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普通高中课程标准实验教科书

英语

选修 9

NEW SENIOR ENGLISH FOR CHINA

STUDENT'S BOOK 9

人民教育出版社 课程教材研究所 编著
英语课程教材研究开发中心



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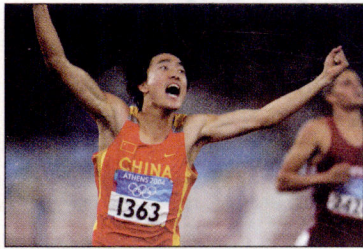
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Unit 1

Breaking records

Warming Up

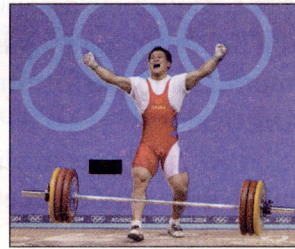
These pictures have been taken at the end of events. How do you think the participants are feeling? Give reasons.



Hurdling



Swimming



Weight lifting

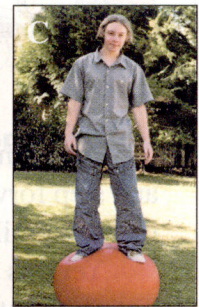


Boxing

Pre-reading

In groups, answer these questions about the pictures of the activities below.

- What is each person doing? Choose the name of each activity from the list.
 - hula hooping
 - doing jumping jacks
 - standing on a Swiss ball
 - pogo stick jumping
 - somersaulting
 - doing lunges
- Have you ever done any of these activities?
- Would you consider each activity to be a serious sport?
- Which activities would you like to try? Would you need to be fit to do any of them? Do you think you could do any of them for any length of time?



Now read about a man called Ashrita Furman who has broken Guinness records in all these activities.

Reading

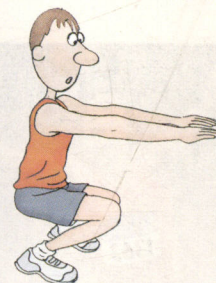


“THE ROAD IS ALWAYS AHEAD OF YOU”

Ashrita Furman is a sportsman who likes the challenge of breaking Guinness records. Over the last 25 years, he has broken **approximately** 93 Guinness records. More than twenty of these he still holds, including the record for having the most records. But these records are not made in any **conventional** sport like swimming or soccer. Rather Ashrita attempts to break records in very imaginative events and in very interesting places.

Recently, Ashrita achieved his dream of breaking a record in all seven continents, including hula hooping in Australia, pogo stick jumping under water in South America, and performing deep knee bends in a hot air balloon in North America.

While these activities might seem childish and cause **laughter** rather than respect, **in reality** they require an enormous amount of strength and fitness as well as determination.



Think about the fine neck **adjustments** needed to keep a full bottle of milk on your head while you are walking. You can stop to rest or eat but the bottle has to stay on your head.

While Ashrita makes standing on top of a 75 cm Swiss ball look easy, it is not. It takes a lot of concentration and a great sense of balance to stay on it. You have to struggle to stay on top especially when your legs start shaking.



And what about somersaulting along a road for 12 miles? Somersaulting is a **tough** event as you have to overcome dizziness, **extreme** tiredness and pain. You are permitted to rest for only five minutes in every hour of rolling but you are allowed to stop briefly to vomit.

Covering a mile in the fastest time while doing **gymnastically** correct lunges is yet another event in which Ashrita is outstanding. Lunges are extremely hard on your legs. You start by standing and then you step forward with the right foot while touching the left knee to the ground. Then you stand up again and step forward with the left foot while touching the right knee to the ground. Imagine doing this for a mile!

Yet this talented sportsman is not a natural athlete. As a child he was very **unfit** and was not at all interested in sports. However, he was fascinated by the *Guinness Book of World Records*.

How Ashrita came to be a sportsman is an interesting story. As a teenager, he began searching for a deeper meaning in life. He studied Eastern religions and, aged 16, discovered an Indian meditation teacher called Sri Chinmoy who lived in his neighbourhood in New York City. Since that time in the early 1970s, Ashrita has been one of Sri Chinmoy's students. Sri Chinmoy says that it is just as important for people to develop their bodies as it is to develop their minds, hearts and **spiritual** selves. He believes that there is no limit to people's physical abilities.

