

经全国中小学教材审定委员会 2004 年初审通过
普通高中课程标准实验教科书

英语▶1 [必修模块]

Senior High English



北京师范大学出版社

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Senior High English

北京师范大学出版社
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To students

Welcome to this new series of senior high school English textbooks! When you first turn up the pages, how do you feel about the book? Do you like it? I sincerely hope you do!

With your new book in hand, you should start by getting familiar with it, for example, finding out about the units and lessons, the topics, the overall organisation, the learning requirements, types of activities, and of course ways of assessment. At the beginning of each book, you will find a section on 'Learning to Learn'. This is designed to help you develop useful ways in learning and build up your confidence. Inside each unit, you will find a lot of opportunities for you to participate in activities, practice with the language, explore ideas, solve language problems, exchange information, express your opinions and cooperate with others in listening, speaking, reading and writing. Through the whole process you are supported step by step with learning strategies and with guidance on how to manage your own learning. We believe, by working hard on all the tasks, by participating actively in class without being afraid of making mistakes, and by taking every opportunity to practise using the language outside class, you will be surprised to find how much progress you can make in your English study!

Entering into senior high school, you will need to develop more independence and learn to manage your own learning instead of waiting to be told what to do by your teachers. The following are some useful tips for you to develop such capabilities.

REVIEW AFTER EACH LESSON

After each English lesson, review the text and new words you have learned and go over your notes to make sure you understand what you've learned. If you don't understand or have any difficulties, ask your classmates or teacher for help or advice.

READ MORE ENGLISH

Read other English books, newspapers or magazines which interest you and of course as you can find them. Use the reading strategies you have learned in class for your after class reading. This will help you improve your reading speed, expand your vocabulary and increase comprehension. And it's an enjoyable way to learn English, too.

LISTEN TO ENGLISH!

Get into the habit of listening to cassettes of the textbooks and tuning in to English language radio and TV stations. You'll benefit from listening to the way English words are used and how they are pronounced correctly.

LOOK AT ENGLISH LEARNING MATERIAL ON THE WEB!

<http://www.21stcentury.com.cn> and <http://in2english.com.cn> offer online English learning materials and learning resources as well as tests and exercises plus many useful links to other resources for English learners.

TALK IN ENGLISH!

Talk to your classmates and friends who are also learning English. Make a rule that perhaps for an hour a week, or when you go out together, you'll only speak English to each other! Be brave to talk to a native speaker when you have a chance.

REFLECT ON YOUR LEARNING

Every once in a while, you should find time to look back at what progress you have made and also what difficulties or problems you have encountered. Think about ways how you can improve yourself, then talk to a friend or your teacher about it and try to make a new plan for the next stage of learning.

We hope these tips are helpful and we wish all of you success in your English study!

Chief Editor
Wang Qiang

亲爱的同学们：你们好！

五彩斑斓的高中生活即将开始，我谨向你们表示最衷心的祝贺！翻开新的高中英语教材，不知你们的第一感觉如何？喜欢吗？衷心希望你们能喜欢！

学好英语其实并不难，最佳途径就是多用英语进行学习和交流。当你们能够用英语敲开通往世界文化之窗，探索异域文化之精彩的时候，一定会感到未曾有过的喜悦，也会更加体会到祖国文化的博大精深。这一天离你们并不遥远。编写本套教材的初衷就是为你们提供体验语言学习的乐趣，帮助你们获得语言学习的方法，促进你们语言交流能力的发展，丰富你们的人文和科技知识，使你们在高中毕业的时候能够具备初步的跨文化交流的意识和能力，为学习更多的科学文化知识，开展国际交流打好基础。

拿到一本新的教材，你们首先要做的就是了解教材的全貌：有什么话题？有什么栏目？有什么能力要求？有什么学习活动？如何进行评价？在每册书的开篇里，我们都设计了有关英语学习方法的内容。在每个单元中，我们为你们提供了大量的参与、实践、探究、交流与合作的机会，渗透了对英语技能策略的训练，以帮助你们找到学习英语的有效方法。我们相信“有效的方法+不断的努力”，是学好英语的捷径。只要坚持不懈地大胆实践和主动交流，你们的英语学习一定能够取得意想不到的进步。

