











高中英语 必修第一册

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高中英语|以修第一册

Unit 1 Back to school

主题语境:人与自我——学校生活

佳作晨读赏析

你校英文报正在举办征文活动,主题为 "Highlight of my senior year"。请你写一篇短文投稿,内容包括:

- 1. 高三经历;
- 2. 收获与感悟。

[精]彩]美]文]

Highlight of my senior year

Over the past three years in senior high school, I have had many unforgettable experiences, one of which was when our class prepared for a group singing competition.

As a senior, tight though our schedule was, in a gesture to win the competition, we took it seriously and did our utmost. During the week before the competition, we practised singing over and over in our spare time. With our joint effort, we won first prize finally. Hearing the exciting news, we were all wild with joy.

All this reminded me of an old saying: no pains, no gains. Better still, it was through the

cooperation that the whole class developed a closer friendship!

|名|师|点|睛

1. 文章体裁:应用文——短文投稿(记事)。

2. 谋篇布局:

Paragraph 1: 难忘的经历

Paragraph 2: 具体描述过程

Paragraph 3: 收获与感悟

高级词汇短语: do one's utmost (尽某人最大努力), over and over (反复地), joint effort(共同的努力), be wild with joy (欣喜若狂)等。

4. 高级句式:①非限制性定语从句和表语从句: one of which was when our class prepared for a group singing competition;②倒装句和让步状语从 句: tight though our schedule was;③现在分词短语 作状语: hearing the exciting news;④谚语: no pains, no gains;⑤强调句: it was through the cooperation that the whole class developed a closer friendship等。

课文语篇回顾

词汇默写部分见《默写本》

注意:此栏目加黑词汇为本单元单词表词汇

Senior high school is a world full of 1. ______(challenge): a new environment, new knowledge and new ways of thinking. However, for those 2. ______ have a positive mind, opportunity lies in each challenge. When you work hard to get over the challenges, you will have the opportunity 3. ______ (acquire) great knowledge and enjoy personal growth.

Potential is your natural ability that can 4. _____(develop) when you try hard enough. Over the next three years, you 5. _____(discover) your **potential** while you develop as a student and as a person. To fully realize your **potential**, 6. ______ is important for you to **make the most of** your school **resources**. **Take advantage of** your classes, learn from your teachers and classmates, and make use of our school **facilities**.

Of equal 7. _____(important) are good study habits, useful skills and a **positive attitude**. Carefully plan your study, set clear **goals** and **balance** your schoolwork 8. ______ other activities. Last but not least, always look on the bright side and never lose hope, even in difficult situations.

As Lao-Tzu 9. _____ (wise) said, "A 001

journey of a thousand miles begins with a single step." You need to make a 10.

(continue) effort to train your mind and develop your character.

 	your	ciidi
考点で	动探究	ខំ

	单词点 ① challenge n. & vt. 挑	青 战;质疑	travelling ahead of the tr	e) sensors and AI and ain could guide it like a co-	
	 (1)face/meet a/the challenge accept/take up a challenge rise to the challenge (2)challenge sb to(do) sth (3)challenging adj. 	接受挑战 奋起应对挑战	it's a good idea to make y days	no matter when you travel, your reservations at least 90 至少提前 90 天预订是个好	
				人大为惊奇的,令人惊喜的	
	rewarding experience to give society. ②[《呼啸山庄》] She challenge (climb) the highest peak, da fears and conquer them. [写作步步升]——完成句子	ut it's an extremely e something back to ed him ring him to face his	 (1) amaze v. (2) amazed adj. be amazed at/by/that be amazed to do sth (3) amazement n. (much) to one's amaze in amazement 	使吃惊 感到惊奇的;吃惊的 . 对感到惊奇 对做某事感到惊奇 惊奇	
	 ③[2023・新高考全国Ⅱ卷] I once to create a painting every day for a month and post the works online. 我曾经接受了一个挑战,在一个月的时间里每天创作一幅画,并将作品发布到网上。 ② advance n.进步,进展;前进,行进 vt.& vi.发展;促进;进步 adj. 预先的,事先的 		 [温馨提示] amazing 指"令人吃惊的",强调某人/某事物给他人的感受;而 amazed 表示本身的感觉,并不强调对他人的影响,多指"(人)感到吃惊的",有时也可修饰 look/expression/smile/voice 等词。 [考点多维练]——单句填空 ①[2023 • 新高考全国 [卷] Xiao long bao(soup dumplings), those (amaze) 		
	(2)in advance = ahead of time 提前	方面有进步/进展	constructions of delice encasing hot, tasty soup far and away my favourit ②[外研选三U5] Visitor	ate dumpling wrappers, and sweet, fresh meat, are te Chinese street food.	
	[考点多维练]──一词多义/뇤 ①[2021・新高考全国 I 卷] : coming decades, advances in s	It is our hope that in	forms.	otures the beauty of natural when her eyes fell on the	
全品高考复习方案 茁	perspectives (视角) from which manage their lives. ②[2020・新高考全国 [卷] S to college to advance her care better support her family while	he decided to go back eer and to be able to	long red hair and the eag in (amaze [写作步步升]——完成年		
英语YLNJ 22	loves: nursing. ③It is a popular show, so essential. ④[2022・全国乙卷] Very s	advance booking is	sunset over the ocean.	ceathtaking beauty of the 我对海上令人叹为观止的	

