检索：

U1 GA To find out about the things that people value most in life

U1 GB What‘s that you’re reading, Josh?

U1 GB We read that the Organisation for Economic Cooperation and Development

U1 GC Want a Better Job? Work for a Better Company

U1 GD Back in New York, I am the head of development

U2 GA One scientific study suggests that up to two billion different species may be

U2 GB I'd like you to start by looking at this photo.

U2 GB Wow! That was good! || Totally agree, Hannah.

U2 GC A Birthday to Remember When he woke up on the morning of June23rd,

U2 GD  Imagine a big explosion as you climb through 3,000 feet

U3 GB I'd like to introduce Dr.Joshua Connolly, who is an expert

U3 GB Rosie, can I have my tablet back?

U3 GC The Future of "Travel"? Most of us travel each day. We commute to work,

U3 GD So, two months ago, something crazy happened.

U4 GA The sports industry is one of the (1) largest industries in the world.

U4 GB Welcome back to Sports Radio. Earlier, I spoke to Jordan Marsh

U4 GB What are you up to, Amy? ||Hi, Jasim. I'm reading stuff on the Internet.

U4 GC When Losing Means WinningIn sports, we expect that athletes and teams

U4 GD It was October 13, 2012, a day that I will never forget.

视听说 4-Unit1

【Goal A-Vocabulary】

短文填空题

To find out about the things that people value most in life, the Organisation for Economic Co-operation and Development (OECD) asked people in many countries. The OECD's questions asked people to (1) give a score for several criteria, or topics, based on how good they felt about these parts of their lives. The average score for all topics is the overall level of life satisfaction in that country. The criteria were: having access to (2) high quality education; being able to find a balance between (3) work and other parts of life; having good opportunities for a successful career; making a good income and having enough wealth; being able to afford a nice home; feeling safe; (4) having good health and access to high-quality medical care; and living in (5) a clean environment.

【Goal B-Listening】

**Ian**: What‘s that you’re reading, Josh?

**Josh**: It’s a book by a guy called Drew Dudley called This Is Day One. It’s about becoming a better leader.

**Ian**: Is it good?

**Josh**: I haven’t finished, but so far, it’s good. Dudley writes about "lollipop moments" that can change people’s lives in a good way.

**Ian**: Did you say, "lollipop moments?"

**Josh**: Yeah. When Dudley was at college, a woman spoke to him one day. She told him that she was worried on her first day at university. She thought college was not the right place for her. She wanted to go home, in fact. Then she met Dudley. He was giving out candy-lollipops-to new students because he wanted people to donate money to a charity. Dudley gave a lollipop to a student next to her and told him to give the lollipop to the woman. The student gave her the lollipop, and

she took it. Then Dudley made a joke. He said it was dangerous to take candy from people you don’t know. The joke made the woman feel better. She thought about staying at college and decided to.

**Ian**: Decided to stay you mean? Wow, so Dudley's words and actions changed the woman's life?

**Josh**: Yeah. What he did seems small, but it had a big effect on her.

**Ian**: Actually, one of my teachers did something that changed my life.

**Josh**: Really?

**Ian**: Yeah. When l was ten, a new boy started at my school. l think his family was poor. He wore old clothes that were out of fashion or had holes in them. Because of his clothes, nobody was friendly to him. l guess he must have felt lonely. Anyway, one day l came to school and my teacher had written a message on the board. Her message said, "You've changed your clothes since yesterday. Why don't you change your mind today?" My friends didn't pay attention to it, but her message really made me think. I realized that she was telling us two important things. First, she was

saying that a person's cloths aren't important. And second, she was also saying that we should change the way we think about this boy.

**Josh**: So, what happened?

**Ian**: I started talking to this boy. And you know what? We became best friends. In fact, we're still really good friends.

**Josh**: That's great.

**Ian**: Yeah, but I wish I had said thank you to my teacher for writing that message.

**Josh**: Drew Dudley says it's good to thank people who change your life. So why don't you do that? I bet you could get in touch with your teacher using social media.

**Ian**: Good idea. I'll do that!

【Goal B-Extended Listening】

**Yoko**: We read that the Organisation for Economic Cooperation and Development tried to find out how happy people are indifferent countries around the world. They made a list of specific criteria and asked people to rate how satisfied they were with each one. Criteria included factors like access to high-quality education, finding a good balance between life and work, having good career

opportunities, and a good income. We decided that the criteria were designed for adults. They do not represent the realities of students. So, as a part of our social studies course, we did a project about how positive students in this school are about their future. Charlie will explain.

**Charlie**: Thank you, Yoko. This is what we did: We interviewed 200 students in this school aged between 15 and 17.First, we asked what they think are the three most important things in life. Then we asked how positive they feel about being able to achieve them. We asked them to score their hopes from zero to ten, with zero meaning no hope and ten meaning they were certain to achieve them. Emma is going to tell you about the results.

**Emma**: Thank you, Charlie. Well, we found some interesting things. First of all, nobody scored their hopes lower than three, and nobody scored them higher than seven. So, nobody feels no hope at all, but everybody is uncertain. It looks like students in this school are worried about their future. Secondly, when asked about the three most important things in life, everybody mentioned love as one of the three. We had different responses about the other two things, but all 200 students mentioned love. How positive are they about finding it? Well, between three and seven, with 75

percent answering five. Yoko, tell us about the other results.

**Yoko**: Sure. Well, you won't be surprised to hear that finding work came up a lot. Many of us are worried that a good education will not help very much. Not many mentioned health and medical care, but 80 percent of students mentioned safety and 95 percent mentioned a clean environment. Emma?

**Emma**: That's right. Students in this school are worried about the increase in violence and not feeling safe. And almost everybody thinks that the older generation are destroying the Earth, and we will pay the price for their mistakes. Charlie has the figures.

**Charlie**: Thank you, Emma. Yes, these are two areas where students are worried most. But the interesting thing is that when we asked them how positive they were about the future, 80 percent answered seven and said that this generation is going to fight back to make sure their children will have a clean environment and safe cities.

1．What are they doing?

A

A. Presenting a project.

B. Planning a project.

C. Playing a game.

D. Telling a story.

2. Which of these criteria was NOT mentioned by any of the students? B

A. Medical care.

B. Life/Work balance.

C. Safety.

D. Love.

3. Which of these criteria was mentioned by almost all of the students?

A

A. The environment.

B. Love.

C. Medical care.

D. Safety.

4. Which of these criteria was mentioned by all of the students? C

A. Safety.

B. The environment.

C. Love.

D. Medical care.

5. Which of these criteria was mentioned by a few students? D

A. Love.

B. Safety.

C. The environment.

D. Medical care.

（判断题）

1. The students read about a study on happiness.

T

2． They decided to use the same criteria as the study.

F

3. To carry out their research, they did a lot of reading.

F

4. They think that some of their results are surprising.

T

5. There is at least one thing all students agree is very important.

T

6．All students admire the older generation for the choices they made.

F

7．A lot of students want to make a difference for the future.

T

【Goal C-Listening】

Want a Better Job? Work for a Better Company

Some people love working so much that it doesn't feel like work. They wake up everyday feeling excited about their careers. But most people are not so lucky. They need money to live, so they need a job. However, they don't love their work, and this can create problems. Because these workers are not satisfied with their jobs, they feel unhappy. And because they are unhappy, they may not work hard. Luckily, some people and companies are trying to improve things. Dan Price is the CEO of a company based in Seattle. In 2015, he decided to pay the workers at his company more money. He raised the salaries of all of his workers to$70,000 a year, which is much higher than the US. average income. To pay for this, he cut his own salary to the same amount.

Interestingly, a study was published by Princeton University in 2010 about salaries. According to this research, people who make around $75,000 each year are happier and feel more satisfaction than those who make less or more money. Since Price made his decision, his workers have been happier and his company has been more successful.

