**任务型阅读**

**(1)**

We all have days when we are down, tired and unhappy. That’s OK. You need days like this, or how would you know you are happy? You’ll enjoy your good days even more when you have a few bad days. Even if sadness is a part of life, let’s try to make it small. Here are a few simple ways to help you feel better when you are feeling sad.

1. Stand up straight so that this helps your energy flow (流动). When your energy is flowing freely, you can flow too.

2. Smile! It’s easy to do and have good results. This way can not only leave you in a good mood but also bring others a good mood.

3. Listen to music. It can be your favourite music. Some kinds of music work better than others, so try and find out what kind of music works the best for you.

4. Take some “me” time. You can find happiness in reading a book, watching a sunrise or having a hot bath, or something like that.

5. Exercise. Even something as simple as taking a walk will get your blood flowing. It is a great way to clear your mind of anything that makes you sad.

These ways will cheer you up when you are down, but don’t just use them when you are sad. Try and practice them every day to make them a habit. You will be surprised to learn that these simple ways will keep your sadness away. But if you are in a deep depression (沮丧), go to see a doctor.

|  |  |
| --- | --- |
| Ideas | ● It is OK to feel down, 1 and unhappy.  ● It is possible to make sadness a small 2 of life. |
| Simple 3  to cheer you up | ● Stand up straight, 4 your energy can flow freely. |
| ● 5 at others because it can bring you and others a good mood. |
| ● Listen to your favourite music because it works \_\_\_\_\_6\_\_\_. |
| ● 7 happiness in life, such as watching a sunrise. |
| ● Take a walk and you can clear your 8 of sad things. |
| Suggestions | ● Try to make these simple ways an . 9 habit.  ● Go to see a 10 when you are in a deep depression. |

**(2)**

I am Tony. I am happy to tell you my school and my life. Every day my father drives me to school. It takes us fifteen minutes to go to school. My school is big and beautiful. I like my school very much. The desks and chairs are new. There are lots of pictures on the walls. You can also see some flowers on the teachers’ desk. We clean the classroom every day.

I don’t go to school on Saturday and Sunday. I get up at six on Saturday. I play basketball with my father in the park near my home for half an hour. Then I eat my breakfast. I help my mother water the trees and flowers in the garden. At eight I begin to do my homework. My parents and I have lunch in the KFC. In the afternoon, I have Art lessons. Sometimes I chat with my friends on the Internet in the evening.

|  |  |  |
| --- | --- | --- |
| Tony’s school and life. | | |
| School | | It’s 1 and beautiful. |
| Life on weekdays | | He goes to school five days a week and he goes to school by car with his father every day. It takes us a 2  of an hour to go to school. |
| Life at weekends | Morning | He has breakfast before 3 the trees and flowers in the garden. He does his homework at eight. |
| Afternoon | He 4 Art lessons. |
| Evening | Sometimes he likes 5 with his friends on the Internet. |

**(3)**

Brad can play the trumpet (小号). His uncle Bob is a musician. He teaches Brad for two years.

Uncle Bob is happy with Brad. He thinks Brad is a good student.

“Maybe I should try out for the school band (乐队), ” Brad thinks. “I want to join (加入) something. If I'm in the band, I can do something I like and watch the football games, too.”

On Wednesday Brad goes to Room 324. Mr. Cole greets him. “We just need another trumpet player,” he says.

“Let me hear you play something.”

Mr.Cole smiles when Brad finishes playing.

“Come back tomorrow for your uniform and come to practise on Friday after school. The band will be playing at next week's football game.”

|  |  |
| --- | --- |
| Title: Join the \_\_\_1\_\_\_\_\_\_\_ | |
| What's the boy's name? | \_\_\_\_\_2\_\_\_\_\_\_\_ |
| Who teaches him? | \_\_\_\_\_\_3\_\_\_\_\_\_ Bob is his teacher. |
| How long does he learn? | He plays it for \_\_\_\_4\_\_\_\_\_\_\_ years. |
| What does he want? | He wants to be a\_\_\_\_\_5\_\_\_\_\_\_\_ of the school band. |
| Why? | He can play the trumpet and watch the\_\_\_\_\_\_6\_\_\_\_\_\_ games as well. |
| What does he do? | He goes to Room\_\_\_\_\_7\_\_\_\_\_\_\_to ask Mr.Cole for it on\_\_\_\_\_8\_\_\_\_\_\_. |
| What will he do next? | ● go to Room 324 for his uniform.  ● practise on\_\_\_\_\_\_\_9\_\_\_\_\_ after school.  ● play at the football game\_\_\_\_\_10\_\_\_\_\_\_\_ week. |

