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UNIT 1



Listening and speaking

Listening for opposing ideas & opinions
Asking for & giving instructions

Reading

Passage A Technology can battle natural disasters
Passage B Forerunners of football

Grammar

Inversion

Writing

Describing a process

Culture express

Chinese women's volleyball team



> Listening and speaking

Pronunciation and listening skills

Tips

在英语听力练习中，应注重对语篇行文逻辑的把握，如转折、因果、递进等逻辑关系。本单元重点练习转折关系。英文中有一些特定的表示转折关系的词或词组，如：but, yet, however, nevertheless, while, whereas, instead, on / to the contrary, in contrast。这些词或词组后面的信息往往是说话人想重点强调的内容。

Listen to a passage and fill in the blanks with what you hear.

Franz Schubert

Franz Schubert received a good musical education when he was young. His father and elder brother gave him instructions in his early musical life. Schubert then learned to sing at a college. **However**, 1) _____, which forced him to leave the college. He did not give up music. **Instead**, 2) _____ in music with a great musician. Then, Schubert began to work at his father's school. **But** he also continued to 3) _____. By 1815, Schubert was still very young, **yet** he had already produced a lot of creative musical works. In his whole life, Schubert left some unfinished works. **Nevertheless**, they display 4) _____.

News report

Listen to a news report and choose the best answer to each of the questions.

- 1 What is the rule change according to FIFA?
 - A. Soccer players can switch their eligibility.
 - B. Soccer players can't represent a second national team.
 - C. Soccer players can play for multiple countries before they turn 21.
 - D. Soccer players need to pay their team before changing eligibility.
- 2 What benefit can the rule change bring to the players?
 - A. Choosing their favorite teams.
 - B. Visiting different countries.
 - C. The chance to play for multiple teams.
 - D. A longer career life.
- 3 What is the news report mainly about?
 - A. A rule change proposed by FIFA.
 - B. A convention to be held in Zurich.
 - C. The eligibility of soccer players in a game.
 - D. The history and development of FIFA.

Word tips

FIFA /'fi:fə/ 国际足球联合会
(Fédération Internationale
de Football Association,
简称国际足联)

switch /switʃ/ v. (使) 转变;
(使) 改变

eligibility /,elɪdʒə'bɪləti/ n.
资格

Zurich /'zuərɪk/ 苏黎世 (瑞
士北部城市)

league /li:g/ n. 联盟

Conversation

1 Listen to a conversation and fill in the blanks with what you hear.



If you're indoors, crouch in 1) _____ and
2) _____ windows.



If you're outdoors, find 3) _____
and keep clear of 4) _____.



If you're driving, stop your car,
but avoid 5) _____ or overpasses.

Word tips

indoors /,ɪn'dɔ:z/ *ad.* 在室内

crouch /kraʊtʃ/ *v.* 蹲; 蹲伏

outdoors /,aʊt'dɔ:z/ *ad.* 在户外

overpass /'əʊvəpɑ:s/ *n.* 天桥;
立交桥

2 Listen to the conversation again and check (✓) what you should do after an earthquake.

- 1 Check water and gas lines for damage.
- 2 Check electric lines.
- 3 Leave the house immediately if you smell gas.
- 4 Stay out of damaged buildings.



3 Role-play a conversation in pairs according to one of the situations. You may refer to the Functional language.

Situation 1

A and B are roommates. B has just attended a training program for emergency. A asks B about how to survive a fire.

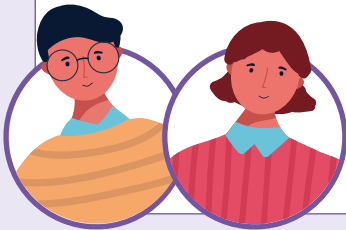
Situation 2

A asks B, his / her PE teacher, about how to avoid exercise injuries.

Guided conversation

- A:** Ask B what measures should be taken in case of a fire / to avoid exercise injuries.
- B:** Tell A the first thing to do and the purpose of doing so.
- A:** Ask if there are other things that should be paid attention to.
- B:** Introduce one or more ways to survive a fire / avoid exercise injuries.
- A:** Ask about the reasons.
- B:** Tell A the purpose of doing so.
- A:** Show thanks.

FUNCTIONAL LANGUAGE



Asking for instructions

- What would you do if ...?
- When ... happens, what will you do?
- Then what should we do after ...?
- Could you please kindly show me how to ...?
- Do you know how to ...?
- What is the first thing to do?