高中阶段是人生中重要的成长期。在这一阶段的学习中，你们将学到丰富的社会及科学文化知识，发展多方面的能力，并且开始逐步形成自己的人生观和价值观。重要的是，你们每个人都有机会发展别具一格的个人学习风格。你们会发现你们将有更多的自主性和选择权，你们将学会为自己确定学习目标，选择学习内容，发展学习方法，参与自我评价，学会与人合作，这是你们成为自主学习者的开端。我相信，用好这本教材，会让你们每一个人在英语学习中都非同一般，每一个人都会充满自信，每一个人都能取得成功！

祝愿你们高中学习与生活的每一天都过得充实、快乐、自信！

最后请将你们对教材的意见和建议转达给我们，我们会根据你们的意见对教材进行修改和完善，使教材更能适合你们的需要。

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LEARNING TO LEARN

A You and Your Class

- 1 Read the questionnaire and think about your answers.

Questionnaire

1 How long have you been learning English?

- a) 3 years b) 4 years
c) 5 years d) 6 years or more

2 How and when do you use English?

- a) I only use English at school.
b) I use English at school and practise at home.
c) I also read books in English.
d) I have a pen pal who writes to me in English.

3 What are your attitudes towards using English?

- a) I don't want to speak unless I can do it perfectly.
b) I learn by making mistakes. The more mistakes I make, the more I learn.
c) Native speakers can't understand me if my English isn't good enough.
d) As long as I get good marks in my tests, it doesn't matter if I can speak English or not.

Introducing yourself

- 2 Write six sentences about yourself. Then work in pairs and tell your partner about yourself.

Example

My name is Wang Jianling.

I am a Senior High 1 student from Haidian District.

Zhou Jie is my best friend in class.

My favourite subjects are English and Maths.

I am good at languages and numbers.

I like to watch the English news on CCTV Channel 4 every evening.

- 3 Complete the text with the correct words.

(1) _____ name is Sam and (2) _____ am in a group with Tania, Jack and Rose. (3) _____ English is much better than (4) _____!

(5) _____ are in Class 4. (6) _____ isn't very big – only thirty-five students. (7) _____ English teacher is Miss Wang. (8) _____ is from Hebei Province and (9) _____ favourite actor is Jiang Wen. I remember this because (10) _____ is my favourite actor too.

- 4 Tell the class about your answers to the questions in the questionnaire.

Example

I have been learning English for more than 6 years.

- 5 Write sentences about these people.

- 1) your partner
2) you
3) you and your partner
4) your friends
5) your teacher

- 6 Work in groups. Ask and answer questions to find out the role models in your group. Tell the class your results.

