

Unit 6 Enjoying Cycling

Topic 3 Bicycle riding is good exercise. Section C





stream

n. 小河； 溪

empty

adj. 空的 v. 倒空； 流入； 注入

Asia

n. 亚洲

altitude

n. 海拔

among

prep. 在……中

France

n. 法国

mile

n. 英里

stage

n. 阶段； 舞台



central
winner
cyclist
motorcycle
broken

adj. 中心的，中央的
n. 优胜者，获胜的人
n. 骑自行车的人
n. 摩托车
adj. 破损的；伤残的；残缺的；出了毛病的



Review: complete the sentences.

1. If it doesn't rain (not rain) tomorrow, we _____ (go) hiking.
2. He will pass (pass) the exam works the _____ (work) harder at it.
3. If everyone obeys (obey) the traffic will be rules, the roads _____ (be) safer.
4. It's _____ (know) about traffic to ride rules.
5. It's good exercise _____ (ride) a bike to school.

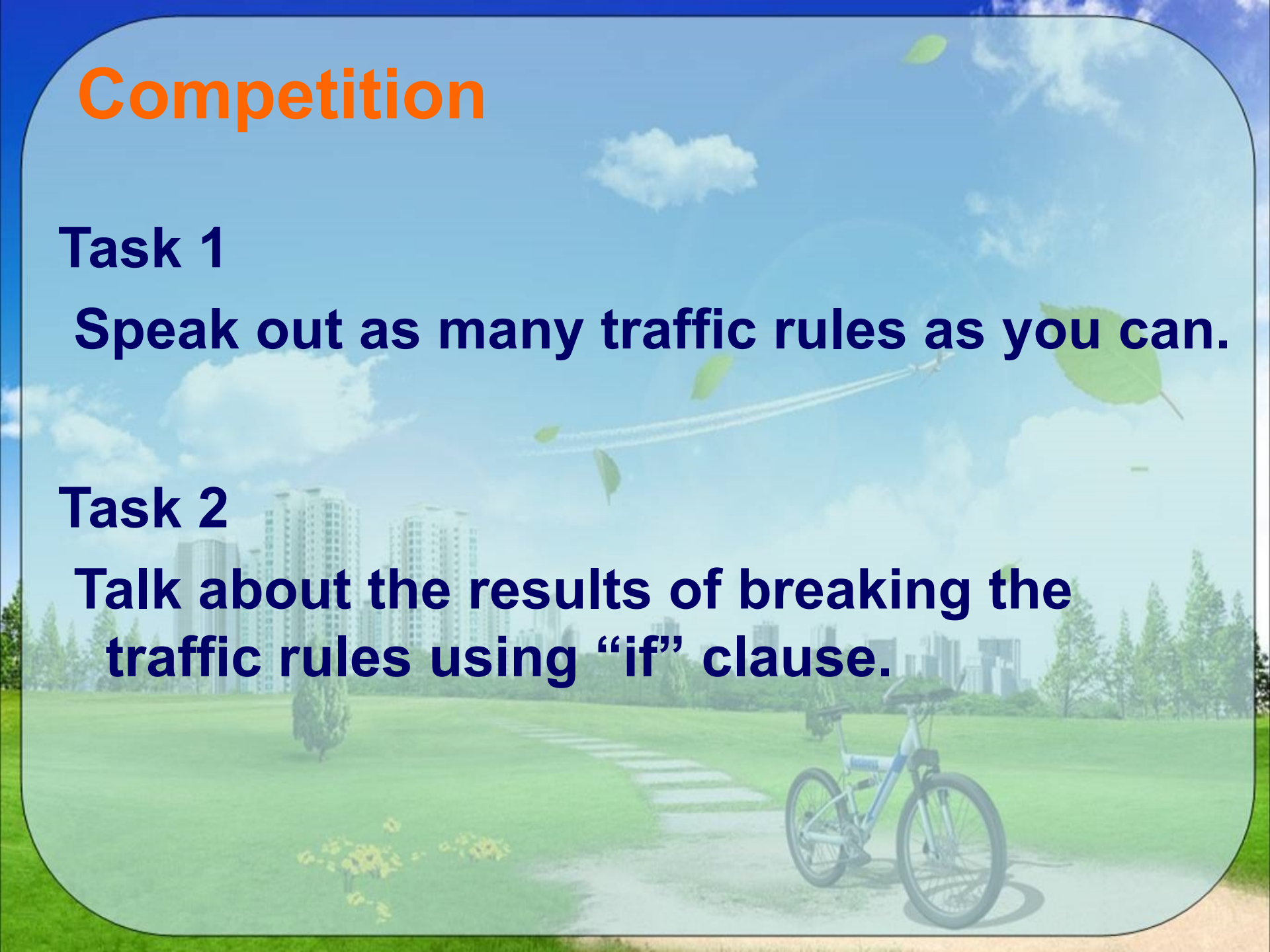
Competition

Task 1

Speak out as many traffic rules as you can.