Money is one reason why some workers are unhappy with their jobs. Another reason is working too many hours. Perpetual Guardian, a company based in New Zealand, wanted staff to have a better work life balance. The company came up with a plan. Its staff were paid for five days, but they only had to work for four days each week. Not surprisingly, workers were happier and more satisfied

with their lives. They also worked harder, so the company was very pleased with the success of its plan. Many studies about life satisfaction usually show that people who do things are happier than people who buy things. So, for example, going on a road trip or learning to play the guitar is better than buying a car or guitar. The famous company Airbnb wants its staff to have great experiences. Workers get $2,000 each year to stay at Airbnb properties anywhere in the world. In addition, workers have the opportunity to visit or work at offices in other countries. As a result, many people who work at Airbnb love their jobs.

1. People who do not feel life satisfaction may not take on challenges at work.

NI

2. Dan Price raised his staff's salary to $75,000 a year.

F

3. Perpetual Guardian's plan was good for workers as well as for the company.

T

4. People who work at Airbnb can travel to another country for work or for fun.

T

（填空题）

Dan Price, the CEO of a company in Seattle, raised the salaries of all of his workers to $70,000 a year, which is much higher than the U.S. (1) average income. To pay for this, he cut his own salary to (2) the same amount. Money is one reason why some workers are unhappy with their jobs. Another reason is working too many hours. Perpetual Guardian wanted staff to have a better (3) work-life balance. Its staff

were paid for five days with only four days' work each week. (4) Not surprisingly, workers were happier and more satisfied with their lives. Many studies show that people who do things are happier than people who buy things. The famous company Airbnb wants its staff to have (5) great experiences. Workers get $2,000 each year to

stay at Airbnb (6) properties anywhere in the world. In addition, workers have the opportunity to (7) visit or work at offices in other countries. As a result, many people who work at Airbnb love their jobs.

【Goal D-While watching】

A Life Lesson from a Volunteer Firefighter

**Mark Bezos:** Back in New York, I am the head of development for a non-profit called Robin Hood. When I'm not fighting poverty, I'm fighting fires as the assistant captain of a volunteer fire company. Now in our town, where the volunteers supplement a highly skilled career staff, you have to get to the fire scene pretty early to get in on any action. I remember my first fire. I was the second volunteer on the scene, so there was a pretty good chance I was going to get in. But still it was a real footrace against the other volunteers to get to the captain in charge to find out what our assignments would be. When I found the captain, he was having a very engaging conversation with the homeowner, who was surely having one of the worst days of her life. Here it was, the middle of the night, she was standing outside in the pouring rain, under an umbrella, in her pajamas, barefoot, while her house was in flames. The other volunteer who had arrived just before me—let's call him Lex Luthor—got to the captain first and was asked to go inside and save the homeowner's dog. The dog! I was stunned with jealousy. Here was some lawyer or money manager who, for the rest of his life, gets to tell people that he went into a burning building to save a living creature, just because he beat me by five seconds. Well, I was next. The captain waved me over. He said, "Bezos, I need you to go into the house. I need you to go upstairs, past the fire, and I need you to get this woman a pair of shoes." I swear. So, not exactly what I was hoping for, but off I went—up the stairs, down the hall, past the "real" firefighters, who were pretty much done putting out the fire at this point, into the master bedroom to get a pair of shoes. Now I know what you're thinking, but I'm no hero. I carried my payload back downstairs where I met my nemesis and the precious dog by the front door. We took our treasures outside to the homeowner, where, not surprisingly, his received much more attention than did mine. A few weeks later, the department received a letter from the homeowner thanking us for the valiant effort displayed in saving her home. The act of kindness she noted above all others: Someone had even gotten her a

pair of shoes. You know, in both my vocation at Robin Hood and my avocation as a volunteer firefighter, I am witness to acts of generosity and kindness on a monumental scale, but I'm also witness to acts of grace and courage on an individual basis. And you know what I've learned? They all matter. So, as I look around this room at people who either have achieved, or are on their way to achieving, remarkable levels of success, I would offer this reminder: Don't wait. Don't wait until you make your first million to make a difference in somebody's life. If you have something to give, give it now. Serve food at a soup kitchen. Clean up a neighborhood park. Be a mentor. Not every day is going to offer us a chance to save somebody's life, but every day offers us an opportunity to affect one. So, get in the game. Save the shoes. Thank you.

（填空题）

Mark Bezos works for a (1) charity called Robin Hood in New York. He is also the assistant captain of a volunteer fire company. Because the professional firefighters are highly (2) skilled, volunteers need to arrive to a fire scene very early if they want to take (3) part in the action. The first time Bezos went to help fight a fire, he was the second volunteer to arrive, so he was hoping to (4) be given something important to do. He ran to see his captain to ask what he could do, and he found him (5) talking to the owner of a burning house. The first volunteer on the scene

(6) was asked by the captain to go inside the house and save the homeowner's dog.

(填空题)

Now I know what you're thinking, but (1) I am no hero. I carried (2) my payload back

downstairs where I met my nemesis and (3) the precious dog by the front door. We took our (4) treasures outside to the homeowner. A few weeks later, the (5) department received a letter from the homeowner thanking us for the (6) valiant effort displayed in saving her home. The act of (7) kindness she noted above all others: Someone had even gotten her (8) a pair of shoes.

（判断题）

1. The speaker is the assistant captain of Robin Hood which is a non-profit fire company in New

York.

F

2. The homeowner was standing outside in the pouring rain in the middle of the day.

F

3. The captain asked the first volunteer to go outside and find out the homeowner's dog.

F

4. The real firefighters had not arrived yet when Mark Bezos went inside the burning house.

F

5. The homeowner was very grateful for the valiant effort displayed by these volunteer

firefighters. F

视听说 4-Unit2

【Goal A-Vocabulary】

短文填空题

One scientific study suggests that up to two billion different species may be alive now. That's a big number. However, since life began on Earth, scientists think at least five billion kinds of plants and animals have gone extinct. They know this from the discovery of (1) many unknown kinds of fossils: dead plants or animals that have turned to stone. Why did so many species not survive? Some species (2) died out slowly because conditions changed. Others were killed in a huge natural disaster that happened about 66 million years ago. A big rock from space, called (3) a comet, hit Earth. It killed the dinosaurs and caused (4) terrible conditions. If humans

had been alive at that time, they would have felt terror. Many species are (5) dying out these days, so some scientists think another mass extinction is happening now. They see a relationship between human activity and these deaths. For example, they think the problem is happening because humans are (6) causing climate change. Is there any way to rescue species that are in danger? Maybe. If a scientist found a way to stop climate change, he or she would be a hero to people who care about the planet.

【Goal B-Listening】

I'd like you to start by looking at this photo. It's obviously a fossil of some kind, but do you know what species it is? Any ideas? No? Well it's a fossil of a horseshoe crab. This particular horseshoe crab died about450 million years ago. After it died, it lay on the bottom of the ocean. Tiny pieces of sand and mud fell on its body for thousands of years. As the layers of sand and mud got higher, they pushed down on the body and turned it to stone. Millions of years later, humans found it in a layer of rock and put it in a museum. Some people think all fossils are from species that have gone extinct, but that's not true. For example, there are many fossils of horses, but of course horses are still alive. The earliest fossils date from about 50 million years ago. Those early horses look different from modern horses because horses have changed, evolved, over the years. However, they also look similar to modern

horses in a number of ways. Fossils are interesting, but today, I want to focus on living fossils. In simple terms, these are species with three key... sorry, with two key characteristics. First, they're still alive now. And second, they look almost the same as actual fossils from long ago. They aren't the same, of course. Every species changes over time. However, living fossils look similar to their actual

fossils because they have changed less than other species. The classic example of a living fossil is the horseshoe crab. Yes, the same species we discussed earlier. They live off the Atlantic coast of the United States and in the waters around India, China, Southeast Asia, and Japan and Korea. If you look at a modern horseshoe crab, it looks almost the same as fossil crabs from hundreds of millions of years ago.

Nowadays, the coelacanth is considered another classic example of a living fossil. About 80 years ago, however, people thought it was extinct. There were fossil coelacanths, but no scientist had seen a living fish. That changed one day in 1938. Marjorie Courtenay-Latimer was working at a museum in South Africa. She received a call about something strange that a fisherman had caught. When she saw the fish, she thought it might be scientifically important, and she was right. The fish was a coelacanth. It was dead, of course, but her discovery showed that coelacanths still lived in the oceans. And yes, they look very similar to fossil coelacanths. Incidentally, Courtenay-Latimer is something of a hero of mine. Even today, it can be hard for women to work in science. Back in the1930s, it was even more difficult. So, l admire her because she worked hard to be successful. Anyway, let's move on to discuss...

