好,一般是不会听不懂的。困难在于我们能否将一连串的语音信息用语法知识或逻辑知识来确定句与句之间的意义联系。在训练听力的过程中“误听”的现象常常发生,“误听”就有可能造成“误解”,如果能把握上下文的意义联系,进行综合考虑,很快就能得到矫正。比如,我们把 /w ts n/ 误听为 /w ts m /,究竟是“What's on?”还是“What's wrong?”,这就要通过上下文把前后的意思联系起来判断。

4. 心理因素

从心理学角度来看,听英语比读或写英语更为紧张,因为声源发出的信号瞬间即失,听的人必须把握前后的信息,进行整体加工处理,大脑处于高度紧张状态,一旦出现没有听明白的地方,听者就容易造成过度焦虑。研究证明,过重的心理负担影响听的效果。这是因为过重的心理负担使人产生恐慌、焦虑不安,不能集中注意力,从而抑制了听觉的正常发挥。所以在听英语时,如何调整心理状态,避免过度焦虑就显得十分必要。心理上另一个问题就是心理定向。一个良好的心理状态能产生一个良好的心理定向,一个良好的心理定向能够预知即将听到的信息范围,而且储存在头脑中的有关知识也在不知不觉之中被激活,大大有助于辨音,准确地认定语境和语篇的特定意义。如果你的预测能力越强,你的听力也就越好。

以上分析了影响英语听力的几个问题。我们可以根据以上的分析制定训练计划,并采取相应的训练方法。

二、怎样做才能提高听力？

1. 听语音的专项训练

在一段时间内集中进行听语音的专项训练是提高听力水平的重要一环。在训练时要注意两个方面：一是要训练听各种不同的发音和声调，以熟悉和适应不同人的发音特点，要注意不同的语音、语调、语速，连读和失去爆破的音，还要注意说话中所表现出来的语气和情感。二是根据不同的测试目的和目标，进行有针对性的听力训练。这二者可以结合起来进行。训练前首先要选择适合自己的水平的材料，选择一些与自己所学内容结合比较密切的材料较为恰当，特别是在复习迎考的时刻，更应该选择一些针对性强的材料进行练习。这样做的好处是既训练了听力又复习了所学内容。其次，所选的材料要有一定的梯度，难度适中，能帮助你一步步地提高。比如先听句子，找出听到的词组，再听句子，并找同义句子，然后听对话、短文等。经过一段时间的训练，你会惊喜地发现自己的听力提高了不少。

2. 恰当处理听音和朗读的关系

前面我们谈到，同学们在听力上失误的原因往往是发音和词义对应不上，声源发出的信号听起来很熟悉，就是意义回忆不起来。朗读可以矫正头脑中音和义对应的失调。通过反复朗读使声音信号和意义直接挂起钩来，并储存在大脑中，自己会背，能说出来的句子就不会听不懂了。在训练中对于听不明白的句子，不妨反复地、高声地、快速地朗读几遍，这样不但有助于提高自己的语音、语调，更有利于体验语气和语调，形成语感。这里指的是听不懂的句子，对于能听得懂或基本上听得懂的句子，似乎没有必要这

样做,因为我们训练的目的是听,而不是读,朗读有助于听力的提高,但不能取而代之。

3. 把握语言意义上的逻辑联系

在听的时候要静心专注地听,在听清的基础上把握各句之间的意义联系,这样才能从整体上把握语篇的意义。如果是一段对话,一定要听完这段对话,如果是一篇短文,一定要听完这篇短文。只有这样才能把握该语篇的逻辑脉络。一个语篇,特别是具有一定情节的语篇,前后语意都会有所重复,有时是直接重复原词语,有时是间接重复(常用代词表示)。语意的直接重复和间接重复的意义指向是同一个范畴,它是串连一段话语的主要逻辑线索。这也就是我们常说的关键词语。这些关键词语大致可分为:人物或事件(包括重复出现的词语),行为或事态发展的词语(随时间或地域的变化),行为对象的词语(不同人物有共同的或不同的行为对象)。做到这一点并不困难,在听力训练中有意控制自己的注意方向,几天下来就能见成效。

