

初三英语阅读专项训练指导

——主旨要义题

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初三生居家
体育锻炼指南

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二、语篇层面的主旨大意题

1. 语篇层面的主旨与文体有关。记叙文是在叙述人物经历和事物发展变化,其主旨往往是通过人物描写所反映出的品质和精神,或事物变化后所折射出的积极世界观。重在以事感人。

【例5 记叙文】

I know my brother better than anyone else in the world. Since the moment of his birth, I've been part of his life. I had spent seven happy years in the world with the attention of those around me. But when Rohan was born, life changed. Suddenly I had to share my toys and there were no more bedtime stories or my own choice of food.

Finally, I hated this small boy. The poor baby had no idea what had made me so unhappy. Maybe he found me strange, the only person in this house who did not like him. Whatever the reason was, he loved following me around. However, I seldom talked to him and always asked him to leave me alone.

Then all that changed. I hardly remember everything of that day six years ago, but I do remember that I was feeling very angry. Somehow my feet led me to my brother's bed. Then I found myself in my brother's room. My hand, completely free from my mind, reached through the bars (护栏). I couldn't help reaching my hands through the bars. At once, he reached his small hand and softly touched mine. And that was all I needed. Through all the unhappiness of the day, that one moment changed everything. How could I hate someone who made me feel so important? For the first time, I saw my brother, not through the eyes of a child who was no longer favored (宠爱), but through the eyes of a sister.

To this day, I can't imagine life without my brother. It is unbelievable how much I have learned about life from a seven-year-old boy. Above all, Rohan has taught me that one should not care only for himself.

5. What does the story want to tell us?

A. Parents should have more than one child.

B. We should not care only for ourselves.

C. The writer hates her brother very much.

D. The writer always looks after her brother well

答案:B

解析: 本文是记叙文,第一、二段表达了作者对弟弟的反感。第三段一开始指出: Then all that changed(一切都改变了)。弟弟不经意间把手放在“我”的手上,“我”感觉到了温暖。最后一段作者表明了态度: 我们不能只关心自己,要多关心别人。故答案为B。

2. 说明文则是介绍事物、解说事理,重在以知授人。形式上多采用平行结构,可以介绍和说明某个物品的多个方面。

【例6 说明文】

Few of us have heard of Nils Bohlin, but whenever we take a car journey his invention makes us safer. Found in almost every modern car, the three-point seat belt reduces our chances of death or injury (伤害) by at least 50%. While feeling thankful to this engineer from Volvo, you may also wonder how he came up with such a great idea.

Having worked as a plane designer before, Nils knew clearly that the pilots were willing to put on anything to keep them safe in an accident, but to his surprise, most people in the cars just didn't want to be uncomfortable for even a minute. To improve the safety for people in the cars, he decided to find a perfect system which should be simple, effective and convenient. In the end, he invented the three-point seat belt, which has been considered as one of the greatest inventions in history.

Seat belts prevent people in the cars from serious injury in five ways.

Keep people inside. People who are thrown out from a car are four times more likely to be killed than those who stay inside.

Protect the strongest parts of the body. Seat belts are designed to fix your body at its strongest parts. For an older child and adult, these parts are the hips (臀部) and shoulders.

Spread out the force in an accident. Seat belts spread the force of the accident over a wide area of the body. By putting less stress on one area, they can help you avoid serious injury. Seat belts also help keep your upper body away from the hard parts of the car if you stop suddenly or are hit by another car.

Help the body to slow down. A quick speed causes injury. With the help of the seat belts, your body can have more time to slow down in an accident.

Protect your brain and spinal cord (脊柱). Seat belts are designed to protect these two key areas of the human body. Head and spinal cord injuries may be hard to see immediately, but they can cause death. Therefore, it's of great importance to protect these parts.

It takes only a few seconds to buckle up (系好安全带) once you get in the car, but this simple action could save your life. Why wouldn't you?

