Day 1 （P4 – P8）

读一遍英文 → 看中文意思 → 记　重点词。不用背，读顺就好。

Day 1 · 第 4 页

Stanley Lambchop lived with his mother, his father, and his little brother, Arthur.

▸ 斯坦利·兰姆乔普和妈妈、爸爸，还有弟弟阿瑟住在一起。

lived 住（live 的过去式） | little brother 弟弟

Day 1 · 第 5 页

Stanley was four feet tall, about a foot wide, and half an inch thick.

▸ 斯坦利身高四英尺，宽约一英尺，厚半英寸。

feet 英尺 | inch 英寸 | thick 厚的

He had been flat ever since a bulletin board fell on him.

▸ 自从一块公告板砸到他身上以后，他就一直是扁扁的。

flat 扁平的 | ever since 自从…以来 | bulletin board 公告板 | fell on him 砸到他身上

Day 1 · 第 6 页

Sometimes being flat was a bit tricky.

▸ 有时候，扁扁的会有点麻烦。

sometimes 有时候 | tricky 棘手的、麻烦的 | a bit 有点

When he turned sideways, Stanley was hard to spot.

▸ 当他侧过身时，别人很难发现他。

turned sideways 侧过身 | hard to spot 很难被发现（spot 看见）

Day 1 · 第 7 页

And a good gust of wind could sweep Stanley off his feet.

▸ 一阵大风就能把斯坦利吹倒。

a gust of wind 一阵风 | sweep off his feet 把他吹倒

But he never let his flatness get in his way.

▸ 但他从不让“扁平”妨碍自己。

flatness 扁平（名词） | get in his way 妨碍他 | never 从不

“I’m trying out for baseball,” Stanley told Arthur one day.

▸ “我要参加棒球队选拔，”有一天斯坦利对阿瑟说。

try out for 参加…选拔 ｜ baseball 棒球 ｜ one day 有一天

Arthur helped Stanley practice.

▸ 阿瑟帮斯坦利练习。

helped 帮助 ｜ practice 练习

Stanley hit a thousand pitches.

▸ 斯坦利击出了一千个球。

hit 击打（过去式也是 hit） ｜ a thousand 一千 ｜ pitch 投球

He caught a thousand fly balls.

▸ 他接住了一千个高飞球。

caught 接住（catch 的过去式） ｜ fly ball 高飞球

Day 2 （P9 – P13）

读一遍英文 → 看中文意思 → 记　重点词。不用背，读顺就好。

Day 2 · 第 9 页

Stanley’s hard work showed at tryouts.

- 斯坦利的努力在选拔赛上显现了出来。

hard work 努力 ｜ showed 显现（show 的过去式） ｜ tryouts 选拔赛

“Congratulations,” said Coach Bart. “You’re our new center fielder!”

- “恭喜，”巴特教练说，“你是我们的新中外野手！”

Congratulations 恭喜 ｜ coach 教练 ｜ center fielder 中外野手

Day 2 · 第 10 页

Opening day was bright and breezy.

- 开幕日阳光明亮、微风轻拂。

opening day 开幕日 ｜ bright 晴朗明亮的 ｜ breezy 有微风的

The teams ran onto the field.

- 两支队伍跑上球场。

ran onto 跑上（run 的过去式） ｜ field 球场

“There’s Stanley!” cried Arthur.

- “斯坦利在那儿！”阿瑟喊道。

cried 喊道

Mr. Lambchop snapped a picture. Mrs. Lambchop cheered.

- 兰姆乔普先生拍了张照片。兰姆乔普太太欢呼起来。

snapped a picture 拍了张照片 ｜ cheered 欢呼

“Hooray for the other players, too,” she added politely.

- “也为其他球员加油！”她礼貌地补充道。

Hooray 好耶 ｜ players 球员 ｜ added 补充说 ｜ politely 礼貌地

Day 2 · 第 11 页

Stanley was the first batter.

- 斯坦利是第一个击球手。

batter 击球手 ｜ first 第一个

He stepped up to home plate, turned sideways, and pulled back his bat.

- 他走到本垒板前，侧过身，把球棒向后拉。

stepped up to 走到…前 ｜ home plate 本垒板 ｜ pulled back 向后拉 ｜ bat 球棒

Day 2 · 第 12 页

The pitcher squinted at Stanley.

