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高中英语 阅读技能训练

西南师范大学出版社

ENGLISH READING SKILLS AND
TRAINING FOR SENIOR MIDDLE
SCHOOL STUDENTS

高中英语

阅读技能训练

(阅读课试用教材)

中学英语阅读实验教材编写组

西南师范大学出版社

中学英语阅读实验教材编写组 编写
高中英语阅读技能训练(一)

西南师范大学出版社出版
(重庆 北碚)

新华书店重庆发行所发行
重庆印制一厂印刷

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开本: 787×1092 1/32 印张: 6 字数: 129 千
1986年9月第一版 1987年7月第二次印刷
印数: 10,001—90,000

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ISBN 7-5621-0040-X

G·30

统一书号: 7405·14 定价: 0.90元

内 容 简 介

《高中英语阅读技能训练》第一册，是以新编初中英语课本1至6册的词汇和语法知识为基础，配合新编高中英语课本第一册前九课的词汇和语法编写的。可用作高一上学期开设英语阅读技能课的教材。

本书旨在培养高中学生正确、良好的阅读习惯，训练学生具有一些阅读方面的专门技能（如猜词能力、判断能力、快速记忆能力、速读和阅读理解力等），从而全面提高学生的阅读水平。

本书在选材时，力求结合大多数学生实际，适应高中学生的心理特点，作到题材广泛，生动有趣；为确保材料具有较强的可读性，所选课文的生词率，一般都控制在2%以下。

本书曾经重庆市南开中学和西南师范大学附中中学校试用。

在不开设阅读技能课的学校，本书亦可作为学生课外阅读和进行自我阅读训练的材料。

前 言

中学英语教学大纲提出，“要提高学生阅读英语的能力，单纯通过课文教学是不易达到的。”这是因为，阅读能力包括两个部分：即理解程度和阅读速度。阅读能力的获得，除必须具有一定的语言知识（词汇量和语法知识）外，还必须掌握一定的阅读技巧。阅读速度的提高和阅读技巧的获得，都必须经过专门训练才能达到。为此，重庆市南开中学进行了在高中开设英语阅读技能课的实验。《高中英语阅读技能训练》（全四册）一书，就是为这一实验编写的教材。

这套教材经过一年多的试用，得到使用学校师生的普遍好评。不少学校纷纷来函要求订购该书。为满足兄弟学校的需要，现由西南师范大学出版社正式出版、发行。

这套教材是以初级中学英语课本全六册的语言知识为基础，配合高级中学英语课本各册各课的语言知识梯次、循序渐进地编写的，统编课本进行一课，阅读教材进行两课；阅读课课文的难度，均略低于统编课本的同级课文；生词率第一、二册控制在2%以内，三、四册控制在3%以内；所选材料，特别注意到要适应高中学生的兴趣层次和要求，使

学生读来有趣、爱读；课后均配有理解验测题。

编写这套教材的目的，在于指导、帮助学生养成正确、良好的阅读习惯，训练学生形成一定的阅读基本技能，如大胆猜词、正确判断、快速记忆、主动摄取信息等能力，尽快提高学生的阅读水平，实现能阅读英语书藉、资料的目的，并为适应进入高校后的英语学习作好准备。