·题目

Horseshoe crabs are living fossils. They have been alive for

(1) hundreds of millions of years.

They live off the

(2) Atlantic coast of the United States. They also live around

(3)

India,

China, Japan, Korea, and other parts of Southeast Asia. They look just like fossil horseshoe crabs.

Like horseshoe crabs, coelacanths are living fossils. They are a kind of

(4)

fish. Scientists

believed they were extinct. Then, Marjorie Courtenay-Latimer discovered one in

(5)

1938. She

was working for a

(6) museum

in South Africa at the time.

【Goal B-Extended Listening】

**Hannah**: Wow! That was good!

**Yusuf**: Totally agree, Hannah. One of the best documentaries about natural history I've ever seen.

**Hannah**: And you didn't even want to watch it! Are you glad l insisted， Yusuf?

**Yusuf**: This one time, yes, l am. If l hadn't watched it, l would have played a videogame, and l would have missed out on something really good.

**Hannah**: Have l ever told you that making movies and documentaries about natural history is my dream? If l could find a grant or something, that's what l would like to do—I mean, as a job.

**Yusuf**: Wow. No, you never told me before. That would be so cool! But how would you make a movie about natural history?

**Hannah**: l would like to tell the story of Marina, a teenage girl, born after the extinction of the dinosaurs. At first, she keeps growing up, but when she turns 17, she stops growing older and lives forever.

**Yusuf**: Wait——l like that a lot, but if she lived forever, she would be very sad. I mean, all the people she knows would die, and she would keep on living.

**Hannah**: Well, yeah, I'd have to work that bit out. But my idea is that if she lived since the extinction of the dinosaurs, she would see the Earth being transformed over time.

**Yusuf**: Cool!

**Hannah**: So, if she saw the world as it was at the beginning, at first, she would be happy about all the inventions that made human life easier and more comfortable.

**Yusuf**: Ah, l see where you're going with this: If she remembered nature before pollution, she would be the first to raise the alarm when things start going wrong for the environment.

**Hannah**: Exactly. But of course, nobody would listen to her.

**Yusuf**: Well, if nobody listened to her, it would be a very realistic but very depressing movie!

**Hannah**: Yeah, for a bit. But then she would meet our generation, and things would change!

**Yusuf**: If you made your movie, l would definitely go and see it!

(选择题)

1. Hannah and Yusuf \_\_\_\_C\_\_\_\_.

A. have just made a documentary

B. are making a documentary

C. have just watched a documentary

D. are writing a documentary

2. Yusuf \_\_\_\_A\_\_\_\_.

A. didn't want to watch the show at first

B. played a video game while he watched the show

C. is annoyed with Hannah because she insisted

D. fell asleep while watching

3. Hannah would like to work as \_\_\_\_B\_\_\_\_.

A. a storyteller

B. a film and documentary maker

C. Marina

D. a teacher

4. Marina would live \_\_\_\_C\_\_\_\_.

A. in pre-historic times

B. in modern times

C. forever

D. in the future

5. Marina is \_\_\_B\_\_\_\_\_.

A. a storyteller

B. the hero in Hannah's story

C. a film director

D. Hannah's daughter

(判断题)

1. Yusuf liked the show, but less than Hannah did.

F

2. Hannah has been thinking about a movie script.

T

3. Marina's story is true.

F

4. Hannah has thought about all the details in the movie.

F

5. Marina would remember what nature was like before factories were built.

T

6. Marina's story would be very depressing.

F

7. Modern teenagers would join Marina in her fight.

T

【Goal C-Listening】

**A Birthday to Remember**

When he woke up on the morning of June23rd, 2018, Peerapat Sompiangjai, whose nickname is Night, was excited. It was his seventeenth birthday, and his plans were to practice soccer and then have fun with friends from his team, the Wild Boars. When they fell asleep that night, however， Night and eleven of his friends felt hunger, thirst, and terror. What happened? To celebrate Night's birthday, the Wild Boars explored the ThamLuang Cave in northern Thailand. Their coach，Ekkapol Chantawong, went with them to keep them safe. Usually, it is OK to explore the cave in June, but heavy summer rains suddenly started. The cave began filling with water and the Wild Boars had to go deeper into the cave to survive. They were trapped!

When the boys did not come home that evening, their parents became worried. They found the boys' bicycles, bags, and shoes outside the cave and raised the alarm. Soon, the story became big news around the world. Volunteers from many countries traveled to Thailand to help. Inside the cave, the situation was not good. They had a little water, but almost no food. They did not know that people were looking for them. They did not even know what day it was or how long they had been trapped.

Coach Chantawong tried to help the boys. He let them eat his share of the food, and he taught them how to meditate so they would feel less worried. He also told them to lie still in order to use less oxygen. At last, there was good news on July 2ndwhen three divers found the team alive. Around the world, people were happy to learn of their discovery. Now that divers knew the boys' location, they could bring food, air, and medicine to them. However, the situation was not safe: The cave was full

of water, the boys could not swim, and they were far from the cave entrance. More heavy rains were expected, and the rescuers came up with a dangerous, desperate plan. First, they put diving equipment on the boys. Some divers then tied themselves to the boys and helped them swim to a dry part of the cave. Finally, more than 100 helpers took turns carrying the boys to the cave's entrance. The plan was very dangerous, and sadly, diver Saman Kunan died while rescuing the boys. However, despite the danger, all of the Wild Boars, including Coach Chantawong, were out of the cave and

being checked by doctors by July 10th. At last, after 17 days in the cave, they were all safe.

·题目：

1. Tham Luang Cave is in southern Thailand.

F

2. The boys' bicycles, bags, and shoes were found outside the cave.

T

3. The boys had no water or food.

F

4. During the rescue, the boys wore diving equipment.

T

5.

In total, the boys were trapped for 15 days.

F

(选择题)

1. The boy's birthday was on \_\_\_\_A\_\_\_\_.

A. June 23rd

B. July 23rd

C. June 10th

D. July 10th

2. \_\_\_\_B\_\_\_\_ people were trapped in the cave.

A. 11

B. 13

C. 10

D. 17

3. Their coach, Ekkapol Chantawong, went with them to \_\_\_D\_\_\_\_\_.

A. practice soccer

B. teach them to swim

C. help them survive

D. keep them safe

4. \_\_\_\_C\_\_\_\_ from many countries traveled to Thailand to help.

A. Policemen

B. Doctors

C. Volunteers

D. Coaches

5. The coach taught them how to meditate so they would \_\_\_B\_\_\_\_\_.

A. think more creatively

B. feel less worried

C. fall asleep quickly

D. feel less hungry

【Goal D-While watching】

**Three Things I Learned While My Plane Crashed**

Ric Elias: Imagine a big explosion as you climb through 3,000 feet. Imagine a plane full of smoke. Imagine an engine going clack, clack, clack... It sounds scary.