Giving instructions

- Remember to ...
- We should ...
- The first thing you need to do is ...
- The best place to begin is ...
- After that / Besides that, you should ...
- Before ..., you need to ...

Passage

1 Listen to a passage and choose the best answer to each of the questions.

- 1 What did Sir Ludwig Guttman want to use sports for?
 - A. Competition with other doctors.
 - B. Celebration of the end of World War II.
 - C. Part of the therapy for his patients.
 - D. Preparation for the Olympics.
- 2 Where and when were the modern Paralympics born?
 - A. In Rome, in 1948.
 - B. In Rome, in 1960.
 - C. In London, in 1948.
 - D. In London, in 1960.
- 3 How many different disability groups of athletes compete in the present-day Paralympics?
 - A. Five.
 - B. Six.
 - C. Seven.
 - D. Eight.

2 Listen to the passage again and decide whether the statements are true (T) or false (F).

- 1 Sir Ludwig Guttman organized a sports competition in the U.S. for the World War II veterans with spinal injuries.
- 2 The Paralympics are hosted by the host city of the Olympics since 2012.
- 3 The Paralympics emphasize the participants' athletic achievements instead of their individual disability.
- 4 The number of athletes participating in the Paralympics was only 600 in 1960.

3 Work in groups and make a brief introduction to a sports competition.

Your introduction may include the following aspects:

- when and how it started
- its purpose
- its development over recent years
- famous athletes in this field



Word tips

Sir Ludwig Guttman

/sə 'lɪdwiɡ 'ɡʌtmən/
路德维希·古特曼爵士
(1899—1980)

veteran /'vetərən/ *n.* 老兵; 老战士

spinal /'spɑːnl/ *a.* 脊柱的; 脊髓的

therapy /'θerəpi/ *n.* 疗法; 治疗

oblige /ə'blaɪdʒ/ *v.* 使(某人)负有义务

emphasize /'emfəsaɪz/ *v.* 强调; 重视



> Reading

Overview

From deadly earthquakes to record-breaking floods, mankind is faced with the risk of death and economic loss from natural disasters. How can we avoid these terrible consequences? Is it possible to forecast natural disasters more accurately and earlier? Fortunately, technological innovation is providing digital solutions for us to predict and counteract disasters.

Football is one of the world's most popular sports. Where and when did it originate? Different versions of the game existed much earlier than we thought and are part of football history. This game of passion, fierce competition and collective endeavor offers brilliance to the globe.

Passage A

> Pre-reading

Work in groups and discuss the questions.

- 1 What natural disasters can you think of?
- 2 What are the possible ways to predict natural disasters?



TECHNOLOGY can battle natural disasters

- 1 Earthquakes, storms, heat waves and floods have been leading causes of death from natural disasters in recent years, affecting all regions around the world. Recent figures show that natural disasters caused losses of about \$200 billion in 2020 and affected millions of people around the world. While Mother Nature is **unpredictable**, several technologies promise to help with disaster **forecasting** and prevention, and allow us to act sooner rather than later.

disaster /dɪ'zɑːstə/ *n.* 灾难; 灾害

unpredictable /ˌʌnpɪrɪ'dɪktəbəl/ *a.* 无法预测的

forecast /'fɔːkɑːst/ *v.* 预测; 预报



2 About 90 percent of major natural disasters are weather related. Aiming to reduce the loss of life, scientists today employ a wide **array** of technological tools to better **anticipate** natural disasters and improve weather forecasting.

3 With technological **advancements** such as artificial intelligence (AI) and machine learning, it's becoming easier for scientists to process and interpret a large amount of **data**, which helps them better predict weather changes and address the impacts on populations.

4 The following is a look at the technology options available for **counteracting** four natural disasters that have taken a heavy toll on human lives.

Earthquakes

5 Earthquakes are quite common and have stricken many countries in recent years. Mainly, the **destructive** effects of earthquakes, such as landslides, **tsunamis** and the **collapse** of buildings, were from ground

array /ə'reɪ/ *n.* 一系列; 大量

anticipate /æn'tɪsəpeɪt/ *v.* 预测, 预料 (要发生的事) 并做准备

advancement /əd'vɑ:nsmənt/ *n.* 进步; 发展

data /'deɪtə/ *n.* 资料; 数据

counteract /kauntər'ækt/ *v.* 抵消; 对抗

take a heavy toll 造成重大伤亡 (或损失、灾难等)

destructive /dɪ'strʌktɪv/ *a.* 破坏性的; 造成破坏的

tsunami /tsu'nɑ:mi/ *n.* 海啸

collapse /kə'læps/ *n.* 坍塌; 倒塌



shaking and ground **rupture**.