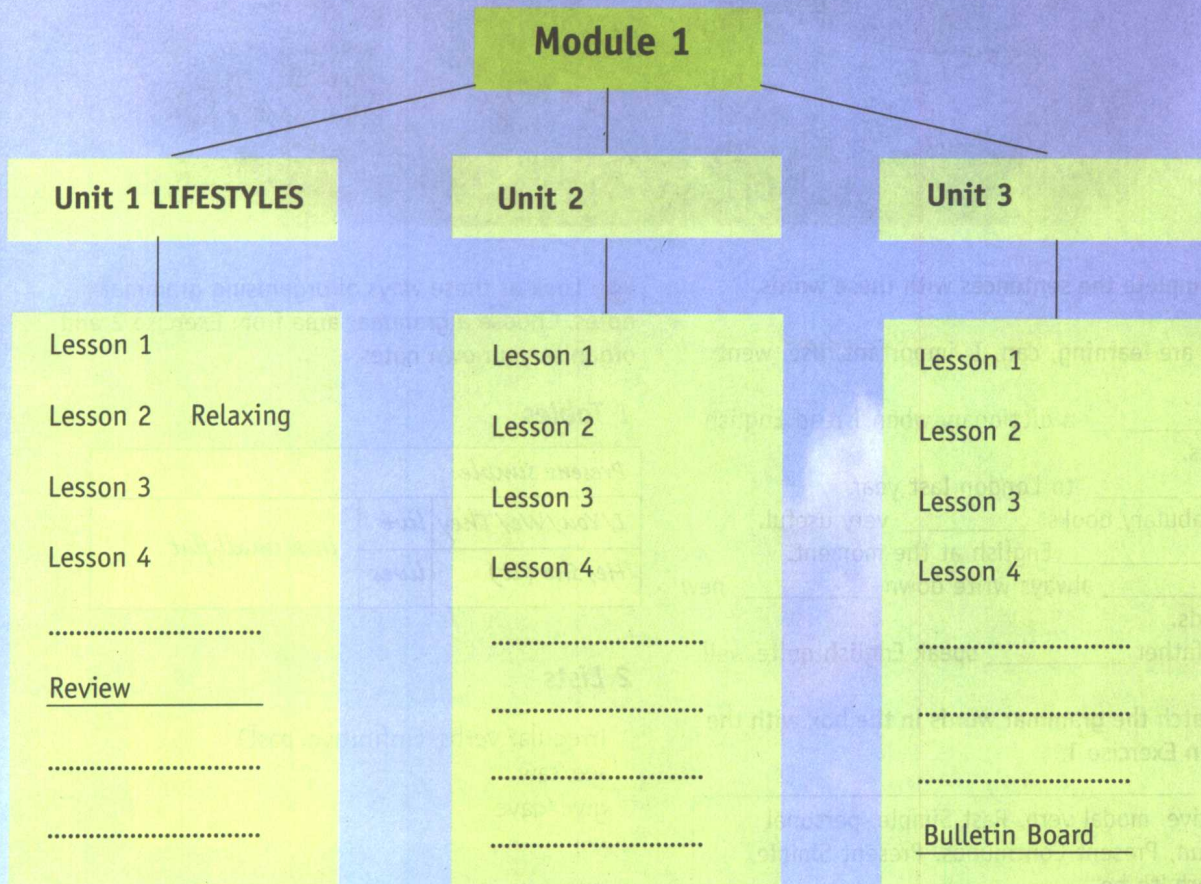
Example

Li Xiang's role model is Yao Ming.



B Getting Familiar

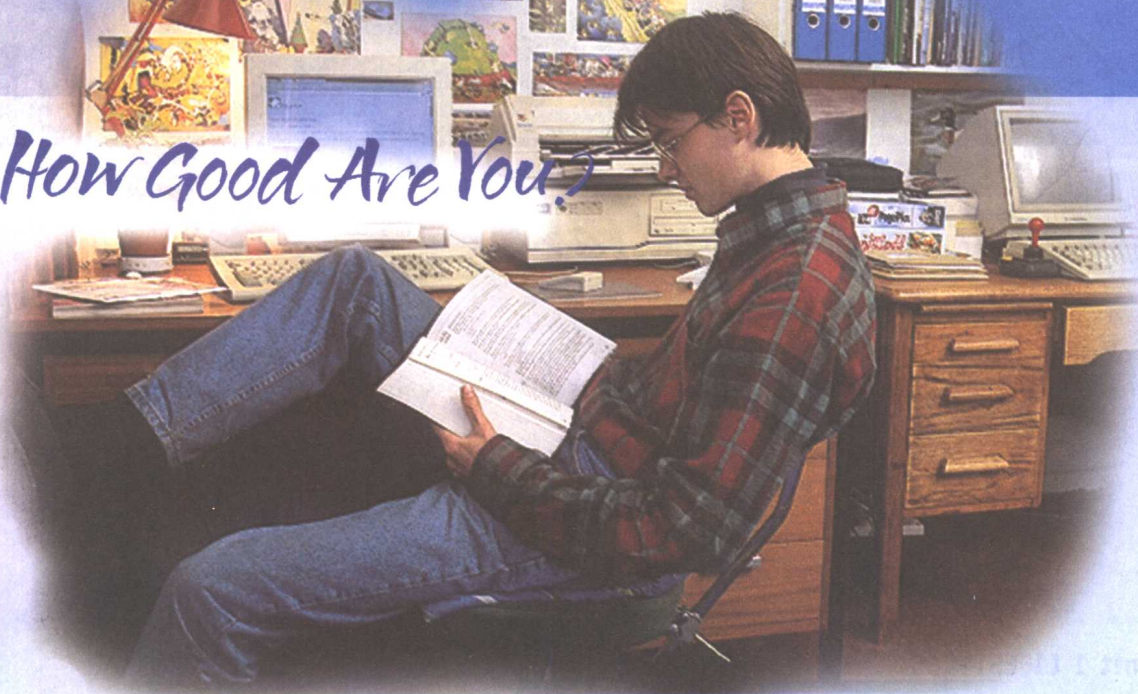
1 Look through the whole book and get a clear idea of the structure of this book. Work with your partner and fill in the blanks with the topics of the units and the lessons and other parts in each unit.



2 Look through this book again and find the following special features and write down the page numbers that you can find them on. Then discuss in pairs which section you think you will enjoy the most. Why?