Well, I had a unique seat that day. I was sitting in 1D. I was the only one who could talk to the flight attendants. So, I looked at them right away, and they said, "No problem. We probably hit some birds." The pilot had already turned the plane around, and we weren't that far. You could see Manhattan. Two minutes later, three things happened at the same time. The pilot lines up the plane with the Hudson River. That's usually not the route. He turns off the engines. Now, imagine being in a plane with no sound. And then he says three words. The most unemotional three words I've ever heard. He says, "Brace for impact." I didn't have to talk to the flight attendant anymore. I could see in her eyes, it was terror. Life was over. Now I want to share with you three things I learned about myself that day. I learned that it all changes in an instant. We have this bucket list, we have these things we want to do in life, and I thought about all the people I wanted to reach out to that I didn't, all the fences I wanted to mend, all the experiences I wanted to have and I never did. As I thought about that later on, I came up with a saying, which is, I no longer want to postpone anything in life. And that urgency, that purpose, has really changed my life. The second thing I learned that day—and this is as we clear the George Washington Bridge, which was by not a lot—I thought about, wow, I really feel one real regret. I've lived a good life. In my own humanity and mistakes, I've tried to get better at everything I tried. But in my humanity, I also allow my ego to get in. And I regretted the time I wasted on things that did not matter with people that matter. And I thought about my relationship with my wife, with my friends, with

people. And after, as I reflected on that, I decided to eliminate negative energy from my life. It's not perfect, but it's a lot better. I've not had a fight with my wife in two years. It feels great. I no longer try to be right; I choose to be happy. The third thing I learned—and this is as your mental clock starts going, "15, 14, 13." You can see the water coming. I'm saying, "Please blow up." I don't want this thing to break in 20 pieces like you've seen in those documentaries. And as we're coming down, I had a sense of, wow, dying is not scary. It's almost like we've been preparing for it our whole lives. But it was very sad. I didn't want to go; I love my life. And that sadness really framed in one thought, which is, I only wish for one thing. I only wish I could see my kids grow up. About a month later, I was at a performance by my daughter—first-grader, not much artistic talent... Yet! And I'm bawling, I'm crying, like a little kid. And it made all the sense in the world to me. I realized at that point, by connecting those two dots, that the only thing that matters in my life is being a great dad. Above all, above all, the only goal I have in life is to be a good dad. I was given the gift of a miracle, of not dying that day. I was given another gift, which was to be able to see into the future and come back and live differently. I challenge you guys that are flying today, imagine the same thing happens on your plane—and please don't—but imagine,

and how would you change? What would you get done that you're waiting to get done because you think you'll be here forever? How would you change your relationships and the negative energy in them? And more than anything, are you being the best parent you can? Thank you.

·题目：

（填空题）

I want to share with you (1)

three things I learned about myself

that day. I learned that it

all changes

(2)

in an instant. We have this

(3) bucket list, we have these things we want

to do in life, and I thought about all the people

(4)

I wanted to reach out

to that I

didn't,

(5)

all the fences

I wanted to mend,

(6)

all the experiences

I wanted to have and

I never did. As I thought about that later on, I came up with a saying, which is, I no longer

want to

(7) postpone anything in life. And that

(8) urgency, that

(9) purpose, has really

changed my life.

（选择题）

1. So I looked at **them**

right away, and they said, "No problem. We probably hit some birds."

B

A. other passengers

B. the flight attendants

C. the engines

D. the drivers

2. **That's** usually not the route.

C

A. Manhattan

B .three things happening at the same time

C. the Hudson River

D. New York

3. **He**

says, "Brace for impact."

A

A. the pilot

B. the flight attendant

C. the person imagining a plane with no sound

D. a passenger

4. I could see in **her**

eyes, it was terror.

D

A. the person called Brace

B. a passenger

C. the person who spoke

D. the flight attendant

5. I learned that

**it** all changes in an instant.

C

A. the plane's direction

B. the thing you do

C. the way you see everything

D. your feeling

6. And

**this**

is as we clear the George Washington Bridge, which was by not a lot. D

A. the George Washington Bridge

B. a passenger

C. the urgency

D. learning the second thing

7. And after, as I reflected on

**that**, I decided to eliminate negative energy from my life.

A

A. the time he had wasted on things that didn't matter

B. how good his life was

C. the time he had wasted trying to get better at everything

D. the Hudson River

8. It's almost like we've been preparing for

**it** our whole lives.

B

A. being sad

B. dying

C. coming down fast

D. being happy

视听说 4-Unit3

【Goal B-Listening】

**Host:** I'd like to introduce Dr.Joshua Connolly, who is an expert on self-driving

vehicles. He has spent more than ten years working to bring cars that don't need

a driver onto our roads. Welcome, Dr.Connolly.

**Dr.Connolly:** Thank you.

**Host:** First,I understand that your company had a big success a few months ago.

Could you tell us what happened?

**Dr.Connolly:** Yes, it was an exciting time for us. One of our self-driving cars

drove all the way across the country without any problems. It went from west to

east and then all the way back. The human operator didn't take control of the

vehicle a single time. That might not sound like a big deal, but it's a very big step for a small company like ours.

**Host:** It's impressive. Let's back up a little, though. I was wondering how you first

got into selfdriving vehicles. Were you always interested in cars?

**Dr.Connolly:** Interested in cars? Not really, no. After college, I wasn't sure what to do. A friend took me to a talk by an engineer. She talked about creating an

artificial intelligence system to let cars drive by themselves. That sounded like an exciting field to me. Plus, she seemed like a pretty cool person.

判断题：

1.The company's self-driving car crossed the country from east to west only.（

F）

2.The human sitting in the self-driving car did not have to operate it even once.

(T)

3.The man develops self-driving vehicles, but he is not especially interested in

cars (T)

4.The man became interested in self-driving cars after a talk by one of his friends.

(F)

5.The talk was about developing artificial intelligence to let cars drive themselves.

(T)

【Goal B-Extended Listening】

·音频：

**Kurt:** Rosie, can I have my tablet back?

**Rosie:** Just a minute, Kurt. I'm just finishing an article about self-driving cars.

**Kurt:** Ah. Let me guess. It says that with self-driving cars, fuel can be saved

because they are driven more efficiently, accidents can be avoided because

computers don't make mistakes, and more work can be done by people who will

not be busy driving, blah blah...

**Rosie:** Well, actually, yes... that's exactly what it says. What's wrong with that?

**Kurt:** I'll tell you what I think is wrong with that: They are answers to questions

that haven't been asked.

**Rosie:** What do you mean?

**Kurt:** Well, first of all, take the idea that people can work instead of driving: What kind of work can be done in the back of a car? Can you cut somebody's hair? Can you teach a class of children? Can you fix somebody's washing machine?

**Rosie:** Ha ha! Of course not!

**Kurt:** Right. So, all you can do is make phone calls from your cell or work on your

tablet or laptop, if reading in a moving car doesn't make you feel sick. But the

great majority of people have jobs that can't be done in a car.

**Rosie:** You're right about that one. But what about safety and fuel efficiency?

**Kurt:** Has the number of car accidents suddenly increased? I'm not saying that

avoiding accidents is not important, but is there a global emergency of car

accidents going on? And how much fuel can be saved by parking cars more efficiently?

**Rosie:** That's true, but what's the harm in making these improvements?

**Kurt:** I think the harm is that these improvements are being made instead of the

ones that are really needed. The greatest problem humanity is facing is not an

increase in car accidents, but global warming. That's the emergency.

**Rosie:** Ah, now I see what you mean. You're saying that the question that must

be asked is not how cars can be made better, but how cars can be made

unnecessary.

**Kurt:** Exactly! We don't need better cars—we need fewer cars. A way must be

found to reduce the need for people to travel quickly over long distances, so

they won't need to drive.

**Rosie:** OK, I'm with you now. I was reading the article for a school project, but

now I might need to think about innovative public transport systems instead.

**Kurt:** Cool. Can I have my tablet back now, please?

**Rosie:** No, sorry. I need to research innovative public transport systems for my

science project.

·题目（注意还需要做一下答案 orz）：

1.Rosie has borrowed Kurt's \_\_\_\_\_\_\_\_ .

A. self-driving car

B. article

C. tablet

D. laptop

2.Kurt \_\_\_\_\_\_\_\_ .

A. is interested in self-driving cars

B. has thought about self-driving cars a lot

C. thinks self-driving cars are the answer

D. thinks we need better cars

3.Kurt thinks that we must reduce the number of \_\_\_\_\_\_\_\_

A. cars

B. people working in the back of a car

C. car accidents

D. self-driving cars

4.Kurt wants to \_\_\_\_\_\_\_\_

A. know Rosie's questions

B. know if Rosie feels sick when reading

C. talk about global warming

D. use his tablets

判断题：

1.Kurt predicts the contents of the article correctly.

（

T）

2.Kurt agrees that having time to work in a car instead of driving is a

good idea.

(F)

3.Kurt can't read in a moving car without feeling sick.

(NI)

4.Kurt is not interested in car safety.

(F)

5.Rosie disagrees with Kurt's arguments.

(F)

6.Kurt and Rosie agree that global warming is an emergency.

(T)

7.Kurt thinks that self-driving cars take people's attention away from

the real question.

(T)

8.Rosie no longer wants to do school projects.

(F)

【Goal C-Listening】

The Future of "Travel"?