**(4)**

What do you do at weekends? Some people like to stay at home and have a rest. Other people think going out for a walk is good for their health. My friend Jack works very hard from Monday to Friday. At weekends he always does the same things. On Saturdays he washes his car and on Sundays he takes his family to a village(村庄) far from his house. His uncle and aunt live there, so Jack goes to see them every week. They have a big farm and only one worker to help them. So they are usually very busy. Jack often asks his family to help them. The children give the animals food. Jack and his wife work in the fields(田). After a long day of work, they are very tired and hungry. So Jack’s uncle gives them a nice meal. After that about five, they drive home.

|  |  |
| --- | --- |
| What do people do at weekends? | |
| Some people | They like to \_\_\_\_\_1\_\_\_\_\_\_ at home and have a rest. |
| Other people | They think\_\_\_\_\_\_2\_\_\_\_\_out for a walk is good for their health. |
| My friend Jack | He works very hard five \_\_\_3\_\_\_\_\_\_a week.  On \_\_\_\_\_\_\_4\_\_\_\_\_he washes his car and on Sundays he\_\_\_\_5\_\_\_\_\_\_\_\_his family to a village.  It is far\_\_\_\_\_6\_\_\_\_\_his house .He goes there to\_\_\_\_7\_\_\_\_\_\_\_\_his uncle and aunt .  Jack’s uncle and aunt have a big farm and have only one\_\_\_\_\_8\_\_\_\_\_\_\_to help them.  So Jack often takes his family to \_\_\_\_\_9\_\_\_\_\_\_them.  Jack’s uncle gives them a nice meal after a long day of work.  At about five,they\_\_\_\_10\_\_\_\_home. |

**(5)**

Tom is a basketball fan.He is good at playing basketball.His favourite basketball player is Kobe.Tom is in our school basketball team.Every Friday afternoon, they play basketball after class and they have matches.

Daniel is Tom’s friend. He is not good at basketball, but he is very good at football. Ronaldo is his favourite football player. Daniel is in the school football team.He plays football with his friends every Tuesday afternoon.

|  |  |
| --- | --- |
| Tom and Daniel | |
| 1 | Be good at playing 3 . |
| Kobe is his favourite basketball 4 . |
| Be in our 5 basketball team. |
| Play basketball on every 6 afternoon. |
| 2 | Be good at 7 |
| Ronaldo is his 8 football player. |
| Be in the school football 9 . |
| Play football every 10 afternoon. |

**(6)**

Hi Jenny,

I enjoy my new school. It has lots of clubs and activities. One of my favorite clubs is the Community Volunteers. The club gives us a chance to help people. This term we’re helping out at a charity for disabled children. I’m helping to organize games, reading stories to the children and helping with the music group. Mrs. Brown organizes our club. She says that I’m really good with the children. I think that is because I have two little sisters.

Next term we’re going to visit some older people. Some of the older people are blind and they want us to help them to read letters and books.

Lots of clubs and activities are about having fun but in the Community Volunteers we help other people and have fun.

Everyone in the club is very friendly and it’s a great way to make new friends at school.

See you soon.

May

|  |  |
| --- | --- |
| What does May do this term | She is ready to 1\_\_\_\_\_\_\_\_disabled children and look 2\_\_\_\_\_\_\_\_ them .  She likes 3\_\_\_\_\_\_\_\_\_games, reading stories and helping with the 4\_\_\_\_\_\_\_\_group. |
| What will May do 5\_\_\_\_\_\_\_\_term | She will help some\_ 6\_\_\_\_\_\_\_\_people.Some of them are blind and \_ 7\_\_\_\_\_\_\_\_her to read letters or books to them. |
| \_ 8\_\_\_\_\_\_\_\_does May feel | It’s 9\_\_\_\_\_\_\_\_\_to help others and 10\_\_\_\_\_\_\_\_\_\_\_\_\_\_new friends. |

**(7)**

Tom has three good friends. They are Jack, David and Mark. They have different hobbies. Tom likes football. He often plays football on weekends. He thinks playing football can make him strong and healthy. He is in the school football team.