Culture Corner	QUOTE ... UNQUOTE
Language Problem-Solving	Project
Literature Spot	GRAMMAR SUMMARY

C How Good Are You?



1 Complete the sentences with these words.

are, are learning, can, I, important, use, went

- I _____ a dictionary when I read English texts.
- I _____ to London last year.
- Vocabulary books _____ very useful.
- We _____ English at the moment.
- _____ always write down _____ new words.
- My father _____ speak English quite well.

2 Match the grammar words in the box with the words in Exercise 1.

adjective, modal verb, Past Simple, personal pronoun, Present Continuous, Present Simple, the verb 'to be'

3 How well can you use the grammar structures above? Use the box to give your answers.

Example *adjectives* – 2 (*I can use them, but I sometimes make mistakes.*)

*** I can always use this structure with no mistakes.

** I can use it, but I sometimes make mistakes.

* I can't use it very well.

4 Look at these ways of organising grammar notes. Choose a grammar area from Exercise 2 and organise your own notes.

1 Tables

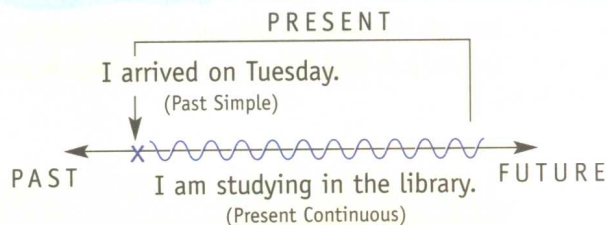
Present Simple:

I/You/We/They	live	in a small flat.
He/She (It)	lives	

2 Lists

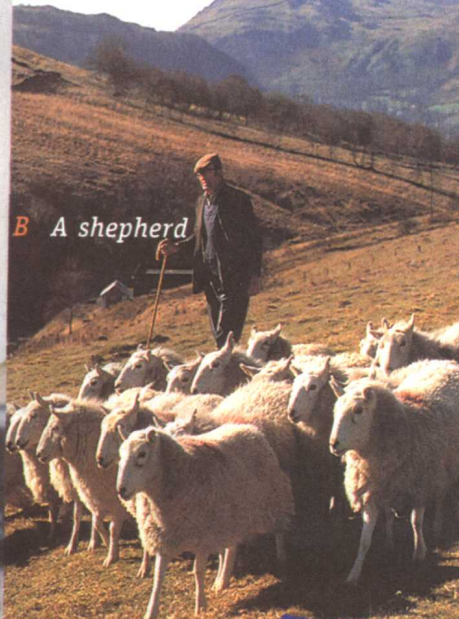
Irregular verbs: (infinitive/past)
see/saw
give/gave

3 Time lines





A A business executive



B A shepherd



C A football player

1 Lifestyles

In this unit you will...

- **Talk** about your own lifestyle and find out about other people's.
- **Listen** to some interviews, radio programmes and a survey.
- **Read** articles about lifestyles and a personal letter.
- **Write** a personal letter.
- **Review** the present tenses.

Warm-up

- 1** Look at the photos. What kind of lifestyle do you think the people have? Use the Key Words to help you.

Example

I think a shepherd's life is peaceful and relaxing – but maybe it's boring sometimes.

KEY WORDS

boring, busy, creative, dangerous, active, easy, lazy, exciting, free, interesting, peaceful, relaxing, stressful

- 2** Listen. Say which of the people in the photos is speaking.

Example 1 a football player

- 3** Work in pairs. Talk about the lifestyles below.

Example

A: My aunt's life is very interesting because she ...

B: Yes, but it's very ...

- 1 My aunt is a business executive in Shanghai and she travels a lot. She has a young daughter. She works very hard so she hasn't got time for hobbies.
- 2 Fang Ming is a police officer in Chengdu. He is also a member of a basketball team and plays the game once a week. He goes fishing in his free time.

- 4** Imagine the lifestyle of your dreams. Write five sentences about it.

Example

I am a professional tennis player. I live in Beijing but I travel a lot.



D A student



1 A Perfect Day?

Reading

Before you start

- 1 What are your favourite kinds of TV programme? Tell the class. Use the Key Words to help you.

KEY WORDS

sports programmes, the news, soap operas, documentaries, cartoons, game shows, films, talk shows, music programmes

Do you ever watch *too much* TV? How much time do you spend watching TV every day?

- 2 What kind of lifestyle do you think the men in the picture have? Use the Key Words on page 7 to help you.

