

## 2020 级初中入学准备暑期攻略

亲爱的同学们，虽然我们还没有见面，但是老师们和你们一样对新的学期充满了期待。为了给同学们助力加油，语数英三科老师为大家精心准备了暑期攻略，希望能对大家顺利步入初中的学习生活有所帮助。

### 语文

俗话说，读万卷书，行万里路。希望同学们利用这个假期多读书、多积累：

1. 古诗文积累：背诵《初中生古诗文推荐背诵 70 篇》（人民文学出版社）中的古诗部分。（开学后进行“古诗文背诵”比赛）

2. 名著阅读：阅读文学名著《西游记》。（开学后进行“西游故事我来讲”展示活动）

此外，还希望同学们做好以下准备工作：

1. 准备三个稍厚一点的 16K 单线笔记本（读笔本、随笔本、文言积累本），一个 32K 单线本（课堂检测本）。

2. 工具书：现代汉语词典（第 7 版）；古代汉语词典；（均为商务印书馆出版）。

国学经典：《论语译注》 杨伯峻 中华书局

3. 购买文学类书籍：

以下是初中名著阅读书目汇总，必读书目必买，自主阅读书目可以只购买涂红的书目，其他自愿阅读。人民文学出版社或人民教育出版社均可。

部编版初中名著阅读书目汇总		
年级	必读书目	自主阅读
七年级上	鲁迅《朝花夕拾》 吴承恩《西游记》	孙犁《白洋淀纪事》 沈从文《湘行散记》 屠格涅夫《猎人笔记》 李汝珍《镜花缘》
七年级下	老舍《骆驼祥子》 凡尔纳《海底两万里》	罗广斌、杨益言《红岩》 柳青《创业史》。 阿西莫夫《基地》 J. K. 罗琳《哈利·波特与死亡圣器》
八年级上	埃德加·斯诺《红星照耀中国》 法布尔《昆虫记》	王树增《长征》 李鸣生《飞向太空港》 卞毓麟《星星离我们有多远》 蕾切尔·卡森《寂静的春天》
八年级下	傅雷《傅雷家书》 尼古拉·奥斯特洛夫斯基《钢铁是怎样炼成的》	乔斯坦·贾德《苏菲的世界》 朱光潜《给青年的十二封信》 路遥《平凡的世界》 罗曼·罗兰《名人传》

九年级 上	艾青《艾青诗选》 施耐庵《水浒传》	泰戈尔《泰戈尔诗选》 清·孙洙选编《唐诗三百首》 刘义庆《世说新语》 蒲松龄《聊斋志异》
九年级 下	吴敬梓《儒林外史》 夏洛蒂·勃朗特《简·爱》	乔纳森·斯威夫特《格列佛游记》 钱钟书《围城》 契诃夫《契诃夫短篇小说选》 夏目漱石《我是猫》

## 数学

数学是一门基础学科，在我们的生活中无处不在。在这个暑假里，希望大家能够做好以下几个方面：

1. **观察：**生活中处处有数学，就看你有没有发现数学的眼睛。请大家多关注自己的生活，尝试着发现形态各异、丰富多彩的图形，以及相关的数学现象。拍成照片做成 ppt，开学后展示给大家。

2. **阅读：**推荐《写给全人类的数学魔法书》1-82页，写一篇读书笔记。说一说你的阅读收获和体会，你的困惑，简单介绍书中你最感兴趣的一个话题，开学后我们将进行读书交流。（手写或打印在一张A4纸上）

也可以自选一本自己喜欢的与数学有关的书，读完后说一说选读原因、内容简介、阅读收获、感受最深的一个内容等。（手写或打印在一张A4纸上）

3. **实验：**推荐阅读《数学本来很简单》。从书中的实验中选取一个最感兴趣的实验，亲自尝试一下，并把自己做实验的过程拍成照片，在开学之后以ppt的形式给大家分享，展示自己的实验成果。

4. **预习：**预习第一章《有理数》，并结合自己的预习内容，搜集有关数的发展史的资料，以及生活中使用负数的实例，结合实例谈谈你对引入负数的必要性及负数的意义的理解。（手写或打印在一张A4纸上）

5. **练习：**初中需要具有较强的运算能力，请自找十组计算练习，每组二十道题。（每组题目写在或打印在一张A4纸上），开学后我们会有一个计算小能手的比赛，希望大家能一显身手。

