

科普版小学英语 六年级上册 课文翻译

Unit 1 Learning from life 向生活学习

Get Ready

1. Match the words with the pictures. Listen, check and say.

watch the race 观看比赛

play tennis 打网球

watch videos 看录像

surf the Internet 上网

join a club 参加社团

Let's Learn

1. Listen, look and say.

Dad: How was your Sports Day last weekend? 你们上周末的运动会怎么样?

Ken: It was great. 特别棒。

Dad: What did you do? 你做了什么?

Ken: I played tennis. I was worried at first because Ivan is very good at it. 我打网球了。一开始我很担忧，因为伊凡很擅长打网球。

Dad: Did you do well in the game? 你比赛表现得好吗?

Ken: Yes, I did. In fact, I won! 是的，我表现好。事实上，我赢了!

Dad: Really? How did you win? 真的吗? 你是怎么赢的?

Ken: I joined the tennis club and worked on my game before Sports Day. 我加入了网球社团，运动会之前一直练习球技。

Dad: Good job, Ken! Always try your best and never worry too much. 做得好，肯! 永远尽力，不要太过担心。

Ken: Thanks, Dad. 谢谢爸爸。

Let's Read

1. Listen and read.

Dear Mary, 亲爱的玛丽:

Yesterday, I surfed the Internet for half an hour after finishing my homework. It helped me have a rest. But my mum said, "Too much time on the Internet is bad for your studies." What should I do? 昨天我写完作业后上网半小时。这帮助我休息一下。但我妈妈说: "上网时间太长对你的学习不好。" 我应该怎么办?

Yours,

Kevin

你的,

凯文

Dear Kevin, 亲爱的凯文:

Thank you for telling me your problem. I have some ideas for you.

谢谢你告诉我你的问题。我给你提几点建议。

First, it's good to talk to your mum. You also want to have more hours to study, but half an hour on the Internet helps you relax. It's also good for your studies.

首先，和妈妈好好沟通会很好。你也想多花时间学习，但是半小时上网能帮助你放松。这对你的学习也有好处。

Second, try some other ways to relax — drawing, listening to music, and playing basketball — but not for too long.

其次，试试其他放松方式——画画、听音乐、打篮球，但是不要太久。

Yours,

Mary

你的，

玛丽

Let's Challenge

1. Listen and read.

That's OK 没关系。

Narrator: Emily and James wanted to join a car race. With three weeks of hard work, they finished making their cars. Emily's car was red. James's car was blue. They showed their cars in the club.

埃米莉和詹姆斯想参加一场小车比赛。经过三周辛苦制作，他们做好了各自的小车。埃米莉的车是红色的。詹姆斯的车是蓝色的。他们在俱乐部展示了自己的小车。

Narrator: On the day of the race, many students were there. 比赛当天，来了很多学生。

Narrator: It was time for the race. 比赛开始的时刻到了。

Man: Ready ... Go! 预备…… 出发！

Narrator: James's car was the first, with Emily's car behind. 詹姆斯的车跑在最前面，埃米莉的车跟在后面。

Narrator: James's car stopped in the way of Emily's. Emily's car couldn't stop. It crashed into James's car. 詹姆斯的车挡住了埃米莉的路。埃米莉的车停不下来。它撞上了詹姆斯的车。

Boy: Look, Emily! James's car doesn't work. 看，埃米莉！詹姆斯的车坏了。

Narrator: Their cars flew out of the lanes. 他们的车都冲出了车道。

Narrator: Emily and James lost the race. James was very sad. Emily came to James with a smile. 埃米莉和詹姆斯输掉了比赛。詹姆斯十分悲伤。埃米莉微笑着走到他身边。

Emily: Nice car. 车很好。

James: I'm sorry. You didn't win the race because of me. 对不起。因为我，你没有赢得比赛。

Emily: That's OK. I can help you with your car. 没关系。我可以帮你修理你的车。

James: Thank you! You're so kind. 谢谢你！你真好！

Unit 2 Travelling 旅行

Get Ready

1. Match the words with the pictures. Listen, check and say.

See the World with Our Eyes 用我们的眼睛看世界

the Sydney Opera House 悉尼歌剧院

the Bird's Nest Stadium 鸟巢，国家体育场

Big Ben 大本钟

the Palace Museum 故宫

the Taj Mahal 泰姬陵

the Great Wall 长城

the Terracotta Warriors 秦始皇陵兵马俑

the CN Tower 加拿大国家电视塔

the Great Pyramid 大金字塔

Let's Learn

1. Listen, look and say.

Eve: Hi, Chen Dong. Where did you go last summer holiday? 嗨，陈东。去年暑假你去哪里了？

Chen Dong: I went to Sydney with my family. 我和家人去了悉尼。

Eve: Did you visit the Sydney Opera House? 你参观悉尼歌剧院了吗？

Chen Dong: Yes, we did. 是的，我们去了。

Eve: Can you tell me more about it? 你能跟我多讲讲它吗？

Chen Dong: Sure. The Sydney Opera House is a very famous building. It looks like a sailboat.