4. 考前的模拟训练

考前的模拟强化训练对提高考试成绩有很大帮助,坐在考场中和平常的听力训练的感觉是不一样的。考前进行有目的的、有针对性的模拟训练是一种正式考试的体验,对端正自己的心态,检查自己的水平,验证听力测试中的策略和技巧十分有帮助。如果发现不足还有弥补的机会。在模拟训练中,最好按照实战要求进行,按照审题、预测、听答、检查等顺序一丝不苟地进行下去。通过一个阶段的训练,个人整体能力一定会有很大提高。本书的内容分两大部分,第一部分是专项听力训练(按年级);第二部分是听力模拟测试练习(有6套测试卷)。

5. 临场答题技巧

进入考场前你已经作了大量的练习,考试题型已了然在胸,并做好考前的各种准备工作,还应该注意以下几点:

① 充分利用听前的有效时间。卷子发下来后,要充分利用播放前的时间,迅速阅读一下即将解答的内容,从选项中预测你即将听到的内容,做到心中有数。这样听起来目的明确,不至于思维散乱。

② 利用换题时的间隔做好下一题的准备工作。听完前一个题目后,立即作出判断,无论对错都不要去理会,接着快速浏览下一个题目的选项,迅速作出预测,等待题目的播出。如此下去直到全部题目播完。一旦碰到你听不清的内容,也要凭直觉作出判断,不要有任何顾忌,并立即做下一题的准备工作,否则会造成一步跟不上,步步跟不上的恶果。

③ 全面倾听获取关键信息。在听对话和短文时要把握整个语段的内容,注意获取与选项有关的信息。这些内容一般都要听两遍以上,第一遍可只管倾听,第二遍边听边关注选项。一般说来两遍听下来后,意思已基本明确,有些选项在听了第一遍后就能预猜出来。听两遍后答案就更加明朗化了。

④ 听答之后慎重检查。大部分人在听答之后,为了确保答案的准确性,常常检查一下。检查应该说是必要的,但要慎重。听力题和笔试题不一样,它不可能像笔试题那样,通过反复阅读和推敲进行检查,因为听力题的信息瞬间即逝,有些信息不可能在你的头脑中保持得太久,当你进行检查时,有些信息就可能很模糊了,所以不慎重是不行的。如果信息在你的头脑中仍然十分清楚,检查时的确发现是误选,就毫不犹豫地纠正,而对记忆模糊的内容,只是怀疑错了,宁可不纠正,相信当时的判断。

祝同学们在中考中取得优异的成绩。

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初一听力专项训练

(Listening Practice for Junior English Book I)

词语篇

I. 这一大题有 30 小题,在每小题内,你将听到一个句子。每个句子读一遍。听完后,请从 A、B、C、D 4 个选项中找出你所听到的单词或短语。

A) 请找出你所听到的单词。

- | | | | |
|---------------|-----------|-------------|-------------|
| 1. A. nice | B. rice | C. likes | D. lights |
| 2. A. back | B. bad | C. bag | D. black |
| 3. A. sing | B. thing | C. think | D. thin |
| 4. A. near | B. here | C. dear | D. clear |
| 5. A. often | B. open | C. woman | D. over |
| 6. A. my | B. fly | C. high | D. by |
| 7. A. spell | B. well | C. sell | D. tell |
| 8. A. cheap | B. jeep | C. sheep | D. sleep |
| 9. A. which | B. match | C. much | D. what |
| 10. A. let's | B. late | C. eight | D. gets |
| 11. A. papers | B. pupils | C. pencils | D. pictures |
| 12. A. lesson | B. listen | C. season | D. eleven |
| 13. A. plane | B. green | C. staying | D. playing |
| 14. A. fridge | B. bridge | C. porridge | D. orange |

