



“十四五”职业教育国家规划教材
(中等职业学校公共基础课程教材)

基础模块

英语

总主编 闫国华

1

学生用书



外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

图书在版编目 (CIP) 数据

英语基础模块 1 学生用书 / 闫国华总主编, 程晓堂主编, 王晓艳等编. --
北京: 外语教学与研究出版社, 2021.7 (2024.5 重印)

ISBN 978-7-5213-2457-0

I. ①英… II. ①闫… ②程… ③王… III. ①英语课—中等专业学校—教材
IV. ①G634.411

中国版本图书馆 CIP 数据核字 (2021) 第 049489 号

出版人 王 芳
项目策划 朱书义
责任编辑 姚 瑶
责任校对 武春华
装帧设计 高 蕾
出版发行 外语教学与研究出版社
社 址 北京市西三环北路 19 号 (100089)
网 址 <https://www.fltrp.com>
印 刷 保定市中华美凯印刷有限公司
开 本 787×1092 1/16
印 张 9.5
版 次 2021 年 7 月第 1 版 2024 年 5 月第 8 次印刷
书 号 ISBN 978-7-5213-2457-0
定 价 22.50 元

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Scope and Sequence

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Welcome Unit p1-p8 Let's Speak English!	Greeting and self-introduction; Weather report	Numbers; Different jobs; Dates and times
1 p9-p18 School Is Interesting	New school; School subjects	An email about school life; Posters for school clubs ○ A poster
2 p19-p28 We Are Friends	Making friends; Solving problems between friends	Getting along with friends; Circles of friends ○ Friendship rules
3 p29-p38 Sports Are Good for You	Various sports activities; Exercise plans	National fitness trend; A student's fitness plan ○ A fitness plan
4 p39-p48 How Can I Get There?	Asking for and giving directions; Subway routes	Development of transport; Opinions about vehicle sharing ○ Pros and cons
Task Unit 1 p49-p52		
5 p53-p62 We Have Only One Earth!	Environmentally friendly activities; How to protect the earth	A leaflet on the 3Rs; Environmental protection slogans ○ A signboard
6 p63-p72 Not Just Tasty!	Choosing a restaurant; Ordering food	Food and culture; A recipe for <i>zongzi</i> ○ A recipe
7 p73-p82 When Disaster Strikes	Preparing for a typhoon; Volunteer work in disasters	Working with nature; Safety rules for earthquakes ○ A survival guide
8 p83-p92 Enjoy the Festivals	Some festival customs; The origins of some Chinese festivals	New Year's Eve; Different ways to celebrate festivals ○ A holiday plan
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注：带有○符号的部分为写作任务。

3

UNIT

Sports Are Good for You

You'll be able to:

1. describe your favourite sport;
2. talk about different sports activities;
3. write a fitness plan.



Look at the picture and discuss:

1. What are the students doing?
2. Do you like doing sports?



Warming up

1 Listen and match. 听录音，将下列词语与图片匹配。



go swimming

play table tennis

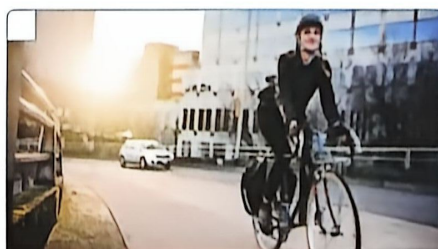


do Tai Chi

go jogging



2 Look and choose. 看图，选出有益于健康的活动或习惯。



ride a bike



go dancing



eat fast food



play video games



1 Listen and choose. 听录音，选出对话的主题。

☐ Sports

☐ Family activities

2 Listen again and complete. 再听录音，选择合适的单词补全信息。

Joe: What do you usually do after school, Wu Lin?

Wu Lin: I usually play badminton with my roommates. It's a lot of fun.

Joe: That's great. But I'm not good at badminton. Maybe you can teach me some day.

Wu Lin: Sure. By the way, what do you usually do after class?

Joe: I play basketball with my classmates. It's also much fun.