⑤[《爱丽丝梦游仙境》]

the locked door swung open	with a simple touch.			
让他非常惊讶的是,只需轻轻一触,锁着的门就开				
了。(读后续写之动作描写)				
4 equal adj.相等的; ³	P等的;相当的 n. 同等			
的人(物) linking v. 与…	…相等 vt. 比得上			
(1) be equal to (doing) sth	等于/能胜任(做)某事			
(2)be without equal = hav	e no equal			
	无与伦比			
(3) equality n .	相等;平等			
(4) equally adv .				
	5			
①[2022·全国乙卷]	Long-lasting friendships			
share the characteristic th	nat both sides			
(equal) contact and share w	vith one another.			
②Based on (equ	al) and mutual respect,			
China is willing to stren	ngthen cooperation and			
mutual learning with other	countries.			
③I don't think Peter is e	qual to			
(transport) these valuable goods, because he is not				
careful enough.				
[写作步步升]——完成句子	2			
(4) Catherine also gained an important life lesson that				
(4) Catherine also gameu an	important life lesson that			
everyone	mportant life lesson that no matter			
everyone	no matter			
everyone how special he or she was.	no matter 的人生启示:每个人都应			
everyone how special he or she was. 凯瑟琳也得到了一个重要的	no matter 的人生启示:每个人都应			
everyone how special he or she was. 凯瑟琳也得到了一个重要的 被平等地对待,无论他或她;	no matter 的人生启示:每个人都应 有多特别。(读后续写之			
everyone how special he or she was. 凯瑟琳也得到了一个重要的 被平等地对待,无论他或她知 人生感悟)	no matter 的人生启示:每个人都应 有多特别。(读后续写之 视;(使)保持平衡;权衡			
everyone how special he or she was. 凯瑟琳也得到了一个重要的 被平等地对待,无论他或她 人生感悟) ⑤ balance vt.同等重	no matter 的人生启示:每个人都应 有多特别。(读后续写之 视;(使)保持平衡;权衡 能力			
 everyone	no matter 的人生启示:每个人都应 有多特别。(读后续写之 视;(使)保持平衡;权衡 能力			
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one thing.

3) You	have	to	balance	the	advantages	of	studying
abroad			th	ne di	sadvantages	•	

④ We should balance the development of economy the protection of environment.

[写作步步升]——完成句子

5

, which will

help you in achieving a perfect and enjoyable life. 在短期目标和长期利益之间保持平衡,这将帮助你 实现完美和愉快的生活。

6 responsible *adj*.有责任,负责;可靠的

(1)be responsible for	对负责;是造成
	的原因
(2) responsibility n .	责任,职责,任务
take responsibility for	对负责
It is sb's responsibility	to do sth.
·	做某事是某人的责任。

[考点多维练]——单句填空

①[2023・全国甲卷] She warns of the environmental dangers facing society, and she teaches that people must take ______ (responsible) for saving their environment.

② It is the parents' responsibility

(provide) a loving and nurturing environment for their children.

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[写作步步升]——一句多译
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③他负责我们的戏剧俱乐部,在他的专业指导下,我 们一起排练并上演精彩的戏剧。

→He _____ our Drama Club, where we rehearse together and present marvelous plays under his professional guidance. (responsible)

→He ______ our Drama Club, where we rehearse together and present marvelous plays under his professional guidance. (responsibility)

⑦ base vt.以……为基础(依据) n.根据;基础;基底;总部,大本营

(1)baseon/upon	以为基础/根据
be based on/upon	以为基础,根据
(2) basis n .	基础;原因;基准
on a daily/regular basis	经常地;定期地
on the basis of	在的基础上,
	根据
(3) basic adj .	基本的,基础的
(4) basically adv .	大体上;基本上;总的
	说来;从根本上说

高中英语必修第一册 听课手册 003

[考点多维练]——单句填空

①[2023 · 新高考全国 [卷] My suggestion is to group students (base) on their language abilities or to let students choose their own partners. 2 (basic), she explained the concept in a simple and straightforward manner. ③[外研选三 U4] The technology you're using and enjoying today is a (base) form of AI which can't think independently without programming. ④You should base your conclusion careful research instead of personal experience. ⑤「《杀死一只知更鸟》] We must judge a man's character not the basis of his social status, but on the content of his character. [写作步步升]——句式升级 6 The novel was based on an interesting story and it was well worth reading. , the novel was well worth reading.(分词短语作状语) was well worth reading.(分词短语作定语) **⑧ remind** *vt*.提醒,使想起 (1) remind sb (not) to do sth 提醒某人(不)做某事 remind sb about/of sth 使某人想起某事 remind sb that... 提醒某人…… (2) reminder n. 引起回忆的事物,提 醒人的事物;通知单 [温馨提示] 和"remind sb of sth"结构相似的还有: accuse sb of sth 控告某人某事; warn sb of sth 警告某 人某事; convince sb of sth 使某人相信某事。 [考点多维练]——单句填空 ①[2023 · 全国甲卷] Those tomatoes had a taste that reminded me the ones my uncle used to grow when I was a child. ②[外研选四 U4] Parents and teachers keep reminding us (share) toys, snacks, books, happy memories, and sometimes even sorrows with others. ③「外研必修一 U5] From time to time I look at the photo as a (remind) to show respect to all animals. [写作步步升]——完成句子 ④[2021•新高考全国 [卷] To make sure that the twins could cook a Mother's Day breakfast 为了确保双胞胎能够顺利地做一顿母亲节早餐,爸爸不断提醒他们下一步该做什么。

 $\textcircled{\sc 5}$ Today, the coming-of-age ceremony in our school

今天,我们学校的成人礼提醒我,我现在是一个成年 人了。

9 aim n.目的,目标 vi.& vt.力争做到;目的 是;针对

(1) aim to do sth	目标是做某事,旨在做
	某事
aim at doing sth	力争做到某事
be aimed at (doing) sth	旨在(做)某事
(2)take aim at	瞄准;对准
with the aim of	目的是,为了
	>

[温馨提示] 名词 aim 作主语时,常用动词不定式形式 作表语。

[考点多维练]——单句填空

①[2023 • 新高考全国 [[卷] The programme aims (help) students develop science

skills, environmental awareness, and healthy lifestyles.

② The aim of this programme is _____

(give) graduates a solid understanding of the basic principles of advertising and marketing.

③[《小妇人》] Every word, every silence, everything a mother does is aimed ______ helping and protecting her child.

[写作步步升]——完成句子

(4)______ appreciating the charm of English classics and promoting English learning, the school English Club will host the "Read Classics, Learn English" activity.