There are many rooms in it. 当然可以。悉尼歌剧院是一座非常著名的建筑。它看上去像帆船，里面有很多厅室。

Eve: What did you do there? 你们在那里做了什么

Chen Dong: We watched a music show and ate in one of its restaurants. 我们看了一场音乐演出，还在歌剧院里的一家餐厅吃了饭。

Eve: Was your trip wonderful? 这次旅程精彩吗？

Chen Dong: Yes, it was. We had a great time. 是的，很精彩。我们玩得很开心。

Let's Read

1. Listen and read.

David: August 10th, 2023 Windy

I went to the Bird's Nest Stadium. There are eighty thousand seats in it. The 29th Summer Olympic Games opened in the Bird's Nest. I had a great time.

大卫：2023年8月10日 有风

我去了鸟巢体育场。场内有八万个座位。第29届夏季奥运会在鸟巢开幕。我玩得十分开心。

Kate: July 25th, 2023 Sunny

I visited the Palace Museum. It is about 600 years old. There are over 8,700 rooms in it. I enjoyed the museum so much.

凯特：2023年7月25日 晴朗

我参观了故宫博物院。它大约有六百年历史。里面有八千七百多间房屋。我特别喜欢这座博物馆。

Eve: August 23rd, 2023 Cloudy

I climbed the Great Wall with my friends. It is over 2,000 years old and 20,000 km long. We took many pictures. We had fun.

伊芙：2023 年 8 月 23 日 多云

我和朋友们爬了长城。它拥有两千多年历史，总长两万公里。我们拍了很多照片，玩得很愉快。

Chen Dong: July 18th, 2023 Rainy

I flew to Xi'an and visited the Terracotta Warriors. They are about 2,200 years old. There are over 8,000 terracotta warriors and horses. Every face is different. It's amazing!

陈东：2023 年 7 月 18 日 下雨

我坐飞机前往西安，参观了兵马俑。它们距今约两千两百年。存有八千多尊陶俑和陶马。每一尊俑的面容都各不相同。太震撼了！

Let's Challenge

1. Listen and read.

Travelling Around the World 环游世界

My family and I travelled around the world last summer holiday. We went to India, the UK, Egypt and Canada.

去年暑假，我和家人环游了世界。我们去了印度、英国、埃及和加拿大。

In India, we visited the Taj Mahal. The Taj Mahal is a beautiful building with many gardens. 20,000 workers used 1,000 elephants to help build it. They finished it in 1653. I think the Taj Mahal is wonderful.

在印度，我们参观了泰姬陵。泰姬陵是一座带有多处花园的精美建筑。两万名工人动用一千头大象协助建造。于 1653 年完工。我觉得泰姬陵美极了。

In the UK, we went to see Big Ben. It is the name of a big clock. It's over 160 years old. This clock has four faces. People can read the time on the faces from east, west, south and north. Every face is the size of a bus. The hands are about 4 metres long. It's cool!

在英国，我们去看了大本钟。它是一座大钟的名字，已有一百六十多年历史。这座钟有四面钟盘。人们从东西南北四个方向都能看清时间。每一面钟盘都有一辆公交车那么大，指针大约有四米长，太酷了！

In Egypt, we went to the Great Pyramid. It is over 4,500 years old. It is about 140 metres high. Workers used about 2,300,000 big stones to build it. The Great Pyramid is amazing!

在埃及，我们去了大金字塔。它有四千五百多年历史。它高约一百四十米。工人们用大约二百三十万块巨石建成了它。大金字塔令人叹为观止！

In Canada, we climbed the CN Tower. It is over 550 metres high. We walked on the glass floor in the tower. It's about 342 metres high. Then we went to the top of it and saw far. That's really cool!

在加拿大，我们登上了加拿大国家电视塔。它高五百五十多米。我们走到塔内的玻璃观景台。它离地约 342 米。之后我们登上塔顶眺望远方。实在太酷了！

Unit 3 How we feel 我们的感受

Get Ready

1. Match the words with the pictures. Listen, check and say.

scared 害怕的

worried 担忧的

excited 兴奋的

sad 悲伤的

happy 高兴的，开心的

angry 生气的

break my toy train 弄坏我的玩具火车

run at me 朝我冲过来

learn to ride a horse 学习骑马

cut my finger 割破我的手指

lose my glasses 弄丢我的眼镜

enjoy the beach 享受海滩风光

Let's Learn

1. Listen, look and say.

Kate: Hi, Ken. How were your holidays? Were they great? 嗨，肯。你的假期过得怎么样？好玩吗？

Ken: Yes, they were. They were my best holidays. 是的，很好玩。是我过得最开心的假期。

Kate: Oh, really? What did you do? 哦，真的吗？你做了什么？

Ken: Well, on the first day, I went to the beach and played volleyball in the sun. My skin burned from being in the sun too long. 啊，第一天，我去海边在太阳底下打排球。在太阳下晒太久把皮肤晒伤了。