Read to learn

- 3 Read the two texts quickly and:

- underline the TV programmes that Brian usually watches.
- underline the kinds of work Bob does every day.

- 4 Read the two texts again and answer these questions.

- Is Brian a lazy person? Can you find two examples of his lazy behaviour?
- What do you think 'You've got the world at your feet' means?
- How does Bob spend his morning and evening?
- Why does Bob's family complain?
- Why does Bob work so hard?

Voice your opinion

- Which lifestyle do you prefer? Which one is healthier? What can Bob or Brian do to improve their lifestyles?
- Work in pairs. Is your partner a 'couch potato', a workaholic or neither? Ask questions like these:

Example What do you do at weekends? Do you often work at weekends?

A Couch Potato



Forty-three-year-old Brian Blakey from Birmingham is sitting on his sofa and telling me about his perfect day.

When I wake up I don't get up immediately. I turn on the television and watch the children's programmes and old movies until about half-past ten. Then I get up, go downstairs and switch on the telly in the living room. For lunch, I have biscuits and a glass of milk, and I watch the news. In the afternoon, I often watch another old film – they're showing some good ones at the moment. In the evenings, I often watch soap operas or sport and the news again. I like the main news at six o'clock. At nine thirty, if there is a good play on BBC 2, I switch over and watch it. Then at night I watch more films and I usually switch off the telly at about two o'clock. I never watch the TV all night.

I watch TV for sixteen or seventeen hours a day. I also do some exercise every day. I take Tina, the dog, for a walk every afternoon. I don't go far, of course. I walk to the garden wall. I always take my portable telly and I sit on the stone wall while the dog walks round in a circle.

Of course, I couldn't live this lifestyle without a good wife. She's not here now because she's working, but she always makes my meals. We haven't got much money, you know, but we're happy. Sit down and watch the telly. Here's the remote control. You've got the world at your feet. And in your hand. Great!

A Workaholic



Thirty-six-year-old Bob Black is sitting at his desk and working his way through his paperwork

I normally wake up about five minutes before my alarm clock goes off. As soon as I hear my alarm clock, I jump out of my bed. It takes me less than fifteen minutes to wash, get changed, have breakfast, leave home and get on a bus.

I am always the first person to get to the office. The mornings are always very busy and the afternoons are even busier! Meetings and appointments take up a large part of the day. Every minute of the day is filled with urgent matters. By around eight o'clock I usually find some time to do my own paperwork and answer some personal e-mails.

When I get home at about ten, I look at some documents that I bring back from the office so that I can be ready for the next day's work. I get to bed around midnight when my wife and children are already asleep.

I seldom have time for fun and other leisure activities with my family. My family complains about it. But I try to work hard so that I can make more money for them. Besides I get bored if there's nothing to do and I like being busy and being challenged.

Language Study

Grammar Presentation

PRESENT SIMPLE AND PRESENT CONTINUOUS (REVIEW)

7 Match the sentences with the rules. Find more examples in the texts for each use.

- 1 For lunch, I have biscuits and a glass of milk.
- 2 I like the main news at six o'clock.

The Present Simple tense describes:

- a) an activity that is repeated regularly.
- b) a present state, a feeling or opinion.

8 What tense is used in the following sentences? Complete the rule.

- 1 Brian Blakey is sitting on his sofa.
- 2 Brian's wife is working to support him.

The Present _____ describes:

- a) an activity happening now
- b) a present activity that happens regularly but only during a short period of time.

➔ Grammar Summary 1, on page 92.

Grammar Practice

9 Read the dialogue. Put the verbs in brackets into the Present Simple or the Present Continuous tense.

- Sue: Could you turn the radio off? I (1) _____ (watch) TV.
- Tom: OK. What (2) _____ (you/watch)?
- Sue: It's the news. This journalist (3) _____ (work) for the BBC. She's in New York at the moment and she (4) _____ (interview) people about the mafia.
- Tom: That's interesting. Who (5) _____ (she/interview)?
- Sue: She (6) _____ (talk) to lots of different people. She's in a car with a man. He (7) _____ (drive) a black Cadillac. She (8) _____ (not like) him very much, but he's got lots of information about mafia families. It's exciting because ...
- Tom: Sorry, can you smell anything? Maybe the neighbours (9) _____ (have) a barbecue.
- Sue: No, they aren't. I (10) _____ (cook) sausages for supper! They (11) _____ (burn)!!!!

