

CHUGAOZHONG
XIANJIEDAOYIN

高一新生必读

初高中衔接导引

英语

《初高中衔接导引》编写组 编

- 衔接教材内容
- 提示规律方法
- 跨越知识台阶
- 赢在起跑线上

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Unit 1 My New School Life



Before you read

① Answer the questions about the words in the box.

biology chemistry English Japanese geography Russian history
 IT(Information Technology) Chinese mathematics physics
 PE(Physical Education)

1. How many of the subjects are science subjects?
2. Which of the science subjects do you study at your school?
3. How many of them are languages?
4. Which languages do you study at your school?
5. Which of them are not academic subjects?
6. Which are your three favourite subjects?

② Complete the sentences with a subject and a reason.

Example: I like Chinese because I enjoy reading stories and poems.

1. I like _____ because _____.
2. I think _____ is important because _____.
3. I think _____ is difficult because _____.
4. I would like to study _____ because _____.

③ Show your answers to other students and discuss them.



While you read

Work in pairs. Discuss the following questions.

1. What are the main differences between junior high school and senior high school?
2. Do you think work at senior high school is harder than that at junior high school?
3. Are senior high teachers similar to junior high teachers?

My New School Life

My name is Li Kang. I live in Shijiazhuang, a city not far from Beijing. It is the capital city of Hebei **Province**. Today is my first day at senior high school and I'm writing down my thoughts about it.

My new school is very good and I can see why. The teachers are very **enthusiastic** and friendly, and the classrooms are **amazing**. Every room has a computer with a special screen, almost as big as a cinema screen. The teachers write on the computer, and their words appear on the screen behind them. The screens also show photographs, text and

information from **websites**. They're **brilliant**!

The English class is really interesting. The teacher is a very enthusiastic woman called Ms Shen. We're using a new textbook and Ms Shen's **method** of teaching is nothing like that of the teachers at my junior high school. She thinks that reading **comprehension** is important, but we speak a lot in class, too. And we have fun. I **don't** think I will be **bored** in Ms Shen's class!

Today we introduced ourselves to each other. We did this in **groups**. Some students were **embarrassed** at first but everyone was very friendly and it was really nice. Ms Shen gave us **instructions** and then we worked by ourselves.

Ms Shen wants to help us improve our spelling and handwriting. We do this in a fun way, with spelling games and other activities. I like her **attitude** very much, and the **behaviour** of the other students shows that they like her, too.

There are sixty-five students in my class—more than my **previous** class in junior high. Forty-nine of them are girls. In other words, there are three times as many girls as boys. They say that girls are usually more hard-working than boys, but in this class, everyone is hard-working. For our homework tonight, we have to write a **description** of the street where we live. I'm looking forward to doing it!



After you read

① Answer the questions about the words in the box.

attitude behaviour comprehension handwriting instruction method
spelling

1. Describe your attitude to studying English. Are you _____?
A. enthusiastic B. interested C. not very interested
2. Describe the general behaviour of your junior high class in English lessons. Do you all _____?
A. work hard in class
B. behave in a serious and polite manner
C. sometimes get noisy
3. Give an example of your English teacher's teaching method. Does he / she _____?
A. explain grammar B. tell stories
C. write new words on the blackboard
4. What do you find most difficult about English?
A. Reading comprehension. B. Speaking.
C. Spelling. D. Handwriting.
E. Understanding instructions. F. _____.

② Read the passage and find ...