Kate: Oh no. 哦，不。

Ken: On the second day, when I took a walk in the forest, it started to rain. But I didn't have an umbrella with me. 第二天，当我在树林散步时，开始下起雨。但是我没带伞。

Kate: Oh no! 哦，不！

Ken: On the third day, I rode a horse. But I broke my arm. 第三天，我骑马。但是我摔断了我的胳膊。

Kate: What happened? 发生了什么？

Ken: The horse jumped up and down. I was so scared. I fell off it. 马不停地上蹿下跳。我特别害怕。我从马上摔下来了。

Kate: Oh, that's too bad! But you look happy now. Why were they your best holidays? 哦，那太惨了！可你现在看着挺开心的。为什么这是你最好的假期？

Ken: Well, I had a great time at the beach. I enjoyed fresh air in the forest. And I was so excited to learn how to ride a horse. 啊，我在海边玩得很开心。我很享受树林里的新鲜空气。而且学会如何骑马让我特别兴奋。

Let's Read

1. Listen and read.

The Giant's Garden 巨人的花园

Once upon a time, a giant had a large garden. There were many beautiful flowers and some fruit trees in the garden. The birds sang in the trees. Children went there to play every afternoon when they came back from school. They felt very happy.

从前，一个巨人拥有一座大的花园。花园里有漂亮的鲜花，还有一些果树。小鸟在树上歌唱。孩子们每天下午从学校回来都会来这里玩耍。他们感到十分开心。

One day, the giant came back and saw the children playing in his garden. He was very angry. "What are you doing here?" he cried. The children were scared and ran away. "It's my garden. You can't play in it." So he built a high wall around it and put up a notice: KEEP OUT. The children were sad. They had no place to play.

一天，巨人回来了，看见孩子们正在他的花园里玩耍。他非常生气。“你们在这里干什么？”他喊道。孩子们很害怕，然后逃跑了。“这是我的花园。你们不许在里面玩。”于是他在花园四周筑起一堵高墙，还立了一块告示牌：不要进入。孩子们很难过。他们没有地方玩耍了。

Spring came, and there were flowers and birds all over the country. But it was still winter in the giant's garden. There were no flowers or birds. "Why is spring so late in my garden?" said the giant.

春天来了，鲜花和鸟儿遍及整个村庄。可巨人的花园里仍然是寒冬。没有花朵，也不见飞鸟。巨人自言自语：“为什么我的花园迟迟没有春天？”

He jumped out of bed and looked out. What did he see? The children had come in through a hole in the wall. They were playing under the tree. The children were so excited to be back. The birds were singing with joy again. The giant was really sorry for what he did. "I'll pull down the wall. The garden will be the children's playground."

他跳下床朝窗外望去。他看见了什么？孩子们通过围墙的一处洞钻了进来。他们正在树下玩耍。重新回到花园的孩子们兴奋不已。小鸟也再次高兴地唱起歌。巨人对自己之前做的事十分愧疚。“我要拆掉这堵墙。这座花园将是孩子们的游乐场。”

Let's Challenge

1. Listen and read.

Good or Bad? 好事还是坏事？

Narrator: Sai Weng lived in the north of China. He had a lot of horses on his farm. 塞翁居住在中国北方。他的农场里有许多马匹。

Narrator: One day, Sai Weng lost a horse. His friends felt sorry for him. 一天，塞翁丢了一匹马。他的朋友们为他感到惋惜。

Young Man1: That's too bad. 这实在太不幸了。

Sai Weng (old man): I'm not sad. Good or bad, it's hard to say. 我并不难过。是好事还是坏事，还很难说。

Narrator: Days later, his horse came back with some wild horses. 几天过后，那匹马带着几匹野马回来了。

Narrator: Sai Weng's friends were happy for him. 塞翁的朋友们为他感到高兴。

Young man2: That's so good. 这可真是件大好事。

Sai Weng: I'm not excited. Good or bad, it's hard to say. 我并不激动。是好事还是坏事，还很难说。

Narrator: Weeks later, Sai Weng's son rode one of the wild horses. He fell off the horse and hurt his leg. Sai Weng's friends were worried for him. 几周之后，塞翁的儿子骑上其中一匹野马。他从马上摔了下来，摔伤了腿。塞翁的朋友们都在替他忧心。

Young man1: That's too bad. 那太糟糕了。

Sai Weng: I'm not sad. Good or bad, it's hard to say. 我并不难过。是好事还是坏事，还很难说。

Narrator: Then a war started. Sai Weng's son didn't join the war because his leg was broken. Sai Weng's friends were happy for him. But Sai Weng was not excited. 然后战争爆发了。塞翁的儿子因为腿受了伤，不用去参军打仗。塞翁的朋友们都为他庆幸。可塞翁依旧没有感到激动。