为了领略英语经典作品的魅力,促进英语学习,学校 英语俱乐部将举办"读经典,学英语"活动。(应用文 写作之邀请信)

① exchange n.& vt.交换;交流;兑换

(1) exchange sth with sb	和某人交换某物,和
	某人交流某事
exchange sth for sth	以换取
(2)in exchange (for)	以换取,作为交换
an exchange student	交换生

[考点多维练]——单句填空

①He exchanged some of the milk in the towns nearby ______ other food and made cheese and butter for the family with what was left.

全品高考复习方案 英语 YLNJ

smoothly, the father constantly

②I would appreciate it if you could exchange seats me.

③[《鲁宾逊漂流记》] He offered his services as a guide in exchange ______ a place to stay for the night.

[写作步步升]——完成句子

④A group of _____ from the UK are visiting our school next month.

一个来自英国的交换生团体将于下个月访问我们学 校。(应用文写作之通知)

[短]语]储[存]

as a result of 由于

(1)as a result = as a consequence	结果;因此
(2)result in	导致;造成
result from	由引起

[考点多维练]——用 result 相关短语的适当形式 填空

①[2023 · 新高考全国][卷] Programme evaluations show that kids eat more vegetables _____

the classes.

②[2022 • 新高考全国 [卷] You might think about posting what you are looking for on social media, but it probably won't ______ a useful response.

③[人教必修二 U2] At the moment, the milu deer are still living in reserves where they are being protected and cared for. _____, their population is now recovering fast.

④We all believed that his failure _____ not working hard enough.

[句]型]透[视]

 (教材 P3)To fully realize your potential, it is important for you to make the most of our school resources.为了充分发挥你的潜力, 充分利用我们的学校资源对你来说很重要。

It + be + adj. + (for sb) to do sth.

【句式点拨】

(1)在"It+be+adj.+(for sb) to do sth."句型中, it 作形式主语,不定式短语作真正的主语,常用于这 个句型的形容词有 easy, difficult, important, true, possible, probable, likely, certain, necessary, natural等,这些形容词多与事物的特征有关。
(2)如果形容词是表示主语的品行、性格、性质等(如) nice, kind, considerate, stupid)时,常用介词 of。

[考点多维练]——单句填空

①[北师必修三 U9] In addition, it is important for me _____ (make) plans for the work I need to do.

② It is careless _____ him to leave out such an important detail in the report.

③[人教必修一 U1] It's very difficult

young people to find a job in Europe, so I worry a lot about the future.

[写作步步升]——完成句子

(4) Through this activity, I've learnt that

_____ and take care of us at the same time.

通过这次活动,我了解到父母既要工作又要照顾我 们并不容易。(话题写作之家庭生活)

(教材 P11) However, learning in English
 was a great challenge for me.然而,用英语学
 习对我来说是一个巨大的挑战。

动名词(短语)作主语

【句式点拨】

(1)动名词(短语)作主语往往表示比较笼统的、一般的或习惯性的动作,谓语动词用单数形式。

(2)动名词(短语)作主语时,有时用 it 作形式主语, 而把动名词(短语)后置,常见结构为:

It is useless/no use/no good/a waste of time + doing sth. 做某事是无用的/没有用的/没有好处的/浪费时间的。

(3)动名词(短语)作主语时可以有自己的逻辑主语, 构成动名词的复合结构。

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[考点多维练]——单句填空
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① Learning English well _____ (be)

challenging for him as he is an average student.

②It is no use _____(blame) anyone, and

we should do something to make up for the loss.

③ _____ (educate) children to understand the need to obey rules is widely thought to be the responsibility of parents.

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[写作步步升]——完成句子
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④More importantly,

regularly also relieves your stress, because sports can help you have a sound sleep at night. 更重要的是,经常和你的同学一起锻炼也可以减轻 你的压力,因为运动可以帮助你在晚上睡个好觉。

当堂过关检测	
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★提示: 加黑运	□汇为本单元词汇 (期待) the new opportunities and
 Choosing a career in medicine is a 	possibilities that lie ahead .
(challenge) path that requires years of education	2. Despite the challenges, I am determined to
and continuous dedication to patient care.	(坚持) my goal of becoming a
2 . Being offered a scholarship to study abroad is an	published author.
(amaze) opportunity to broaden	3 . As teachers, we must believe that we can
one's horizons and immerse oneself in a new	(有影响) to the lives of our
culture.	students.
. In order to succeed, having knowledge and skills	4. The key to success often (在于)
s important, but having a positive attitude is	recognizing and unlocking the potential within
(equal) crucial.	oneself.
A successful education system should provide	5. First, cycling is much cheaper than driving a
students with a (balance) and well-	car; second, it is good for our health;
rounded curriculum.	(最后但同样重要的), it is
5. Taking care of the environment is a shared	environmentally friendly.
(responsible) that requires the	6. In order to stay fit and healthy, it's important to
collective effort of every individual .	(充分利用) the fitness
b . Through continuous learning and personal growth,	facilities available at the gym.
ndividuals can acquire the necessary skills and	7 . Profits have declined(由于)
knowledge to achieve financial	the recent drop in sales.
(independent).	8. Customs play a significant role in festivals, but
7. They are required to save energy on a day-to-day	sometimes they can change (随着时
(base) by turning off the tap and	间流逝).
electricity when necessary.	● 重点句型
B. Through persistent effort and growing	
(confident), he was able to overcome	1. English is an international language, so it
his fear of public speaking.	
9. Having wandered (aimless) in the	英语是一门国际性的语言,所以我们有必要学习它。
street for hours, she felt a little hungry and wished	2. The preparations behind the scenes are of
for something to eat.	to the success of the film.
10. In light of the (advance)	幕后的准备工作对电影的成功同样重要。
technology and our team's expertise, we are	3 . When I walked into his room, I
equipped to provide an innovative solution to address	· · · · · · · · · · · · · · · · · · ·
the challenges faced by our clients.	当我走进他的房间时,我发现他正在读一本小说。
11 . After getting all the work done, we put up a	4 is
board reminding people (protect)	crucial for students to maintain a healthy and well-
the trees.	rounded student life.
12. When I was in London, I taught Henry Chinese	平衡学习和休闲活动对学生保持健康和全面的学生
in exchange his teaching me	生活至关重要。
English.	5. My hometown changed I could
① 短语检测	hardly recognize it.
1. With a positive mindset and determination, I	我的故乡变化如此之大,以至于我几乎认不出来了。

