

全日制十年制学校
高中英语第二册
辅导材料

(下 册)

江潮 韩琴 编

黑龙江人民出版社

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江潮 韩琴

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第八课 (Lesson Eight)

一、课文 (Text)

SPORTS AND GAMES

Some people seem to think that sports and games are unimportant things that people do, at times when they are not working, instead of going to the cinema, listening to the radio, or sleeping. But in actual fact sports and games can be of great value, especially to people who work with their brains most of the day, and should not be treated only as amusements.

Sports and games build our bodies, prevent us from getting too fat, and keep us healthy. But these are not their only uses. They give us valuable practice in making eyes, brain and muscles work together. In table tennis, our eyes see the ball coming, judge its speed and direction and pass this information on to the brain. The brain then has to decide what to do, and to send its orders to the muscles of the arms, legs, and so on, so that the ball is met and hit back where it ought to go. All this must happen with very great speed, and only those who have had a lot of

practice at table tennis can carry out this complicated chain of events successfully. For those who work with their brains most of the day, the practice of such skills is especially useful.

Sports and games are also very useful for character-training. In their lessons at school, boys and girls may learn about such virtues as unselfishness, courage, discipline and love of one's country, but what is learned in books cannot have the same deep effect on a child's character as what is learned by experience. The ordinary day-school cannot give much practical training in living, because most of the pupils' time is spent in classes, studying lessons. So it is what the pupils do in their spare time that really prepares them to take their place in society as citizens when they grow up. If each of them learns to work for his team and not for himself on the football field, he will later find it natural to work for the good of his country instead of only for his own benefit.

二、课文参考译文

(Chinese Version of the Text)

体 育 运 动

有些人似乎认为体育运动不是什么重要的事情，人们只是在业余不去看电影，不去听广播，也不去睡觉的时候，偶一为之。但是实际上，体育运动，特别是对那些一天大部分时间用脑的人来说，益处很大，因而不能把它看成纯粹是娱乐。

体育运动能使我们身体强壮，防止发胖，保持健康。但是好处还不止此。体育运动在使眼睛、头脑和肌肉协同动作方面提供宝贵的锻炼机会。打乒乓球时，我们的眼睛看到球打过来，要判断它的速度和方向，再把这个情况传到大脑。这时大脑就决定怎么办，并给胳膊、腿等的肌肉发出命令，以便接球，并打回到该打到的地方去。这一切的反应都要非常迅速，只有那些打乒乓球有过很多训练的人，才能顺利地、完成这一连串复杂的动作。对那些一天大部分时间用脑的人来说，这种技巧的锻炼是特别有益的。

体育运动还有利于品质的培养。孩子们在课上可能学习关于无私、勇敢、守纪律和爱国这些品德。但是，从书本上学来的东西对孩子的品质产生的影响，不可能和从亲身体验中学来的东西所产生的影响一样深刻。一般的走读学校不可能提供很多实际的生活锻炼，因为学生的大部分时间都用在上课、学习上了。因此，倒是学生们在课余时间的活动，为他们长大后作为一个公民进入社会着实做了准备。如果他们每个人在足球场

上学会了为自己的球队而不是为他个人而奋斗，日后他就会感到，为国家的利益而不仅仅是为自己的利益而工作，这是理所当然的。

(选自人民教育出版社教学参考书)

三、语言教学重点 (Focal Language Points)

1. instead of
2. be of + abstract noun
3. prevent somebody from doing
4. give somebody practice in doing something
5. have to
6. what + infinitive phrase
7. those who
8. such...as
9. prepare somebody to do something
10. find + it + adjective + to do...
11. take one's place
12. Basic uses of the definite and indefinite articles

四、课文讲解 (Work on the Text)

1. Some people seem to think that sports and games are unimportant things that people do, at times when they are not working, instead of going to the

cinema, listening to the radio, or sleeping.