Sai Weng: Good or bad, it's hard to say. 是好事还是坏事，还很难说。

Unit 4 Then and now 过去与现在

Get Ready

1. Match the words with the pictures. Listen, check and say.

get news on the Internet 从网上获取新闻

wash clothes by hand 手洗衣服

buy things from shops 到商店购物

write an email 写电子邮件

write a letter 写信

use a washing machine 使用洗衣机

do online shopping 网上购物

listen to the radio 听收音机

Let's Learn

1. Listen, look and say.

Mr Liu: There was no Internet in the past. But it changes our lives in many ways today. Let's talk about it. 过去没有互联网。如今它却从很多方面改变了我们的生活。我们一起来聊聊吧。

Ken: Now we can get news on the Internet. 现在我们可以网上看新闻。

Chen Dong: There were not any smartphones, computers or Internet in the past. How did people get news? 以前没有智能手机、电脑和互联网。人们怎么获取新闻呢？

Mr Liu: They listened to the radio and read newspapers. 他们听收音机、看报纸。

Wang Lu: 30 years ago, my grandma wrote letters to her friends. Now she writes emails. 三十年前，我奶奶给朋友写信。现在她写电子邮件。

Mr Liu: Eve and Tom, do you have any ideas? 伊芙、汤姆，你们有什么想说的吗？

Eve: People bought things from shops and supermarkets. But now they can do online shopping at home. 人们去商店、超市买东西。现在人们在家就能网购。

Tom: My grandpa read paper books 30 years ago. Now he reads e-books. 我爷爷三十年前看纸质书。现在他看电子书。

Mr Liu: How do you like the Internet? 你们觉得互联网怎么样？

Ken: The Internet is very helpful in our lives. 互联网对我们的生活帮助很大。

Let's Read

1. Listen and read.

In the past, many things were different from those today. 过去，很多事物和现在截然不同。

Long ago, people washed their clothes by hand. But now they use washing machines. 很久以前，人们用手洗衣服。但是现在大家使用洗衣机。

In the past, people swept streets with brooms. But now they use street sweepers. 过去，人们用笤帚清扫街道。但是现在他们使用扫路机。

Long ago, farmers picked crops by hand. But now they use machines. 很久以前，农民手工种庄稼。但是现在他们使用机器劳作。

In the past, people used candles at night. But today people use electric lights. 过去，人们夜晚使用蜡烛。但是现在人们使用电灯。

Long ago, people talked only face-to-face. But now they use smartphones to call people in different places. 很久以前，人们只能面对面交谈。但是现在人们用智能手机和不同地方的人通话。

Thanks to the work of scientists, people can enjoy a modern way of life today. 由于科学家们的研究付出，如今人们才能享受现代的生活方式。

Let's Challenge

1. Listen and read.

China Today 今日中国

In the past, there was not enough food for Chinese people to eat. Yuan Longping and his team worked on hybrid rice for many years. Now, hybrid rice can grow in deserts, mountains and by the sea. It can also grow in bad weather. Hybrid rice is a great help to Chinese people. It is also helping hungry people around the world.

过去，中国人没有充足的粮食吃。袁隆平和他的团队多年致力于杂交水稻研究。如今，杂交水稻能够在沙漠、高山以及大海边种植。在恶劣天气下它也能生长。杂交水稻对中国人民有极大的帮助。它也在帮助世界各地饱受饥饿的人们。

The Hong Kong-Zhuhai-Macao Bridge (HZMB) is a famous cross-sea bridge. It is 55 km long. The lifetime of the bridge is 120 years. In the past, it took people 4 hours to get to Hong Kong

from Zhuhai by bus. Now it only takes about 40 minutes.

港珠澳大桥是一座知名跨海大桥。它 55 公里长。大桥的使用期限是 120 年。过去，人们搭乘巴士从珠海去香港需要花费四个小时。现在只需要大约四十分钟。

In the past, the trains were slow. The old trains ran at 120 km an hour. A train trip from Beijing to Shanghai took people about 14 hours. But we have high-speed trains today. They can run at 300 km an hour. The trip from Beijing to Shanghai takes people about 4.5 hours now. Many people like using high-speed trains.

过去，火车速度很慢。老式火车时速 120 公里。从北京坐火车到上海大约要花费十四个小时。但是如今我们有了高铁。高铁时速可达 300 公里。北京到上海的行程现在仅需花费大约四个半小时。很多人喜欢乘坐高铁。

Unit 5 Weekend plans 周末计划

Get Ready

1. Match the words with the pictures. Listen, check and say.

Weekend Activities 周末活动

visit the museum 参观博物馆

stay at home 待在家里

row a boat 划船

take a trip 去旅行

have a picnic 野餐

Let's Learn

1. Listen, look and say.

Ken: What are you going to do this weekend? 你这周末打算做什么？

Tom: I'm going to visit the museum on Saturday morning. 周六上午我要去参观博物馆。

Ken: Any plans for Saturday afternoon? 周六下午有计划吗？

Tom: Yes. I'm going to have a picnic in the park with my family. 有的。我要和家人去公园野餐。

Ken: Cool, are you going to row a boat? 太酷了，你们会划船吗？

Tom: Yes, we are. 是的，我们会。

Ken: Hmm, what about Sunday? Do you want to play some computer games? 嗯，周日呢？你想玩电脑游戏吗？