1 动词变形练	现象。
1. At last, his years of hard work paid off and he	指出下列黑体词在句中的不同含义。 1 . absent
(admit) to Peking University.	①[2022・新高考全国 I 卷] His usual big toothy
2. He wrote a letter to me,(admit)	smile was absent today.
that he had misunderstood me.	2) When I spoke to him, he looked at me in an
3 . He was beginning to get very	absent way and didn't answer.
(annoy) with me about my carelessness.	2 . absorb
4 . The man(apply) for the post of a	①[2023・新高考全国 II 卷] Adults are portrayed
signalman on the railway, but was turned down as	alone in many settings and poses—absorbed in a
he was colour-blind.	volume, deep in thought or lost in a moment of
5. Some learning difficulties(arise)	leisure.
from the way children were taught at school.	②In cold climates, houses need to have walls that
6. Problems (arise) over plans to	will absorb heat
build a new supermarket here since last year.	③It is easier to buy books than to read them, and
7. It was midday when she(awake).	easier to read them than to absorb them
8. They signed agreements(ban) the	3 . access
use of chemical weapons.	①[2021 · 全国甲卷] We accessed the wall through
① 构词法规则	the South Gate.
构词法 前缀 en-表示"使"、"使成为"、"使做"。	② The emergency exit provides a safe access for people during a fire.
指出下列黑体词的含义。	3 This volunteer activity offers students valuable
1. [2023・新高考全国 Ⅰ 卷] Xiao long bao (soup	access to industry professionals.
dumplings), those amazing constructions of delicate	(4) The programme would create a system to help
dumpling wrappers encasing hot, tasty soup and	parents easily access mental health services for
sweet, fresh meat, are far and away my favourite	their children.
Chinese street food.	4. accommodate
2. It is Anne that enlightens Helen's mind and	①[2021・全国乙卷] However, that was small fry
brings a broad world to her.	compared with the city's Circus Maximus, which
3 . "Her name is Gracie," my husband said, reading	accommodated around 250,000 people.
a sign by the fence that enclosed the pool.	(2) They find it hard to accommodate themselves to
4. [2023 ·北京卷] Nevertheless, not much will	the new working conditions in the beginning.
change until schools with high-quality teaching are	
rewarded with more resources, higher rankings and	5 . act
increased enrolments	①[2023 · 新高考全国]卷] Each chapter concludes with
5. Sunzi was a general, military strategist and	a collection of practices, which are designed to help
thinker in the Spring and Autumn Period, whose	you act on the big ideas of the chapter.
ingenious military strategies were recorded in a	②[2023 · 全国甲卷] In 1975, grizzlies were listed
book entitled Sunzi Bingfa.	under the Endangered Species Act
🕕 熟词生义练/一词多义练	③[2023 · 新高考全国 I 卷] As for Bailey, she is
众所周知,初、高中英语教材中的单词清单所给	more confused about why her act is considered a big

deal.

语言素养提升

众所周知,初、高中英语教材中的单词清单所给 出的只是每个单词最基本的意思,即"熟义"。然而, 教材"熟词"在高考文章中却产生了"生义"或"多 义",这便是我们常说的"熟词生义"或"一词多义"

 $\textcircled{\sc 0}It$ takes a couple of minutes for the drug to act.

007

听课手册

高中英语必修第一册

①[2023・北京巻] She called for action to **address** ① the struggles of people around the world facing "too resolittle water or too dirty water".______ ② [2022・全国乙巻] The chairman of the China ② Culture Promotion Society **addressed** the opening root ceremony.______ ③ ③ I gave in to curiosity and opened the letter up **addressed** to him. ______ 7. admission 9. ① By his own **admission**, he has achieved little ①

since he took over the company.

② There's a notice outside the building that says "No **admission** before twelve noon".

(3) How much do they charge for **admission**?

①[2021 • 全国甲卷] "I have matured and I admit responsibility for my actions," he said in the letter.

② The narrow windows **admit** little light into the room.

③ The hospital **admitted** the patient immediately upon arrival due to the severity of his condition.

9. affect

8. admit

① The heartfelt speech delivered by the activist **affected** the audience, inspiring them to take action.

② These viruses **affect** children and are highly infectious.

3. Her hands were trembling

as

写作素养提升

1. 情感细节描写——高兴与兴奋

【语言素材】

开心的	delighted	令某人开心的是	to one's delight/joy/excitement
开心的;满意的	pleased	高兴地跳起舞 来/跳起来	dance/jump for/with joy
非常兴奋的	thrilled	情绪高涨	in high/cheerful spirits
高兴的	cheerful/joyful	欣喜若狂	be wild with joy/delight/happiness
狂喜的	overjoyed	高兴得无法形容	delighted/pleased beyond description
激动(地)	with excitement/excitedly	非常高兴	be seized by joy/be overcome with happiness
无法抑制内心 的激动	can't contain one's excitement	脸上带着灿烂的 微笑	with a bright smile on sb's face/wear a bright smile/smile brightly

【跟踪演练】

🕕 单句表达

1, I gave a jump in the air and then skipped into the supermarket along	she opened the box. 当她打开盒子时,她的手激动地发抖。
with my smiling mother. 又高兴又激动,我蹦跶了一下,然后蹦蹦跳跳地跟着	4. After Steve learned this satisfactory result, swept over/flooded over/
我微笑着的妈妈进了超市。 2 . Sarah as she	crowded in on him. 史蒂夫听到这个令人满意的结果后,一种喜悦和幸
opened the gift and discovered a plane ticket to her dream destination.	福的感觉涌上心头。 5. I was, hardly able to
当萨拉打开礼物,发现一张去自己梦想中的目的地 的机票时,她无法抑制自己的兴奋。	believe in my good fortune. 我高兴得无法形容,几乎无法相信我的好运。

全品高考复习方案

英语

YLNJ

🕕 语段表达

Summer vacation was coming. Jack and his brother Berlin 1. ______(兴奋不 已) as they thought of visiting their grandparents again. The big day came at last. After the happy family got ready, they **set out for the grandparents' eagerly**. On the way, the brothers 2. _____(兴奋地谈论着) the fun they had with Grandparents. A little blue house with a tall white chimney finally appeared. **Behind the** property was the forest carrying their good memories with Grandpa. They arrived at the driveway, at the end of which Grandma 3.