▸ 投手眯着眼看斯坦利。

pitcher 投手 | squinted 眯眼看

“This guy is so skinny,” he said, “I can hardly see where to throw.”

▸ “这家伙太瘦了，”他说，“我几乎看不清该往哪儿投。”

skinny 瘦的 | hardly 几乎不 | throw 投

He threw a pitch.

▸ 他投了一个球。

threw 投（throw 的过去式）

Day 2 · 第 13 页

“Ball one,” said the umpire. Another pitch. “Ball two,” said the umpire.

▸ “坏球一，”裁判说。又投一球。“坏球二，”裁判说。

ball 坏球（棒球术语） | umpire 裁判 | another 又一个

Two more balls, and Stanley earned a walk.

▸ 再两个坏球，斯坦利获得了保送。

earned 获得 | walk 保送（四坏球保送上垒）

“Good job!” called Coach Bart.

▸ “干得好！”巴特教练喊道。

Good job 干得好

Day 3 （P14 – P18）

读一遍英文 → 看中文意思 → 记　重点词。不用背，读顺就好。

Day 3 · 第 14 页

Stanley’s team played well. By the ninth inning they led, six to five.

▸ 斯坦利的队打得很好。到第九局时他们以 6:5 领先。

played well 打得好 ｜ ninth inning 第九局 ｜ led 领先（lead 的过去式） ｜ six to five 六比五

The other team had one last chance.

▸ 对方还有最后一次机会。

last chance 最后的机会

Their best hitter came to bat and blasted the ball toward the fence!

▸ 他们最好的击球手出场，把球狠狠击向围栏！

hitter 击球手 ｜ came to bat 上场击球 ｜ blasted 猛击 ｜ fence 围栏

Day 3 · 第 15 页

Just then, the breeze picked up.

▸ 就在这时，风变大了。

just then 就在这时 ｜ picked up 变强

Stanley ran and leaped into the wind.

▸ 斯坦利跑过去，迎着风跳了起来。

leaped 跳起 ｜ into the wind 迎着风

WHOOSH! Up floated Stanley.

▸ 呼——斯坦利飘了起来。

WHOOSH 呼（风声拟声词） ｜ floated 飘浮

PLUNK went the ball into his glove!

▸ 啪！球落进了他的手套！

PLUNK 啪（拟声词） ｜ glove 手套

Day 3 · 第 16 页

“Great play!” Arthur called. Not everyone agreed.

▸ “好球！”阿瑟喊道。可不是每个人都同意。

Great play 好球、精彩表现 | agreed 同意

“No fair,” yelled someone in the crowd.

▸ “不公平，”人群里有人喊。

No fair 不公平 | yelled 喊叫 | crowd 人群

“Are flat players even allowed?” Stanley felt crushed.

▸ “扁的球员也能参赛吗？”斯坦利觉得很受伤。

allowed 被允许 | felt crushed 感到被打击、很受伤

Day 3 · 第 17 页

That night, Stanley talked to Arthur.

▸ 那天晚上，斯坦利和阿瑟聊天。

that night 那天晚上 | talked to 和…说话

“I’m a good player,” he said. “And not just because I’m flat.”

▸ “我是个好球员，”他说，“不只是因为我扁。”

not just because 不只是因为

“But how can I prove it?” “I think I know a way,” Arthur said.

▸ “可是我该怎么证明呢？”“我想我有个办法，”阿瑟说。

prove 证明 | a way 一个办法

Day 3 · 第 18 页

The day of the second game was bright and breezy again.

▸ 第二场比赛那天又是晴朗有微风。

second game 第二场比赛 | again 再一次

But something was different.

▸ 但有些不一样了。

different 不同的

“Stanley!” gasped Mrs. Lambchop.

▸ “斯坦利！”兰姆乔普太太倒吸一口气。

gasped 倒吸一口气、惊呼

Day 4 （P19 – P23）

读一遍英文 → 看中文意思 → 记　重点词。不用背，读顺就好。

Day 4 · 第 19 页

Her son was not flat. He was bursting out of his uniform!

▸ 她儿子不扁了。他胖得要从球服里撑出来了！

bursting out of 从…里撑出来 | uniform 制服、球服

Mrs. Lambchop gasped again. “My nice clean laundry!”

▸ 兰姆乔普太太又惊呼起来。“我干净的衣服！”

laundry 洗好的衣服

A sock stuck out of Stanley’s collar.