Tom: I'm sorry, Ken, but I'm going to stay at home and do my homework. 抱歉，肯，但是我要在家写作业。

Ken: Oh, I see. You're really busy. Have a nice weekend! 哦，我明白了。你真的很忙。祝周末愉快！

Let's Read

1. Listen and read.

Weekend Plans 周末计划

A wonderful weekend is waiting for you! Here are the plans. 一个精彩的周末在等着你！这里是计划。

When: September 22nd, Saturday 时间：9 月 22 日，星期六

Where: Reading Club 地点：阅读社团

What: In the morning, we're going to listen to some stories. 活动：上午，我们将听一些故事。

After that, we're going to read and talk about them. 在那之后，我们会阅读并讨论它们。

In the afternoon, we're going to act out one of the stories. 下午，我们将表演其中一个故事。

When: September 23rd, Sunday 时间：9月23日，星期日

Where: Garden Club 地点：园艺社团

What: First, we are going to have a garden lesson. 活动：首先，我们上一堂园艺课。

Second, we are going to see different kinds of plants. 其次，我们观赏各类植物。

Third, we are going to plant some vegetables. 最后，我们栽种一些蔬菜。

Have a nice weekend! 祝周末愉快！

Call Chen Dong at 2287 5563. 联系陈东，电话：2287 5563

Let's Challenge

1. Listen and read.

It's Always Good to Plan 做好计划总没错

Narrator: It's Friday evening. Wang Lu, her sister and her mother are talking about their weekend plan. 周五晚上。王璐、姐姐和妈妈正在讨论他们的周末计划。

Wang Lu's sister: Mum, what are we going to do this weekend? 妈妈，我们这周末要去做什么？

Mum: We're going to take a trip to the Forest Park. 我们要去森林公园游玩。

Wang Lu: Are we going to have a picnic? 我们会野餐吗？

Mum: Yes, we are. We're going to climb the hill and row a boat, too. 会的。我们还要爬山、划船。

Narrator: Wang Lu and her sister are making a list of things for the trip now. 王璐和姐姐正在列出出行要带的物品清单。

Wang Lu's sister: We are going to take food, drinks and rubbish bags. 我们要带上食物、饮品和垃圾袋。

Wang Lu: We are going to take caps, coats and umbrellas, too. 我们还要带上帽子、外套和雨伞。

Narrator: Now they are putting the things in the bags. 现在她们正在把东西装进包里。

Narrator: On Saturday morning, it is sunny and hot. The caps are very helpful. 周六上午，天气晴朗炎热。帽子派上了大用场。

Narrator: It's 12 o'clock. The family are having their lunch beside the lake. They are happy to enjoy the nice food and drinks. 十二点了。一家人在湖边吃午饭。享用美味的食物和饮品，他们十分开心。

Wang Lu's brother: Look! Is it going to rain? 看！要下雨了吗？

Wang Lu: Yes, it is. But don't worry. We have umbrellas. 是的。不过别担心。我们有雨伞。

Dad: It's a good idea to take umbrellas. 带上雨伞是个好主意。

Mum: It's always good to plan! You did well, kids. 凡事提前做好计划总是没错的！孩子们做得

很棒。

Unit 6 Wonderful places in China 中国的绝美胜地

Get Ready

1. Match the words with the pictures. Listen, check and say.

forest 森林

plane 飞机

mountain 山脉

ship 轮船

beach 海滩

island 岛屿

Let's Learn

1. Listen, look and say.

Max: Where are you going for your winter holidays, Sun Chao? 孙超，你寒假打算去哪里？

Sun Chao: I'm going back to my hometown on Hainan Island. It's in the south of China. 我要回海南岛的家乡。它在中国南部。

Max: How are you going there? 你怎么去那里？

Sun Chao: By plane. 坐飞机。

Max: What's the weather like there? 那边天气怎么样？

Sun Chao: It's warm in winter. 冬天很暖和。

Max: What's Hainan famous for? 海南以什么闻名？

Sun Chao: It is famous for many wonderful fruits, beaches, mountains and forests. 这里有各种各样美味的水果、沙滩、山峦和森林，因此远近闻名。

Max: Your hometown is so great! 你的家乡太棒啦！

Let's Read

1. Listen and read.

Beijing is in the north of China. It's hot in summer. It's cold and windy in winter. There are some mountains in the north of Beijing. The Great Wall is there. I'm going to visit it.

北京位于中国北部。这里夏季炎热。冬季寒冷多风。北京北部有群山。长城就在那里。我打算去游览长城。

Suzhou is in the east of China. It's nice in spring, hot in summer, cool in autumn and cold in winter. There are many rivers and gardens in the city. We call it "Venice of the East" or "Garden City". I'm going to see the gardens.