- 6 Technology solutions: Predictive solutions for earthquakes now make use of AI and machine learning technologies capable of processing and interpreting a large quantity of data. In recent years, some experts on earthquakes conducted a study on “slow-slip earthquakes”, a type of small, repeating earthquakes of much lower **intensity** that can last for hours or days and may lead up to fast, **catastrophic** quakes. While prediction is a tricky word for those studying **seismology**, advancements in AI may help scientists find patterns impossible to track **otherwise**.

Storms

- 7 Severe tropical storms cause deaths and affect people in many countries such as Japan, India, Thailand and the U.S. For instance, in 2019, Typhoon Hagibis cost Japan more than \$10 billion in damages and **insured** losses.
- 8 Technology solutions: Advances in

AI make it possible for a larger quantity of weather data to be **analyzed** faster, more **accurately** and in greater detail, making weather predicting outcomes more accurate. Some experts have developed a **framework** based on machine learning to study cloud movements and shapes from satellite images. It has been found that “comma-shaped clouds” are strongly associated with storm formation. Researchers used computer vision and machine learning techniques to teach computers to automatically recognize and **detect** comma-shaped clouds in satellite images. Thanks to the technology of machine learning, computers can assist experts to identify the beginning of severe storms in real time, in an ocean of data.

Heat waves

- 9 In the summer of 2019, several thousand people died during the heat wave in Europe. In Japan, hundreds of people sought medical

rupture /'rʌptʃə/ *n.* (突然的) 破裂, 裂开

intensity /ɪn'tensəti/ *n.* 强烈程度; 剧烈程度

catastrophic /kætə'strɒfɪk/ *a.* 灾难性的

seismology /saɪz'mɒlədʒi/ *n.* 地震学

otherwise /'ʌðəwaɪz/ *ad.* 以不同的方式; 不同地

Typhoon /,taɪ'fu:n/ **Hagibis** /'hædʒɪbɪs/ 台风“海贝思”
(2019年第19号台风)

insured /ɪn'ʃʊəd/ *a.* 在保险范围内的; 有保险的

analyze /'ænəlaɪz/ *v.* 分析

accurately /'ækjərətli/ *ad.* 精确地; 准确地

framework /'freɪmwɜ:k/ *n.* 框架; 体系

detect /dɪ'tekt/ *v.* 发现, 发觉, 测出 (尤指难以觉察的事物)

an ocean of 大量的



attention due to extremely high temperatures that rose above 105 degrees **Fahrenheit** (41 degrees **Celsius**). Heat waves not only cause health issues, increase economic spending and affect agricultural production, but also cause the loss of human lives.

- 10 Technology solutions: According to the latest studies, predicting heat waves is becoming increasingly important around the world, as their frequency is growing and the losses they bring cover various aspects. Researchers recently developed a new technique to predict heat waves with the power of deep learning. One example is the “CapsNets” system developed by some researchers from an American university. It can be trained to compare **current** weather patterns to similar ones from the past. It also learns to identify some patterns of atmospheric circulation which lead to a heat wave so that it can make relatively accurate predictions.

Floods



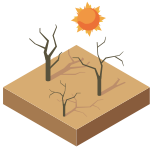
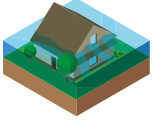
- 11 About 1,600 people died in India in 2019 due to **flash floods**. In March of the same year, **torrential** rain forced more than 4,000 Indonesians out of their homes. Floods have also heavily affected places such as Nepal, Myanmar, and China.
- 12 Technology solutions: Floods caused by natural factors, such as increased rainfall or storms, can be predicted with sophisticated technological models. AI can help technologists better interpret a growing amount of data and create forecasting models that can automatically **alert** authorities. Recently, a U.S. tech company announced it had begun **implementing** a flood forecasting model in an Indian region. Partnered with several institutions, it built an **inundation** model that can predict the water level rise in a particular area, and assess the “water behavior” or what areas can be flooded very quickly.