Jack doesn’t like sports. He likes listening to music. He likes Jay Chow best of all the singers. He has many of his CDs.. He often listens to music on the way. He thinks music can let him feel happy.

David doesn’t like sports or music. He likes stamps. He collects stamps for five years. The stamps are very beautiful. He thinks collecting stamps can help him know more about the world.  
 Mark likes taking photos. He has a few cameras. When he is free, he often takes out his camera and takes some pictures. Some of his pictures are in the newspapers. He thinks the world is beautiful. He wants to show the beauty of the world to others.

|  |  |  |
| --- | --- | --- |
| Name | Hobby | Reasons |
| Tom | \_\_\_1\_\_\_ football | It can make him strong and \_\_\_2\_\_\_ He is a \_\_\_3\_\_\_of the school football team. |
| Jack | Listening to  \_\_4\_\_\_\_\_ | It can make him feel\_\_\_\_5\_\_\_. Jay Chow is his favourite  \_\_\_6\_\_\_\_\_ of all. |
| David | Collecting \_\_7\_\_ | It can help him know \_\_\_8\_\_\_ about the world. |
| Mark | \_\_9\_\_\_\_ photos | He wants to show the beauty of the \_\_\_10\_\_\_ to others. |

**(8)**

TODAY is November 7th. It’s our Open Day . Our parents come and visit our school on this

day . Our school looks nice and big . The playground is very big and our classrooms are clean and bright . We also have an art room , a music room , a biology room and a small hall .

The Open Day starts at 9 a.m. in the playground . Everyone watches the students play different sports . Next we go to the art room to enjoy all the students’ pictures at 10 a.m. At 11 o’clock we all go to the school hall for a short meeting , and then we have lunch . After lunch , we have a little rest for half an hour in the hall . At 2 p.m. we have a look at all the students’

work in the biology classroom . Finally we go to the music room and listen to some students play music at 4 p.m.

Everyone has a good time at school on this day .

|  |  |  |
| --- | --- | --- |
| Open Day | | |
| 1 : 2 7th | | |
| Time | Activity | Place |
| 9 a.m. | Watch the students 3 sports | Playground |
| 10 a.m. | 4 students’ pictures | Art room |
| 11 a.m. | 5 | School hall |
| After lunch | Have a rest for thirty 6 | Hall |
| 2 p.m. | 7 at students’ work | 8 classroom |
| 4 p.m. | Listen to 9 | Music room |
| Everyone has 10 on this Open Day . | | |

**(9)**

I have many friends, and they have different favourite subjects (科目)．John’s favourite subject is Computer because he thinks the computer can help him a lot in his study．He is a computer fan(迷) ．He likes playing computer games very much, and he is good at playing it．Jack likes Art best because he likes drawing (画) pictures very much．Mary likes Chinese best because her father is Chinese．Her father teaches her Chinese at home．She loves China very much, and she wants to know more about China．Bob thinks Maths is very interesting, so he likes Maths best．David likes PE best because he likes doing sports, He does well in playing basketball and football.

|  |  |  |
| --- | --- | --- |
| My 1 and their favourite subjects | | |
| Name | Favourite subject | The reason |
| John | Computer | Because he thinks the computer can 2 him a lot in his 3 . |
| 4 | Art | Because he likes drawing 5 a lot. |
| Mary | Chinese | Because her 6 is Chinese. |
| Bob | Maths | Because he thinks Maths is very 7 . |
| David | 8 . | Because he likes doing 9 ．He is 10 at playing basketball and football. |

**(10)**

At 9.a.m., we go to the music room for the first lesson of the day. My friends and I sing nice songs there. After music class, it is time to go to the art room. The teacher teaches how to draw a spaceship. What an interesting morning!

Then lunchtime is coming. There is an "English Day" in the dining hall, so we talk in English and have some English food for lunch, like hamburgers and chips, and I also have some ice cream. It’s such a special day.

After lunch, we go to the playground to exercise. I think it’s good for us. Our teacher, who was a famous baseball star, teaches us how to play baseball. I think I do it well. But football is my No. 1 game. Then we go to the school cinema. We watch a cartoon film, The Lion King. I think it can help us with our homework on animals.