6. This passage is mainly about _____.

A. how seat belts are made

B. how seat belts are used

C. how seat belts save lives

D. how seat belts develop better

答案:C

解析: 第一、二段介绍了三点式座椅安全带的发明人、作用及发明历程。从第三段开始分别说明了安全带提供安全保障的5个原理。最后一段指出乘车要佩戴安全带。文章用大篇幅说明安全带的保障作用,与C选项意思一致,故答案为C。

(未完待续)

为帮助初三生顺利应考初中学业水平考试体育现场考试,在线上教学期间,为考生提供体育锻炼指南,督促考生居家坚持锻炼。初三生居家锻炼时可以制订一个详细的计划表,把自己的强项和弱项列出来,安排好每个项目的锻炼时间。可充分利用小区的健身器材,如男生可练习引体向上,女生练习仰卧起坐等。针对足球、篮球项目,考生可加强练习左右手(脚)运球、“变向”等动作,提高运球基本功,熟悉球性。但参加体育锻炼要注意安全。锻炼时,考生要注意选择合适的场地、器材,以防受伤。

训练计划

1. 走跑交替15至20分钟或慢跑15至20分钟。

2. 徒手操(体育课上的各种柔韧练习)10分钟左右。

3. 上下肢及腰腹力量练习

(1) 用可调节重量哑铃模仿投掷实心球(哑铃不能出手)10至20次/组,2至5组。

(2) 引体向上(选此项目的考生要坚持每周至少练三次),正握单杠,开始练习时可能做得不标准或做不上去,但要坚持做,可做悬垂或在别人的帮助下完成,帮助的力量逐渐减小,力量用完为一组,不少于5组。

(3) 利用小区的健身器械做向上拉的练习10至20次/组,2至5组。

(4) 向上举哑铃练习10至20次/组,2至5组。

(5) 俯卧撑或脚抬高的俯卧撑练习10至20次/组,不少于5组。

(6) 仰卧起坐练习,30至40次/组,不少于5组。

(7) 深蹲跳起30至40次/组,3至5组

(8) 20米连续蛙跳2至4组。

(9) 跳绳100次/组,3至5组。

4. 球类练习

篮球项目:要继续保持和提高。

(1) 每周不少于2次运球练习,可选择原地运球或行进间运球,根据练习场地决定,也可以画出考试场地做全程运球练习。

(2) 提高行进间运球速度,三步运一次球做一次变向,距离不限。

足球项目:要增强球性和成功率。

(1) 每周不少于3次运球练习,利用水瓶摆放来设置考试场地,模拟考试做全程练习。

(2) 提高行进间运球速度,提高成功率,返回转身练习要多加强。

排球项目:要稳中求胜,提高动作的稳定性。

(1) 每周3次计时练习,1分钟时间保证垫球40次。

(2) 自制高度标志,保证垫球高度。

5. 耐力练习

(1) 在确保安全的地方跑3至5分钟(中间休息2分钟,自测心率控制在120至150次/分),做3至5组。

(2) 双脚交替踏台阶3至5分钟(中间休息2分钟,自测心率控制在120至150次/分),做4至7组。

(3) 篮球、足球运球变向跑3至5分钟/组(中间休息2分钟,自测心率控制在120至150次/分),做4至7组。

练习频率:每周三次。

(4) 备注:耐久跑要根据自身能力来安排运动量,体重大、耐久跑能力差的考生要坚持每天练习,匀速跑3至5公里左右,其他考生耐久跑最好隔日练一次。

力量练习与耐久跑要隔日练习或放在准备活动后耐久跑前进行,也可在学习疲劳时作为调节性练习。(中间休息2分钟,自测心率控制在120至150次/分),做4至7组。

注意:所列各项练习,不是每项都要练,考生要根据所选项目和自身条件而定。每天都要有耐力和上下肢力量练习,其他项目可选择进行。

考生要选好适合自己的练习项目,持之以恒练习。在学习一两个小时后可选做几项简单的力量练习,如俯卧撑、蹲起、仰卧起坐等作为对学习的调节,这样对学习、体能都有帮助。

6. 室内锻炼内容参考

身体素质训练:每天完成“三个100”,分别是100个俯卧撑(男)/100个背飞(女)、100个仰卧起坐、100个蹲起。要在同一个练习单元内完成,根据自身能力,可分多组完成。

波比跳:每组20次,每天5组,在一个单元内完成。

平板支撑:每次1分钟,每天5至8组。