Fahrenheit /'færənhaɪt/ *n.* 华氏温度 (缩写形式为 F)
Celsius /'selsɪəs/ *n.* 摄氏温度 (缩写形式为 C)
current /'kʌrənt/ *a.* 现时的; 当前的
flash /flæʃ/ **flood** /flʌd/ *n.* 暴洪; 骤发的洪水
torrential /tə'rentʃəl/ *a.* (雨) 滂沱的, 倾注的, 瓢泼的

Nepal /nɪ'pɔ:l/ 尼泊尔 (南亚国家)
Myanmar /'mjænma:/ 缅甸 (东南亚国家)
alert /ə'lɜ:t/ *v.* 警告; 向……发出警报
implement /'ɪmpləmənt/ *v.* 实施; 使生效
inundation /,ɪnən'deɪʃən/ *n.* 洪水

Comprehension

1 Read the passage and complete the table.

Natural disasters	Destructive effects	Technology solutions
 <p>Earthquakes</p>	landslides, 1) _____ and the 2) _____ of buildings.	AI and machine learning technologies to 3) _____ and 4) _____ a large quantity of data.
 <p>Storms</p>	Deaths and people being affected in many countries.	5) _____ and machine learning techniques to teach computers to automatically 6) _____ and detect comma-shaped clouds in satellite images.
 <p>Heat waves</p>	Health issues, increased 7) _____, agricultural production being affected, and deaths.	A deep learning system to 8) _____ some patterns of atmospheric circulation.
 <p>Floods</p>	Deaths and people being forced 9) _____.	A flood forecasting model to 10) _____ the water level rise in a particular area and assess the water behavior.

2 Read the passage again. Work in groups and discuss the questions.

- 1 What is the purpose of the passage?
- 2 How do you understand the sentence “Mother Nature is unpredictable”?

› Vocabulary and structure

1 Write down the words according to their definitions. The first letter of each word is given for your reference.

- 1 **d** _____ *n.* sth. that causes a lot of harm or damage
- 2 **a** _____ *v.* to officially warn sb. of a problem or danger
- 3 **i** _____ *n.* the quality of being felt very strongly or of having a strong effect
- 4 **f** _____ *v.* to say what is likely to happen in the future, based on information you have now
- 5 **c** _____ *a.* causing a lot of damage or making a lot of people suffer
- 6 **a** _____ *v.* to examine or think about sth. carefully in order to understand it

2 Complete the sentences with the words given below. Change the form if necessary.

current intensity analyze insured
data anticipate disaster implement

- 1 Scientists have developed some models to _____ the moving direction of the rain clouds.
- 2 A group of researchers collected _____ of how waves move across the surface of the ocean.
- 3 The _____ of earthquakes varies from place to place, depending mostly on the distance from the center of the earthquake.
- 4 We would like to recommend this _____ shipping service to you because it protects shippers from lost, stolen or damaged packages.
- 5 Despite years of research, the _____ method is not effective enough to predict the exact time of an earthquake.
- 6 Weather-related _____ cause severe damage to this village every year.
- 7 Some researchers are trying to find prevention methods by _____ the data of forest fires in history.
- 8 It is reported that a new system will be _____ for earthquake early warning and disaster relief.

Tips

前缀 un- 可加在某些形容词、副词、名词及用作形容词的分词前，变成其相反含义，表示“不；无；未；非”。如：un + predictable = unpredictable *a.* 不可预知的；un + willingly = unwillingly *ad.* 勉强地；un + employment = unemployment *n.* 失业；un + surprising = unsurprising *a.* 不令人惊讶的，不足为奇的；un + concerned = unconcerned *a.* 漠不关心的，不感兴趣的。

Tips

while 作为关联词，引导让步状语从句，意为“尽管；虽然；即使”。从句可以置于主句之前或之后，比 although 或 though 的语气要轻。

3 Add the prefix “un-” to the words given below. Then complete the sentences with the words thus formed.

limited

satisfying

conditional

reasonably

certainty

- 1 Our Mother Nature gives us _____ love by providing us with air, water, food and wonderful landscape.
- 2 Unlike on the Earth, technology in the space station allows for almost _____ power from the sun.
- 3 Many people lost their homes in the flood, and they felt their lives were filled with _____.
- 4 To have sustainable development, we should never use forest resources _____.
- 5 After the disaster, life in this remote village was too _____, because there were limited medical care services.

4 Combine the two sentences in each group using a *while*-clause.

Sample

Prediction is a tricky word for those studying seismology.
Advancements in AI may help scientists find patterns impossible to track otherwise.

→ While prediction is a tricky word for those studying seismology, advancements in AI may help scientists find patterns impossible to track otherwise.

- 1 Everyone felt the task was tough. I never thought of giving up.

- 2 There's a long way to go. The development of renewable energy is promising.