_____(高兴地等着他们). Jack and Berlin each gave Grandma a big hug and then swept to the living room, shouting excitedly "Grandpa, we are back!" Seeing his grandsons, Grandpa 4. _____(非常 高兴).

Unit 2 Let's talk teens

主题语境:人与自我——家庭生活

佳作晨读赏析

[2023·全国乙卷]学校英文报组织同学们分 享自己在假期中学到的新技能,请你以此为主题写 一篇短文投稿。内容包括:

- 1. 简要描述;
- 2. 体验和感受。

[精]彩]美[文]

Learn a new skill

During the summer vacation, I decided to try something new and **stepped into** the world of basketball. Little did I know that this journey would be so meaningful for me.

At first, I felt a little **awkward when facing** others on the court. Afterwards, with each practice and game, however, my confidence grew. I have learned the basic skills, and **embraced** every challenge. In many ways, it was basketball that taught me the importance of discipline, teamwork, and perseverance. The joy and satisfaction of making a perfect shot or a crucial play are beyond words. Anyway, since this summer, basketball has become **more than** just a hobby for me—it has become part of my life.

[名]师[点]晴

1. 文章体裁:应用文——短文投稿。

Paragraph 1: 新技能介绍

Paragraph 2: 写作要点(简要描述+体验感受)

Paragraph 3: 总结

3. 高级词汇短语: step into(进入), awkward (笨 拙的), embrace every challenge(接受每一个挑战), discipline(纪律), perseverance(不屈不挠), beyond words(溢于言表), more than(不仅仅)等。

4. 高级句式:①倒装句: little did I know that this journey would be so meaningful for me; ②状语从句 的省略: when facing others on the court; ③介词短 语作状语:with each practice and game;④强调句:it was basketball that taught me the importance of discipline, teamwork, and perseverance 等。

课文语篇回顾

词汇默写部分见《默写本》

Heated **arguments** and cold silences are common between **teenagers** and their parents.

Teenagers' physical changes may result 1. ______ such family **tensions**. You may worry about your changing voice, weight problems or spots. When it all gets too much, your parents are often the first **targets** of your 2. _____ (angry). It can be a big headache to balance your 3. _____(develop) **mental** needs too. You feel ready to be more responsible and make decisions on your own. 4. ______(unfortunate), your parents do not always agree and that makes you feel 5. ______(happy). It can be difficult when your parents treat you like a child 6. ______expect you to act like an **adult**. All of this can lead to a **breakdown** in your relationship.

课手册

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局中英语必修第

册

听

^{2.} 谋篇布局:

However, you can take action to improve the situation. The key to 7. _____(keep) the peace is regular and honest communication. When you disagree with your parents, take a minute 8. (calm) down and try to understand the situation from their point of view.

|单|词|点|晴

All in all, just remember that 9.

is completely normal to struggle with the stress that parent-child tensions create, and that you and your parents can work together to improve your relationship. Everything 10. (turn) out all right in the end, and the changes and challenges of your teenage years will prepare you for adulthood.

考点互动探究

斑点;污渍;地点,场所 vt.看见;注意到;发现

	渴望的	心的;令人焦虑的;	(1)on the spotput sb on the spot(2)spot sb doing sth	
全品	渴望的 (1)be anxious about sth/for sb be anxious for sth 渴望 be anxious to do sth 渴望 (2)anxiously adv. 焦点 (3)anxiety n. 焦点	······担心/忧虑 望得到······ 望/急于做某事 急地,忧虑地, 叠地 意,忧虑,担心 虚地,扎心地 o 表示"渴望得 比含义的短语还有 long for/to do, be ying for/to do, be ying for/to do, be 等。 morning, I should elations of beauty. ff, everybody was nxious). valked his heart pounding	put sb on the spot (2) spot sb doing sth be spotted with sth [温馨提示] spot 用作 spot 作"地点,场所"讲 句若缺少状语则用 whe 主语或宾语则用 that/w [考点多维练] — 一说 ①I was on the spot w and had to provide a s ②[2022 • 新高考全日 finally spotted David, off to the side by a fer ③Some of the spots remove. ④[2020 • 全国新高 spotted black smoke building on his way to call 911. ⑤The photographer a spot the [写作步步升] — 完成 ⑥[外研选 - U1] O dinner at a university	(提出问题)使某人尴尬 发现某人正在做某事 满是斑点 声动词,意为"发现,注意到"。 用作定语从句的先行词时,从 ere 引导定语从句,从句若缺少 which 引导定语从句。 写多义/单句填空 hen the car accident happened tatement to the police. 写 【卷] I looked around and who was standing by himself nce. on your trousers are hard to 点 考 [卷] When Jim Grant (come) out of a work, he stopped his car to sked the model to stand in a e lighting was perfect. 这句子 Dice, having been invited to
全品高考复习方案英语 YLNJ 010	 [写作步步升]——完成句子 ⑤ She the interview, as it could determine career. 她渴望得到工作面试的结果,因为业生涯的未来。(读后续写之情感 2 spot (spotted, spotted, spotted,	the future of her b这可能决定她职 这描写)	speech. 有一次,他被邀请到一 表演讲,他感到很尴尬 ⑦We lay on the g sky	所大学吃饭,校长突然请他发 。 rass, staring at the night