Task 2

Talk about the results of breaking the traffic rules using “if” clause.



Discuss

How to be safe on the roads?

Should do

Should not do



1a Read and understand.

Tick the rules that bicycle riders should know. Then read the passage to learn more.

The bicycle riders must

the traffic around them.

TIP

When you read a passage, your knowledge of the topic will help you understand it better.

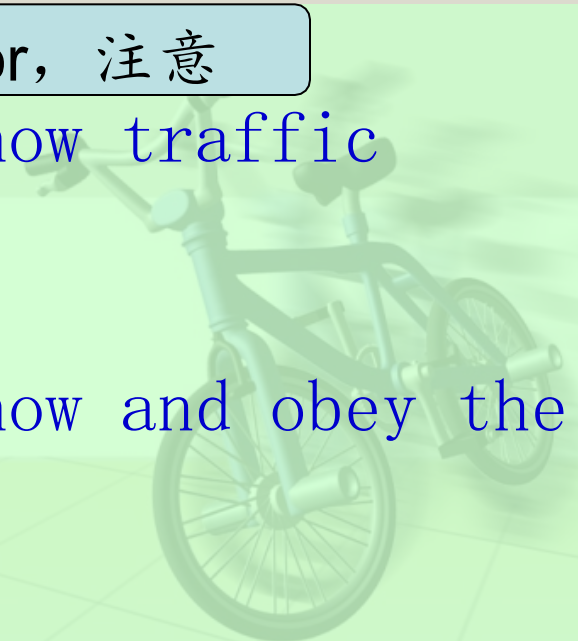
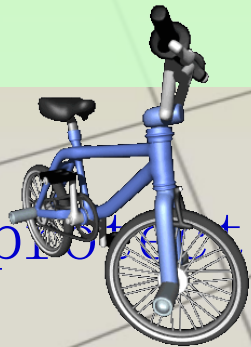
pay attention to

care for, 注意

The bicycle riders must know traffic signals.

The bicycle riders must know and obey the safety rules.

The bicycle riders must wear helmets to protect their heads.



1b

Read 1a and match the topic sentence with each paragraph. Then write a title for the passage in the box above.