苏州地处中国东部。春天气候宜人，夏季炎热，秋天凉爽，冬天寒冷。城市里有很多河流和园林。我们称它为“东方威尼斯”和“园林之城”。我准备去观赏园林。

Chongqing is in the west of China beside the Changjiang River. It is famous for its foggy weather and beautiful mountains. So people call it "Foggy City" or "Mountain City". People enjoy eating different kinds of foods in Chongqing. I'm going to eat hot pot.

重庆位于中国西部，长江之畔。这里最出名的是多雾和美丽的群山。因此人们称它“雾都”和“山城”。在重庆人们享受各种美食。我要去吃火锅。

Guangzhou is in the south of China. It's hot in summer and warm in winter. It is famous for the Pearl River. I'm going to take a boat to visit the Pearl River at night.

广州在中国南部。夏季炎热，冬季温暖。它因珠江闻名。我打算夜晚乘船夜游珠江。

Let's Challenge

1. Listen and read.

Enjoy Four Seasons in One Holiday 一趟假期，遍赏四季

Narrator: It's December. The winter holidays are coming. Mike and his parents want to travel around China. 十二月到了。寒假来了。迈克和他父母打算环游中国。

Mike: Hey Dad, where are we going first? 嘿，爸爸，我们先去哪里？

Dad: Beijing. It is in the north of China. 北京。它在中国北方。

Narrator: It's cold in Beijing. They are wearing their winter jackets. 北京天气寒冷。他们穿着防寒服。

Mike: Woah, Beijing is so beautiful. Where are we going next? 哇，北京太美了。我们下一站去哪？

Mum: Hangzhou. It is in the east of China. 杭州。它在中国东部。

Mike: When are we going there? 我们什么时候去那儿？

Mum: Tomorrow afternoon. 明天下午。

Narrator: It is cool in Hangzhou. They are wearing their coats. 杭州气候凉爽。他们穿着外套。

Mum: I like the West Lake and Longjing tea here. 我喜欢这里的西湖和龙井茶。

Narrator: They are taking the train to Kunming. It is in the southwest of China. 他们乘坐火车去昆明。它位于中国西南部。

Mike: What's our plan in Kunming? 在昆明我们的计划是什么？

Mum: We're going to see the flowers and visit Dianchi Lake there. 我们去赏花和游览滇池。

Narrator: It's never too cold or too hot in Kunming. They are wearing sweaters. 昆明不冷也不热。他们穿着毛衣。

Mike: It feels like spring here. 这里感觉像春天一样。

Dad: People call it Spring City. 人称叫它春城。

Narrator: They visit Sanya. It is in the south of China. It is hot. They are wearing T-shirts. 他们又去了三亚。它位于中国南部。天气炎热。他们穿着短袖T恤。

Mike: I enjoy the beach. It's like summer here. 我喜欢这片沙滩。这里像夏天一样。

Narrator: Mike and his parents are back home now. They are looking at their photos. 迈克和父母现在回到家中。他们正在看他们的照片。

Dad: Amazing! China is so big and beautiful. 太震撼了！中国幅员辽阔，风景秀丽。

Mike: Yeah. And there are different seasons in our holidays. It's fun! 没错。我们在假期里，体验到了不同季节。太有意思了！

Unit 7 Fun at school 校园趣事

Get Ready

1. Match the words with the pictures. Listen, check and say.

do the long jump 跳远

do group jump rope 集体跳绳

do the high jump 跳高

run the 200-metre race 参加 200 米赛跑

Let's Learn

1. Listen, look and say.

Mr Wang: Children, we will have our Sports Day in October. What will you do on Sports Day? 同学们，我们十月份要举办运动会。运动会上你们准备参加什么项目？

Ken: I will do the high jump. I can jump high. 我要参加跳高。我跳得高。

Tom: I will do the long jump. I can jump over 2 metres. 我参加跳远。我能跳两米多远。

Wang Lu: I will run the 200-metre race. I can run fast. 我跑 200 米赛跑。我跑得快。

Mr Wang: What about you, Kate? 凯特，你呢？

Kate: I'm not good at the high jump or the long jump. And I can't run fast. 我不擅长跳高、跳远。而且我也跑不快。

Ken: Don't worry. You're good at doing group jump rope. Will you join us? 别担心。你擅长集体跳绳。你要和我们一起参加吗？

Kate: Yes, I will. That's a good idea. 好呀，我愿意。这个主意太棒了。

Children: Come on! We will win! 加油！我们一定会赢的！

Let's Read

1. Listen and read.

I'm so excited. My school will have a basketball game.

我特别激动。学校要举办篮球赛。

I'm also worried. I'm short. I'm not strong. I'm not good at sports. I'm not one of the players on my class team. But I love my class. I want to help them win the game. What can I do?

我也担忧。我个子不高。我不强壮。我不擅长运动。我不是班级球队的一员。可是我热爱我的班级。我想帮大家赢得比赛。我能做什么呢？

I can help them in my way. I'm good at reading. I will read some basketball books. I will get some good ideas from the books. The ideas will help them win the game.

