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学生英语主题阅读训练丛书



中国学生阅读
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My Balloon Ride

热气球之旅

[美] Gare Thompson 等著



北京大学出版社
PEKING UNIVERSITY PRESS

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[美] Gare Thompson Andrew Einspruch 著
Pam Rushby Robyn O'Sullivan

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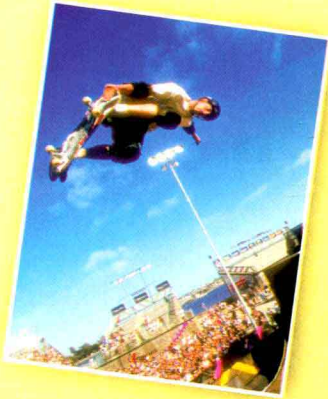
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The World Solar Challenge

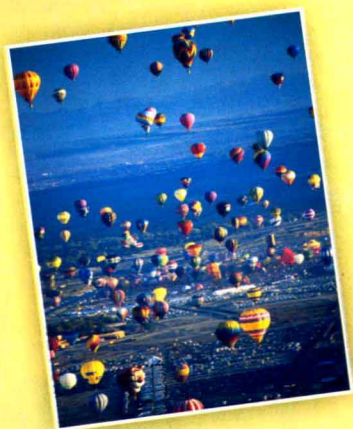
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SKATEBOARDS

In this section, you'll learn an array of tricks that skateboarders master.



记忆词汇



balance /'bæləns/ *n.* 平衡

basic /'beɪsɪk/

n. 基础, 基础训练

bone /bəʊn/ *n.* 骨头

control /kən'trəʊl/ *v.* 支配, 控制

crowded /'kraʊdɪd/ *adj.* 拥挤的

equipment /'kwɪpmənt/

n. 装备, 设备

likely /'laɪkli/ *adj.* 很可能的

pool /pu:l/ *n.* 水塘, 游泳池

professional /prə'feʃənl/

adj. 职业的, 专业的

protect /prə'tekt/ *v.* 保护

stuck /stʌk/

v. (stick的过去分词) 粘, 贴

trick /trɪk/ *n.* 把戏, 特技

weight /weɪt/ *n.* 重量, 体重

wheel /wi:l/ *n.* 轮, 车轮

Skateboards

By Andrew Einspruch



Reading Objectives 阅读目标

Word Attack and Vocabulary Skills

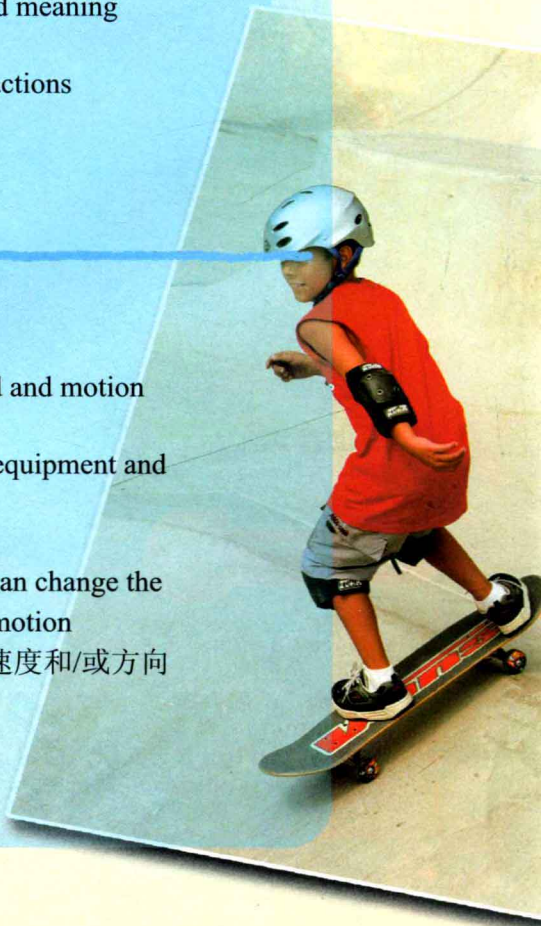
词汇攻略

- Using context clues to understand word meaning
利用上下文线索来理解词义
- Using apostrophes: Possessives, contractions
缩字符的用法：表示所有格和省略
- Decoding compound words
解析复合词