Language in Use

10 Work in pairs and describe your parents' lifestyle to your partner.

Example:

My father works in a foreign company. He goes to work early in the morning and comes home very late in the evening.



2 Relaxing

SKILLS FOCUS



Listening

Before you start

1 Think about situations in your life. Use the Key Words to say how relaxing or stressful they are for you.

KEY WORDS

quite relaxing, sort of relaxing,
a little stressful, very stressful

Example

A: I find painting or drawing very relaxing.

B: I agree. But it's very stressful to wait for exam results.

- studying for an exam
- lying on a beach
- waiting for exam results
- giving a talk to your class in your own language
- giving a talk to your class in English
- shopping with a friend

2 You will hear the following words in the interview. Match them with their correct definitions. Use a dictionary to help you.

- | | |
|---------------|---|
| 1 suffer from | a) make plans for something to happen |
| 2 reduce | b) be decided by someone or something else |
| 3 prevent | c) have pain or difficulties |
| 4 cause | d) make something smaller in amount or degree |
| 5 organise | e) make something happen |
| 6 depend on | f) stop something from happening |

LISTENING STRATEGIES: Prediction

- Before you listen, read the questions carefully. (e.g. question 1 in Exercise 5)
- Try to think of possible answers. (e.g. *students*)
- Use your general knowledge to help you. (e.g. *Students have lots of tests.*)

3 Try to predict answers to the questions. More than one answer is possible.

- Which of these people can suffer from a lot of stress?
a) police officers c) factory workers
b) students d) teachers
- Which of these factors can cause stress?
a) a lot of free time c) some social situations
b) problems with people d) doing sport
- What can we do to relax and reduce stress?
a) organise our work/studies
b) eat a lot
c) do exercise
d) talk to people about problems

Listen to learn

4 Listen to the interview and check your predictions.

5 Now listen again and answer these questions:

- When do students suffer from stress?
- What social occasion can be difficult for shy people?
- What is a good way of organising work or studies?
- Who can people talk to about their problems?
- What kind of exercises can help reduce stress?

6 Copy the table below. Listen to Mark and complete the table.

stressful activities	relaxing activities
doing exams	

7 Listen again. Use the verbs to complete the sentences in the Function File.

can't stand, love, like, don't like, quite like, prefer, enjoy, hate

Function File

Expressing Preferences

I really (1) _____ doing exams.

I (2) _____ talking in front of the class.

I (3) _____ going to parties very much.

I (4) _____ meeting people in small groups.

I (5) _____ listening to music.

I (6) _____ reading.

I (7) _____ sitting and doing nothing!

I (8) _____ talking to my friends.



8 Write eight sentences about yourself using the verbs in the Function File.

Example I really love playing the piano, but I can't stand singing in front of the class.

Pronunciation: Hesitation

9 Listen to Mark again. Which words or sounds does he use to hesitate?

Example 1 mm 2 _____ 3 _____
4 _____ 5 _____

Speaking

10 Work in groups of four. Take turns to talk about activities you like and don't like. Talk for as long as you can. Use hesitation words to give you time to think of ideas while you are speaking.

Example A: Mm, well, I really love playing football, you know, and my favourite player is ...



QUOTE ... UNQUOTE

'Happiness is good health and a bad memory.'

Ingrid Bergman, Swedish film actress, (1913-1982)



3 A Volunteer Teacher

LANGUAGE FOCUS

Listening

Before you start

- 1 Look at the main photo. Which part of China do you think it is from? What do you know about this part of China?



- 2 Look at the words in the box and guess what these words tell about the girl in the picture.

volunteer graduate prepare for challenge comfort
determined win support decision

Listen to learn

- 3 Listen to the interview and answer these questions.

- How does Wang Shu feel about her work in Inner Mongolia?
- Why was she determined to go there?
- What is she going to do in Inner Mongolia?
- What was her parents' reaction to her decision?

Voice your opinion

- 4 Is it a good idea to do voluntary work? What reasons do people have for doing voluntary work?

Language Study

Grammar Presentation

FUTURE ARRANGEMENTS AND INTENTIONS

- 5 Look at these sentences from the interview. What verb forms are used to talk about the future?

The train **leaves** Beijing station at 9 o'clock.

I'm **getting** up at about 6 o'clock.

I'm **going to work** as a volunteer teacher in a small country town.

Which sentence says something about:

- Wang Shu's personal arrangement?
- a scheduled event?
- Wang Shu's intention to do something?

➡ Grammar Summary 2, on page 92.