Wu Lin: Yeah, you guys like to play basketball together.

Joe: You got it!



Wu Lin likes playing _____ (badminton/football) with her _____ (classmates/roommates). Joe is not good at it and he wants Wu Lin to teach him some day. Joe likes playing _____ (basketball/football), which is also much fun.

3 Work in pairs. 两人一组，根据提示谈论运动项目。



play tennis, with my sister;
interesting



play football, with my friends;
enjoyable

Tip

play 可与不同的运动项目搭配使用，但对应的中文翻译却各有不同，如：play ping-pong (打乒乓球)，play football (踢足球)，play chess (下国际象棋)等。

4 🎧 Listen and complete. 听录音，填写李伟的健身计划表。

- Lyn: Hi, Li Wei. Long time no see. You look so refreshed.
- Li Wei: Thanks. I quit playing video games recently and now do sports regularly.
- Lyn: Good for you! What sports do you do?
- Li Wei: I've joined two sports clubs—a jogging club and a basketball club. Every morning, I go jogging on campus for half an hour. And I play basketball two or three times a week.
- Lyn: Your active life sounds cool!
- Li Wei: I enjoy it. Have you joined any sports clubs?
- Lyn: No, I'm too busy with my studies.
- Li Wei: Come on. Getting regular exercise can help you stay focused when studying.
- Lyn: Really? Maybe I should try it.

动名词 (v.-ing 形式) 可以像名词一样用作主语、宾语或表语。

Grammar in use

Li Wei's exercise plan		
Sport	Club	How often
		every morning
play basketball		

5 Discuss and share. 讨论并分享你的运动计划。





1 Read and answer. 读下面关于全民健身的文章，回答问题。

1. What's the text about?
2. When is China's National Fitness Day?
3. Will you join in the national fitness trend? Why or why not?

The 8th of August is China's National Fitness Day. It was set up to celebrate the 2008 Beijing Olympics and to encourage people to exercise and strengthen their bodies. But, beyond that annual day, national fitness has now become a way of life in China. You can always find people, the young and the elderly, getting together daily in parks, gyms and city squares to do physical exercise or play games, such as jogging, Tai Chi, dancing, basketball, football and badminton.

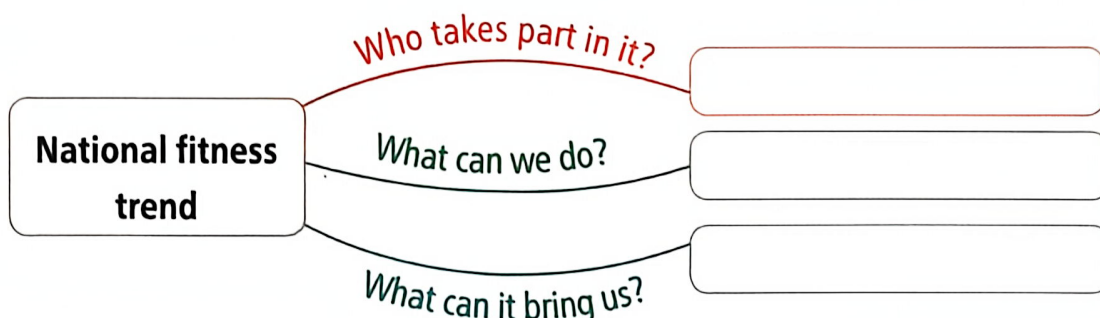
Students are encouraged to be part of this national fitness trend. Various sports activities can be found both on and off campus. You can join in fitness events that you are good at, or just wish to try out. You're sure to find some sports that suit you. While enjoying the fun of exercising, you will also discover how regular exercise is good for your mind and your body. So, step outdoors and leave behind your mobile phone—to breathe some fresh air and move your body!



文中出现的由 *that* 引导的定语从句，在句中作定语，修饰名词或代词。

Grammar in use

2 Read again and complete. 再读上文，填写下图。



3 Read and decide. 读下文，判断周博的健身计划是否可行。

Tip

couch potato (沙发土豆) 是指总是泡在电视机前、不运动的人。你身边有 couch potato 吗?