When Ashrita came third in a 24-hour bicycle **marathon** in New York's



Central Park in 1978, he knew that he would one day get into the *Guinness Book of World Records*. He had been **urged** by his spiritual leader to enter the marathon even though he had done no training. So, when he won third place, he came to the understanding that his body was just an instrument of the spirit and that he seemed to be able to use his spirit to **accomplish** anything. From then on, Ashrita refused to accept any physical limitation.

With this new confidence, Ashrita broke his first Guinness record with 27,000 jumping jacks in 1979. The **motivation** to keep trying to break records comes through his **devotion** to Sri Chinmoy. Every time Ashrita tries to break a record, he reaches a point where he feels he cannot physically do any more. At that moment, he goes deep within himself and connects with his **soul** and his teacher.

Ashrita always acknowledges his teacher in his record-breaking attempts. In fact, he often wears a T-shirt with Sri Chinmoy's words on the back. The words are:

"There is only one perfect road. It is ahead of you, always ahead of you."



Comprehending

1 Quickly glance through the text. Tick the topics about Ashrita that the author does not cover.

- | | | |
|--|--|--|
| <input type="checkbox"/> physical skills needed for events | <input type="checkbox"/> number of records broken | <input type="checkbox"/> his family life |
| <input type="checkbox"/> kinds of records broken | <input type="checkbox"/> why he became a sportsman | <input type="checkbox"/> countries he likes best |
| <input type="checkbox"/> place and date of birth | <input type="checkbox"/> his occupation | <input type="checkbox"/> his education |
| <input type="checkbox"/> his first Guinness record | | |

2 Now read the story more carefully and answer the following questions in groups.

- 1 Where do you think Ashrita lives?
- 2 How old do you think he is?
- 3 Has he broken records in all seven continents?
- 4 When did he first come across the *Guinness Book of World Records*?
- 5 What are some of the physical difficulties he has experienced when

A walking with a bottle of milk on his head?	C somersaulting?
B standing on top of a Swiss ball?	D doing gymnastically correct lunges?
- 6 Which one of Sri Chinmoy's beliefs led Ashrita to attempting records?
- 7 Why was it amazing that Ashrita came third in the bicycle marathon in 1978?
- 8 Why did Ashrita believe he could accomplish anything after the bicycle marathon?
- 9 What happens in an event that prevents Ashrita from giving up?
- 10 Do you think that the events that Ashrita participates in are childish? Why or why not?

3 Here are some of Ashrita's beliefs. In groups, discuss whether you agree with them or not.

- 1 There is no limit to people's physical abilities.
- 2 The body is just an instrument of the spirit.
- 3 You can use your spirit to accomplish anything.
- 4 There is only one perfect road. It is ahead of you, always ahead of you.

*** 4** Get into groups of four and choose two sports. Find out what skills are needed for each activity. Share your ideas with the other groups in your class. Finally decide which activity you would prefer to train for and give a reason.

Sport	Training needed	Sport	Training needed
pogo stick jumping	1 bending knees 2 jumping and landing with bent knees	jumping jack	
somersaulting		hula hooping	
doing lunges		standing on a Swiss ball	

Learning about Language

Discovering useful words and expressions

1 Complete the table and then choose a word to complete each sentence below.

Verb	Noun	Adjective
		approximate
	adjustment	
accomplish	devotion	
	motivation	

- 1 He is _____ to his wife and gives her anything she asks for.
- 2 Can you tell me the _____ number of athletes in your club?
- 3 It was a huge _____ for her to be able to reach the top of the mountain.
- 4 Some people have the ability to _____ others to try to achieve their goals.
- 5 She has _____ to the fact that she will never win the 400 metre swimming event.

2 Find new words in the reading passage that are similar in meaning to the underlined words below. Write down the pairs of words.

When I am on holiday, I don't do the (1) usual kinds of things like catching up with friends or cleaning the house or finishing a book. I go walking alone in the mountains. It doesn't matter what the weather is like. However (2) severe the journey is, as long as I am with nature, I don't care. For me, there is something (3) sacred about breathing clean air, listening to the sounds of birds and observing the plants and animals around me. When I reach the highest place on my walk, I like to sit in silence for a long time and enjoy the beautiful scenery in front of me. It is like food for my (4) spirit.

