

新课标百科丛书

太空漫游一星期

A WEEK IN SPACE

新课标
第3级
之一



上海外语教育出版社



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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；各级册数递进式增加，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、开放性及参与性，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，其中3级10册，5级20册，7级20册，9级30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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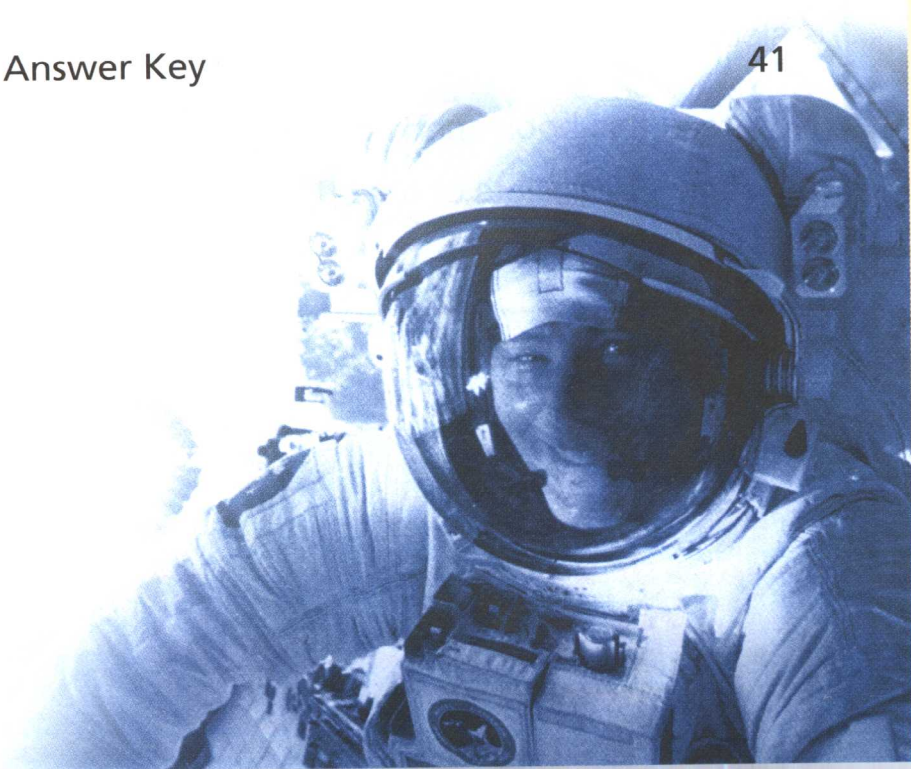
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Do you know?

- How fast does a space station move?
- Why do things float in space?
- What can you see with a telescope?
- What steps does an experiment follow?
- What kinds of food do astronauts eat?
- How do astronauts have showers?
- How much does a space suit weigh?
- How long do astronauts exercise every day?
- What do astronauts do just before they go to sleep?

Now read this book and find the answers to these questions. Learn lots of other things about space. It's exciting!



A large photograph of an astronaut in a white spacesuit working on the exterior of the Space Shuttle Challenger. The astronaut is positioned in the lower right, with their legs and arms visible. They are holding a long, thin rod. The shuttle's white structure and gold-colored thermal blankets are prominent. In the background, the Earth's blue and white cloud-covered surface curves across the upper left. The text "Monday & Tuesday" is overlaid in orange. A smaller, square inset image is placed over the astronaut's torso, showing a close-up of the helmet and faceplate.

Monday & Tuesday



Ten,
Nine,
Eight,
Seven,
Six,
Five,
Four,
Three,
Two,
One,



A spaceship is lifting off.

Lift-off !



NOTES

lift-off / 'lɪftɒf / 起飞

It is Monday, August
3rd, 2020. Chen Hua is
sitting in her chair. She
is above the birds,
above the clouds,
above all the planes.
She is in a spaceship.