Paragraph 1

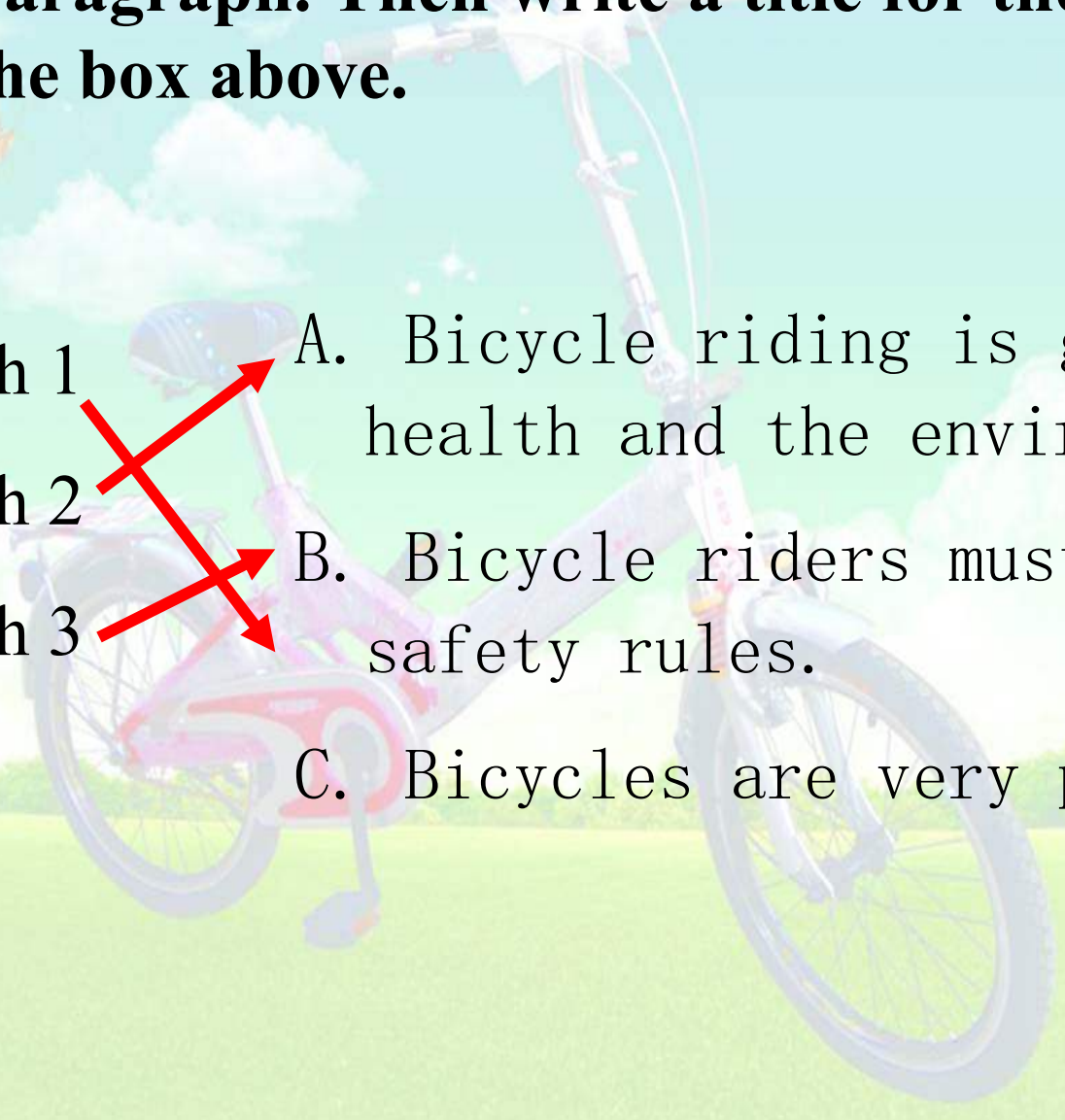
Paragraph 2

Paragraph 3

A. Bicycle riding is good for health and the environment.

B. Bicycle riders must obey the safety rules.

C. Bicycles are very popular.



Find out and learn the new words in 1a.



/rɪflɛktə(r)/

reflector n.



/'ɪndʒəri/ injury n. (对躯体的) 伤害, 损伤

/'sɪgnəl/ signal n. 信号, 暗号

/'nəʊtɪs/ notice n. 注意, 理会; v. 看到, 注意到

safety n. 安全, 平安

in case of 如果, 假使

look out 小心 (be careful)

in a word 总之

1a

Read and understand.



1c Read again and answer the following questions.

1. What do people use bicycles for?

2. Why is bicycle riding good exercise?

3. How do bicycle riders protect their heads?

4. What must bicycle riders do when riding at night?

5. They must call 120 for help.
4. They must wear light-colored clothes, and have lights in the front and reflectors on the back of the bicycles.

in a traffic accident, what should he / she do?

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