Last year I invited two friends to come with me. Unfortunately they were not very fit and so the walk was (5) hard on them. I was worried that we wouldn't reach our campsite before dark and (6) begged them to walk faster. They complained loudly all the way. When the walk was over, we all agreed that it was an enjoyable experience. However, the (7) truth was that I would never invite them to come walking with me again. And, they would probably never want to!

- | | | | | | |
|----------|-------|----------|-------|---------|-------|
| 1 usual | _____ | 4 spirit | _____ | 7 truth | _____ |
| 2 severe | _____ | 5 hard | _____ | | |
| 3 sacred | _____ | 6 begged | _____ | | |

3 In groups of four, add as many words as you can to each box. Compare your lists with another group. Then share your lists with the class.

Events

gymnastics, marathon, triathlon ...

The training is ...

tough, tiring, stressful, ...



The event is ...

fascinating, exciting ...

Revising useful structures

1 Underline the subject in these sentences. In groups, check your answers. Then discuss whether you agree with the ideas in the sentences or not.

- Everything that we do is a step in one direction or another. Even the failure to do something is in itself a **deed**. It sets us forward or backward. (*Henry Van Dyke*)
- Some **conceptions** of a gentleman are these: a gentleman is always considerate for the feelings of others; he has tact, — he knows how to say and to do the right thing at the right time.
- To **regret** one's errors to the point of not repeating them is true repentance. (*Ernest Hemingway*)
- The best companion is one who is wiser and better than ourselves, for we are inspired by his **wisdom** and **virtue** to **nobler** deeds. (*William Makepeace Thayer*)
- Being happy is better than being king. (*West African saying*)

2 Match the subject on the left with an ending on the right to make the correct saying. Then translate it into Chinese.

- | | |
|---|-----------------------------------|
| 1 Worrying | are doomed to repeat it. |
| 2 Two heads | is a fool for five minutes. |
| 3 Those who do not learn from history | does not speak. |
| 4 To travel hopefully | cannot be undone. |
| 5 Failing to plan | are better than one. |
| 6 A man who asks
A man who never asks | never did anyone any good. |
| 7 The one who understands
The one who speaks | does not understand. |
| 8 What is done | is planning to fail. |
| | is a better thing than to arrive. |
| | is a fool for life. |

Using Language

Listening and speaking



1 Listen to the radio interview with two Maryville High School students, Luke and Josh, about their school's bid to break a Guinness record. Number these Guinness records in the order you hear them mentioned.

- 1 Most people hula hooping at the same time.
- 2 Most bodies painted at the same time.
- 3 Most people juggling at the same time.
- 4 Most people brushing their teeth for one minute.
- 5 Most people in a group hug.
- 6 Most people eating breakfast.

2 Listen again and answer the questions.

- 1 What record is the school going to try to break?
- 2 What gave Luke and Josh the idea to break a Guinness record?
- 3 Why won't the record be as easy to break as Luke and Josh first thought?
- 4 How long has the school got to prepare for the record attempt?
- 5 Who is going to support the students in their attempt to break the record?
- 6 What are the four reasons why Luke and Josh want their school to try to break the record?

3 Read these expressions from the interview. Circle the ones in which the people express surprise. Now listen and number the circled expressions in the order you hear them. Then, in pairs, practise saying the expressions of surprise, paying special attention to the intonation.

- You're kidding!
- You're right.
- Tell us about it.
- Well, good luck.
- We were amazed at some of the things people do to get a Guinness record.
- Like what?
- Is that all?
- That's wonderful!
- How amazing!

- 4** The events that Luke and Josh described are amazing. In pairs, practise using expressions of surprise. Student A imagines or thinks of something amazing. Student B chooses an expression of surprise from the list in Exercise 3 or any others that express surprise. Then swap roles.

EXAMPLE:

Student A: I once saw a woman who was running backwards carrying a bag of potatoes.

Student B: You're kidding!

- 5** In groups, carry out the following tasks.

- A** Do you think your school could break the record for the most bodies painted at the same time? Give reasons.