1. Find something about this school which is different from Li Kang's junior high school.
 2. Find two things that the English teacher thinks are important to do in class.
 3. Find two things that the English teacher wants to improve.
- ③ **Choose the answers with the same meaning as the sentences from the text.**
1. Ms Shen's method of teaching is nothing like that of the teachers at my junior high school.
 - A. My previous teachers' method of teaching is better than that of Ms Shen.
 - B. My previous teachers' method of teaching is different from that of Ms Shen.
 2. I don't think I will be bored in Ms Shen's class!
 - A. I will find the class interesting!
 - B. I will find the class difficult!
 3. Some students were embarrassed at first ...
 - A. The students stopped being shy eventually.
 - B. The students couldn't do the activity.
 4. Ms Shen gave us instructions and then we worked by ourselves.
 - A. We did everything by ourselves.
 - B. We listened to Ms Shen's explanation and then worked with each other.
- ④ **Read the three summaries of Li Kang's opinion about the new school. Decide which is the best.**
1. Li Kang's new school is very different from his old school. There is new technology and they speak a lot in the English class. Everyone in the class works hard.
 2. Li Kang is very impressed with the teachers and the technology in his new school. The English teacher's method is very different from that in his old school and very interesting. The class is bigger and the students work hard.
 3. The most important thing about the new school is the technology in the classroom. There are more girls than boys in the class. Li Kang's first homework is a description of the street where he lives.
- ⑤ **Work in groups. Discuss these questions with other students.**
1. Is your English classroom like Li Kang's?
 2. Is your class the same size as his? Are the boys as many as girls?
 3. Are you looking forward to doing your English homework?

Comprehensive Reading

Going to University

1. England, Wales and Northern Ireland
After studying English, maths and geography for two years, 17-year-old Henry is

about to face his final A-level (Advanced level) exams. They will start at the end of May and continue into June. Everyone has said they are the hardest exams he'll ever have to take.

Henry's happy that he has already got high marks in his English and geography course and that he and his classmates took half their maths exams last year. At least that takes off some of the pressure.

He's been offered a place to study geography at Manchester University if he gets an A and two Bs. If he doesn't get the grades, he will go to his second choice in London, which has asked only for a B and two Cs.

About five months before, he visited lots of universities and chose six to apply to. His teachers sent these universities his grades based on his mock exams(模拟考试), and a report of his character. He wrote a 500-word personal statement saying why he should be accepted by each place. Two universities called him in for an interview. Three others offered him a place straight away. And one rejected him. He finally chose his two top places.

A few months after his exams, Henry's results arrived. He hasn't done well. He got three Cs and neither of his two choices will take him.

All is not lost however. He gets on the phone and calls every university he can think of. If they have any spare places, he begs them to give him a place. Finally, he is offered a place to study computing in Wales. It wasn't what he planned to study, nor where he had wanted to go. But he doesn't care. He has achieved his goal of going to university.

2. The United States

Every year, high school juniors and seniors from across the US take the Scholastic Aptitude Test(SAT,学术能力测试).

The SAT 1 is a three-hour exam that tests students' maths and verbal(词汇的) skills. Most universities will not accept students without this test. It is also used to decide how much financial aid(经济资助)should be given to each student.

Scores range from 200 to 800 for each part. There is a total of 1,600 points. The test is held each year from October to June. But seniors must take it before December in order to include their scores in their university application. The average total score for an American high school student is around 1,000.

A poor SAT 1 score can prevent a student from going to a good university. Students who want to go to one of America's best universities, such as Harvard or Yale, must score between 1,430 and 1,600.

The test can be taken over and over again, but all the scores will appear on the students' records. However, unlike Chinese universities, the score is not the only thing

needed. American universities also look at a student's subject grades, what they do outside of school, and their teachers' recommendations.

In addition to the SAT 1, some universities require high school students to take at least three SAT 2s. These one-hour exams can be taken in any subject, for example chemistry or French.



Unit 2 My New Teachers



Before you read

- ① Study the following words and decide what adjectives you will use to describe your new English teacher and other teachers.

amusing energetic funny intelligent kind lively nervous organized
patient popular serious shy strict stupid

- ② Tick the statements that you agree with.

1. All good teachers talk a lot.
2. I think teachers need to be strict.
3. I like teachers who are amusing and can laugh with their students.
4. The most popular teachers are always very kind.
5. Good teachers make sure that everyone in the class understands.
6. Good teachers always return homework quickly.
7. You should be able to ask your teacher questions at any time during a lesson.
8. It doesn't matter if a teacher is not organized.