Astronaut Chen Hua

Chen Hua is an astronaut.

She is from China. She is
also a scientist. This is
her first trip to the
space station.

She will
work there
and do
some
experiments.



NOTES

spaceship / 'speɪs,ʃɪp / 宇宙飞船

astronaut / 'æstrənɔ:t / 宇航员

scientist / 'saɪəntɪst / 科学家

space station / 'speɪs,steɪʃən / 太空站

experiment / ɪk'sperɪmənt / 实验



Tom



John



Anya



Sae Ree

There are four other people in the spaceship. Tom is the captain. He is from America. John is from Australia. He is a doctor. Anya is a scientist. She is from Russia. Sae Ree is a scientist too. She is from Korea. They are all astronauts.

Before the trip, all the astronauts worked very hard. They are happy because they are flying to the space station now. This will be an exciting week.



NOTES

- America / ə'merɪkə / 美国
- Australia / ɒ'streɪliə / 澳大利亚
- Korea / kə'riə / 韩国
- Russia / 'rʌʃə / 俄罗斯

It is Tuesday, August 4th. There is a lot of work to do today. Here is Chen Hua's list:

10:00 am



7:00 am Shower

8:00 am Breakfast

9:00 am Meetings with other astronauts

10:00 am Work on space station

11:00 am Talk to students on Earth

12:00 pm Lunch

1:00 pm Rest

2:00 pm Exercise

3:00 pm Exercise

4:00 pm Work on tomato seed experiment

5:00 pm Work on tomato seed experiment

6:00 pm Dinner

7:00 pm Free time: read

8:00 pm Look through the telescope

9:00 pm Free time: e-mail friends and family

10:00 pm Time to sleep!

What is on your list today?

7:00 am

8:00 am

9:00 am

10:00 am

11:00 am

12:00 pm

1:00 pm

2:00 pm

3:00 pm

4:00 pm

5:00 pm

6:00 pm

7:00 pm

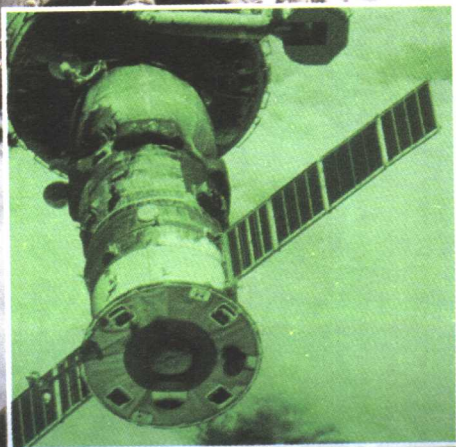
8:00 pm

9:00 pm

10:00 pm

Look at your list again at the end of the day. Tick the things you did.

Wednesday



At the Space Station

It is August 5th. The spaceship arrives at the space station. It is 226 kilometres above the Earth. It flies around the Earth at 28,160 kilometres per hour.

Captain Tom must join the spaceship to the space station. This is a very difficult job. He must be very careful.

He must not go too fast or too slow.

He did it! Now they can go into the space station.



NOTES

kilometre / 'kɪləˌmɪtə / 公里

join ... to ... 将……与……连接



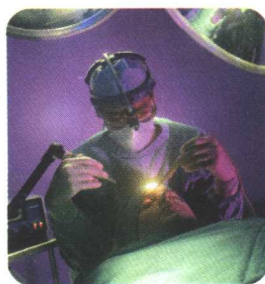
Astronauts in the hallway

The space station will be the astronauts' home for the next few weeks. It is a hotel, a hospital and a laboratory.

Everyone on the space station is happy to see them. Chen Hua and the others bring letters, presents, food, water and a lot of other things. Chen Hua is happy too, but she misses her husband and her son.



a hotel



a hospital



a laboratory



NOTES

miss / mɪs / 挂念

husband / 'hʌzbənd / 丈夫

son / sʌn / 儿子