

新理念 英语阅读

小学五年级

第 3 册



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新理念

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牟 丽 改编

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出版前言

《新理念英语阅读》是由上海外语教育出版社从美国 Cengage Learning 出版集团引进改编的一套中小学英语读物。这套读物题材广泛，话题丰富；既有引人入胜、趣味无穷的故事，又有知识丰富、包罗万象的科普读物。把语言输入和知识输入融合在一起，让学生体验阅读的乐趣。

全套读物由美国 Cengage Learning 出版集团青少年读物金牌作家倾力打造，语言纯正、内容丰富、精彩纷呈。原汁原味的语言帮助读者培养英语语感、提升阅读兴趣。《新理念英语阅读》还强调阅读与视听的有机结合，全套读物的原版音频由英语语言专家绘声绘色、声情并茂地朗读，让读者有身临其境的感受。高中阶段另配由美国《国家地理》(National Geographic)精选的视频材料，能充分满足读者视觉和听觉的不同需求。色彩丰富、极具趣味性的插图在辅助读者阅读的同时，也让读者尽情享受前所未有的视觉盛宴。

本套读物针对每个故事精心设计了练习：小学阶段的题型和通用少儿英语星级考试接轨；初中阶段的题型和中考题的阅读部分题型匹配；高中阶段的练习分为阅读前、阅读中、阅读后以及阅读拓展训练和与视频材料相关的练习，帮助学生循序渐进地提高独立阅读能力，有效训练应试技巧。

整套读物分 9 个级别，从小学三年级到高中二年级，共 43 册，包含 78 篇故事和 132 篇科普读物。各级别根据国家《英语课程标准》规定的难度划分，充分考虑到不同年龄段学生的认知特点和阅读兴趣。

《新理念英语阅读》提供丰富多彩的阅读材料和多层次的拓展训练，在适宜性、可读性、多样性和有效性方面均凸显本套英语读物的优势。它让读者感受阅读乐趣的同时，也切实提高了他们的阅读解题能力，使其体验到新理念带给英语阅读的全新动力。

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2010年8月

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SUPER (Fit)

Peter Millett

Mal Chambers



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LUCKY



“Marcus (马库斯 <人名>)! Coach Williams (威廉姆斯 <人名>) is making us do his Super Fit Training Program (超级健身训练计划) again tomorrow,” said Sandy.

“Oh, no. I don’t want to do that again,” said Marcus.

“I could hardly (几乎不) move my legs after the last time.”

Sandy smiled at Marcus.

“But guess what? I don’t have to do it,” she laughed.

“Why not?” asked Marcus.



NOTES

lucky *a.* 幸运的
coach *n.* 教练
move *v.* 移动



Sandy held up (举起) her right hand to Marcus.

Two of her fingers had tape (胶布) around them.

“I really hurt my fingers playing volleyball and I’ve got a note to say that I don’t have to do the Super Fit Training Program tomorrow,” she smiled.

Marcus looked at Sandy.
“You’re so lucky!” he said.



NOTES

hurt *v.* (使) 受伤

note *n.* 短信, 条子





NOTES

until conj. 到……为止

Sandy smiled at Marcus again.
“Guess what?
I can take longer to do
my science project (研究计划)
as well (同样地; 也)!” she laughed.
“My science teacher said
that I can take my time (从容进
行) and wait until my fingers get
better.”

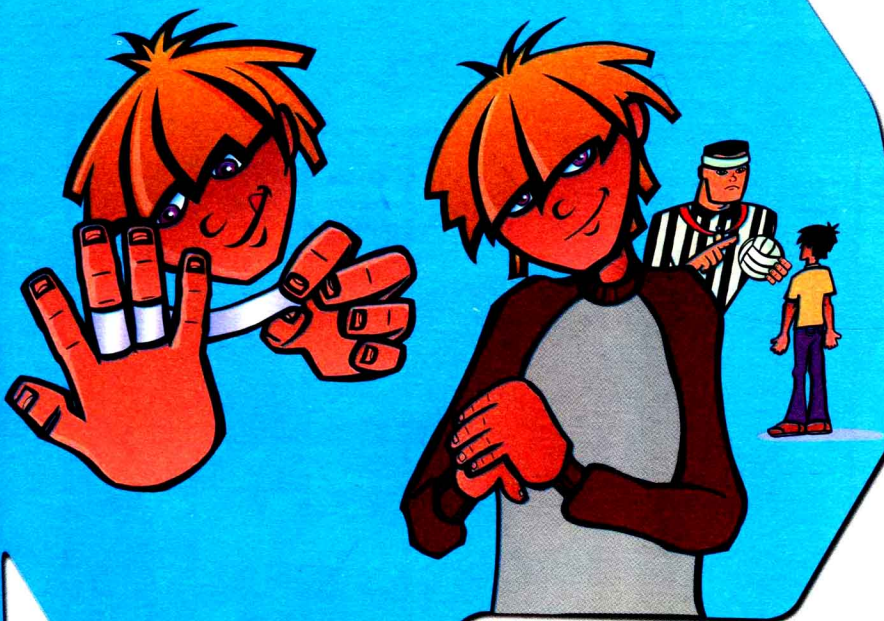
Marcus looked at Sandy again.
“You’re so lucky!”
Marcus wished that he had hurt
his fingers, too.