Most of us travel each day. We commute to work, visit friends, or go shopping. This kind of travel may be necessary, but it is not always fun. As a result, most of us also look forward to traveling somewhere for a relaxing vacation. In theory, traveling is a wonderful experience. In practice, however, there can be problems

with taking a trip. Cost is one issue. Vacations can be expensive, especially for people with children. Another problem is time. In the modern world, many of us are too busy to take a relaxing trip away. And vacations can also be surprisingly stressful. We might have to deal with lost luggage, unfamiliar food, large crowds, noisy hotel rooms, or uncomfortable aircraft seats. And to top it all off, long-distance flights are bad for the environment because aircraft burn a lot of fuel. Because of these problems, staycations have become more popular. These are vacations in which you stay at home. During a staycation, people will often visit nearby tourist attractions. They may also do other fun things such as eat at restaurants more than usual, visit shopping malls, or go to local festivals. And because people do not have to fly to a distant destination or stay in a hotel, staycations cost less than vacations. However, staycations are not a perfect solution. For one thing, visiting tourist sites and eating out is not cheap. Some people overcome this problem by choosing to be "armchair travelers". They take a staycation, but instead of spending money to visit nearby attractions or restaurants, they read books or watch documentaries about other places. The cost is very low, of course. Still, for many people, reading or watching a show about a place is a poor alternative to going there. Virtual reality may offer a high-tech way for us to "see" the world. A "traveler" puts on a VR headset and runs special software. The software takes her on a "journey" to another place, such as the mountains of Chile. The VR traveler feels she is really in that place. By turning her head, for instance, she will see mountains behind or in front. The software may also let her "interact" with things. For example, she may be able to "pick up" something to look at it more closely. VR travel is not a perfect solution, either. The VR experience may be enjoyable and realistic in some ways, but it is not the same as being there. And psychology studies show that having real experiences is important for our happiness. Still, one major hotel chain already gives its guests the chance to enjoy VR travel in their rooms. And the technology will get better. Perhaps in the near future, VR will give us the chance to "explore" the moon or Mars

·题目

选择题：

1. what is the theme of this passage?

A. Traveling is wonderful and enjoyable.

B. Taking a trip has many problems.

C. There are many new ways of travel and all of them have advantages and

disadvantages.

D. VR travel is enjoyable, but it's not a perfect solution.

2.Which of the following is NOT the problem with taking a trip?

A. It is expensive.

B. People don't have enough time.

C. It can be stressful.

D. It is too tiring.

3.Which is true about staycations?

A. During staycations, people have to fly a long distance.

B. Staycations cost more than vacations.

C. During staycations, people do many fun things, such as eat at restaurants, visit

shopping malls, or go to local festivals.

D. During staycations, people only read books or watch documentaries about

other places, and they don't go out.

4.Which is NOT true about VR travel?

A. It may offer you a high-tech way to "see" the world.

B. It may allow you to "pick up" something and look at it more closely.

C. It is a perfect solution.

D.One major hotel chain already gives its guests the chance to enjoy VR travel in

their rooms.

5.What does the author prefer according to the passage?

A. Staycations.

B. Nearcations.

C. VR travel.

D. We're not sure.

填空题：

We travel for different purposes. Some of the travels are (1) necessary, but not (2) fun. We love (3) relaxing vacations.

Traveling is wonderful, but there are a lot of problems, too. One issue is (4) cost, as traveling can be (5) expensive.

Another one is (6) time. Vacations can also be very (7) stressful. Maybe that's why staycations have become more (8) popular. But staycations are not (9) perfect, because visiting nearby (10) tourist sites and (11) eating out is not cheap. Therefore, some people choose to be (12) armchair travelers. They just (13) read books or (14) watch documentaries about other places. VR travel makes the traveler feel that she is (15) really in that place and she can also (16) interact with things. VR travel is not perfect, either, because the experience may be (17) enjoyable and (18) realistic, but it is not the same (19) as being there.

【Goal D-While watching】

SpaceX's Plan to Fly You Across the Globe in 60 Minutes

**Chris Anderson:** So, two months ago, something crazy happened. Can you talk us through this, because this caught so many people's attention?

**Gwynne Shotwell:** I'll stay quiet for the very beginning, and then I'll start talking.

**Voices:** Five, four, three, two, one.

**Woman:** Liftoff. Go Falcon Heavy.

**Gwynne Shotwell:** So, this was such an important moment for SpaceX. With the Falcon 9 and now the Falcon Heavy, we can launch into orbit any payload that has previously been conceived or is conceived right now. We've got a couple of launches of Falcon Heavy later this year, so this had to go right. It was the first time we flew it, and the star of the show, of course, brother and sister side boosters landing. I was excited.

**Chris Anderson:** Gwynne, let's wind the clock back. I mean, how did you end up an engineer and president of SpaceX? Were you super-nerdy as a girl?

**Gwynne Shotwell:** I don't think I was nerdy, but I was definitely doing the things that the girls weren't doing. I asked my mom, who was an artist, when I was in third grade, how a car worked, so she had no idea so she gave me a book, and I read it, and sure enough, my first job out of my mechanical engineering degree was with Chrysler Motors in the automotive industry. But I actually got into engineering not because of that book but because my mom took me to a Society of Women Engineers event, and I fell in love with the mechanical engineer that spoke. She was doing really critical work, and I loved her suit. And that's what a 15-year-old girl connects with. And I used to shy away from telling that story, but if that's what caused me to be an engineer—hey, I think we should talk about that.

**Chris Anderson:** So, despite the remarkable success there of that Falcon Heavy rocket, you're actually not focusing on that as your future development plan. You're doubling down to a much bigger rocket called the BFR, which stands for...

**Gwynne Shotwell:** It's the Big Falcon Rocket.

**Chris Anderson:** The Big Falcon Rocket, that's right.

**Chris Anderson:** The logic is that BFR is what you need to take humanity to Mars?

**Gwynne Shotwell:** That's correct.

**Chris Anderson:** But somehow, you've also found other business ideas for this.

**Gwynne Shotwell:** Yes. BFR can take the satellites that we're currently taking to orbit to many orbits. It allows for even a new class of satellites to be delivered to orbit. Basically, the width, the diameter of the fairing is eight meters, so you can think about what giant telescopes you can put in that fairing, in that cargo bay, and see really incredible things and discover incredible things in space. But then there are some residual capabilities that we have out of BFR as well. Chris Anderson: Right, and so that allows you—I mean, I still don't really believe this video that we're about to play here. What on Earth is this?

**Gwynne Shotwell:** So, it currently is on Earth, but this is basically space travel for earthlings. I can't wait for this residual capability. Basically, what we're going to do is we're going to fly BFR like an aircraft and do point-to-point travel on Earth, so you can take off from New York City or Vancouver and fly halfway across the globe. You'll be on the BFR for roughly half an hour or 40 minutes, and the longest part—yeah, it's so awesome. The longest part of that flight is actually the boat out and back.

**Chris Anderson:** I mean. Gwynne, come on, this is awesome, but it's crazy, right? This is never going to actually happen.

**Gwynne Shotwell:** Oh no, it's definitely going to happen. This is definitely going to happen.

**Chris Anderson:** So how many passengers can possibly afford the fortune of flying by space?

**Gwynne Shotwell:** So, the first BFR is going to have roughly a hundred passengers. And let's talk a little bit about the business. Everyone thinks rockets are really expensive, and to a large degree they are, and how could we possibly compete with airline tickets here? But if you think about it, if I can do this trip in half an hour to an hour, I can do dozens of these a day, right? And yet, a long-haul aircraft can only make one of those flights a day. So even

if my rocket was slightly more expensive and the fuel is a little bit more expensive, I can run 10x at least what they're running in a day, and really make the revenue that I need to out of that system.

**Chris Anderson:** So, you really believe this is going to be deployed at some point in our amazing future. When?

**Gwynne Shotwell:** Within a decade, for sure.

**Chris Anderson:** OK, that's certainly amazing.

**Gwynne Shotwell:** I'm personally invested in this one, because I travel a lot and I do not love to travel, and I would love to get to see my customers in Riyadh, leave in the morning and be back in time to make dinner.