- ③ Work in groups. Talk about the following questions.

1. What kind of teacher would you prefer to have?
2. What good qualities should a best teacher have?



While you read

Read the passage and answer the following questions.

1. What are your first impressions of the three teachers?
2. Which teachers do students like a lot?

My New Teachers

They say that the first **impressions** are very important. My first impression of Mrs Li was that she was **nervous** and **shy**. I think perhaps she was, as it was her first lesson with us. But now, after two weeks, the class really likes working with her. She's kind and **patient**, and she explains English grammar so clearly that even I can understand it! She **avoids** making you feel stupid! I've always **hated** making mistakes or pronouncing a word **incorrectly** when I speak English, but Mrs Li just smiles, so that you don't feel **completely** stupid. I think maybe she goes a bit too slowly for the faster students, but for me it's wonderful! I feel I'm going to make progress with her.

I'd guess that Mrs Chen is almost sixty. She's very **strict** — we don't dare to say a

word unless she asks us to. She's also very serious and doesn't smile much. When she asks you to do something, you do it **immediately!** There are a few students in our class who keep coming to class late but they're always on time for Mrs Chen's lessons! Some of our class don't like her, but most of us really **appreciate** her because her teaching is so well **organized** and clear. And a few students even **admit** liking her! During **scientific** experiments, she explains exactly what is happening and as a result my work is improving. Physics will never be my favourite lesson, but I think that I'll do well in the exam with Mrs Chen teaching me.

Mr Wu's only been teaching us for two weeks and he's already very popular. I think this is because he really enjoys teaching Chinese **literature**—he loves it, in fact! He's got so much energy, and this is one class you do not fall asleep in! He's about 28, I think, and is rather good-looking. He talks **loudly** and fast, and **waves** his hands a lot when he gets excited. He's really **amusing** and tells **jokes** when he thinks we're getting bored. Even things like compositions and **summaries** are fun with Mr Wu. I **respect** him a lot.



After you read

① Match the words with correct definitions.

- | | |
|---------------------|---|
| patient () | A. only write down main ideas |
| headmaster () | B. a person who is in a hospital |
| immediately () | C. the leader of a school |
| summary () | D. a strong effect produced on the mind |
| avoid () | E. enjoy and understand |
| impression () | F. do sth. at once or without delay |
| appreciate () | G. make sb. / sth. not do sth. |

② Write down the words according to the first given letter.

- Mr Wood is a very p _____ teacher. He never gets angry, even when his students behave badly.
- Our history teacher is a very s _____ man. He's nice, but he never smiles.
- Jane is always very n _____ before an exam and she can't eat anything.
- Mr Wood is a very e _____ man. He knows the answer to any question.
- All the students like Mr Wood. He is a very p _____ teacher.
- My Chinese teacher is very a _____. He always makes us laugh in the lesson.
- To be a good teacher, you need to be o _____. This is because there are a lot of things to do each day.
- Our math teacher is very s _____. He gets angry if we don't do our homework or if we speak in class.
- There are a few s _____ students in my class. They never say anything or try to answer any of the questions.

10. I'm not really interested in chemistry — I find it b _____.

③ Complete the sentences with these words. Change the form where necessary.

spelling	enjoy	progress	behaviour	pronounce
avoid	imagine	consider	stop	finish

1. I don't _____ doing math because I'm very bad at it.
2. I need to improve my _____ because I make a lot of mistakes when I write in English.
3. I can't _____ words beginning with "th" in English.
4. We _____ in English quickly because our teacher is very good.
5. His _____ was so bad that the teacher spoke to his parents.
6. Wait for me! I haven't _____ writing my English homework.
7. I try to _____ working late at night.
8. I can't _____ leaving school and find a job.
9. Mary has always been _____ becoming an English teacher.
10. Please _____ making a noise in class.

④ Read the passage again and try to finish the form.