3 desire n.& vt.渴望,希望	(1)come into view 映入眼帘;进入视野
(1)have a desire to do sth 渴望做某事	in view of 鉴于;考虑到
have a desire for sth 渴望得到某物	have a good view of 清楚地看到;饱览
(2)desire sth 渴望某事/物	from one's point of view = in one's view
desire to do sth 渴望做某事	依某人之见,在某人看来
desire sb to do sth 渴望某人做某事	broaden one's view 开阔某人的视野
	(2)viewas 把看作
desire that(should) do 渴望	(3)viewer n. (尤指电视)观众
[考点多维练]——单句填空	[考点多维练]——一词多义
①[2022 · 北京卷] His presentation not only awed	①[2023・新高考全国Ⅱ卷] From a 21st-century
and inspired me, but also helped emerge an inner	point of view , the printed book is certainly ancient,
desire (make) a difference in the	but it remains as interactive as any battery-powered
world.	e-reader.
② We desire that immediate help	②[2023 · 新高考全国 [卷] You can view these
(give) to the local villagers who have been trapped	practices as a toolbox meant to aid your efforts to
by the flood.	build a minimalist lifestyle that works for your
③She desires her children (pursue)	particular circumstances.
their passions and follow their dreams.	③[外研必修一 U5] When I finally stepped out of
[写作步步升]——一句多译	the trees, the view was breathtaking.
④我们都渴望健康和幸福,这是每个人的愿望。	the frees, the view was breathtaking.
\rightarrow We all, which is	The cloud lifted, and the tops of the mountains
everyone's wish. (desire $v.$)	suddenly came into view .
→We all	
, which is everyone's wish. (desire $n.$)	
④ struggle vi. & n.奋斗;斗争;搏斗	⑤If you climb to the top of the hill, you can .
struggle for 为而奋斗	如果你爬上山顶,你可以饱览整个城市。
struggle against/with 与做斗争	⑥ If we go on a trip abroad, we can
struggle to do sth 努力做某事	and gain knowledge we cannot get from books.
struggle to one's feet 挣扎着站起来	如果我们去国外旅行,我们可以开阔视野,并获得
	我们从书本中学不到的知识。(话题写作之旅行与
①[2020 · 全国新高考 [[卷] Many of their families	交通)
were struggling (make) ends meet.	6 concern n . 忧虑, 担心 vt . (使)担忧; 涉
②[《蜜蜂的秘密生活》] She struggled	及;关系到
her own weaknesses, pushing herself to the limit	(1) show/express one's concern about/for
and surpassing her own expectations.	
③[人教选一 U1] However, his influence is not	对·····表示关心/担心
based on his time in office, but on his continuous	(2) concerned adj. 关切的;担心的
struggle a better society and his	be concerned about/for = be worried/anxious about 对感到担心
	about
concern for all Chinese people.	
concern for all Chinese people. [写作步步升]——完成句子	as far as be concerned 就而言
concern for all Chinese people. [写作步步升]——完成句子 ④Though he was badly wounded, he	as far asbe concerned 就而言 (4)concerning <i>prep</i> . 关于
concern for all Chinese people. [写作步步升]——完成句子 ④Though he was badly wounded, he and went on running.	as far asbe concerned 就而言 (4)concerning <i>prep</i> . 关于 [温馨提示] concern 作名词讲时,可以抽象名词具体
concern for all Chinese people. [写作步步升]——完成句子 ④ Though he was badly wounded, he and went on running. 虽然他伤得很重,但他挣扎着站起来继续跑。(读后	as far asbe concerned 就而言 (4)concerning <i>prep</i> . 关于 [温馨提示] concern 作名词讲时,可以抽象名词具体 化,a concern 表示"一件令人担忧的事情"。
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高中英语必修第一册 听课手册

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②A lecture (concern) relieving	毋庸置疑,锻炼和均衡饮食是保持良好的健康的关
study pressure is scheduled to be held at the school	键。(话题写作之饮食与健康)
auditorium from 3:00 pm to 5:00 pm this Friday.	⑧ design vt.设计;制订 n.设计;设计艺术
③ The doctor showed deep concern	(1)be designed for 为而设计
the patients' health and took every measure to	be designed to do sth 目的是/旨在做某事
ensure their recovery.	(2)by design = on purpose 故意地,蓄意地
[写作步步升]——完成句子	(3)designer n. 设计师
④[2020 ·浙江卷]Therefore, I am writing to you	[考点多维练]——单句填空
	①[2023·全国乙卷] The remarkable development
因此,我写信给你是为了对你的健康表示关心。	of this city, which is consciously designed
(5), traditional Chinese	(protect) the past while stepping into
festivals are not only celebrations but also	the modern world, means there is always something
opportunities to honour ancestors and carry forward	new to discover here.
cultural traditions.	②[人教选一 U2] I found my career as an AI
依我看,中国的传统节日不仅是庆祝活动,也是纪念	(design) through a social media
祖先和弘扬文化传统的机会。(话题写作之传统文化)	network.
⑦ argue $vi.$ 争吵,争辩,争论 $vt.$ 说理,论证	③ This project (design) to help
(1)argue with sb about/over sth	landless people just didn't work out as planned.
与某人争论某事	[写作步步升]——完成句子
argue for/against 支持;赞同/反	④I think this course
对;不赞同	beginners like you, which focuses on listening and
argue sb into/out of doing sth	speaking practice.
说服某人做/不做某事	我认为本课程是专门为像你这样的初学者设计的,
(2)argument n. 争论,争辩;论点	重点放在听和说的练习上。(应用文写作之建议信)
It is beyond argument that	(5) Whether or by accident, his
是无可争辩的,	timing was perfect.
是毋庸置疑的	不管是计划好的还是巧合,他对时机的把握堪称
[考点多维练]——单句填空	完美。
①When this happens, the important thing is to try	9 eager adj . 热切的,渴望的,渴求的
not to let a calm discussion turn into a heated	(1)be eager for sth 渴望得到某物
(argue).	be eager to do sth 渴望做某事
	(2)eagerness n. 热切,渴望
continue to argue whether or not	in one's eagerness to do sth 渴望做某事
fatty food is dangerous, we already know that sugar	with eagerness = eagerly 热情地,急切地
is a killer.	[考点多维练]——单句填空
③The local people strongly argued	①[2023 · 新高考全国][卷] Though some are
the construction of a new chemical factory,	initially scared of the insects and turned off by the
emphasizing the environmental damage it would	dirt, most are eager (try) something
cause.	new.
[写作步步升]——完成句子	②[外研必修一 U1] I woke up early and rushed out
④We tried many ways	of the door in my (eager) to get to
our advice, but in vain.	know my new school.
我们尝试了很多办法劝说他接受我们的建议,但都	③[《小妇人》] The young girl was eager
没有用。	knowledge, always seeking to learn something new.
5 exercise and a	[写作步步升]——完成句子