**Chris Anderson:** So, we're going to test this out. So, within 10 years, an economy price ticket, or, like, a couple thousand dollars per person to fly New York to Shanghai.

**Gwynne Shotwell:** Yeah, I think it'll be between economy and business, but you do it in an hour.

**Chris Anderson:** Yeah, well, OK, that is definitely something. And meanwhile, the other use of BFR is being developed to go a little bit further than Shanghai. Talk about this. You guys have actually developed quite a detailed, sort of, picture of how humans might fly to Mars, and what that would look like.

**Gwynne Shotwell:** Yeah. So, we've got a video, this is a cropped video from others we've shown, and then there's a couple of new bits to it. But basically, you're going to lift off from a pad, you've got a booster as well as the BFS, the Big Falcon Spaceship. It's going to take off. The booster is going to drop the spaceship off in orbit, low Earth orbit, and then return just like we're returning boosters right now. So, it sounds incredible, but we're working on the pieces, and you can see us achieve these pieces. So, booster comes back. The new thing here is that we're going

to actually land on the pad that we launched from. Currently, we land on a separate pad, or we land out on a boat. Fast, quick connect. You take a cargo ship full of fuel, or a fuel depot, put it on that booster, get that in orbit, do a

docking maneuver, refuel the spaceship, and head on to your destination, and this one is Mars.

**Chris Anderson:** So, like, a hundred people go to Mars at one time, taking, what, six months? Two months?

**Gwynne Shotwell:** It ends up depending on how big the rocket is. I think that this first version, and we'll continue to make even bigger BFRs, I think it's a three-month trip. Right now, the average is like six to eight, but we're going to try to do it faster.

**Chris Anderson:** When do you believe SpaceX will land the first human on Mars?

**Gwynne Shotwell:** It's a very similar time frame from the point-to-point. It's the same capability. It will be within this decade. Within a decade—not this decade.

**Chris Anderson:** In real time, again, within a decade. Well, that would also be amazing. Why, though? Seriously, why? I mean, you've got a company where this is the official stated mission. Is everyone actually bought into that

mission, given that, I mean, there's a lot of people around who think, come on, you've got so much talent, so much technology capability? There are so many things on Earth that need urgent attention. Why would you have this escape trip off to another planet?

**Gwynne Shotwell:** So, I am glad you asked that, but I think we need to expand our minds a little bit. There are plenty of things to do on Earth, but there are lots of companies working on that. I think we're working on one of the most important things we possibly can, and that's to find another place for humans to live and survive and thrive. If something happened on Earth, you need humans living somewhere else. It's the fundamental risk reduction for the human species. And this does not subvert making our planet here better and doing a better job taking care of it, but I think you need multiple paths to survival, and this is one of them. And let's not talk about the downer piece, like, you go to Mars to make sure all earthlings don't die. That's terrible, actually, that's a terrible reason to go do it. Fundamentally, it's another place to explore, and that's what makes humans different from

animals, it's our sense of exploration and sense of wonderment and learning something new. And then I also have to say, this is the first step in us moving to other solar systems and potentially other galaxies.

**Chris Anderson:** That is a big vision. Gwynne Shotwell, thank you. You have one of the most amazing jobs on the planet.

**Gwynne Shotwell:** Thank you very much. Thanks, Chris.

选择题：

1.The Big Falcon Rocket can put satellites meters in diameter into orbit.

A.8

B.18

C.80

2.Journeys between cities on the Big Falcon Rocket may take up to\_

minutes.

A.20

B.90

C.40

3.The first Big Falcon Rocket will have space for around\_

\_passengers.

A. 10

B. 100

C. 1,000

4.Unlike aircraft, the Big Falcon Rocket can travel

times a day.

A. a few

B. Several

C. dozens of

5.The Big Falcon Rocket may fly between major cities within the next\_\_2/10/20 years.

A.2

B.10

C.20

判断题

1.SpaceX plans to use the Big Falcon Spaceship to fly humans to Mars.

(T)

2.On average, the trip to Mars currently takes two to three months.

(F)

3.Gwynne Shotwell says the first human will land on Mars next year.

(F)

4.Some people believe that SpaceX should fix Earth, not travel to Mars.

(T)

5.Shotwell gives one reason why she thinks humans should go to Mars.

（F）

选择题

1.which of the following is NOT true about Gwynne Shotwell?

A. She doesn't think she is nerdy.

B. She likes doing things that girls aren't doing.

C. Her mother is a mechanical engineer.

D. She travels a lot but she doesn't love to travel.

2.How can the rockets possibly compete with airlines?

A. Rockets are cheaper.

B. Rockets can travel dozens of times a day.

C. The fuel for rockets is less expensive than the fuel for airlines.D. Rockets may fly between

major cities within the next five years.

3.Which of the following is NOT true about BFR?

A. It stands for the Big Falcon Rocket.

B. BFR possibly will take humanity to Mars in the future.

C. It allows for even a new class of satellites to be delivered to orbit.

D. Smaller BFRs will be made in order to be faster.

4.Gwynne Shotwell is visionary because

A. she has a sense of exploration and likes learning new things

B. she thinks there are plenty of things to do on Earth

C. she is a great engineer and the president of SpaceX

D. she tries to find other places for humans to live

视听说 4-Unit4

【Goal A-Vocabulary】

·音频：

（短文填空题）

The sports industry is one of the (1) largest industries in the world. (2) Billions of people enjoy it. For example, they might like (3) playing tennis, or (4) going skiing, or (5) doing yoga. They buy equipment to do these activities in order to (6) become fit and develop (7) strong muscles. However, the big money comes from (8) professional sports. All over the world, people pay to watch (9) sporting

events like the Olympics. Part of the reason why sports are popular is because of the (10) drama. In order for a competitor or team to win a (11) game or a championship, another person or team must lose. Winning brings happiness, but failure brings disappointment. Because sports are such big business, TV companies pay a lot of money to show them. In the U.S., for instance, the National Football League receives around (12) $7.5 billion each year for TV rights. And in some sports, such as soccer, companies pay millions to put their (13) name and logo on a team's uniform. (14) Individual athletes get huge money, too. The very best players—the ones who conquer everyone else to become champions—can make many (15) millions of dollars a year. Unfortunately, few people have the (16) talent or skills to play at this level.

【Goal B-Listening】

·音频：

**Host:** Welcome back to Sports Radio. Earlier, I spoke to Jordan Marsh, who won the city marathon yesterday. I'm now joined by Grace Bekele, the fastest woman in that race. Welcome, Grace.

**Grace:** Thank you, but...

**Host:** Now your time was just over two hours and 20 minutes, and that's a pretty fast time for a woman, isn't it? You must be happy with that result, right?

**Grace:** Excuse me? A fast time for a woman?

**Host:** Uh, well, I...

**Grace:** My time was two hours 20 minutes and 14 seconds. That is an elite time for any athlete, either male or female. My time is good enough to go to the Olympic Games. Maybe even good enough to win a medal. And I heard your interview with Jordan Marsh. You did not tell him that he ran a good time for a man, so why say it to me?

**Host:** Well, I didn't... I mean, I...

**Grace:** And you are wrong. Jordan did not win the marathon yesterday. He was the fastest man, but I was three minutes faster than him. I won the race, OK?

**Host:** I've upset you, haven't I? That wasn't my intention. Sorry. Still, men generally do have more speed—and strength—than women, don't they? I mean, that's just nature.

**Grace:** More speed? Maybe sometimes, but not more strength. For example, six months ago I gave birth to a beautiful

baby. Female runners do that all the time, but can you imagine any man running an elite marathon just a short time after having a baby?

**Host:** Probably not, but...

**Grace:** I am still talking. And female athletes don't get the same support as male athletes. Do you know when I first had a coach? Not until I was 19 years old. Why? No coach wanted to work with me. Why? Because I am a woman.

**Host:** Well, but...

**Grace:** I am still talking. And when I got married, do you know what people expected of me? They expected I would stop running and take care of my family. My husband is a professional soccer player, but nobody expected him to stop playing.

**Host:** But if...

**Grace:** I am still talking. I won the marathon yesterday, but Jordan got more money than me. Why? Because he is a man and male athletes usually get more than female ones.