本书由张鹏浩、吴庆华负责总体设计，张鹏浩(全四册)、余明瑶、余应椿、李德芳、李秉铨编写，孙法理、刘炽亮、刘美仪、李峻岳校订。

本书在编写过程中，得到了重庆市教育科学研究所、重庆市南开中学、西南师范大学科研处、外语系、附中等单位的领导和省内部分英语教师的热情关怀和支持，在此一并敬致谢忱。

限于时间和水平，书中错漏之处在所难免，敬希使用本书的同志批评指正，以利修订。

中学英语阅读实验教材编写组

一九八七年二月

使用说明

《高中英语阅读技能训练》第一册，供高中一年级上学期使用。

考虑到学生进入高中之后有一个复习阶段，故第一册只选编了18课，每周一课，可作为全学期的阅读技能课教材。

本册每课分为两个部分。第一部分为正课文和为课文编配的练习，要求在教师指导下在课内进行。其学习步骤可分为：(1)熟悉新词语；(2)记时阅读；(3)作选择练习；(4)师生共同订正、讨论答案；(5)统计理解率并同读速一起填入记录表；(6)重点讲解、答疑；(7)重阅；(8)回答问题。第二部分为作业，要求学生独立完成，既可在课内，也可在课外，有一定的机动性。学习步骤可分为：(1)快速读完短文；(2)作正误判断练习；(3)借助词典重读短文；(4)订正断判；(5)自答问题，加深理解。

以上步骤只是对使用本书提出的建议，至于究竟如何使用本书和对练习的取舍，请老师们视学生实际情况灵活处理。

本书旨在培养学生良好的阅读习惯，训练学生具有一定的阅读基本技能，所以编写本书时，第一

部分课文的生词率（除第一课为2.3%外）均控制在百分之二以内；凡属学生读音知识范围以内的生词，都不注音；短文中的专有名词（如人名、地名）及通过上下文或借助构词知识能够理解的词语，也不列入生词，目的在于训练学生的猜词和推知能力；为便于计算理解率，课文后的检查理解题均设计为十个。第二部分的短文均不列出生词，目的是要学生通过查阅少量生词，培养查阅词典的习惯和能力。

书后所附“外国人名、地名的发音及汉译表”，只作课后查阅备用；“练习答案”是供教师备课时参考和自学者自测检查之用，不发给学生。

张鹏浩

阅读情况记录表

班级 _____ 姓名 _____

周次	课次	课文单词数	阅读时间 ____分____秒	读 速 单词数/每分	理 解 率 %
	1	331			
	2	317			
	3	360			
	4	391			
	5	432			
	6	444			
	7	438			
	8	452			
	9	503			
	10	345			
	11	371			
	12	419			
	13	436			
	14	494			
	15	517			
	16	538			
	17	553			
	18	597			

读速查对表 (L—课次 WPM—读速 RT—阅读时间)

W P M RT	L	1	2	3	4	5	6	7	8	9
3'00"		110	106	120	131	144	148	146	151	168
3'15"		102	98	111	120	133	137	135	140	156
3'30"		95	91	103	112	123	127	125	129	144
3'45"		88	85	96	105	116	119	117	121	137
4'00"		83	79	90	98	108	111	110	113	126
4'15"		78	75	85	92	102	105	103	106	119
4'30"		74	70	80	87	96	99	97	100	112
4'45"		69	67	76	83	91	94	93	95	106
5'00"		66	63	72	78	86	89	88	90	101
5'15"		63	60	69	74	82	85	84	86	96
5'30"		60	58	66	71	79	80	79	82	91
5'45"		57	55	63	68	75	77	76	79	87
6'00"		55	53	60	65	72	74	73	75	84
6'15"		53	51	57	62	69	71	70	72	81
6'30"		51	49	55	60	66	68	67	70	77
6'45"		49	47	53	58	64	65	65	68	75
7'00"		47	45	51	56	62	63	63	65	72
7'15"		45	44	50	54	59	61	60	63	69
7'30"		44	42	48	52	57	59	58	61	66
7'45"		43	41	47	51	56	58	57	59	65
8'00"		41	40	45	49	54	56	55	57	63
8'15"		40	39	44	48	53	54	54	55	61
8'30"		39	37	42	47	51	52	52	53	59
8'45"		38	36	41	46	50	51	51	52	58
9'00"		37	35	40	44	48	49	49	50	56
9'15"		36	35	39	43	47	48	48	49	55
9'30"		35	34	37	41	45	46	46	47	53
9'45"		34	33	36	40	44	45	45	46	52
10'00"		33	32	36	39	43	44	44	45	50

(接上表)