Name	Appearance character	Subject	Teaching style	My goal in new term
Mrs Li				
Mrs Chen				
Mr Wu				

⑤ Read the passage again and answer the following questions.

1. What first impression did Mrs Li give to the writer? Why?
2. Why didn't the writer feel completely stupid in her class?
3. Give us some examples to show that Mrs Chen is strict and serious.
4. Why do most of her students appreciate her?
5. When Mr Wu gets excited what does he do?
6. What method does he often use when we get bored?

⑥ Discussion: Should your teachers criticize you or not?

Comprehensive Reading

Being Teachers, We Are Proud!

Dear friends, I feel very happy to have such a chance to make a speech here. The great English writer William Shakespeare wrote to his teacher, and said: "I can give no other answer but thanks, and thanks, and ever thanks." People also say, "The teacher is like a candle, burning himself out to give light to others." And others say, "Teachers are the engineers of human soul." Today, we choose such a great job, which we are ready to give all our lives to, so I'll say, I feel proud, never regret!

Yes, our work is very hard. When night falls, all other people go to bed, but we are still making preparations for the next day's lessons. We get up early in the morning, but go to bed late. We have less time to enjoy ourselves with our families. Every day we hurry towards school. We ride our bikes very quickly, saying to ourselves, "Hurry up! Don't be late!" So we step quickly, speak quickly, act quickly, do everything quickly. We have a quick rhythm. Even on Saturdays or Sundays, we have to give the students additional classes, without any rest. We have less time than others to do the housework.

When the students are in difficulties, we'll give them help and teach them how to overcome them. We have enough patience to help them. When they make progress, we'll encourage them to go on with it, to keep on! We care for them in study, in life and in thoughts. We devote ourselves to the cause of education of China, unselfishly. We are working for our society, for our nation, for our motherland. We give all we know to the students. We teach them to learn and how to learn. We try our best to make them study well, live a happy life and help them to realize their dream. When I enter the classroom, when I step on the three-inch teaching platform, when I see pairs of eyes are looking at me, I'll forget all my tiredness, my unhappiness and all things concerning myself. I'm often excited by their progress! I often laugh and cry for them! My heart will go with them!

When they leave school, when they are going to enter the college, I feel happy, excited, and satisfied. On Christmas Day, when I received cards from my students, I felt excited and moved the whole night. When I see they gain much knowledge, get a good mark, or take a prize in a competition, I feel even happier than they are. Because I know: "Even a small star shines in the darkness." I love my students and my job. The students also need love. If we say, life is a flower, then love is the honey of a flower.

This is our life, which we spend day after day, month after month, year after year. This is our career, which we are engaged in all our lives. This is our cause we are willing to struggle for day after day. This is a field, and only in such a field can we improve ourselves day by day, year by year. We love our life, our work, our students, and everything about our education! We are proud of being teachers. At last, I will end my speech with this poem:

*If I am a tree ,
I should be a shelter from the sun.
If I am a flower ,
I should burst into bloom , overflowing with fragrance.
If I am a piece of grass ,
I should be green , dressing up the land.
If I am a firefly ,
I should decorate the night sky , serving as a foil to the stars.*

Unit 3 An Active and Meaningful Life



Before you read

① Quiz: How do you feel about sleep?

Decide whether the statements below are true or false.

Sleep Quiz

- Sleeping during the day is bad for you.
- Adults do not need more than six hours' sleep.
- Jogging during the day will help you sleep better at night.
- Eating a large evening meal can help you sleep.
- People who smoke are heavier sleepers than non-smokers.
- Going to bed at the same time every night helps us sleep better.
- Firm mattresses provide better rest than soft ones.
- Going to bed without eating can cause sleeplessness.



② Work in pairs, exchanging your opinion about sleep. You can ask and answer questions like this:

How many hours of sleep is it necessary for a senior student to take?

What makes a better sleep?

③ Give suggestions for helping someone who has trouble sleeping.