15. A. supper B. number C. worker D. mother

B) 请找出你所听到的短语。

- | | | | |
|---------------------------|---------------------------|--------------------------|-----------------|
| 1. A. are from | B. get from | C. come from | D. learn from |
| 2. A. all day | B. by day | C. about a day | D. a nice day |
| 3. A. go back | B. come back | C. get back | D. put it back |
| 4. A. read a little | B. get little | C. eat little | D. eat a little |
| 5. A. a big factory | B. a big family | | |
| | C. a car factory | D. a good family | |
| 6. A. get up late | B. go to bed | | |
| | C. a small bed | D. a little late | |
| 7. A. not at all | B. be small | | |
| | C. it's all | D. look small | |
| 8. A. very much | B. watch the match | | |
| | C. drink much | D. have a match | |
| 9. A. the same school | B. near the school | | |
| | C. the same shop | D. near the shop | |
| 10. A. have a book | B. have some food | | |
| | C. have a look | D. take a book | |
| 11. A. it's wrong | B. it's long | | |
| | C. I'm wrong | D. you're young | |
| 12. A. very early | B. very heavy | | |
| | C. very friendly | D. very easy | |
| 13. A. before eight | B. listen to the tape | | |
| | C. come back late | D. don't forget | |
| 14. A. write down | B. get down | | |
| | C. fall down | D. go down | |
| 15. A. look at the pencil | B. look after the picture | | |
| | C. look at the picture | D. look after the pencil | |

句子篇(1)

II. 这一大题有 20 小题。在每一小题内,你将听到一个句子。每个句子读两遍,听完后请从 A、B、C、D 4 个选项中找出一个与你所听到的句子在意义上最接近的句子。

1. A. The clothes on the line are mine.
B. There are no clothes on the line.
C. Mike's clothes are on the line.
D. My clothes are not on the line.
2. A. The class is just beginning.
B. The class is going to be over.
C. The teacher is coming into the class.
D. The students are doing their homework.
3. A. The bag is too big. B. The bag is very heavy.
C. The bag is not big. D. The bag is not heavy.
4. A. The basket is very big.
B. The basket is full of apples.
C. The basket is full of oranges.
D. There is nothing in the basket.
5. A. The man wants to buy things now.
B. The man wants to buy a new car now.
C. The man needs help from others now.
D. The man needs many things now.
6. A. Can you see anything else on the bed?
B. Can you see any some other things thing on the bed?
C. Can you see many things on the bed?
D. Can you see a few things on the bed?

7. A. He puts his books on his desk.
B. He is reading a book at his desk.
C. He puts his school bag on his desk.
D. He is studying his lessons at his desk.
8. A. The new socks are put on the bed.
B. The old socks are under the table.
C. The socks on the bed are old.
D. The socks on the table are new.
9. A. The kite is on the wall. B. The kite is in the tree.
C. The kite is on the table. D. The kite is on the bed.
10. A. The kite is broken. B. The kite is OK, now.
C. The kite is very nice. D. The kite is very light.
11. A. The books are in the classroom.
B. The books are on the desk.
C. The books will be taken to his house.
D. The books will be taken to the classroom.
12. A. Can't you see some flowers near the window?
B. There are some flowers on the table.
C. What can you see near the window?
D. Can't you see anything near the window?
13. A. It's time to have our class.
B. It's time to play games.
C. It's time to do our homework.
D. It's time to clean our classroom.
14. A. The speaker doesn't have a watch.
B. The speaker doesn't like to watch TV.
C. The speaker has a new watch.
D. The speaker needs a new watch.

15. A. Do you like something to eat?
B. Will you please give me something to eat?
C. Do you like a glass of milk?
D. Would you like something to drink?
16. A. Jim can't do it right. B. Jim play it very well.
C. Jim is my good friend. D. Jim studies very hard.
17. A. The speaker is throwing a frisby.
B. The speaker is flying a kite.
C. The speaker is playing a game.
D. The speaker is riding a bike.
18. A. There are some trees in the picture.
B. There are some footballs in the picture.
C. There are some children in the picture.
D. There are some kites in the picture.
19. A. The children are listening to a radio.
B. The children are writing on the blackboard.
C. The children are doing their homework.
D. The children are having a class.
20. A. The bottle is empty. B. The bottle is full of water.
C. The bottle is broken. D. The bottle is full of milk.

句子篇(2)