▸ 一只袜子从斯坦利的领口伸了出来。

sock 袜子 | stuck out 伸出来 | collar 衣领

A purple frilly blouse trailed from his pant leg.

▸ 一件紫色花边衬衫从他的裤腿里拖出来。

purple 紫色的 | frilly 有花边的 | blouse 衬衫 | trailed 拖 | pant leg 裤腿

“That’s my favorite one!” Mrs. Lambchop said.

▸ “那是我最喜欢的一件！”兰姆乔普太太说。

favorite 最喜欢的

Day 4 · 第 20 页

There was no time to worry about the clothes.

▸ 没时间担心衣服了。

no time to 没时间做… | worry about 担心

A batter smacked the ball over Stanley’s head!

▸ 一个击球手把球打过斯坦利的头顶！

smacked 猛击 | over his head 在他头顶上方

Stanley ran and leaped into the wind.

▸ 斯坦利跑过去，迎着风跳起来。

leaped 跳起

Day 4 · 第 21 页

But this time Stanley didn’t float up, and the ball didn’t land in his glove.

▸ 但这次斯坦利没有飘起来，球也没有落进他的手套。

float up 飘起来 ｜ land 落下

It sailed right over the fence.

▸ 球径直飞过了围栏。

sailed 飞过、滑翔 ｜ right over 正好越过

Day 4 · 第 22 页

Soon it was Stanley’s turn to bat.

▸ 很快轮到斯坦利击球了。

turn to bat 轮到击球

The pitcher had no trouble seeing where to pitch now.

▸ 现在投手毫不费力就能看清该往哪儿投了。

had no trouble 毫不费力 ｜ where to pitch 往哪儿投

“Strike one,” called the umpire. “Strike two. Strike three!”

▸ “好球一，”裁判喊。“好球二。好球三！”（三振出局）

strike 好球（术语） ｜ Strike three 三振出局

Day 4 · 第 23 页

In the bleachers, Arthur gulped.

▸ 在看台上，阿瑟咽了口口水。

bleachers 看台 ｜ gulped 咽口水

Had he made a terrible mistake helping Stanley unflatten himself?

▸ 他帮斯坦利“变回立体”，是不是犯了个大错？

terrible mistake 可怕的错误 ｜ unflatten 把扁平变回立体

Day 5 （P24 – P29）

读一遍英文 → 看中文意思 → 记　重点词。不用背，读顺就好。

Day 5 · 第 24 页

The last inning rolled around. The game was tied.

▸ 最后一局到了。比分打平了。

rolled around 到来了 ｜ tied 打平

Stanley came to bat again.

▸ 斯坦利又上场击球了。

came to bat 上场击球

He heard Arthur’s voice in the crowd. “Come on, Stanley! You can do it!”

▸ 他听到人群中阿瑟的声音。“加油，斯坦利！你能行！”

voice 声音 ｜ Come on 加油 ｜ You can do it 你能行

The pitcher threw the ball . . . and Stanley SMASHED it!

▸ 投手投出球……斯坦利狠狠一击！

SMASHED 猛击、狠打

Day 5 · 第 26 页

The ball flew into the outfield. BAP! It bounced off the wall.

▸ 球飞向外野。啪！它撞在墙上弹了回来。

outfield 外野 ｜ BAP 啪（拟声词） ｜ bounced off 从…弹开 ｜ wall 墙

The right fielder ran to pick it up.

▸ 右外野手跑去捡球。

right fielder 右外野手 ｜ pick it up 捡起它

Day 5 · 第 27 页

Meanwhile, Stanley tore around the bases. First base. Second base. Third base.

▸ 与此同时，斯坦利绕着垒包飞奔。一垒。二垒。三垒。

meanwhile 与此同时 ｜ tore around 飞奔 ｜ bases 垒包

Stanley was headed home! But so was the ball!

▸ 斯坦利冲向本垒！但球也朝本垒来了！

headed home 冲向本垒

“Stanley, SLIDE!” shouted Coach Bart.

▸ “斯坦利，滑垒！”巴特教练大喊。

slide 滑垒 ｜ shouted 大喊

Day 5 · 第 28 页

Arthur’s heart raced.

▸ 阿瑟的心跳得飞快。

heart raced 心跳加速

If Stanley were still flat, he could slide easily under the catcher’s glove.