全品高考复习方案 英语 YLNJ

012

_____, I worked day and night as busy as a bee for fear that I would make a fool of myself on live TV.

想象着我的家人热切地等待我的表演,我夜以继日 地忙碌着,担心我会在电视直播中出丑。

figure v. 认定,认为 n.数字;身材;人物,
 人士;人影;雕像,塑像

(1)a leading/central figure	重要人物
keep one's figure	保持身材
(2)figure out	想出;解决;计算出;
	弄明白

[考点多维练]——一词多义

①[2023 • 新高考全国 [卷] With the right combination of animals and plants, he **figured**, maybe he could clean up waste the way nature did.

②[2022 • 全国乙卷] Drinks now contain 45 million fewer kilos of sugar as a result of manufacturers' efforts to avoid the charge, according to Treasury figures.

③[2020 • 天津卷] She realized she looked like a child, with her tiny **figure**.

④[2020 • 天津卷] Making a full-length clay(黏土) **figure** would not exhaust my strength—and that is what I intend to do!

⑤[北师选一 U2] She has been a volleyball star for more than thirty-five years and has contributed greatly to the sport, which has made her the most popular **figure** in China's volleyball history.

[写作步步升]——完	成句子

6 And even if I

I was sure I'd stumble over my words when speaking aloud!

即使我想好了该说什么,我也确信在大声说话时我 会结结巴巴的!

短语 储 存

see eye to eye with sb (on sth) (在某 事上)与某人看法一致

have an eye for sth	对有鉴赏力(或识别
	力、眼力)
in sb's eyes	按某人的意见;在某人眼
	里;依某人看
keep an eye on sb/sth	照看;留神;留意

(坦然或问心无愧 look sb in the eye(s) (s)地)直 视某人,正视某人 turn a blind eye (to sth) (对某事)佯装不见, 睁一只眼闭一只眼 before/in front of sb's (very) eyes 当着某人的面;就 在某人的眼皮底下 [考点多维练]——单句填空 ①It is hardly possible for young people to see eye to eye their parents on some points. 2 I'll ask Mary to pick a new dining table for me because she has an eye _____ nice furniture. ③Don't turn a blind eye _____ matters that concern the people's welfare. [写作步步升]——完成句子 ④ , I learnt a life lesson: if life becomes hard, soften it with random acts of kindness. 从他眼中坚定的神情中,我学到了一个人生真谛:如 果生活变得艰难,用随意的善举软化它。 (5) After wheeling my grandpa to the court, we began the special game. While playing, I Grandpa, waiting for something deep down. 把我的爷爷推到球场后,我们开始了这场特殊的比 赛。玩的时候,我留意着爷爷,在内心深处等待着什 么。(读后续写之动作描写和情感描写) 6 He and said something that touched my heart deeply. 他直视着我的眼睛,说了些话,深深地打动了我的 心。(读后续写之动作描写) 2 draw sth out of sth 提取,支取 凭借;利用;动用 draw on/upon (时间、空间的)临近 draw near draw sth from sb/sth 从……中得到/获得…… draw up (车辆)到达某处停下,停 止;拟订,制订,起草 [考点多维练]——单句填空 ①We shall draw historical experience and try to avoid future mistakes. ②What kind of conclusion can you draw the research?

高中英语必修第一册 听课手册

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③ The boss asked me to draw our (2)现在分词的一般式(doing)表示的动作与谓语动 new plan in the light of the experience of other 词表示的动作同时发生或几乎同时发生,完成式 factories. (having done)表示的动作发生在谓语动词之前; [写作步步升]——完成句子 (3)现在分词的主动语态形式表示的动作和句子主 (4) As seven o'clock , I confidently 语之间为主动关系,被动语态形式(being done)表示 placed this wonderful poem of mine beside my 的动作和句子主语之间为被动关系。 father's plate on the dining-room table, waiting for **「考点多维练**]——单句填空 (visit) Paris several times over the him to appreciate it. (draw) 临近七点钟时,我满怀信心地把我的这首美妙的诗 last 8 years, I fell in love with its charming beauty 放在餐桌上父亲的盘子旁边,等着他欣赏它。(读后 and diverse culture. 续写之动作描写) (cover) an area of over 500 square (5) He decided to kilometres, the national park is known for its to buy a house. (draw) diverse wildlife. 他决定把他所有的钱从银行里取出来买房子。 ③Facial recognition technology is working well at 句 型 透 视 tourist attractions around China, (reduce) the time people spend standing in line at ● (教材 P16)You may feel anxious that you entries or security checks. are developing at a different rate to your ④ ____ (station) overseas, soldiers friends, shooting up in height or getting have a valuable chance to practise the skills. left far behind. 你可能会感到焦虑,因为你的成 [写作步步升]——完成句子 长速度与你的朋友不一样,你在快速长高,或者身高 ⑤[2022·新高考全国 I 卷] , 远远落后。 David turned to me tremblingly with tears spilling out of his eyes and expressed he had made a firm 现在分词(短语)作状语 decision to finish the cross-country run.