我可以用我的方式帮助他们。我擅长阅读。我会读一些篮球相关书籍。我将从书里学到好的方法。这些方法能帮助他们赢得比赛。

I can give it a try!

我可以试一试！

Let's Challenge

1. Listen and read.

The School Play 校园戏剧

Lisa: Dad, will you come to our school open day, please? We are going to act *The Tortoise and the Rabbit*. 爸爸，请问，你能来我们学校开放日吗？我们要表演《龟兔赛跑》。

Dad: Sure. Are you going to act in the school play, Lisa? 当然可以。莉萨，你要参演这场校园戏剧吗？

Lisa: Yes, I am. But ... 是的，我参加。不过……

Dad: Are you going to be the tortoise? 你演乌龟吗？

Lisa: No. John is going to be the tortoise. He is strong. 不。约翰演乌龟。他体格壮实。

Dad: Are you going to be the rabbit? 你演兔子吗？

Lisa: No. Alice is going to be the rabbit. She is good at dancing. 不是。爱丽丝演兔子。她擅长跳舞。

Dad: Are you going to be the bird? 你演小鸟吗？

Lisa: No. Bob is going to be the bird. He is good at singing. 不是。鲍勃演小鸟。他擅长唱歌。

Dad: Oh ... Which one are you going to be? 哦…… 那你扮演哪一个角色？

Lisa: I'm tall, so I'm going to be a tree, Dad. 爸爸，我个子高，所以我要演一棵树。

Dad: Great! Trees are important in the play. You will be the best tree. 太棒啦！树在剧目里很重要。你将是最好的树。

Unit 8 Healthy habits 健康习惯

Get Ready

1. Match the words with the pictures. Listen, check and say.

read in bed 躺在床上看书

wash my hands before eating 饭前洗手

go for a walk 散步

get enough sleep 保证充足睡眠

drink enough water 喝足量的水

eat too much candy 吃太多糖果

Let's Learn

1. Listen, look and say.

Healthy Tips 健康小贴士

What should we do? 我们应该做什么？

We should wash our hands before eating. 我们应该饭前洗手。

We should brush our teeth twice a day. 我们应该每天刷两次牙。

We should go for a walk every day. Exercise is good for us. 我们应该每天散步。锻炼对我们有益。

We should get enough sleep. We won't be tired in class. 我们应该保证充足睡眠。我们上课不会累。

What shouldn't we do? 我们不应该做什么？

We shouldn't read in bed. 我们不应该在床上看书。

We shouldn't play too much on the computer. 我们不应该长时间玩电脑。

We shouldn't watch too much TV. 我们不应该看太久电视。

We shouldn't eat too much candy or meat. 我们不应该吃太多糖果和肉类。

Let's Read

1. Listen and read.

Keep Food Safe 保持食物安全

①Keep clean.保持清洁。

We should keep our kitchens clean. We should wash our hands before cooking. We should wash fruit and vegetables before we eat them.

我们应该保持厨房干净。我们应该在烹饪前洗手。我们应该食用蔬果前清洗干净。

②Cook food well. 食物彻底煮熟。

We should cook meat, eggs and some vegetables to a high temperature.

我们应该把肉类、蛋类及部分蔬菜高温煮熟。

③Keep food in the right place. 食物分类存放。

We should keep food cold in the fridge, but not too long. We should keep different foods in different bags or boxes.

我们应该把食物放入冰箱冷藏，但不宜存放过久。我们应该把不同食物分开装袋或装盒。

④Eat fresh food. 食用新鲜食材。

We should eat fresh food. Check the date first before we eat bread or drink milk.

我们应该吃新鲜食物。我们吃面包、饮用牛奶前，先核查日期（保质期）。

Let's Challenge

1. Listen and read.

Healthy Eating Habits 健康饮食习惯

Cathy: Wang Lu, let's make a food list for our picnic. 王璐，我们来列一份野餐食物清单吧。

Wang Lu: OK. I would like to bring some sandwiches with chicken and some vegetables in them.

好的。我想带几份夹鸡肉和蔬菜的三明治。

Cathy: I'll bring some vegetable salad and fruit. 我会带蔬菜沙拉和水果。

Wang Lu: That's not enough. What about some beef? 这些还不够。带点牛肉怎么样？

Cathy: Good idea. Beef can help us get strong. 好主意。牛肉能帮助我们变强壮。

Wang Lu: What drink would you like for the picnic? 野餐你想喝什么饮品？

Cathy: I'd like some milk. 我想要牛奶。

Wang Lu: OK. We should also bring some water. 好的。我们还应该带点水。

Cathy: The beef is yummy. 牛肉真好吃。

Wang Lu: Would you like to have some more? 你想再来一点吗？

Cathy: No, thank you. I shouldn't eat too much. 不用啦，谢谢。我不应该吃太多。

Wang Lu: Oh, you really have healthy eating habits. 哦，你的饮食习惯真健康。

Mum: How was your picnic, Cathy? 凯茜，野餐怎么样？

Cathy: It was great. I had a sandwich, some beef and some vegetable salad. 特别棒。我吃了三明