希望大家在度过一个美好的假期之后，能充满自信的站到首师大附中的数学舞台，站到首师大附中数学的领奖台！

## 英语

Hello everyone! Nice to meet you in CNU High School! Let's have fun with English!  
Next is what you can do in the summer vacation:

### 1. 英语开心说

(1) 请大家大声朗读以下 8 篇美文，录成 MP3 音频文件，开学在小程序里上传。

(2) 背诵前 3 篇美文，剩余 5 篇为选背篇。开学后进行年级背诵大赛，同学们可以根据自己的能力多背诵，不设上限，背诵大赛时选取挑战篇的会有更多加分，且平时成绩也会有加分。

### 2. 英语乐心看

(1) 看电影《奇迹男孩》英文名称: Wonder 且制作手抄报, 要求 A4 纸, 手写版, 图文并茂, 含文字观后感, 开学后上交。

(2) 看电影《寻梦环游记》, 英文名称: Coco 且用软件进行电影配音, 推荐“英语趣配音软件”, 时长 2-3 分钟, 最好是该电影片段, 实在找不到, 其他电影片段也可以。开学在小程序里上传音频文件。

### 3. 英语用心写

俗话说字如其人, 希望你写得一手漂亮的好字, 正如漂亮、帅气的你。

请自行购买字帖(《初中英语写字课课练》, 人教版, 7 年级上), 进行临摹, 开学后上交, 且进行展示。



Enjoy your vacation in the company of English!

## 体育

身体是革命的本钱, 暑假期间大家也不要忽略锻炼身体。跑步、散步、骑车、瑜伽、健美操、跳绳、打球, 都是很好的锻炼方式。每天大家要坚持锻炼一个小时。请你锻炼时让家长帮你拍张照片, 开学我们秀一秀, 看看谁锻炼的身姿更正确! 也期待你通过锻炼再长高一些!

**你我无缘, 再次欢迎你们加入到首都师大附中这个大家庭! 期待着你们在附中这个大舞台上有着精彩的表现!**

初一年级组  
2020 年 7 月

**注意: 1. 请各位同学和家长确保 8 月 19 日后在京, 并保持电话通畅, 届时会有开学通知。**

**2. 因疫情原因, 录取通知书将于入学教育期间发放。**

# 英语美文

## 1

### **The Value Of Time ( 必背篇 )**

I always think there is not enough time. For example, I have just taken a three-day holiday. But when I look back, I just feel that it's only one day. There goes a proverb, "Time is money". Now I want to say, time is more precious than money, because when money is spent, we can earn some more again. However, when time is gone or lost, never will it return.

Time goes without being noticed. The time for our study and work is usually limited. So I think we must make full use of our time. But it's a pity that I am always not aware of the importance of time until it's too late.

So I think, I should get into the good habit of saving time because wasting time is equal to wasting one's life. Do not put off what can be done today till tomorrow!

## 2

### **The Mid-Autumn Festival ( 必背篇 )**

The Mid-Autumn is a very important Chinese festival. It falls on the 15th day of August. A few days before the festival, everyone in the family will help to make the house clean and beautiful. Lanterns will be hung in front of the house.

On the evening there will be a big family dinner. People who work far away from their homes will try to come back for the union. After dinner, people will light the lanterns which are usually red and round. Children will play with their own toy lanterns happily.

At night the moon is usually round and bright. People can enjoy the moon while eating moon-cakes which are the special food for this festival. They can look back on the past and look forward to the future together.

## 3

### **Is Failure a Bad Thing? ( 必背篇 )**

Failure is a common occurrence in our daily life. Whatever we do, there are always two possible results: success or failure. Although everyone wants to succeed in what he tries, sometimes failure can't be avoided.

Different people hold different attitudes towards failure. When faced with it, some can stand up to it, draw a useful lesson from it and try their best to fulfill what they are determined to do. Others, however, lose heart and give in. They do nothing but complain about themselves and objective conditions.

As a popular saying goes, "Failure teaches success." In my opinion, what really counts is not the failure itself, but the proper attitude we should take after it. I trust that as long as we keep to what is right and correct what is wrong, that is to say, learn a lesson from failure, we will be certain to succeed. So I am of the opinion that failure is not a bad thing.

## 4

### **Time Is Money**

"Time is money." This saying means that time is very valuable.