While you read

① Read the passage to get the answers to the following questions.

- Do most people have difficulty sleeping?
- In what kind of drinks can caffeine be found?

② Which of the following things are mentioned in the passage?

Watching TV Jogging Chatting before sleep Smoking Taking a warm bath
Listening to music Running Playing ball games Laughing Taking medicine

You Can Get a Good Night's Rest!

Nothing is more **essential** to a good day than a good night's sleep. But on any given night, one in three people has difficulty sleeping and most of us get less sleep than we need. Increasing your comfort while sleeping can be important in helping you get a good night's rest.

According to Andrea Herman, director of the Better Sleep Council, "We sometimes **sacrifice** sleep because of our busy **lifestyles**. That makes the sleep we do get even more

important.” Herman suggests you do the following to improve the **quality** of your sleep.

Keep regular hours. Try to get up at the same time every morning **regardless of** how much or how little sleep you’ve had.

Exercise regularly. Taking a 30-minute walk, **jogging**, or swimming three or four times a week will help you sleep better and deeper.

Cut down on caffeine. This drug, found in coffee, cola, and tea can **interfere** with sleep. “Drink your last cup of coffee no later than six to eight hours before your usual bedtime,” says Herman.

Sleep on a good bed. “It’s difficult to get a good night’s rest on a bed that is too small, too hard, or too soft.”

Don’t smoke. Studies have found that heavy smokers awaken more times during the night and spend less time in deep sleep than non-smokers.

Go for quality, not quantity. Six hours of deep, **solid** sleep will make you feel more rested than eight hours of light, **interrupted** sleep.

Set aside a “worry” or planning time early in the evening. To keep from **rehearsing** your plans or problems while your head is on the **pillow**, make a list of things to do and of your **concerns** before you go to bed.

Don’t go to bed suffered or starved. Heavy, high-fat meals may make you feel **drowsy** at first, but they can keep you **tossing** and turning all night. **Likewise**, your **grumbling** stomach may prevent deep sleep if you go to bed hungry.



Develop a sleep ritual. Children often benefit from repeating a calming sleep ritual. Adults also can benefit from a ritual — doing easy **stretches**, reading a book, taking a warm bath, or listening to music.

After you read

① Match the words with the correct definitions.

- | Column A | Column B |
|--------------|---|
| 1. essential | A. feeling sleepy; making one feel sleepy |
| 2. sacrifice | B. something on which one rests one’s head when sleeping |
| 3. jog | C. number or amount, esp. a large one |
| 4. drowsy | D. necessary, most important |
| 5. stretch | E. give up sth., usu. in return for sth. more valuable or important |
| 6. pillow | F. run slowly and steadily for a time, for physical exercise |
| 7. lifestyle | G. way of life of an individual or a group |
| 8. quantity | H. make longer or wider (a limb or part of the body) |

② Finish the following with one word from the passage.

- I had just fallen into a d _____ sleep when the telephone rang. It was my



roommate's mother.

2. I am too b _____ trying to do my homework to help you now.
3. He just kept on speaking, r _____ of my feelings on this matter.
4. I swim or walk every day. E _____ is important to keep healthy.
5. Children often benefit from a calming sleep r _____, such as a nightly bedtime story.
6. Keep r _____ hours. Try to go to bed and get up at the same time.
7. Last night my next neighbours were making enough noise to a _____ the dead.
8. I'd like to go to bed and you would be well advised to do l _____.

③ Discussion: What advice would you give to someone . . .

1. who has trouble going to sleep at night?
2. whose roommate stays up until very late listening to loud music?
3. whose partner snores in their sleep?
4. who has trouble getting up in the morning?

Comprehensive Reading

Blind Man Climbs Mount Everest

Erik Weihenmayer was born with an eye disorder. As a child his eyesight became worse and then, at the age of 13, he lost his sight completely. However, he did not lose his determination to lead a full and active life.