B If not, what do you think you could do?
- A** Imagine your school is going to attempt to break a record. Decide which record you want your school to break. You can choose from the list in Exercise 1 on the previous page. Or you can use your imagination to create another event. Make it fun.

B Once you have decided on the event, think about what you need to do to prepare for it. Use the checklist below.

Event: Most people ...

Equipment or supplies needed

Skills that we need to develop

Who we can ask to donate: time

supplies

money

Reading and writing



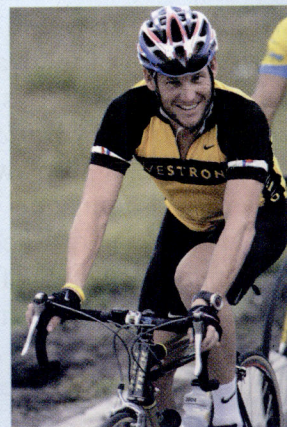
FOCUS ON ...

Lance Armstrong

Date of Birth: 8th September, 1971

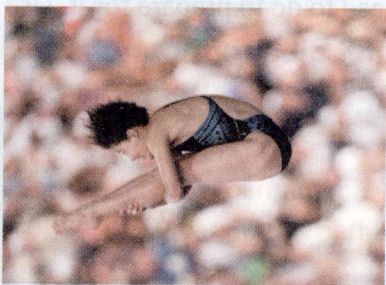
Country: USA

Lance Armstrong's Guinness record for the fastest average speed at the Tour de France was set in 1999 with an average speed of 40.27 km/hr. In his teens he was a triathlete but at 16 he began to concentrate on cycling. He was an **amateur** cyclist before the 1992 Olympic Games but turned professional after he had competed in the Games. In the following few years, he won numerous titles, and by 1996 he had become the world's number one. However, in October 1996, he discovered he had cancer and had to leave cycling. Successfully fighting his illness, Armstrong officially returned to racing in 1998. In 1999 he won the Tour de France and in 2003 he achieved his goal of winning five Tours de France.



Michellie Jones*Date of Birth:* 9th June, 1969*Country:* Australia

In 1988 Michellie Jones helped establish the multi-sport event, the triathlon, in Australia. After completing her teaching qualifications in 1990, she concentrated on the triathlon. In 1991, she finished third at the world championships. In 1992 and 1993, she was the International Triathlon Union World **Champion**. Since then, she has never finished lower than fourth in any of the world championships she has competed in. At the Sydney Olympics in 2000 she won the silver medal in the Women's Triathlon, the first time the event had been included in the Olympic Games. Recently, for the first time in 15 years, Jones was not selected as part of the national team and **therefore** did not compete in the 2004 Olympics in Athens.

**Fu Mingxia***Date of Birth:* 16th August, 1978*Country:* China

Fu Mingxia first stood on top of the 10-metre diving platform at the age of nine. At 12 years old she won a Guinness Record when she became the youngest female to win the women's world title for platform diving at the World Championships in Australia in 1991. At the 1992 Barcelona Olympic Games, she took the gold medal in the women's 10-metre platform, becoming the youngest Olympic diving champion of all time. This was followed by great success at the 1996 Atlanta Olympic Games where she won gold for both the 10-metre platform and the three-metre springboard. This made her the

first woman in Olympic diving history to win three gold medals. She retired from diving after Atlanta and went to study economics at university. While there she decided to make a comeback and went on to compete at the Sydney Olympic Games, where she won her fourth Olympic gold, again making Olympic history.

Martin Strel*Date of Birth:* 1st October, 1954*Country:* Slovenia

Strel was trained as a guitarist before he became a professional marathon swimmer in 1978. He has a passion for swimming the world's great rivers. In 2000, he was the first person ever to swim the **entire** length of the Danube River in Europe — a distance of 3,004 kilometres in 58 days. For this, he **attained** his first entry in the *Guinness Book of World Records*. Then in 2001 he broke the Guinness record for non-stop swimming — 504.5 kilometres in the Danube River in 84 hours and 10 minutes. Martin won his third entry in the Guinness Book of Records in 2002 when he beat his own record for long distance swimming by swimming the length of the Mississippi River in North America in 68 days, a total of 3,797 kilometres. Then in 2003 he became the first man to have swum the whole 1,929 kilometres of the difficult Parana River in South America. In 2004, Strel again broke his own Guinness record by swimming the length of the dangerous Changjiang River (4,600 km), the third longest river in the world.