**Host:** Yeah, but...

**Grace:** I am still talking. So female athletes compete against society as well as against each other. And for that reason, I say women are stronger than men. How can we not be strong? We must fight every day for everything.

**Host:** You've made some very interesting points, Grace. You're right that life is more difficult for women in sports. Let's

discuss this more after this break...

·题目：

感觉不会考

1.In sports, men are generally faster and stronger than women.

interviewer

2.Men are sometimes faster than women, but they are not stronger.

athlete

3.Coaches support female athletes less than they support male ones.

athlete

4.People expect female athletes to stop doing sports after they marry.

athlete

5.Female athletes compete against society as well as other athletes.

athlete

6.Life is more challenging for women who are professional athletes.

interviewer

【Goal B-Extended Listening】

**Jasim**: What are you up to, Amy?

**Amy**: Hi, Jasim. I'm reading stuff on the Internet. I'm doing a project about the Olympic spirit—you know, fair play, acts of real sportsmanship, and all that.

**Jasim**: Anything interesting?

**Amy**: Actually, yes—loads. For example, do you know what Judy Guinness did at the 1932 Los Angeles Olympics?

**Jasim**: To tell you the truth, I don't even know who she is.

**Amy**: Well, she was a fencer—you know about fencing, don't you? The sport of attacking and defending with a sword that has a thin, long blade? Like old-fashioned knights, except that you don't kill or even hurt each other?

**Jasim**: Oh, yeah—all dressed in white, with a mask. The judges give you points every time you touch your opponent with the blade.

**Amy**: That's right. Well, Judy Guinness was in the final, competing against Ellen Preis, from Austria. At the end, the judges gave Judy Guinness the gold medal by one point, but she refused it because they had made a mistake and had failed to count two points that Ellen Preis had scored. So, she got silver instead.

**Jasim**: Cool! That's real fair play.

**Amy**: It certainly is! And what about this other one? At the 1936 Olympics in Berlin, Jesse Owens—you know who Jesse Owens was, don't you?

**Jasim**: Erm... no, sorry!

**Amy**: He was an American athlete. He had already won the gold medal in the 100 meters, and the day after that, he was competing in the long jump. He was the world record holder, and his opponent was a German called Luz Long. Luz Long was the European record holder.

**Jasim**: His last name was Long, and he held the European record for the long jump?

**Amy**: Ha ha! Yes! Anyway, Jesse Owens wasn't doing very well. You know the rules for long jump, don't you? You run up as fast as you can, and then jump and land in the sand. But you must jump on or before a white line. If you jump beyond that line, it's a foul, and your jump doesn't count.

**Jasim**: How many times can you try?

**Amy**: Six. But if you foul the first three, you're out. So, at the Berlin Olympics, Jesse Owens had fouled his first two jumps. If he had fouled the third one, he would have been out, and Luz Long would have probably won the gold medal.

**Jasim**: Wow—so what happened?

**Amy**: Luz Long went to talk to Jesse Owens, he gave him advice on how to correct his run-up, Owens didn't foul

his third jump, and then won the gold medal. Luz Long was second.

**Jasim**: Great story! But did you only find old examples?

**Amy**: No—here's a modern one: At the 2017 London Marathon, Matthew Rees was running a great time when he came around the corner for the last 200 meters and saw another athlete struggling.

**Jasim**: What do you mean?

**Amy**: Well, there was this other guy, David Wyeth, who had lost control of his muscles and all sense of direction, so he didn't even know which way the finishing line was. You can imagine how that can happen—a marathon is 26.2 miles, and they were 200 meters from the finishing line, so they'd come a long way. And the weather was hot.

Maybe he hadn't drank enough water.

**Jasim**: So, what happened?

**Amy**: Matthew Rees reached David, put his arm around him, and walked him all the way to the finishing line.

**Jasim**: That's very cool. Hats off to Matthew Rees. There must be a video online, mustn't there?

**Amy**: There is—look! Here's David—you can see he can't even walk, can't you? And here's Matthew... [fade out.]

·题目：

1.What did Judy Guinness do?

A. She told Olympic judges that they were wrong.

B. She managed to avoid hurting her opponent.

C. She refused one point the judges had given her.

D. She gave two points to her opponent.

2.What did Luz Long do?

A. He fouled two jumps.

B. He helped his opponent.

C. He jumped beyond the line.

D. He fouled three jumps.

3.What did Matthew Rees do?

A. He let another runner win the marathon.

B. He stopped a runner from hurting himself.

C. He stopped running to support a struggling runner.

D. He lost control of his muscles.

【Goal C-Listening】

**When Losing Means Winning**

In sports, we expect that athletes and teams will play to win. In most cases, this is true. In unusual cases, however, trying to lose may be better. Take the soccer World Cup in 2018. England had to play Belgium. The team that won would stay in the competition, but would play great teams like Brazil or France in future games. The team that lost would also stay in the competition, but would play less famous teams like Denmark or Sweden. In other words, the losing team would have easier games and so have more chances to win the whole competition. In the end, Belgium won the game. But for England, losing did not feel like failure: The team easily reached the semi-final, the country's best result in almost 30 years. In some North American sports leagues, losing can also mean winning. However, unlike the example of England and Belgium, in these leagues, a team must lose many games in some years in order to win in future years. The reason for this strange situation is something called a draft. Each year, every team gets a chance to add the best young players from around the country. Teams with very bad records get the first chances to pick players, and teams with good records get the last chances. So, losing a lot gives a team a good chance to draft a great young player. Why is drafting players important? Well, a team that can add several top players can improve a lot very quickly. The team might even become good enough to win a championship. That sounds surprising, but it has happened many times. In baseball, for example, the Chicago Cubs and Houston Astros were bad teams for years. They lost game after game. Losing let both teams draft many young players. These new players were very good. They were so good, in fact,

that the Cubs won the baseball World Series in 2016. Then just one year later, the Astros won it. When a team tries to lose often in order to draft great players, it is called tanking. This is sometimes unpopular with fans, but it is not against the rules. Still, how do teams actually do it? Trading players is a common way. A tanking

team can trade its best players to other teams. In return, it can get extra draft picks. This has two benefits. First, the tanking team is more likely to lose because it no longer has its best players. Second, when the draft happens, the team can use the extra picks to get even more great young players. In this way, a tanking team can go from worst to first in just a few years

选择题：

1.What is the theme of the passage?

A. Winning is always the most important thing.

B. Drafting players is very important for a team.

C. Losing gives a team a good chance to draft great young players.

D. Losing can also mean winning sometimes.

2.The Chicago Cubs baseball team lost many games until it won\_\_\_\_\_\_\_.

A. the baseball World Series in 2016

B. the baseball semi-final in 2015

C. the baseball World Series in 2015

D. the baseball national competition in 2015

3.Which is NOT true about drafting?

A. It happens because every team gets a chance to add the best young players from

around the country in some North American sports leagues.

B.Drafting players is very important because a team that can add several top players

can improve a lot very quickly.

C. Drafting may make a team that loses many games win in future years.

D. Teams with good records get the first chances to pick players.

判断题：

1.England's players probably felt very disappointed about losing the game.（

**F）**

2.Tanking is something that happens in sports league across North America.（

**T）**

3.A team that wins many games can get great players in the draft.**（**

**F）**

4.The Chicago Cubs baseball team lost many games before 2016. **（**

**T）**

5.Some fans do not like team tanking, for doing it is against the rules.**（**

**F）**

6.One way for teams to tank is for owners to trade players to other teams.**（**

**T）**

【Goal D-While watching】

What I Learned When I Conquered the World's Toughest Triathlon

**Minda Dentler:** It was October 13, 2012, a day that I will never forget. I was on my bike, pushing up what seemed like a never-ending barren hill. And it wasn't just any hill: It was a 15-mile climb up to a town called Hawi on the Big Island of Hawaii. And it wasn't just any ride: It was at the Ironman World Championship. I can still feel my muscles burning. I was struggling, tired and dehydrated, as I could feel the heat emanating from the asphalt, measuring almost 98 degrees. I was near the halfway point of the bike portion of one of the most prestigious, longest, single-day endurance race events in the world. At age 28, I was introduced to the sport of hand-cycling, and then triathlon, and by luck, I met Jason Fowler, an Ironman World Champion, at a camp for athletes with disabilities. And like me, he competed in a wheelchair. And with his encouragement, at age 34, I decided to go after Kona. The Kona, or Hawaii Ironman is the oldest Iron-distance race in the sport, and if you're not familiar, it's like the Super Bowl of triathlon. And the Ironman, for a wheelchair