- 3 Most bloggers comment on news reported elsewhere. Some bloggers do their own reporting.

- 4 The effects of global warming are not immediate. The effects of global warming are potentially catastrophic.

- 5 Sleeping pills are helpful for some people. Sleeping pills are not necessarily an effective remedy.

› Banked cloze

Fill in the blanks with suitable words given below. You may not use any of the words more than once.

array accurately destructive reduce individuals
significantly forecasting implement data resources

Due to climate change and the rising global temperature, natural disasters are getting more powerful. They are becoming more prevalent and more 1) _____ with each passing year. Disaster technology, or D-tech, helps governments, communities, and businesses 2) _____ the impact of natural disasters. They provide a vast 3) _____ of technological methods to better predict natural disasters and improve weather 4) _____. Alert systems can help rescuers navigate affected areas safely and 5) _____, and aid them in finding missing people. Other tech solutions can be used to prioritize 6) _____ and aid, and re-establish communications and electricity supply. Humanitarian organizations, with the help of 7) _____, can create base maps of vulnerable places, guiding international and local NGOs and 8) _____ to provide relief after a natural disaster. The critical role technology plays in disaster preparedness and recovery is becoming increasingly recognized.

› Translation

1 Translate the sentences from the passage into Chinese.

1 While Mother Nature is unpredictable, several technologies promise to help with disaster forecasting and prevention, and allow us to act sooner rather than later.

2 AI can help technologists better interpret a growing amount of data and create forecasting models that can automatically alert authorities.

2 Translate the Chinese paragraph into English with the help of the words given in brackets.

中国高速铁路网建设的安全性得益于科技的发展。中国已经开发了一套在线监测系统。这套系统通过分析大数据对高铁网的建设实施精准控制。此外,自然灾害监测设备有效地减少了自然灾害对高铁网建设的破坏作用。(advancement, analyze, data, disaster)

Passage B

► Pre-reading

Work in groups and discuss the questions.

- 1 Where do you think football originated?
- 2 What do you know about the history of football in China?



Forerunners of FOOTBALL



1 Known as “the beautiful game”, football is by far one of the most popular sports in the world. Today, about 270 million people play it and many, many more watch it **live** in the **stadiums** or on TV. But where and when did people first play the game? There are many possible answers. One problem for historians to decide upon is: Which game played with a ball using feet can actually be called the forerunner of football?

2 Some historians believe football **originated** in ancient Egypt from a type of old ball game, which was related to religious **ceremonies**. However, there is not much known of this sport except that it was a ball game.

forerunner /'fɔːrʌnə/ *n.* 前身; 先驱; 先导
live /laɪv/ *ad.* 在(或从)现场; 以现场直播方式
stadium /'steɪdiəm/ *n.* 体育场; 运动场
originate /ə'ɪrɪdʒəneɪt/ *v.* 发源; 来自; 产生
Egypt /'iːdʒɪpt/ 埃及(东北非国家)
ceremony /'serəməni/ *n.* 典礼; 仪式



The game of cuju in the Song Dynasty



An old-time game of football in England

3 In China, historical records reveal that as early as the Warring States Period, people played *cuju*, a ball game which bears some **resemblance** to the modern game of football. Players kicked a ball stuffed with feathers around a **pitch**, one team trying to keep possession and attempting to score before the other **dispossessed** them of the ball. Back then, *cuju* was used to train soldiers due to the **fierce** nature of the sport. During the Han Dynasty, the popularity of *cuju* gradually spread from the army to the royal courts and **upper class**. At the same time, *cuju* games became **standardized** as rules were established.

4 The Indians of Mexico and Central America played a game with a rubber ball. The playing field looked like the capital letter “I” with walls around. Attached on the two long **sidewalls** were stone or wooden rings and the aim of the game was to **project** the ball through the rings.

5 In Canada, the **Inuit tribes reportedly** played a game called *Aqsagtuk*. They used animal skins to make the balls and filled them with grass, animal hair, and **moss**. They played the game on ice. One story says two villages played against each other with goals from far apart.

the Warring States Period 战国时期 (475—221 B.C.)
resemblance /rɪ'zembləns/ *n.* (尤指外表方面的) 相似, 类似
pitch /pɪtʃ/ *n.* 体育场
dispossess /dɪspə'zes/ *v.* 夺走; 剥夺
fierce /fɪəs/ *a.* 猛烈的; 用力的; 激烈的
upper class /'ʌpə/ *n.* 上流社会; 上层社会
standardize /'stændədaɪz/ *v.* 使……标准化

