

A composite image featuring a horizontal band across the center. The left side of the band shows a view of Earth from space, with swirling white clouds over a dark, rocky surface. The right side of the band shows two astronauts in white space suits floating in the black void of space, with a few distant stars visible. The text 'Unit 2 Out of this world' and 'Reading' is overlaid in white on the right side of the central band.

# Unit 2 Out of this world

## Reading

# Lead-in

## Who are they? astronauts



Yang Liwei



Zhai Zhigang



Liu Yang



Wang Yaping

**Lead-in**

What do astronauts on a space station do every day?

央视网快看

CGTN



央视频

CHINESE ASTRONAUTS





Eat  
Exercise  
Give lectures  
Plant stuff  
Do experiments

...



The background of the slide is a dark blue space-themed pattern. It features various celestial bodies: a large red planet on the top right, a yellow planet on the bottom right, and a blue and white planet on the bottom left. There are also several white stars scattered across the background. The main content area is a light gray rounded rectangle with a thin yellow border.

# Reading: Life on a Space Station

# Reading & Understanding

## Para.1

What does the lecturer think of her six-month stay on the space station?

challenging but magical





# Reading & Understanding

**Underline the topic sentence of Paras. 2—6**

**Para.2** The strangeness of living in space is apparent from the moment we sleep.

**Para.3** The routine tasks that occupy most of the day are demanding, but they can also be extremely rewarding.

**Para.4** The most challenging work takes place when we need to perform tasks outside the space station.

**Para.5** In view of the low-gravity environment, eating is also different in space.

**Para.6** Spending some time in the gym is of vital importance to astronauts' health.

# Reading & Understanding

## Life on a space station

Para.2 Sleeping

Paras.3-4 Working

Para.5 Eating

Para.6 Exercise

Para.7 Leisure activities

Para. 3

Performing tasks **inside**  
the space station

Para.4

Performing tasks **outside**  
the space station





## Para.2 Sleeping

**1. How** do astronauts sleep on the space station?

- ✓ private quarters
- ✓ sleeping bags

**2. How** do they feel?

strange



## Para.3 Working inside the space station

**What** routine tasks do astronauts do **inside** the space station?

**How** do they feel?

**demanding & extremely rewarding**

✓ conduct scientific research

biological  
experiments

experiments in other  
research fields  
(eg. lightning experiment)

✓ do a lot of maintenance



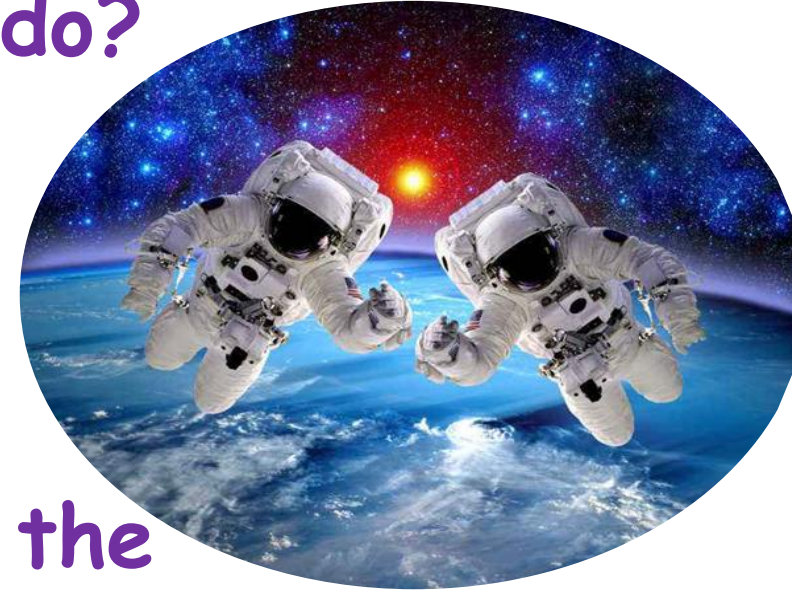
## Para.4 Working outside the space station

What do spacesuits allow astronauts to do?

Spacesuits allow astronauts to **breathe** in space and **protect** them from exposure to the cold and radiation.

How do they feel about working outside the space station?

challenging & dangerous





## Para.5 Eating

boring/dull

how?

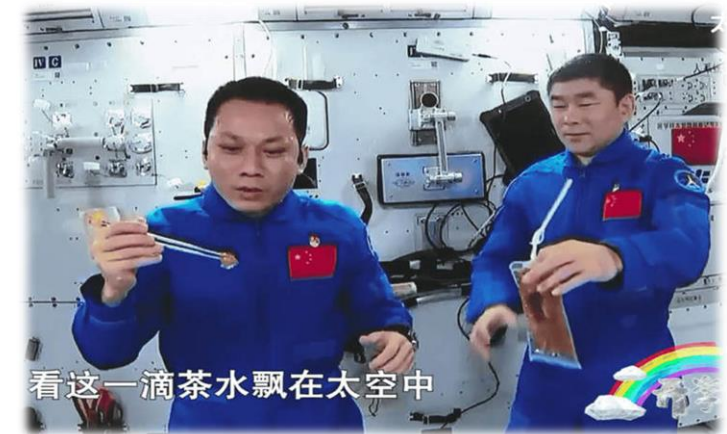
What do astronauts eat on the space station?