治、牛肉和蔬菜沙拉。

Mum: Good. Beef and vegetables are healthy. 很棒。牛肉和蔬菜都是健康食物。

Unit 9 Learning about space 探索太空知识

Water 水

Water is very important. 水是非常重要的。

If there is no water on the Earth, people, animals and plants cannot live. 如果地球上没有水，人类、动物和植物无法生存。

When you look at the Earth from space, it looks like a blue ball. 从太空看地球，它看起来像一颗蓝色的球体。

The blue parts are the sea. 蓝色的部分是海洋。

There is salt water and fresh water on the Earth. 地球上的水分咸水和淡水。

They are different. 它们是不同的。

Salt water is in the sea. 咸水在海洋里。

Fresh water comes from rivers, lakes, mountain snow and glaciers. 淡水来自河流、湖泊、山上积雪与冰川。

There is also fresh water underground. 地下也存有淡水。

97% of all water on the Earth is salty. 地球上 97%的水是咸水。

Only 3% is fresh water. 仅有 3%是淡水。

We can only drink fresh water. 我们只能饮用淡水。

Is there any water on Mars? 火星上有水吗？

Scientists are trying to find water on Mars. 科学家正尝试探寻火星上的水资源。

In 2008, they found signs of ice. 2008 年，科学家发现了冰层存在的迹象。

Scientists said, "There was a lot of water on Mars in the past. But now Mars is cold and doesn't have much water." 科学家们说：“火星过去拥有大量水资源。但如今火星气候严寒，水量稀少。”

In May, 2021, Zhu Rong, China's first Mars rover went to Mars. 2021 年 5 月，中国首辆火星车祝融号登陆火星。

It studied Mars's rocks, air and weather. 它探测火星的岩石、大气与气候。

It sent back some pictures. 它发送回来许多照片。

There is much ice under the ground of Mars. 火星地下蕴藏着大量冰层。

On the Moon 在月球上

The Earth travels around the Sun. 地球围绕太阳运转。

The Moon travels around the Earth. 月球围绕地球运转。

What kinds of things are on the Moon? 月球上都有什么东西？

Let's take a look. 我们一起来看一看。

There are a lot of rocks on the Moon. 月球上有许多岩石。
It has almost no water or air. 月球上几乎没有水，也没有空气。
There is no rain or wind. 没有雨水，也没有风。

What's the temperature like on the Moon? 月球上的温度怎么样？
It's very hot in the day and very cold at night. 白天十分炎热，夜晚极度寒冷。

The gravity on the Moon is different from that on the Earth. 月球上的重力和地球上不一样。
If an astronaut can jump 1 metre on the Earth, he can jump 6 metres on the Moon. 一名宇航员如果在地球上能跳 1 米，在月球上就能跳 6 米。

China's Chang'e-5 probe went to the Moon in 2020. 中国嫦娥五号探测器于 2020 年奔赴月球。
It took many pictures. 它拍摄了大量照片。
It collected rocks and soil from the Moon. 它采集了月球岩石与土壤。
It brought them back to the Earth. 它将它们带回地球。
They helped the scientists learn more about the Moon. 这些（岩石和土壤）帮助科学家更加深入地研究月球。

Unit 10 Revision

Let's Read

1. Listen and read.

Helen Keller 海伦·凯勒

This is Helen Keller. 这是海伦·凯勒。

She was a great writer from the USA. 她是一位来自美国的伟大作家。

When Helen was only nineteen months old, she became ill. 当海伦只有十九个月大的时候，她生了一场病。

After this, she couldn't see or hear. 那之后，她看不见也听不见了。

Doctors and her parents couldn't help her. 医生和她的父母都无能为力。

When Helen was seven years old, Anne Sullivan came to help her. 当海伦七岁时，安妮·沙利文来帮助她。

She was a very special teacher. 她是一位非常特别的老师。

She helped Helen learn sign language. 她帮助海伦学习手语。

It was very hard to begin with. 刚开始的时候十分艰难。

Anne Sullivan took Helen's left hand and told her touch running water. 安妮·沙利文拉起海伦的左手，告诉她触摸流动的水。

She wrote "w-a-t-e-r" in her right hand. 她在她的右手上拼写单词“水”。

Helen got it straight away, and was so happy. 海伦瞬间明白了，开心极了。

From that day on, she began to study with her hands. 从那天起，她开始依靠双手学习。

Helen studied very hard. 海伦学习十分刻苦。

She studied for over 10 hours a day. 她每天学习十多个小时。

Over time, Helen became very good at reading. 久而久之，海伦开始变得非常擅长写作。

She wrote many books in her life. 她一生写下了许多著作。

The Story of My Life and *Three Days to See* are two of them. 《我的生活》和《假如给我三天光明》是其中两部。