Content and Thinking Skills

阅读与思考训练

- Understanding factors that affect speed and motion
了解影响速度和运动的因素
- Recognizing the importance of safety equipment and safety guidelines
认识安全装备和正确指导的重要性
- Understanding that changes in forces can change the speed and/or direction of an object in motion
了解力的变化可以改变运动物体的速度和/或方向





On a Roll

Ready? **Helmet** secure? **Pads** on?
Off you go, **whizzing** along the
sidewalk or a **ramp** faster than you
could run. If you know what you're
doing, you might jump a **curb** or do
a **trick**. People love skateboarding
because it's fun!

阅读进阶词汇

helmet /'helmit/ *n.* 头盔

pad /pæd/
n. 衬垫, 缓冲物

secure /sə'kjʊr/
adj. 安全的, 牢固的

阅读参考词汇

curb /kɜ:rb/
n. (人行道的)边

ramp /ræmp/ *n.* 坡道

whiz /wɪz/ *v.* 嗖嗖作声



Safety First

It is **likely** you will fall off your **skateboard**. You might fall off many times while you learn. That's why you must **protect** your body. This means always wearing safety **equipment**, including a helmet that fits, knee pads, and **elbow** pads. Some riders also wear skate shoes and wrist guards.

阅读进阶词汇

elbow /'elbou/ *n.* 肘
skateboard /'skertbɔ:rd/
n. 滑板; 滑板运动



Elbow pads 护肘



Wrist guards 护腕



Helmet 头盔



Skate shoe 滑板鞋

Your skateboard must be **in good shape**. If it breaks while you are skating, you can get hurt. Taking care of your skateboard is a lot easier than fixing a broken **bone**.

阅读进阶词汇

in good shape
状态良好；完整无损

▼ Remember to wait your turn at the skate park.

Skate Safe

On the Sidewalk

- Don't skate where it's **crowded**.
- Watch for people on foot.
- Watch for cars when you cross driveways or streets.

At the Skate Park

- Watch for other skateboarders.
- Wait your turn.





Surfing the Sidewalk

Imagine that your favourite thing is riding a **surfboard** on the ocean's waves. The problem is, you can't surf every day.

Sometimes, the weather is bad or there are no good waves to catch.

阅读进阶词汇

attach /ə'tætʃ/

v. 固定

surfboard /'sɜ:rfbɔ:rd/

n. 冲浪板

阅读参考词汇

presto /'prestəʊ/

adv. 立刻，转眼之间

In the late 1950s, surfers in California, in the United States of America, faced exactly this problem. They came up with the idea of surfing the sidewalks. Surfers took the wheels from roller skates and **attached** them to boards or wooden boxes. **Presto!** A new sport was born.

▼ Boys surf the sidewalks in 1965.





▲ Skateboards were **all the rage** in the early 1960s.

These first skateboards were made from wood, **nails** and metal **wheels**. They were hard to **control** and **tended** to break. Skateboarders often got hurt because they didn't have safety **gear** back then.

阅读进阶词汇

gear /gɪr/ *n.* 设备, 用具
nail /neɪl/ *n.* 钉
tend /tend/
v. 有……倾向, 趋向(于)

阅读参考词汇

all the rage
大流行, 风靡一时

Skateboard Changes

There have been lots of changes to skateboarding since the 1950s. First, **clay** wheels replaced metal wheels. Skateboard **trucks** were also improved. Trucks hold the wheels on the board. They help the board turn.

Then, **urethane**, or plastic, wheels replaced clay wheels in the 1970s. Urethane **gripped** the road better, making skateboards safer to ride. These changes also made sidewalk rides much smoother.

The way people rode skateboards also changed. They started skating in empty **pools** and on ramps. Skateboarders also started doing more **complicated** tricks.