▸ 如果斯坦利还是扁的，他就能轻松地从捕手手套下滑过去。

if...were 如果…（假设语气） | easily 轻松地 | under 在…下面 | catcher 捕手

But now?

▸ 可现在呢？

Day 5 · 第 29 页

Stanley stretched out his arms and dove onto home plate.

▸ 斯坦利伸展双臂，扑向本垒板。

stretched out 伸展 | dove 扑（dive 的过去式）

There was a swirl of dirt and socks.

▸ 一阵尘土和袜子飞舞。

swirl 旋转、飞扬 | dirt 泥土

Then the umpire spread his arms. “Safe!” he called.

▸ 然后裁判张开双臂。“安全！”他喊道。（上垒成功）

spread his arms 张开双臂 | Safe 安全（术语：上垒成功）

Day 6 （P30 – P32 + 全书复习）

读一遍英文 → 看中文意思 → 记　重点词。不用背，读顺就好。

Day 6 · 第 30 页

“Wahoo!” Arthur hollered.

- “哇呼！”阿瑟欢呼。

Wahoo 哇呼（欢呼声） | hollered 大喊

Mr. and Mrs. Lambchop clapped so hard their hands hurt.

- 兰姆乔普夫妇鼓掌鼓得手都疼了。

clapped 鼓掌 | so hard 这么用力 | their hands hurt 手都疼了

Day 6 · 第 31 页

“No fair,” yelled someone in the crowd. “Look at the muscles on that kid.”

- “不公平，”人群里有人喊，“看看那孩子的肌肉。”

muscles 肌肉 | that kid 那个孩子

“Are players that big even allowed?” Stanley grinned.

- “球员能长那么大吗？”斯坦利咧嘴笑了。

that big 那么大 | grinned 咧嘴笑

Day 6 · 第 32 页

“Not so many socks next time,” Mr. Lambchop called down to Stanley.

- “下次别塞那么多袜子了，”兰姆乔普先生朝斯坦利喊。

next time 下次 | called down to 朝下喊

Mrs. Lambchop looked at Arthur. “And NO blouses!”

- 兰姆乔普太太看着阿瑟。“还有，不许再用衬衫了！”

looked at 看着 | blouses 衬衫（复数）

—— Day 6 · 结束 ——

全书复习 · 重点词汇总表

棒球（baseball）常用词

baseball 棒球 | bat 球棒 | batter 击球手 | pitcher 投手 | catcher 捕手 | fielder 外野手 | center fielder 中外野手 | right fielder 右外野手 | coach 教练 | umpire 裁判 | inning 局 | ninth inning 第九局 | home plate 本垒板 | base 垒包 | pitch 投球 | hit 击 | catch 接 | fly ball 高飞球 | strike 好球 | ball 坏球 | walk 保送 | slide 滑垒 | safe 安全（上垒成功） | outfield 外野 | fence 围栏 | bleachers 看台 | uniform 球服

故事里的常用词

flat 扁平的 | tricky 麻烦的 | sideways 侧身 | gust of wind 一阵风 | sweep 吹倒 | practice 练习 | try out 参加选拔 | congratulations 恭喜 | cheer 欢呼 | politely 礼貌地 | skinny 瘦的 | prove 证明 | gasp 惊呼 | burst out of 撑出来 | laundry 洗好的衣服 | sock 袜子 | collar 衣领 | blouse 衬衫 | pant leg 裤腿 | muscles 肌肉 | grin 咧嘴笑 | smash 猛击 | bounce 弹跳 | meanwhile 与此同时 | heart raced 心跳加速

三个"说话方式"词

said 说 | cried / called / shouted / yelled / hollered 喊（不同力度的喊） | gasped 惊呼 | added 补充说 | grinned 咧嘴笑（不是说话词，是表情）

读完整本书，想一想

① 斯坦利一开始为什么能接到那个球？（因为他扁，能飘起来）

② 阿瑟做了什么？为什么？（把衣服塞进斯坦利的球服，让他变"立体"——这样斯坦利就得靠真本事，不能靠飘）

③ 变立体之后，斯坦利遇到了什么麻烦？（接不到球、被三振）

④ 最后他靠什么赢了？（滑垒——这是真本事，不是超能力）

⑤ 故事里总有人说"No fair"（不公平），斯坦利最后是什么反应？（grinned 笑了——因为他已经证明了自己）