athlete like me, consists of a 2.4-mile open-water swim in the Pacific Ocean, a 112-mile hand cycle ride in lava fields—now, that sounds exotic, but it's not as scenic as it sounds, and it's pretty desolate—and then you top it off with

a marathon, or a 26.2-mile run in 90-degree heat using a racing wheelchair. That's right, it's a total distance of 140.6 miles using just your arms in less than 17 hours. No female wheelchair athlete had ever completed the race because of the strict, seemingly impossible cutoff times. And so there I was, putting it all out on the line. And when I finally reached the top of that 15-mile climb, I was discouraged. There was no way I was going to make that swim/bike time limit of 10 and a half hours, because I was almost two hours off pace. I had to make the agonizing decision to quit. I removed my timing chip, and I handed it over to a race official. My day was done. My best friend Shannon and my husband Shawn were waiting at the top of Hawi to drive me back to town. And on my way back to town, I began to cry. I had failed. My dream of completing the Ironman World Championship was crushed. I was embarrassed. I felt like I'd messed up. I worried about what my friends, my family and people at work would think of me. What was I going to put on Facebook? How was I going to explain to everyone that things didn't go the way I had assumed or planned?

A few weeks later I was talking to Shannon about the Kona "disaster", and she said this to me: "Minda, big dreams and goals can only be realized when you're ready to fail." I knew I had to put that failure behind me in order to move forward, and it wouldn't be the first time that I had faced insurmountable odds. I was born in Bombay, India, and just before my first birthday, I contracted polio, which left me paralyzed from the hips down. Unable to care for me, my birth mother left me at an orphanage. Fortunately, I was adopted by an American family, and I moved to Spokane, Washington just shortly after my third birthday. Over the next few years, I underwent

a series of surgeries on my hips, my legs, and my back that allowed me to walk with leg braces and crutches. As a child, I struggled with my disability. I felt like I didn't fit in. People stared at me all the time, and I was embarrassed about wearing a back brace and leg braces, and I always hid my chicken legs under my pants. As a young girl, I thought thick, heavy braces on my legs did not look pretty or feminine. Among my generation, I am one of the very few individuals in the U.S. who are living with paralysis by polio today. Many people who contract polio in developing

countries do not have access to the same medical care, education, or opportunities like I have had in America. Many do not even live to reach adulthood. I have the humbling knowledge that, had I not been adopted, I most certainly wouldn't be in front of you today. I may not even be alive. All of us, in our own lives, may face seemingly insurmountable goals. I want to share with you what I learned when I

tried again. One year after my first attempt, on a sunny Saturday morning, my husband Shawn dumped me into the ocean at the Kona Pier and, with 2,500 of my closest friends and competitors, we started swimming as that cannon went off promptly at 7 a.m. I focused on one stroke at a time, staying in between bodies, counting my strokes—one, two, three, four—and lifting my head to sight every so often just so I wouldn't get too off track. And when I finally reached the shoreline, Shawn picked me up, and he carried me out of the water. I was so stunned and thrilled when Shawn had told me I had managed a one-hour-and-43-minute swim time. On to the bike segment. I had eight hours and 45 minutes to complete the 112-mile bike course. I broke up the course in seven- to 10-mile segments in my mind just to reduce the enormity of the race. The first 40 miles, they clipped by as we benefited from a little tail wind. By 4 p.m., I had made it to mile 94, and I did the math and I realized I was in serious time jeopardy because I had 18 miles to go and less than 90 minutes, and that included a few sizable hill climbs. I was stressed out, and I was scared that I wasn't going to make that time cutoff again. At this point, I pushed my internal voice aside that said, "This hurts. Quit." And I told myself, "Minda, you better focus. Focus on what you can control, and that is your attitude and your effort." I resolved to be OK being uncomfortable, and I told myself, "Push harder, forget about the pain, and keep that laser focus." For the next 90 minutes, I cranked as

though my life depended on it. And when I rolled into town, I heard on the loudspeaker, "Minda Dentler is one of the last competitors to make the bike cutoff." I did it! By only three minutes. It was 5:27 p.m., and I had been racing for 10-anda-half hours. The first 10 miles of the run went pretty quickly, as I was so excited to finally pass people with my three wheels to their two feet. The sun quickly went down, and I found myself pulling up to the bottom of Palani hill, looking straight into a half mile hill that looked like Mount Qomolangma at mile 124 of the race. My friends and family were ready at their stations to talk me up that hill. I was struggling, tired,

desperately gripping those rims just so I wouldn't tip backwards. When I finally reached the top of that hill, I turned left onto a very lonely 15-mile stretch onto the Queen K Highway, totally exhausted. I pressed on, focusing on one push at

a time. By 9:30 p.m., I made that final right-hand turn onto Ali'i Drive. I heard the crowd's roar, and I was overcome

with emotion. I crossed that finish line. And my final time was 14 hours and 39 minutes. For the first time in the 35-year history, a female wheelchair athlete completed the Ironman World Championship. And it wasn't just any female athlete. It was me. A paralyzed orphan from India. Against all odds, I achieved my dream, and through this very personal commitment to myself, I slowly realized that completing the Ironman was about more than conquering Kona. It was about conquering polio and other disabling but preventable diseases, not only for myself, but for the millions of children who have been and still will be afflicted by vaccine-preventable diseases. Today, we are closer than ever to eliminating one of those diseases everywhere in the world. In the mid-1980s, polio once paralyzed more than 350,000 children a year in more than 125 countries. That amounted to a staggering 40 cases an hour. By contrast, so far this year, the last endemic countries have reported a total of only

12 cases. Since 1988, more than 2.5 billion children have been immunized against polio, and an estimated 16 million children, who otherwise would have been paralyzed like me, are walking. Despite this incredible progress, we know that until it's eradicated, polio remains a very real threat, especially to children in the poorest communities of the world. It can reemerge in some of the most remote and dangerous places, and from there, it can spread. And so, this is my new Ironman: to end polio. And I am reminded every day, when I look at my two-and-a-half-year-old daughter Maya. She is able to climb a ladder in the park, push her scooter or kick a ball across the grass. Almost everything that I see her do at her age reminds me of what I could not do at that age. And when she was two months old, I took her to get her first polio vaccine. And when the doctor came in the room to prepare the shot, I asked him if I could take a picture to document the moment. When we left the room, I could feel my eyes welling up with tears. I cried the entire way home.

It was in that moment that I realized that my daughter's life would be very different from mine. She will never be faced with the crippling disability of polio, because a vaccine was available, and I chose to get her immunized. She can do anything she wants, as can each of you.

Now I'd like to leave you all with one question: What is your Ironman?

·题目

填空题

In the mid-1980s, polio once (1) paralyzed more than 350,000 children a year in more than 125 countries. That (2) amounted to a staggering 40 cases an hour. By contrast, so far this year, (3) the last endemic countries have reported a total of only 12 cases. Since 1988, more than 2.5 billion children have been (4) immunized against polio, and (5) an estimated 16 million children, who otherwise would have been paralyzed like me, are walking. Despite (6) this incredible progress, we know that (7) until it's eradicated, polio (8) remains a very real threat, especially to children (9) in the poorest communities of the world. It can (10) reemerge in some of the most (11) remote and dangerous places, and from there, (12) it can spread.

选择题：

1.Which of the statements is true about Minda Dentler?

A. She was born in Washington.

B. She contracted polio at the age of two.

C. She was adopted by an American family, and then she moved to Spokane, Washington.

D. She was introduced to the sport of hand-cycling when she was 34.

2.For Minda Dentler,her new Ironman is \_\_

A. conquering Kona

B. overcoming her disabilities

C. facing the challenge

D. conquering polio

3."Eig dreams and goals can only be realized when you're ready to fail." This sentence

means\_—.

A. winning is not important

B. if you want to win, you have to put failure behind you and try to be strong

C. you must forget the pride and happiness of winning

D. failure can teach us lessons