课文注释 1 对本句话的一些问题进行了解释, 仅做如下补充说明:

1) seem to think...: 在此动词 seem 和不定式 to think 构成复合谓语。又如:

They don't seem to like the idea. 他们好象不大赞成这个想法。

复合谓语是由两部分构成的, 英语的复合谓语主要有两类:

① 带不定式的复合谓语, 如本句话的 seem to think...。这一类复合谓语由情态动词或某些其他动词, 如 happen, seem, get, turn out, be going to, be able 等, 加不定式构成。例如:

We must have a plan before doing any work.
做任何工作前, 我们必须订好计划。

You ought to obey your father 你应该听你父亲的话。

Do you happen to know her address? 你(碰巧)知道她的地址吗?

They used to grow vegetables. 他们过去是种蔬菜的。

But I'm not going to argue with you tonight. 但是今晚我不打算和你争辩。

He was not able to see the difference. 他看不到其中的差别。

② 带表语的复合谓语, 它由系动词或个别其他动词, 如 feel, look, become, get, come, stay, keep, prove, wear, break, lie 等, 加表语构成。例如:

They will be in New York this evening. 他们今晚到达纽约。

I don't feel very well today. 我今天感到不大舒服。

At the end of the journey they looked quite worn out. 经过旅途劳顿，他们显得疲惫不堪。

At last the truth became known. 最后真相大白了。

2) sport 和 game 这两个词都和汉语说法“体育运动”有关，但是它们的词义和用法却有很多不同：

Sport = an athletic activity requiring skill or physical prowess* and often of a competitive nature engaged in, esp. outdoors, for amusement and exercise, 指娱乐或竞赛性的“体育活动”，通常只指“户外运动”。例如：

hunting	狩猎
fishing	钓鱼
sailing	赛帆船
camp	露营
swimming	游泳
skiing	滑雪
skating	溜冰

用例：

He is fond of sports. 他爱好运动。

Swimming is my favourite sport. 游泳是我喜爱的运动。

使用 sport 一词应注意：

① 名词 sport 用作定语时，一般不用单数形式，而需要用复数形式：

sports meet 运动会

sports ground	运动场
sports goods	体育用品
sports fan	运动迷
sports car	比赛汽车

② “篮球赛”不能译为 basketball sport, 而该说 basketball game 或 basketball match; “田径赛项目”也不能译为 track-and-field sports, 而只能说 track-and-field events.

Game = a competitive activity involving skill, chance, or endurance on the part of two or more persons who play according to a set of rules usually for their own amusement or for that of spectators, 指“游戏”或“比赛”, 可以是户内的也可以是户外的, 可以是脑力的也可以是体力的, 通常有一定规则, 凡参加者必须遵守。例如:

tennis	网球
football	足球
cards	纸牌
rugby	橄榄球
golf	高尔夫球
chess	下棋
bridge	打桥牌

用例:

Chess is a very slow game. 下棋很费时间。

Who won the football game? 足球赛谁赢了?

Hide-and-seek is a favorite child's game. 捉迷藏是孩子们喜爱的游戏。

使用 game 一词应注意:

① game 的复数形式指“大运动会”, 如:

the Olympic Games	奥林匹克运动会
the Asian Games	亚洲运动会
the First (Second) National Games	第一 (二) 届全国运动会

sport 的复数形式则指“一般运动会”，如：

the school sports	学校运动会
inter-university sports	大学校际运动会

② 作“比赛”解时，game 是美语用词，英语用词是 match。

③ a football game 是“一场足球赛”，the football game 是“这场（特指）足球赛”，都不能统指“踢足球”。“踢足球”英语该说 play football。

3) things 在句中作“事情”解，又如：

You take things too seriously. 你把事情看得太严重了。

That will only make things more complicated. 那只会使事情更加复杂。

4) instead of 是成语介词，后面跟动名词短语 going to..., listening to... 和 sleeping 作它的宾语。

2. But in actual fact sports and games can be of great value, especially to people...

can be of great value = can be valuable, 注意英语中这种“of + 抽象名词” = 形容词的现象。

一般说来，“be + of + 抽象名词”是比较郑重的说法，文笔拘谨，多用于书面语；“be + 形容词”的用法则比较随便，自然，多用于日常口语。类例：

It was of great importance. (= was very important)

这是非常重要的。

The knowledge of a foreign language is of great use(=is very useful) to everybody. 懂得一种外语对人用处很大。