- ✓ Dried or freeze-dried food
- ✓ Salt and pepper in liquid form
- ✓ Take pills



How do they drink water or any other liquids?

Through a thin tube of plastic.



## Para.6 Exercise



Why must astronauts do exercise on the space station?

- ✓ To avoid losing a significant amount of muscle and bone mass.

How long and how often?

- ✓ at least 2 hours every day

quality?

self-disciplined  
自律的

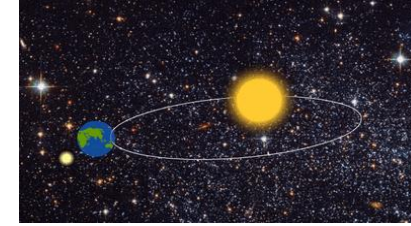


## Para.7 Leisure activities

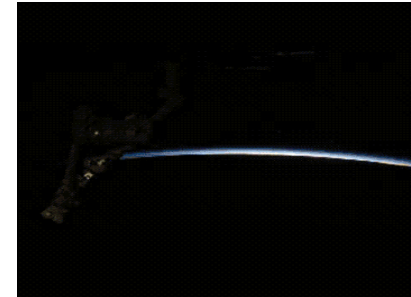
Pick out (挑选出) astronauts' leisure activities mentioned in Para.7



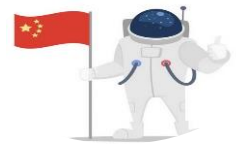
Watching our planet ---Earth go by



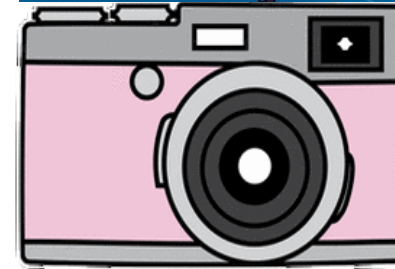
Appreciating the sunrise



Doing a lot of maintenance



Taking pictures



how?

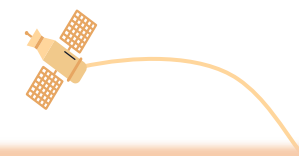
homesick

precious

worthwhile



# Discussion



**What qualities** do you think are needed to become an astronaut?

1. We usually sleep in private quarters, or in sleeping bags attached to the walls or the ceiling. It's strange that ...but the unusual beds don't **adaptable** more.  
(para. 2)

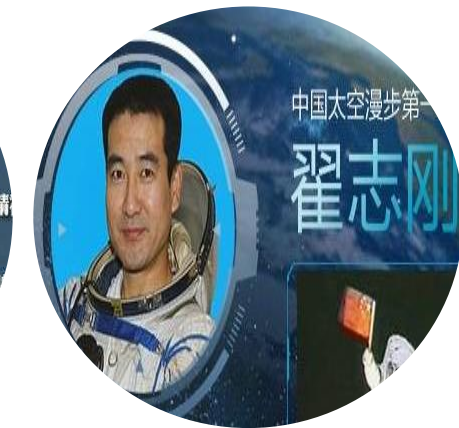
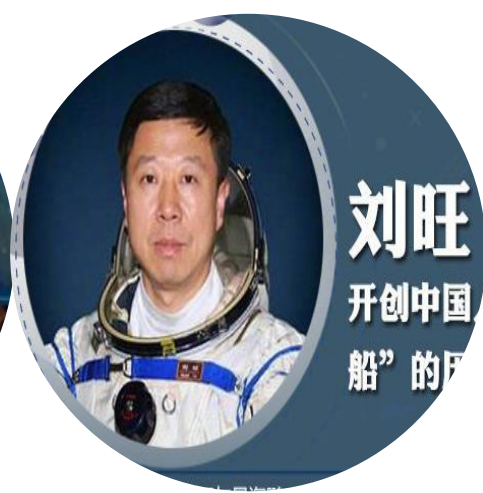
2. Our main mission is to conduct scientific research. We need to...As well as doing these biological experiments, we carry out experiments...the space station needs a lot of maintenance...(para. 3) **knowledgeable/learned**

3. It's probably the most dangerous work, with potential risks such as electric shocks....(para. 4) **calm; brave**

4. To keep our body healthy, we must ensure a balanced supply of nutrients by taking pills.(para. 5) **physically strong and healthy**

5. We discipline ourselves to do ...exercise every day. **self-disciplined**

# Real stars !





# The spirit of China's manned space program



**载人航天精神**

**特别能吃苦 特别能战斗**

**特别能攻关 特别能奉献**



# Further Thinking



Team  
Work

At the end of the lecture, what questions would you like to ask the astronaut?