Erik became an adventurer. He took up parachuting, wrestling and scuba diving. He competed in long-distance biking, marathons and skiing. His favourite sport, though, is mountaineering.

As a young man, Erik started to climb mountains. He reached the summit of Mount Mckinley (a mountain in Alaska, USA, the tallest mountain in North America) in 1995 and then climbed the dangerous 1000-metre rock wall of EL Capitan (a mountain on Vancouver Island, Canada). Two years later, while climbing Mount Kilimanjaro (the highest mountain in Africa) in Kenya with his girlfriend, they stopped for a time at 1,200 metres above sea level — in order to get married. In 1999, he climbed Aconcagua, the tallest mountain in South America. And then, on May 25, 2001, at the age of 32, Erik successfully completed the greatest mountaineering challenge of all. He climbed Mount Everest, the highest mountain in the world.

Erik invented his own method for climbing mountains. He carries two long poles: one to lean on and the other to test the way ahead of him. The climber in front of him wears a bell to guide him. Erik is a good team member. He does his share of the jobs, such as setting up tents and building snow walls.

Although he couldn't enjoy the view, Erik felt the excitement of being on the

summit of Everest. He hopes that his success will change how people think about the blind. "When people think about a blind person or blindness, now they will think about a person standing on top of the world!"

Erik Weihenmayer says that he is a careful man. Speaking to reporters after his successful ascent of Mount Everest, he commented, "I prepare a lot. I try to be in good condition. I try to have good skills, keep a good team around me and be organized."

This preparation is very important. "You cannot make mistakes. Mountains do not allow you to make mistakes," said Erik. When he was climbing Everest, he had to cross dangerous ice, avoid deep holes in the snow, and find his way along narrow rock. The chance of death was always present.

He kept going for several reasons. One was to change the way people think about blind people. Other reasons were personal. For many years, he had read about the history of Mount Everest and he wanted to accept the challenge himself. There was also the chance to feel the sun, the wind, the space and the freedom at the top of the world. "The outdoors are beautiful, whether you're blind or not," he said.

① True or False

1. Erik has climbed mountains in several continents.
2. He was around 21 years old when he climbed Mount McKinley.
3. Erik did not enjoy climbing Mount Everest.
4. Because of his blindness, Erik was unable to be an active team member when climbing Mount Everest.
5. Erik got married in 1997.

② Questions

1. How did Weihenmayer become blind?
2. What sports did Erik take up?
3. What was unusual about his wedding?
4. What is Erik's special method for climbing a mountain?
5. What does he want people to think about the blind now?
6. How would you describe Erik now?
7. Why does Erik say that good preparation is important?
8. What parts of the mountain were very dangerous?
9. What were Erik's two personal reasons for climbing Mount Everest?

◆ Do you know?

In 1998, Tom Whittaker, a US climber, reached the summit of Mount Everest. He has an artificial leg!

Unit 4 Getting Around



Before you read

- ① Change the order of the letters and find the six words for different means of transportation.

Example: USB

bus

1. AIXT

2. TOAB

3. NAELP

4. BUYSAW

5. NRIAT

- ② Work in groups. Discuss the following questions.

1. How often do you travel by bus? How often do you travel by boat?
2. Which do you like more, travelling by bus or by train? Why?

- ③ Look at the signs below. Which signs do you usually find on a bus? Which do you usually find in a taxi, at a parking lot and on the street? Write the number of the sign in each blank.

A. On a bus _____

B. At a parking lot _____

C. In a taxi _____

D. On the street _____

① SHADYSIDE
SHADYSIDE PARKING
0-1 HR. \$ 1
1-2 HRS. \$ 2
ALL DAY \$ 3.5
NITE RATE \$ 2
SAT. ALL DAY \$ 4

② DO NOT TALK TO DRIVER WHILE BUS IS IN MOTION

③ MAXIMUM SPEED
55
MINIMUM SPEED
40

④ PLEASE STAY WITH YOUR CAR UNTIL ATTENDANT TAKES YOUR KEYS
--