Mexico /'meksɪkəʊ/ 墨西哥 (北美洲国家)
Central America /'sentrəl/ 中美洲
sidewall /'saɪdwɔ:l/ *n.* (房间或建筑物的) 边墙
project /prə'dʒekt/ *v.* 投掷; 发射
Inuit /'ɪnju:t/ *a.* 因纽特人的
tribe /traɪb/ *n.* 部落; 宗族
reportedly /rɪ'pɔ:tɪdli/ *ad.* 据说; 据称; 据报道
moss /mɒs/ *n.* 苔藓

6 British people often think that they invented the game of football. Actually, football appeared in Britain during the eighth century, not as a **recreational** sport, but as a war game. Whether this is true or not, a game with a ball that people kicked around became popular. But it is hard to call it football. Many people participated in the game, but the number of players was not fixed. There were very few **regulations**, if any. The game was usually so **violent** that some kings banned it, thinking it might **incite sin** and more violence. But this did not stop people from playing the game.

7 Many people think that the U.S. has only just discovered football, or soccer, as they call it, to distinguish it from American football. In fact, the native **American Indians** played

a game called *Pasuckuakohowog*, meaning “they gather to play ball with the foot”. Up to 1,000 people might play in the game, often in a rough, dangerous manner, and there was a lot of **bloodshed**. The game often carried on from one day to the next, and was followed by a **celebratory feast**.

8 Although we know many stories about football in different countries, we still can't say for sure when or where it was first played. But what's important is that football has now become a worldwide game which many people are crazy about and participate in. Football **contests** not only bring happiness to people, but help us establish friendships and promote cultural exchanges between countries.

recreational /ˌrekri'eɪʃənəl/ *a.* 娱乐的; 消遣的

regulation /ˌregjə'leɪʃən/ *n.* 规则

violent /'vaɪələnt/ *a.* (使用)暴力的; 强暴的

incite /ɪn'saɪt/ *v.* 激起; 煽动; 鼓动

sin /sɪn/ *n.* (违背道德规范的)罪恶, 过错

American Indian /'ɪndiən/ *n.* 美洲印第安人

bloodshed /'blʌdʃed/ *n.* 流血; 伤亡

celebratory /ˌselə'breɪtəri/ *a.* 表示庆祝的; 为了庆祝的

feast /fi:st/ *n.* 盛宴; 宴会

be crazy about 对……着迷; 热衷于

contest /'kɒntest/ *n.* (通常指小型的)比赛



› Comprehension

1 Read the passage and complete the sentences.

- 1 It was only known that, in _____, the ball game was related to religious ceremonies.
- 2 *Cuju* was played in China in the Warring States Period to train _____.
- 3 In Mexico and Central America, the Indians played a game with a ball made of _____.
- 4 It was reported that the Inuit tribes played *Aqsaqtuk*, which was a kind of game played on ice, with a ball filled with grass, _____ and moss.
- 5 Back in the eighth century, football was played in Britain as a war game with few _____.
- 6 The native American Indians used to play a game called *Pasuckuakohowog*, which was followed by a(n) _____.

2 Read the passage again and decide whether the statements are true (T) or false (F).

- 1 Some evidence shows how people played a ball game in ancient Egypt.
- 2 The game *cuju* was standardized during the Han Dynasty in China.
- 3 The Inuit tribes in Canada reportedly played *Aqsaqtuk* on ice.
- 4 Football was once banned in Britain by several kings because it was very violent.
- 5 Originally, the native American Indians played football as a celebration.
- 6 Although there are many different stories about football, people are still not sure of its origin.

› Vocabulary and structure

1 Write down the words according to their definitions. The first letter of each word is given for your reference.

- 1 **r** _____ *n.* a similarity between two people or things, esp. in their appearance
- 2 **f** _____ *a.* done with a lot of energy and strong feelings
- 3 **s** _____ *v.* to make all the things of one particular type the same as each other
- 4 **c** _____ *n.* a competition, usu. a small one
- 5 **v** _____ *a.* involving the use of physical force, with the deliberate intention of causing damage to property or injury or death to people

2 Complete the sentences with the words given below. Change the form if necessary.

recreational

regulation

originate

fierce

standardize

- 1 They did a lot of research studies to find out where this new term in sports _____.
- 2 Many _____ activities were designed to attract students to take part in the school sports meeting.
- 3 Some experts argued that it is important to _____ physical education across the country.
- 4 The _____ specify that calculators and electronic devices may not be used in the examination.
- 5 John enjoyed the _____ basketball battles in the summer camp, but his parents worried about his safety.