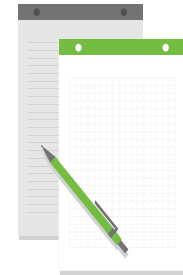
# Group Work



The CNSA (中国航天局) is collecting letters written by students to our Chinese astronauts. Work in groups of four and finish the letter.

The letter should include:

1. What do you think of astronauts' life on the space station?  
(examples)
2. What do you learn from the astronauts?
3. What questions would you like to ask them?





Dear Chinese astronauts:

Having heard that you made it to space, hope you are doing fine on our Tiangong space station. I feel honored to write this letter to you.

In today's English class, I acquired some knowledge of your life on the space station. I think that your life in space is \_\_\_\_\_

\_\_\_\_\_.

I am still curious about your life on the space station. May I ask you some questions? \_\_\_\_\_

\_\_\_\_\_.

Yours sincerely,  
Your biggest fan from the Earth



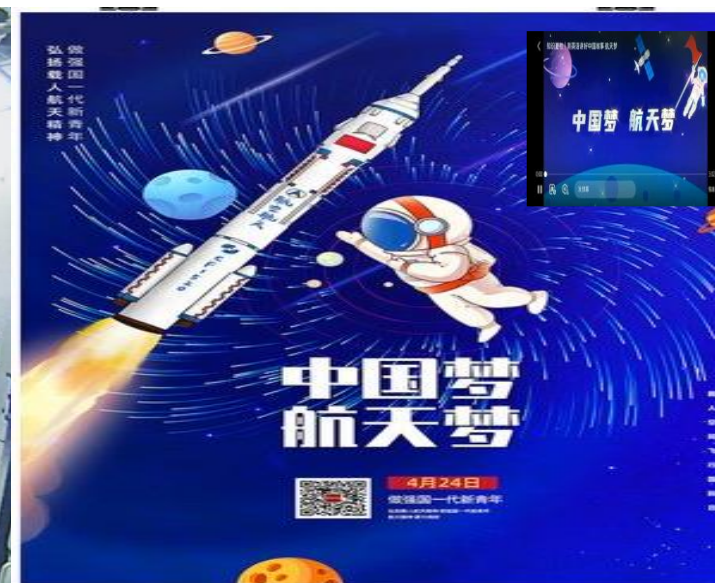
# Summary

Becoming an aerospace power has always been a dream we've been striving for.

-----President Xi Jinping

建设航天强国，是我们不懈追求的航天梦。

**Space Dream !      Chinese Dream!**



## **Homework**

**Finish the writing task and share it with your group members.**

A detailed illustration of a large Chinese space station, likely the Tiangong space station, in orbit above the Earth. The station consists of a central core module with several long, cylindrical experimental modules attached. Multiple large, blue solar panel arrays are deployed from the station. The Earth's blue and white horizon is visible in the lower-left corner, and the blackness of space with distant stars is in the background.

Thank you!



1.(L11)The routine tasks [that occupy most of the day] are demanding, but they can also be extremely rewarding.

定语从句

日常工作占用了一天里的大部分时间，要求很高，但它们也会非常有意义。

2.(L18)**Hopefully**, it will **cast new light on** the Earth's climate and **lead to** better lightning protection.

希望这个实验能使人进一步了解地球气候并很好地做好雷电防护。

3.(L28) Splendid **as** the view of the Earth is, spacewalking is not as exciting as you might think.

当**as**表示“尽管”，一定要用于倒装句中；**though**可用于倒装句，也可用于陈述句。 =**Though the view of the Earth is splendid,...**

尽管地球上的景色美妙绝伦，但太空行走并不像你想象的那么激动人心。

4.(L30) That's **why** every spacewalk is carefully planned.

这就是为什么我们要规划好每次的太空行走。

5.(L37)**Furthermore**, to keep our body healthy, we must ensure a balanced supply of nutrients by **taking pills**.

此外，为了保持身体健康，我们必须吃药来保证营养的均衡补给。

6.(L39)Spending some time in the gym **is of vital importance to** astronauts' health.

花些时间在健身房锻炼对宇航员的健康是至关重要的。

7.(L41) **Considering** these negative effects [low gravity has on the human body], we discipline ourselves to do at least two hours of exercise every day.

鉴于(低重力对人体的)这些负面影响，我们严格要求自己每天至少运动两小时。

8.(L48) In these precious moments, all the challenges of life in space seem worth it.

在这些珍贵的时刻，太空生活的所有挑战似乎都是值得的。



# Welcome to the unit

## *English* Senior High Selective Compulsory Course Book 3



# Welcome to the unit

In 1961, Yuri Gagarin became the first man to journey into outer space.

In 1969, Neil Armstrong became the first man to walk on the Moon.

In 1971, David Scott and James Irwin became the first men to travel in a wheeled vehicle on the Moon.

In 2000, the first astronauts moved into the ISS.





# Para.6 Exercise