But time is more valuable than money. The money we have lost can be gained again, but the time we have wasted cannot be regained. Moreover, sometimes persons can exist without money, but nothing can be done without time, just as no one can live without air.

Man can live only at most to about 100 years. It seems fairly long, but in fact it is rather short. We often say "How quickly time flies!" How many things can a man accomplish in such a short

period? Hence we should use the valuable time properly to do our work. We will race with it. We will study and work hard. Never waste a little bit of it.

## 5

### **Try to Be a Good Student**

Perhaps it is the dream of everyone to be a good student at school, but quite a few students feel at a loss on how to make it. In my opinion it is rather easy if you can act on the following points.

First of all, make full use of your time and work hard. Don't put off till tomorrow what should be done today, as the lost time will never come back. The fast developing society requires adequate knowledge, which presses us to spare no efforts to study. Of course, your hard work will be rewarded one day.

Secondly, use your own head and present your point of view. Credulous (轻信的) attitude will only make you take anything for granted. With your own judgment you will be able to tell right from wrong and set up your own theory.

Thirdly, set aside enough time for relaxation, entertainment, etc. Don't ignore the harm of all work and no play. Proper sports will build up your body and improve the efficiency of your studying.

To be a good student is easier said than done, for it needs a student's consistent efforts. But nothing is difficult to a man if he puts his heart into it.

## 6

### **Natural Resources**

Nature has provided us with many kinds of resources. Almost everything we use in our everyday life comes from Nature. The food we eat, the water we drink, the clothes we wear, the concrete and bricks to build our houses, the materials to make bikes we ride, etc. all come originally from Nature.

People have been making use of these natural supplies for thousands of years. With the development of technology and the increase of the population, the amount and range of materials taken has increased. It is estimated that this trend will continue in the years to come.

However, natural resources are not inexhaustible. Some resources are already nearly used up. For example, the end of the world's fuel is already within sight. Such an essential daily item as water is in short supply in many parts of the world. We can no longer thoughtlessly use the many resources provided by Nature. We must learn to conserve what remains.

## 7

### **Health**

It is said that we do not properly value a thing until we have lost it. It is only when a friend dies that we find out how much he was to us. So it is with health. When we are young and strong and have good health, we think little about it. It seems natural to us to be always well, and we cannot imagine what it is like to be ill. We are often careless about our health, and without thinking we spoil our health by bad habits and doing silly things. It is only when we have our good health that we find that it was one of God's best gifts to us.

Health is our most important possession. We should do our best to maintain it. Good health is necessary to happiness and success. People who are in poor health are often pessimistic or depressed. As a rule, bad health means misery and failure.

How can we keep our health? Only by knowing and carefully obeying the laws of health. A happy man is a healthy man, and only the healthy man can live a happy life. The desire for good health is universal. Everyone who loves life understands how important health is. First, good health is the guarantee for enjoying life. The only desire of a patient is always to live an ordinary

and healthy life. Second, good health establishes a firm foundation for your ambition of the career. Without it, any lofty aspiration turns to be a daydream.

Then how to keep fit? Everyone has his own answers to this question, while I think three principal suggestions should be followed. The first one is that a scientific diet should be adopted, which offers the necessities for our body. The second one is that physical exercises must be persisted, especially for the indoor people. The last, but not the least, is that the cheerful mood should be kept.

In order to keep fit, I force myself to keep away from the “junk food”, although it usually tastes good, I even form a good habit of doing morning exercises. And the beautiful music and good books always cheer me up.

## **8**

### **Sports and Games**

Sports and games do a lot of good to our health. They can make us strong, prevent us from getting too fat, and keep us healthy and fit. Especially they can be of great value to people who work with their brains most of the day, for sports and games give people valuable practice in exercising the body.

What’s more, they make our life richer and more colorful. If we do not have a strong body, we will find it hard to do whatever we want. So persons of all ages enjoy watching and taking part in various kinds of sports-track and fields, swimming, skating, football, volleyball and basketball, etc.

Sports and games are also very useful in character training. They demand not only physical skills and strength but also courage, endurance, discipline and usually teamwork. For boys and girls, what is learned in the playground often has a deep effect on their character. If each of them learns to work for his team and not for himself on the football field, he will later find it natural to work for the good of his country instead of only for his own benefit.

A healthy citizen makes a strong country. Let’s all take part in sports and games.