3 Complete the sentences with proper prepositions or adverbs.

- 1 They told us most young kids in Spain are absolutely crazy _____ football.
- 2 Jenny's parents encouraged her to participate _____ the tennis contest.
- 3 The negotiation carried _____ for more than 12 hours, but the two parties did not reach any agreement.
- 4 It shocked me that this stranger bore a great resemblance _____ a famous tennis player that I know.
- 5 The room is filled _____ flowers and balloons to celebrate their second championship since 2000.

4 Combine the sentence beginnings in Column A with the endings in Column B to form complete sentences.

Column A	Column B
Known as the "Spring City", is a birthday card.
Whether it is true or not, Kunming has a very agreeable climate.
Attached to the flowers as early as next week.
The money could be paid the rumor will not influence my attitude toward you.

› Translation

1 Translate the sentences from the passage into Chinese.

- 1 Some historians believe football originated in ancient Egypt from a type of old ball game, which was related to religious ceremonies.

- 2 During the Han Dynasty, the popularity of *cuju* gradually spread from the army to the royal courts and upper class.

2 Translate the Chinese paragraph into English with the help of the words given in brackets.

中国足球的发展要从青少年足球做起。现在越来越多的家长鼓励他们的孩子去现场看足球比赛。一些家长帮助孩子了解足球规则，以便他们能更好地欣赏这项运动。还有很多家长和孩子一起踢足球，把它作为一项家庭娱乐活动。(contest, live, regulation, recreational)

Oral work



Work in groups and do the activity.

Your college is going to hold a football culture festival. As a member of the organizing committee, work out a proposal for it. Then make a presentation to the class. You may consider the following aspects:

- purpose of the football culture festival
- major activities of the festival (e.g. lectures about the history of football, football-related games)
- other related issues such as schedule and budget



Inversion (倒装)

英语中大部分句子的主语在谓语之前。但有时谓语动词会被提到主语前面，这种现象被称为倒装。如果整个谓语放在主语前，则句子为全部倒装；如果只是部分谓语（如助动词、情态动词或系动词 be）放在主语前，则句子为部分倒装。

一、全部倒装的常见用法

1 以时间状语 now, then, soon 等开始的句子，如果其后的动词是 be, begin, come, follow 等，那么谓语可以放在主语之前。如：

- Soon came more rain after the shower last night.

2 在以 here, there 等地点状语或者 out, in, up, down, away 等表示方位的副词开头的句子中，谓语可以放在主语之前，从而使描述更为生动。如：

- There goes the bell for the students to enter the classroom.
- Out went a group of teachers and some of their students.

注：当主语是人称代词时，谓语不提前。如：Away he went.

3 为了强调位置，可以把表示位置的介词短语置于句首，并把谓语置于主语之前。这时的谓语多为 be, lie, sit, stand, come, walk 等不及物动词。如：

- In the north of the city lies a new airport.
- In the middle of the room stand two desks and some chairs.

二、部分倒装的常见用法

1 为了加强语气，可以把表示限制意义的 only 和其后的副词、介词短语或状语从句提前到句首，也可以把 often, always, once 等表示频率的副词或副词短语置于句首，句子部分倒装。如：

- Only then did I know the truth.
- Only by shouting can he be heard in the crowd.

- Only when the meeting is over can we know the decision.
- Often do I tell you not to cheat in exams.
- Always will I remember my grandma's last words.

2 某些含有否定意义的副词或短语若放在句首，句子常用部分倒装。这些副词或短语包括 hardly, never, not, seldom, little, not until, not only ... but also, by no means, no sooner ... than 等。如：

- Not until yesterday did my father return home.
- Seldom have I seen such a beautiful rainbow.
- No sooner had I arrived home than it began to rain heavily.

注：not only ... but also 如果连接两个句子，当 not only 位于句首时，第一个句子倒装，第二个不倒装。

如：Not only did Bob buy a bike for me, but he also sent it to my home.

3 倒装结构也常见于以 so, nor 和 neither 开头的句子。如果前面一句话中谓语表示的情况也适用于后面句子的主语，那么后面的句子采用部分倒装结构。如：

- John has just seen it. So have I.
- He cannot answer my questions. Neither / Nor can his brother.