Those old books are of no use.(=are useless) 那些旧书没用了。

Alloy is of use.(=is useful) 合金是有用的。

3. Sports and games build our bodies, prevent us from getting too fat, and keep us healthy.

1) prevent sb. or sth. from doing...: 是英语中一个常用说法, 作“防止”, “阻止”解, 又如:

This will prevent the children from catching the disease. 这可以使孩子们不至于传染上这个病。

No one can prevent the plans from being carried out. 谁也不能阻止这个计划的实现。

2) keep us healthy, 动词 keep 跟由“代词 us + 形容词 healthy”构成的复合宾语。类例:

Keep your clothes clean. 衣服要保持干净。

His words made her angry. 他的话使她生气。

4. But these are not their only uses.

1) these 在这里指上句话中三个并列的谓语动词所表达的意思: build our bodies, prevent us from getting too fat, and keep us healthy.

2) their 在此则指上句话中的主语: Sports and games.

3) use 在句中作可数名词用, 其复数形式表示“好处”、

“益处”、“效用”等意思，不作“使用”或“用法”解。

5. They give us valuable practice in making eyes, brain and muscles work together.

making 在这里是动名词，作介词 in 的宾语。在介词短语 in making...中，eyes, brain and muscles 用作动名词 making 的宾语。动词不定式 work 用作宾语补足语。

6. The brain then has to decide what to do, and to send its orders to the muscles of the arms, legs, and so on, ...

1) what to do 是带连接代词的不定式，在句中作 decide 的宾语。

在英语中，tell, advise, show, teach, find out, discuss, learn forget 等动词常用一个带连接代（副）词的不定式作宾语。类例：

They will teach us how to repair radios. 他们将教我们怎样修理收音机。

I didn't know whether to laugh or to cry when I heard the words. 听了这话我是啼笑皆非。

Did they tell you when to start out? 他们告没告诉你什么时候出发？

He will advise you what to do. 他会建议你们怎么办。

I've forgotten what to say. 我忘了该怎么说了。

2) to send 是和 to decide 并列的不定式，在句中和 has 一起构成复合谓语。

7. All this must happen with very great speed, and only those who have had a lot of practice at table tennis can carry out this complicated chain of events successfully.

1) all this: all 和单数指示代词 this 连用, 是一种概括的说法。this 在这里指上文说过的事, all this 在此处总括了上文的意思, 并使这句话的结构非常谨严。

2) with very great speed 的意思是“非常迅速”, 此处在 speed 前面用介词 with。注意在下面短语中, speed 前面介词的用法:

with all speed	迅速地; 以最大的速度
with lightning speed	飞快地, 闪电似地
at full speed	开足马力; 全速
at breakneck speed	以危险的速度
drive at top speed	全速驾驶
travel at (a) high speed	以高速度行驶
be fast (slow) in speed	速度快 (慢)
at a speed of thirty kilometres an hour	以每小时三十公里的速度

3) practice at: practice 是名词, 在句中和动词 have 搭配使用, practice at 作“练习做某事”解。practice 作“练习”解时, 用法很多, 请注意在下面用例中, 它和动词及介词的搭配使用情况:

do practice in speaking English	练习讲英语
make a practice of something	使某事成为自己的常规

do one's practice at the piano	练习弹钢琴
be out of practice at singing	因停止练习 演唱荒疏了
be out of practice on the piano	好久不练习弹 钢琴了
keep (oneself) in practice	经常练习, 不荒疏

4) carry out 是成语动词, 在句中作“完成”, “进行”

解。又如:

I expect her to carry out her promises. 我希望她能履行她的诺言。

Once a decision is reached, it must be firmly carried out. 一旦做出决定, 就应坚决执行。

5) a chain of = number of connected things, events, etc., 作“一连串, 一系列; 连锁”解, 后面多跟可数名词复数。又如:

a chain of questions	一连串问题
a chain of mountains	山脉, 山系
a chain of misfortunes	一连串的灾祸
a chain of thoughts	连续的想法

8. For those who work with their brains most of the day, the practice of such skills is especially useful.

1) for 是介词, 在此处 = as for, 表示“对……而言”, “对……来说”, 又如:

This book is too difficult for me. 这本书太难了, 我读不懂。

For training our minds, these exercises are very