TAPE

That night, after dinner, Marcus found some tape and took it to his room.

He shut the door and put the tape around his fingers.



He smiled.

“Now, I won’t have to do the Super Fit Training Program tomorrow,” he laughed.

The next day at school,
Marcus showed Sandy his hand.
“Now you won’t have to do
the Super Fit Training Program,”
she said.
Suddenly, Coach Williams
walked past.



NOTES

suddenly *ad.* 突然地



THINK!

“Marcus, what happened to your hand?”

Coach Williams asked.

Marcus froze (呆住) on the spot (当场).
He couldn't think of anything to say ...



“I ... fell off my skateboard (滑板)
and hurt my hand.”

Marcus held up his hand
in front of Coach Williams' face.

Coach Williams looked closely (仔细地)
at the tape
around Marcus's fingers.

Marcus was scared.



NOTES

fall off (从……) 跌落

scared *a.* 害怕的



GOOD NEWS?

“Oh, that’s such a shame (遗憾).
Now, you won’t be able to do my
Super Fit Training Program today,”
said Coach Williams.

“I know,” said Marcus.

“It’s a real shame.”

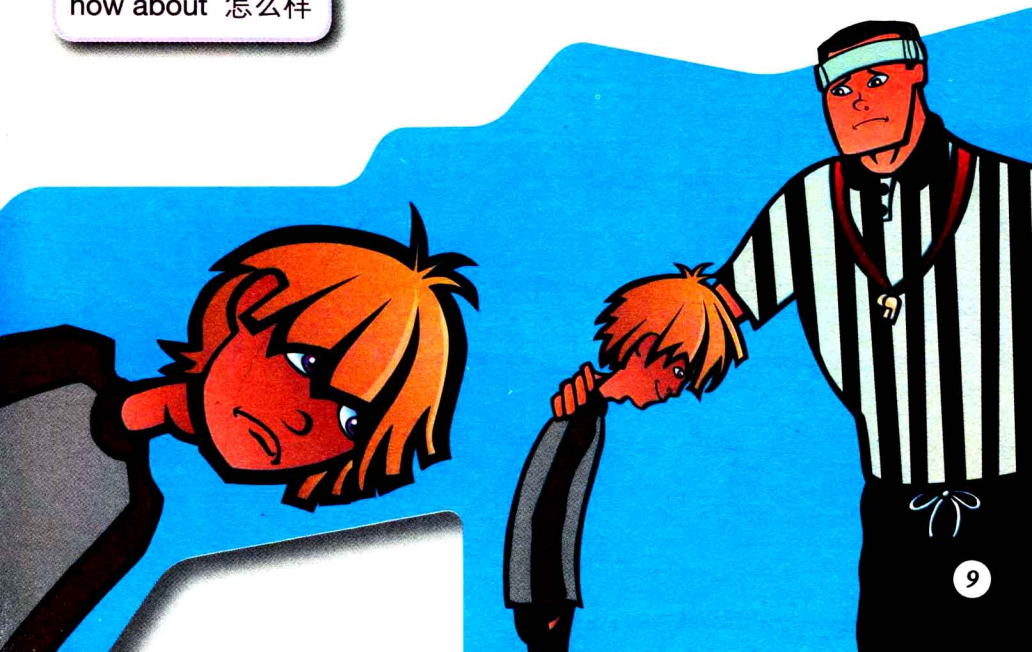
“How about you go to the library
with Sandy this afternoon?”

“Okay, I will,” said Marcus
with a big smile on his face.



NOTES

how about 怎么样



That afternoon, before Marcus went to the library, he heard Coach Williams surprise everyone at the gym.

“I have some good news for you,” he said.

“Because you worked so hard last week, we’re going to do something fun today!”

Coach Williams showed the class some long ropes.

“We’re going to do some indoor rock climbing today,” he said.

When Marcus heard this, he was shocked.



NOTES

gym *n.* 体育馆

indoor *a.* (在) 室内的

rock *n.* 岩石

shocked *a.* 震惊的



UNLUCKY!

“Okay, Marcus, you can go to the library with Sandy now,” called out Coach Williams.

Marcus walked away slowly.
He was very unhappy.



NOTES

call out 大声叫唤



“Hey, guess what?” smiled Sandy.
“Now you can help me
with my science project!”