1 Read the profiles from a sports magazine and complete the summary of each sportsperson's (Guinness) record(s).

1 WHO: _____
WHEN: _____
WHERE: _____
WHAT: _____

3 WHO: _____
WHEN: _____
WHERE: _____
WHAT: _____

2 WHO: _____
WHEN: _____
WHERE: _____
WHAT: _____

4 WHO: _____
WHEN: _____
WHERE: _____
WHAT: _____

2 Read the profiles and answer the questions below.

- 1 Who is the youngest athlete?
- 2 Who retired from their sport and then made a comeback?
- 3 Who has trained in another profession?
- 4 Who do you think is the most courageous of the four sportspeople? Give reasons.
- 5 What qualities do you think these sportspeople need to be successful?

3 Which quote below do you think belongs to which sportsperson?

- 1 I am swimming for peace, friendship and clean waters. _____
- 2 I'd like to think that I was a role model, that people see my sport and say "Wow, I'd like to try that". _____
- 3 I used to ride my bike to make a living. Now I just want to live so that I can ride. _____
- 4 I call it a one-second art. It requires you to fully display the beauty of the sport in only a second. _____

4 Write a profile for a magazine about a person who has broken a record. Use the guide below and the profiles on pages 7 and 8 as models.

Name: _____
Date of Birth: _____
Country: _____
Achievements: _____

SUMMING UP

- 1 Describe some unusual records you have learned about from the unit.
- 2 List the records that interest you most.
- 3 Useful words:
- 4 Useful expressions:
- 5 List three or four important English sayings or proverbs which encourage people to work hard to achieve their goals. Underline the subject of your sentences.
 - _____
 - _____
 - _____
 - _____

LEARNING TIP

What do you think is the best way to remember new words?

- Write a sentence containing the new word — this shows the word in context.
- Find different ways of describing an action. For example, someone can see in different ways. He / she can *glance, stare, examine, observe* and so on.
- Group words that come from the same root, eg **appreciate, appreciation, appreciative**.
- Group words according to a topic, such as jobs (**accountant, receptionist, lawyer, politician**) or clothes (**scarf, zip, underwear, overcoat**).
- Learn words that have similar meanings (eg **salary / wage**) or opposite meanings (eg **certain / uncertain**).

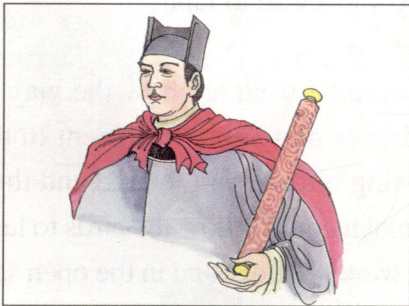
Unit 2

Sailing the oceans

Warming Up

In pairs discuss these questions:

- 1 What is a navigator?
- 2 What is the difference between a navigator and an explorer?
- 3 Look at these famous people. Are they navigators or explorers? What do you know about them?



Zheng He



Marco Polo



James Cook

Pre-reading

Look at the pictures. Then answer the questions.

- 1 How do you think seamen found their way before modern accurate methods of navigation were invented?
- 2 Which do you think was easier to work out: latitude or longitude?
- 3 Can you identify these early navigational instruments seamen used and explain how they are used?

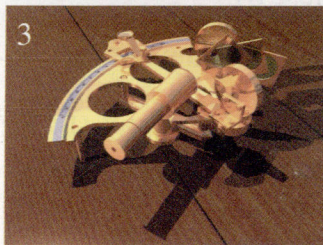
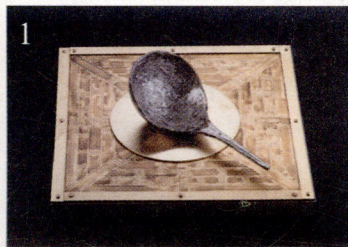
1 _____

2 _____

3 _____

4 _____

- 4 Which ones do you think are still used today?



Now read about what navigation was like before modern instruments were used.