In the eyes of his classmates, Zhou Bo is a couch potato. He seldom takes part in any sports. Besides, he is a huge lover of fast food and soft drinks. Recently, Zhou Bo has become very upset about his weight. He has decided to go on a diet and to exercise regularly. Here is his fitness plan. What do you think of it?

I think Zhou Bo's fitness plan is _____ because _____.

Profile

Zhou Bo

Lose 5kg in 2 months

17 Age 85kg Weight 173cm Height

Exercise for TODAY

Indoor sports	Sit-up	80/set x 3
	Plank	40 sec x 3
Outdoor sports	Brisk walk	30 min
	Jogging	60 min

How do you feel TODAY?

FOR A BETTER SELF!

4 Read again and write. 再读上文，为自己制订一份健身计划。

Learning strategy

在填表格时，要抓住核心词，通过扫读或浏览，迅速掌握大意、获取信息。



You

Name: _____

Age: _____ Weight: _____ Height: _____

Fitness goal: _____

Exercise: ☐ Jogging _____

☐ Brisk walk _____

☐ Sit-up _____

☐ Plank _____

Other exercise: _____



1 Listen and complete. 听录音, 填写下表。

Hello, everyone. I'm your PE teacher for this term. In this first class, I'd like to give you some tips on sports. First, as to sportswear, you need to get a pair of sports shoes: they can protect your feet and ankles. Do not wear tight jeans, since they are not good for exercising. Then, you need to do some warm-ups before exercising, like stretching your arms and legs. While exercising, stop whenever you feel unwell. Also, do not rest immediately after exercising. For example, after running, walk for a few minutes and then rest. Lastly, do not exercise too much; it could harm your body.

Now, let's do some warm-ups together.



Dos

- Get a pair of sports shoes

• _____

• _____

Don'ts

- Wear tight jeans

• _____

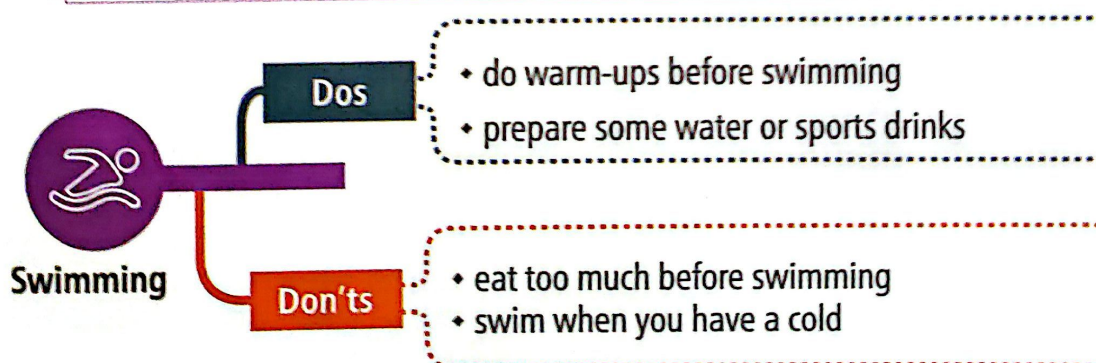
• _____

2 Think and discuss. 思考并讨论运动时的注意事项。

What is your favourite sport? Share its dos and don'ts with your classmates.

e.g.

My favourite sport is swimming.



3 Read and complete. 读体育专栏中的一篇文章，填写下图。



Sports for Today

What do sports mean to you?

Do you always have to win in sports competitions? Of course not. If you win, then congratulations; if you lose, just try again! Let's see what people say about sports.

Joe I do a lot of sports. This gives me energy and helps me become strong-minded.

Li Wei My favourite sportswoman is Zhu Ting, the volleyball player. Her story gives me a lot of strength and courage, especially when I want to give up.

Lyn I like watching sports. I think sportsmen are great. Win or lose, they do it with fairness and grace.