The size and shape ►
of skateboards have
changed over the years.

阅读进阶词汇

clay /kleɪ/
adj. 泥质的；陶质的
complicated
/'kɑ:mplɪkeɪtɪd/
adj. 复杂的
grip /grɪp/ *v.* 抓牢

阅读参考词汇

truck /trʌk/
n. 车架；转向架
urethane /'jʊəriθeɪn/
adj. 氨基甲酸乙酯





◀ Urethane wheels made riding skateboards smoother in the 1970s.

Skaters try some moves at a skate "bowl" in 1977. ▶





Skateboard Tricks

Doing tricks is fun, but **basics** always come first. Start slowly. Work on pushing the skateboard with one foot and then getting your foot back on the board. Once you can keep your **balance** going at a slow speed, try going a little faster.

阅读进阶词汇

lean /li:n/ v. 倾斜
swing /swɪŋ/
v. 摆动, 摇摆

阅读参考词汇

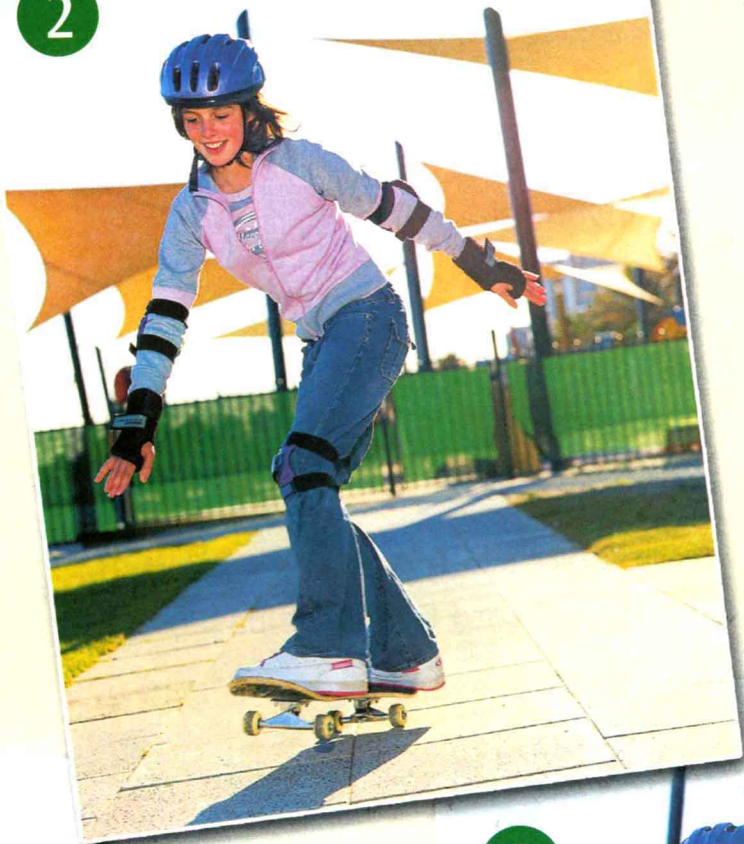
nose /nouz/
n. 前缘, 头部

The Tic Tac

The “tic tac” is where you move the **nose**, or front of your skateboard, left and right while you ride. To do the tic tac, **lean** your body so that most of your **weight** is on the tail, or back, of your board. This lifts the board's nose in the air. Now, use your back foot to **swing** the nose left and right.



2



3



The Ollie

In 1978, Alan “Ollie” Gelfand changed skateboarding forever. He invented a trick where he **slammed** down his back foot, jumped, and lifted the board with his front foot. This **popped** both him and the board into the air.

This trick is called an “ollie.” When someone jumps this way, it looks like the board is **stuck** to his or her feet. Most other skateboard tricks are based on the ollie.

阅读进阶词汇

pop /pɑ:p/
v. 使……突然动起来；
发出砰的一声

阅读参考词汇

slam /slæm/
v. 用力踏，使劲一放