W P M RT	L	10	11	12	13	14	15	16	17	18
3'00"		115	124	140	145	165	173	179	185	199
3'15"		107	114	130	135	152	160	168	172	185
3'30"		99	106	120	125	141	148	154	158	171
3'45"		93	99	112	117	133	139	144	149	161
4'00"		87	93	105	109	124	130	135	139	150
4'15"		82	88	99	105	116	122	127	131	141
4'30"		77	82	93	97	110	115	120	123	133
4'45"		73	78	89	92	104	109	114	119	126
5'00"		69	74	84	87	99	104	108	111	120
5'15"		66	71	80	83	94	99	103	106	114
5'30"		63	67	76	78	90	94	98	101	109
5'45"		60	65	73	76	88	90	94	97	104
6'00"		58	62	70	73	82	86	90	92	100
6'15"		55	60	67	70	79	83	87	89	96
6'30"		53	57	64	67	76	80	83	85	92
6'45"		51	56	62	64	73	77	80	82	89
7'00"		49	53	60	62	71	74	77	79	85
7'15"		48	51	58	61	68	72	75	77	82
7'30"		46	50	56	59	66	69	72	74	80
7'45"		45	49	55	57	64	67	70	72	77
8'00"		43	47	53	56	62	65	67	69	75
8'15"		42	46	52	53	60	63	65	67	73
8'30"		40	44	50	51	58	61	63	65	70
8'45"		39	43	49	50	56	60	62	64	68
9'00"		38	41	47	48	55	58	60	62	66
9'15"		38	40	46	47	53	56	59	60	64
9'30"		36	39	44	46	52	55	57	58	62
9'45"		36	38	43	45	51	54	56	57	61
10'00"		35	37	42	44	49	52	54	55	60

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SECTION ONE

LESSON ONE

Part One

I. Read the following words:

- | | |
|--------------------|---------------------|
| 1. habit n. 习惯 | 2. keep from 阻止 |
| 3. point vi. 指, 指着 | 4. lip n. 嘴唇 |
| 5. take in 接受, 吸收 | 6. chin n. 下巴 |
| 7. fairly adv. 相当地 | 8. glance n. 一眼, 一瞥 |

II. Read the following:

HOW TO READ FAST?

Beginning Time: Minutes _____ Seconds _____

You will have a lot of reading to do in your grade this year. You can do more of it in less time if you learn to read rapidly.

Perhaps you have been told about some habits which keep a person from reading fast and have been strongly asked to break those habits which you might

have.

Do you still have any of these bad habits? Check yourself by answering "yes" or "no" to these questions:

1. Do you move your lips when reading silently?
2. Do you point to words with your finger as you read?
3. Do you move your head from side to side as you read?
4. Do you read one word at a time?

If you answer "yes" to any of these questions, start at once to break the habit.

If you move your lips, hold your fingers over them, or hold a piece of paper between your lips while you are reading. Then if your lips move, you will know it and can stop them.

If you point to words, hold the two sides of your book, one side with your left hand, the other side with your right hand. Then you won't have a free finger to use in pointing while reading. If you move your head, place your chin in one hand, and hold your head still.

If you read no more than one or two or three words at a time, you need to work very hard in learning to take in more words at each glance as your eyes travel across the lines of words.

Even if you do read fairly fast now, you can learn

to read even faster. As you probably have been told, the secret of fast reading is to take in whole groups of words at each glance. Read in thought groups and force your eyes along the lines of words as fast as you can make them go. Anyone who practices doing these two things will be able to read faster.

Finishing Time: Minutes _____ Seconds _____

(331 words)

III. Do the following reading comprehension exercises:

1. Choose from the reading the best answer to complete each of the following sentences.

1) You _____ those habits that we are talking about in this reading.

a. must remember

b. must get rid of (摆脱)

c. must have

d. must keep

2) You may hold your finger over your lips while reading so as

a. to hold a piece of paper between them.

b. to keep yourself from talking to others.

c. to tell others to be silent.

d. to feel whether your lips move or not.

3) When your eyes travel across the lines of words,