III. 这一大题有 20 小题,在每小题内,你将听到一个句子。每个句子读两遍,听完后,请在 A、B、C、D 4 个选项中找出一个能正确回答或在意义上能紧接你所听到的句子。

1. A. No, I don't have a cat. B. Sorry, I can't do it.
C. Let me see. No, it isn't. D. What a nice hat!

2. A. Oh, it looks the same. B. Oh, no, it's a cat.
C. It looks like a hat. D. I don't like a cat.
3. A. It's big and heavy.
B. Yes, you're right.
C. Let me carry it to your room.
D. No, thanks, it's big, but not heavy.
4. A. Very good. B. It's fine.
C. All right. D. I'm OK.
5. A. Can you carry it? B. Is it light?
C. Is it heavy? D. Is it all right?
6. A. Yes, I could. B. No, I couldn't.
C. No, I don't. D. Certainly.
7. A. You must work hard. B. Let me help you.
C. This one is big. D. That's OK.
8. A. I think it's broken. B. I think it's all right.
C. I think it's fine. D. I think it's good.
9. A. It's very nice. B. Here you are.
C. Please, look at it. D. You see it.
10. A. I'm fixing it. B. Let me help you.
C. Let me have a look first. D. Help me, please.
11. A. They're kind. B. They work hard.
C. They get up early. D. Yes, I think so.
12. A. It's four o'clock. B. It's very early.
C. It's very late. D. It's time to go home.
13. A. You're nice, too. B. It's nice to be here.
C. Nice to meet you, too. D. It's very nice here.
14. A. No. I'm not English. B. Yes! I'm American.
C. Yes. I'm Chinese. D. No. I'm Chinese.

15. A. Let me go. B. Yes, please.
C. You go first. D. I want it.
16. A. A bird. B. A boat. C. A tree. D. A river.
17. A. They're boys. B. They're girls.
C. Eighteen. D. Eighteen boys.
18. A. I can't go. B. Certainly. I'm coming.
C. Don't come here. D. I'm going.
19. A. He is playing basketball. B. He works hard.
C. His bike is broken. D. He is mending his bike.
20. A. How do you do? B. We listen to the teacher.
C. We play basketball. D. We play games a lot.

对话篇

IV. 这一大题有 12 段对话和 36 小题,你将听到每个对话和需要你回答的问题。每段对话和问题可以听两遍。听完后,请从 A、B、C、D 4 个选项中选出一个正确答案。

Dialogue 1

1. A. They are talking in the shop.
B. They are talking in the hospital.
C. They are talking at home.
D. They are talking in the classroom.
2. A. She asks him to get ready for class.
B. She asks him to carry the bag for her.
C. She asks him to clean the classroom.
D. She asks him to sit at his desk.
3. A. Yes, it is. B. No, it isn't.
C. Yes, he is right. D. No, he is wrong.

Dialogue 2

4. A. They're putting up a picture.
B. They're putting the books in the box.
C. They're putting up a picture.
D. They're putting up a map.
5. A. On the blackboard. B. On the wall.
C. On the window. D. On the floor.
6. A. The boy. B. Kate. C. The girl. D. The teacher.

Dialogue 3

7. A. A car. B. A bus. C. A postcard. D. A blue car.
8. A. It's from America. B. It's from Mary.
C. It's from England. D. It's from China.
9. A. It's a picture of a blue car.
B. It's a picture of a blue bus.
C. It's a picture of a cat.
D. It's a picture of a hat.

Dialogue 4

10. A. Jack. B. Emma. C. I. D. You.
11. A. Twenty yuan. B. Fifty yuan.
C. Two yuan. D. Four yuan.
12. A. Emma finds it in her bag.
B. No one finds it.
C. Jack finds it under Emma's chair.
D. Emma finds it in her desk.

Dialogue 5

13. A. Tom and Bill. B. Bill and Mike.
C. Tom and Mike. D. Tom and Dick.
14. A. They're in a room. B. They're in a new house.

- C. They're in the tree. D. They're under the tree.
15. A. It's under the tree. B. It's near a river.
C. It's on the hill. D. It's up in the tree.

Dialogue 6

16. A. They're talking about a new watch.
B. They're talking about Miss White.
C. They talking about a football game.
D. They're talking about their friends.
17. A. It's 4:00. B. It's 4:15.
C. It's time to play games. D. It's time to go home.
18. A. The girl does. B. The boy does.
C. Jack does. D. Miss White does.

Dialogue 7

19. A. It's 7 o'clock. B. It's 6 o'clock.
C. It's time to get up. D. It's time for breakfast.
20. A. It's Sunday. B. It's Monday.
C. It's Saturday. D. It's a fine day.
21. A. He must go to school.
B. He must help his mother.
C. He must mend the car.
D. He must help his father clean the car.

Dialogue 8

22. A. She is looking for her purse.
B. She is looking for her bag.
C. She is looking for her daughter.
D. She is looking for a girl.
23. A. She is five. B. She is four.
C. She is six. D. She is three.