Exercises

1 Complete the sentences by choosing the correct options given in brackets.

- 1 — I would never come to this restaurant again. The food is terrible.
— _____ (Nor am I. / Neither would I.)
- 2 I failed in the final examination last term and only then _____ (realized I / did I realize) the importance of working hard.
- 3 Not only _____ (did they enjoy / enjoyed they) the football match, but they also built up friendship with some international students.
- 4 Never before _____ (has this city been / has been this city) in greater need of modern public transport than it is today.
- 5 Hardly _____ (he had / had he) entered the office when he realized that he had forgotten his drawing tablet.

2 Correct the sentences.

- 1 Here are we at the hotel.

- 2 Out the dog rushed when it heard its master's voice.

- 3 Located is here the highest peak in Belgium, with an elevation of 694 meters.

- 4 Ahead an old woman sat.

- 5 Along the corridor a lot of candles and flowers were.

Describing a process

按过程展开段落是在描述一系列事件或动作时，按事件或动作发生的顺序依次描述。这种写作手法也被称为过程描写。按过程展开段落需要注意描写过程应按照步骤依次展开。

Sample

Now, let's learn how to do mouth-to-mouth breathing for a person who has stopped breathing. **First**, place the person on his back and remove any foreign matter from his mouth with your fingers. **Then**, tilt (使倾斜) his head backward, so that his chin is pointing up. **Next**, pull his mouth open and his jaw forward, and pinch (捏) his nostrils (鼻孔) shut to prevent the air which you blow into his mouth from escaping through his nose. **After that**, place your mouth tightly over the person's. Blow into his mouth until you see his chest rise. **Finally**, turn your head to the side and listen for the outrush of air which indicates an air exchange.



此段采用了按过程展开段落的方法。作者使用 first, then, next, after that 和 finally 表明了动作发生的次序，按照先后顺序详细地介绍了进行人工呼吸的五个步骤。

按过程展开段落时，常用的表示次序的词语包括：

- first / firstly, in the first place, to begin with
- second / secondly, in the second place, next, in the next place, then, subsequently (随后), after that
- as, while, when, at this point, at the same time, once, as soon as
- finally, lastly, in the end, the last step

Exercises

- 1 Fill in the blanks with the numbers of the given sentences to form a paragraph. Pay attention to the words in bold.

How to cook quick egg noodles

You will never go hungry if you know how to cook quick egg noodles. **To begin with**, _____. **Then**, _____. **Subsequently**, _____. **After that**, _____. When the noodles are almost done, add some salt, ginger powder, pepper, seafood-flavored liquid, a small amount of vinegar and some drops of sesame (芝麻) oil. **Finally**, _____. **Then** turn off the heat and enjoy the delicious egg noodles.

- 1 put 100 grams of raw noodles into the boiling water, and boil the noodles for about three minutes
- 2 heat three bowls of water in a pot till the water is boiling
- 3 stir the mixture lightly
- 4 break an egg and add it into the pot
- 5 lower the heat and boil the noodles and egg together for about two minutes

- 2 Write a short paragraph to describe how to make a simple handicraft or one of your favorite dishes.



Chinese women's volleyball team

From 1981 to 1986 the Chinese women's volleyball team won five consecutive (连续的) world championships. It earned glory for the nation and created a shared memory for Chinese people, both old and young. Of course, no team can win every game. The Chinese women's volleyball team has lost matches and experienced failures. However, the players have never lost faith. They have stayed strong and prepared for the next challenge.

Despite some difficult years, the Chinese women's volleyball team made it back to the top. On September the 6th, 2015, the team beat Japan 3-1 to win the championship for the FIVB (国际排球协会) Women's World Cup. This was the team's biggest success since winning a gold medal at the 2004 Athens Olympics. By September 2019, the Chinese women's volleyball team had won 10 titles

at the world's top three volleyball events — three from the Olympic Games, two from the World Championships and five World Cups.

The team doesn't fear any opponents and fights hard with both style and skills. It shows excellent teamwork and an indomitable (不屈不挠的) spirit. The team's influence on the Chinese nation has gone beyond the volleyball court. It has inspired people from every part of the country to keep working hard to realize their dreams.



1 Read the passage and answer the questions.

- 1 How many world championships did the Chinese women's volleyball team win from 1981 to 1986?
- 2 How did the Chinese women's volleyball team react when they lost matches?
- 3 Which team did the Chinese women's volleyball team beat on September the 6th, 2015? What was the score?
- 4 How many titles had the Chinese women's volleyball team won by September 2019 at the world's top three volleyball events?

2 Discuss the meaning of the spirit of the Chinese women's volleyball team.