After that , we need to get on the bus and go home. Dinner is ready when I get home. After a nice dinner, I do my homework and read my favourite book, Harry Potter. What a happy dream school day!

|  |  |  |
| --- | --- | --- |
| My dream school day | | |
| Time | Activities | Feelings |
| In the morning | Class starts at 9 o’clock, and there are only two lessons, music and 1 . | I think it’s an 2 morning. |
| At noon | We have some English food for lunch. | It’s very special. |
| In the afternoon | We exercise on the playground and the teacher teaches us to play baseball. | It’s 3　 for us. |
| We also watch a 4 film called The Lion King in the school cinema. | It is helpful for our homework. |
| In the evening | I do my homework and read Harry Potter. | I like the book 5 　. |

**（11）**

Starting a book club is easy--- all you need is to love reading. Here’s how to get yours off to a flying start.

When you set up your club, the first thing is to get members for your club. They could be friends, family or those you know through kinds of activities, but they should all love to read. A small group of seven to ten people is usually an ideal size for a book club. Too many people make the discussions difficult.

Once you have a group, agree on how often you want to meet-----usually club members meet monthly. Pick a date and stick with it. That way, members can plan for it. Send out emails a week before the meeting to remind(提醒) them of the meeting time. Set meeting time length. An hour is a good start. Two hours usually does the trick.

Then, you need a good place. Libraries, parks and restaurants--- all the public(公共的) places make good meeting places. For many clubs, meeting at home works best because you don’t have to get dressed up, and homes are quiet. If members bring a plate of food or a bottle, it can help start conversation（谈话）

Please don’t forget the most important thing--- the book! Think about the books your club will enjoy. Your club can decide on books in different ways. Anyway, make sure to keep it light and fun.

After you decide all this, your book club is ready. Now, it’s time to hold the first meeting. Enjoy your reading.

|  |  |
| --- | --- |
| How to 1\_\_\_\_\_\_\_\_\_ a club | |
| 2\_\_\_\_\_\_\_\_\_\_ members | | ●You can choose those people who 3\_\_\_\_\_\_\_\_\_\_ to read.  ●Ideal4\_\_\_\_\_\_\_\_\_\_for a book club: Seven to ten people are enough for discussions. |
| Setting the time | ●Set a 5\_\_\_\_\_\_\_\_\_\_ time. Send everyone an email to remind them of the 6\_\_\_\_\_\_\_\_\_ meeting .  ●Decide on how long the meeting will be. |
| Deciding 7\_\_\_\_\_\_\_\_\_\_ to meet | ●You can meet in 8\_\_\_\_\_\_\_\_\_\_ places, like libraries, parks, and restaurants.  ●For many clubs, meeting at home works9 \_\_\_\_\_\_\_\_\_\_. |
| Choosing the books | ●Think about the books your club will enjoy.  ●Decide on the 10\_\_\_\_\_\_\_\_\_\_ of choosing books. |

**(12)**

Do you like football? Maybe you may say “No”. But if I ask, “Do you know David Beckham?” I’m sure the answer will be “Yes”. Beckham was born in Leytonstone, east London, on 2nd May, 1975. He is quite tall and strong. He has brown hair, blue eyes and charming(迷人的) smile. Beckham is good at playing football. He is known as the best football player in England. He is the kind of player that makes fans stand up. He played for Manchester United for 12 years. But then he played for Real Madrid, and he wears the number 23 shirt at Real Madrid. Now, he’s a member of Los Angeles Galaxy. Victoria Beckham, a member of the Spice Girls, is his wife. She likes singing best. She is a famous singer. They have three sons and a girl. They love their sons very much.

|  |  |
| --- | --- |
| \_\_\_\_1\_\_\_\_\_ | David Beckham |
| Age | \_\_\_\_\_2\_\_\_\_ |
| Birthplace | He \_\_\_3\_\_\_\_\_\_ from England. |
| Looks | He’s tall and\_\_\_\_4\_\_\_\_\_.  His hair is brown and his eyes are blue.  He often \_\_\_\_5\_\_\_\_\_ a charming smile. |
| Job | He is famous as a football \_\_\_6\_\_\_\_\_\_. |
| Team | He was a member of Real Madrid before, but now he \_\_\_\_7\_\_\_\_\_ for Los Angeles Galaxy. |
| His\_\_\_\_8\_\_\_\_\_ | Her name is Victoria Beckham and singing is her\_\_\_9\_\_\_\_\_\_.  David Beckham has a daughter and \_\_\_10\_\_\_\_\_\_ sons. |