Tip

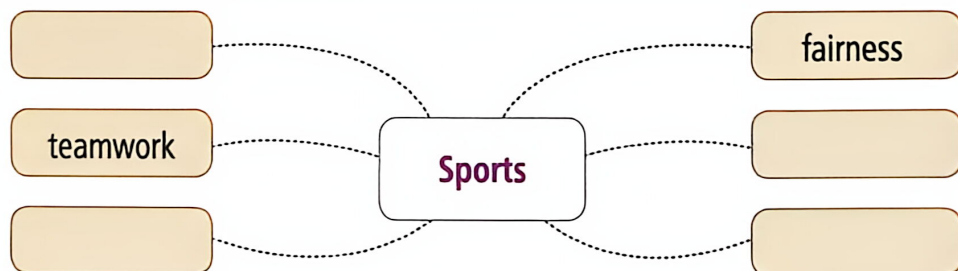
皮埃尔·德·顾拜旦，法国人，现代奥林匹克运动会的创始人之一。



Pierre de Coubertin
Father of the modern Olympic Games

"The most important thing in the Olympic Games is not to win but to take part..."

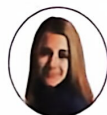
Now it's your turn: What do sports mean to you?



4 Discuss and share. 讨论并分享运动给你带来的收获。

Tip

同学们要养成运动的好习惯，提高身体素质，磨炼坚强意志，助力我国体育强国建设。



Lyn

Before I started swimming, I didn't feel very good about myself. Swimming has really helped me build up my self-confidence.



You



1. Do you like sports?
2. Which of the following sports would you like to try? Why?

Have you ever tried rock climbing? It's an extreme sport that's very popular among young people. The sport requires not only strength, but also endurance and courage. Climbers need to receive strict training and wear specialised equipment before they start climbing. In 2016, rock climbing was officially approved as an Olympic sport for the 2020 Games. That's great news for its fans. If you want to try it, you might start with indoor climbing because it's safer and more supervised.

Do you know the origins of the marathon? The marathon is a long-distance running race that's about 42.195 kilometres long. Its origins may be traced back to 490 BC. The ancient Greeks won a battle at a place called Marathon. They sent a soldier to carry the news of the victory to the capital Athens. From Marathon to Athens, the soldier ran about 42 kilometres. This is how the marathon got its name.





Fun Time

Proverbs

/ɜ:/ The **early** **bird** catches the **worm**.

/ə/ Birds of **a** feather flock **together**.



My Progress Check

Words and expressions I have learnt in this unit:

- | | | | |
|---------------------------------------|---------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> fitness | <input type="checkbox"/> jogging | <input type="checkbox"/> badminton | <input type="checkbox"/> refreshed |
| <input type="checkbox"/> quit | <input type="checkbox"/> trend | <input type="checkbox"/> annual | <input type="checkbox"/> gym |
| <input type="checkbox"/> various | <input type="checkbox"/> event | <input type="checkbox"/> suit | <input type="checkbox"/> breathe |
| <input type="checkbox"/> upset | <input type="checkbox"/> diet | <input type="checkbox"/> goal | <input type="checkbox"/> tight |
| <input type="checkbox"/> stretch | <input type="checkbox"/> immediately | <input type="checkbox"/> harm | <input type="checkbox"/> competition |
| <input type="checkbox"/> strength | <input type="checkbox"/> table tennis | <input type="checkbox"/> Tai Chi | <input type="checkbox"/> video game |
| <input type="checkbox"/> mobile phone | <input type="checkbox"/> take part | <input type="checkbox"/> Olympic Games | |

Sentences I have learnt in this unit:

- I usually play badminton with my roommates.
- What sports do you do?
- Every morning, I go jogging on campus for half an hour.
- Various sports activities can be found both on and off campus.

I can:

- ☐ describe my favourite sport;
- ☐ talk about different sports activities;
- ☐ write a fitness plan.

I can even:

- ☐ talk about the dos and don'ts of my favourite sport;
- ☐ describe what sports mean to me.