【句式点拨】

(1)现在分词在句中作状语,可表示时间、条件、原 因、结果、方式或伴随,其逻辑主语必须与句子的主 语保持一致;

当堂过关检测

情感描写)

● 単句填空

1. It is beyond (argue) that teenagers experience significant emotional, mental and physical changes during adolescence.

2. Rachel, who had a whole barrel of unique ideas, wanted to be a fashion (design) when

growing up.

3. The **experts** all agreed that his

(perform) didn't really come up to his usual high standard.

4. I tried to compose him but obviously he couldn't

contain his (angry) any more.

5. Despite the hardships he faced, the adult remained (mental) strong,

constantly seeking personal growth and selfimprovement opportunities.

听到我的话,戴维颤抖地转向我,泪水从他的眼中溢

出,表示他已经下定决心完成越野跑。(读后续写之

6. The young man, who was **eager**

(learn) and grow, enthusiastically pursued educational opportunities and actively participated in extra-curricular activities.

7. Red roses _____ (view) as the symbol of love by most people.

8. The old man waited (anxious) in line at the grocery store, worried that he might not have enough cash to pay for these items.

9. It is normal to feel anxious before the interview because it is a (stress) experience for everyone.

全品高考复习方案 英语 YLNJ

10 . Everyone desires (succeed)	high school and became the tallest boy in his class.
while success only belongs to the hard-working	9. I couldn't(想出) how she
people.	managed to keep her figure. She told me she
11 . It is very likely that the man will make a full	figured that exercise was the best way to lose
recovery soon after the(operate).	weight.
12 . You really put me the spot by	10. With various methods of payment emerging,
asking me to apologize before so many people.	what many people
① 短语检测	(更关心) is whether their e-wallets are safe enough
1 . A group of volunteers came together to	compared with cash or credit cards.
(使我变得高兴) during a difficult time,	🕕 重点句型
offering their support and uplifting spirits.	1. He is very nervous and
2. You had better	to cool down.
(把整个事情考虑清楚) before you give me your	他很紧张,似乎需要时间冷静下来。
final decision.	2 you will meet people who are
3 . After receiving the shocking news, she	interested in or skilled at English there and you can
struggled to(冷静下来),	make friends with them. (likely)
taking deep breaths.	你可能会在那里遇到对英语感兴趣或精通英语的
4(从我的观点出发),	人,你可以和他们交朋友。
this book is much better than the one you bought last	3 , I am
week.	familiar with every plot of it.
5 . Though we don't	这本小说我已经读了两遍,所以我对它的每一个情
(彼此看法一致) on many things, I respect	节都很熟悉。
him very much.	4 can have a
6 . Anna and Jim have been quarrelling for a long time,	huge impact on reducing the spread of diseases.
and neither of them want to(让步).	用香皂洗手能有效减少疾病的传播。
7. She went to the ATM to	5 , there is an
(从中支取钱) her bank account before heading	incredible theme park that will appeal to you.
to the mall for shopping.	无论你喜欢哪一个、喜欢什么,总会有一个妙不可言
8. He(快速长高) when he was in	的主题公园吸引你。

语言素养提升

🕕 动词变形练

1. She _____(ban) from athletics for two years after failing a drug test.

2. The letter _____(bear) no signature, which puzzled her.

3. Although he _____ (beat) in his first

race, I was thrilled with his performance.

4. Slowly my eyes _____ (become)

accustomed to the darkness and soon I fell asleep.

5. Suddenly, she _____(begin) to feel a

sense of panic when the fire broke out.6. No sooner had the performance

(begin) than the lights went out, leaving the audience in the dark.

7. Before _____ (begin) to do our homework, we had listened to the radio for half an hour.

🕕 构词法规则

构词法 前缀 dis-表示"否定"、"相反"; dis-还有 "分开,分离"的意思。

指出下列黑体词的含义。

1. [2023 • 新高考全国 Ⅰ 卷改编] The author's attitude towards Navajas' studies is **dismissive**.

2. [2021 • 全国乙卷] On her day of **discharge**, we shared in her delight at her recovery.

3. [2020 • 全国新高考 [卷] Follow all rules carefully to prevent **disqualification**.

4. [2020 • 天津卷] We will probably have to force ourselves to waken our curiosity and **discontent** and keep them awake.

5. $[2022 \cdot 全国 甲卷]$ I was unwilling to talk with him and often **disobeyed** his rule of not staying out with my friends too late.

① 熟词生义练/一词多义练

指出下列黑体词在句中的不同含义。

1. against

①[$2021 \cdot 2$ 国甲卷] I came across a small clearing and immediately noticed the dead yellow grasses set **against** the fresh snow._____

② The last part of the course was hard because I was running **against** the wind.

③ The waves crashed **against** the rocks with tremendous force.

④ She leaned her head **against** the window and closed her eyes.

(5) He voiced his strong opinions **against** animal cruelty in a public speech.

2. air

①She had an **air** of confidence.

② The television interview will be **aired** to all parts of the country.

③Leave the windows open to let the room **air** a bit.

3. appetite

①He suffered from headaches and loss of appetite.

②She has an amazing **appetite** for knowledge.

4. approach

① $[2023 \cdot 浙 江 卷]$ InSPIRE is investigating practical **approaches** to "low-impact" solar development, which focuses on establishing and operating solar farms in a way that is kinder to the land.

②[2021 • 天津卷] Human qualities also involve how you think, how you **approach** problems, and how you break them down.

③If you look out of the window on the left, you'll see that we're now **approaching** the Eiffel Tower.

5. average

①[$2023 \cdot$ 新高考全国 [卷] The **averages** from these groups were more accurate than those from an equal number of independent individuals.

②[2023 • 全国乙卷] The Chinese coach transformed Douglas into one of the best gymnasts in the world, helping her skyrocket from an **average** member of the national team to the top of the sport.

6. back

①[$2023 \cdot 全国乙卷$] Several studies have **backed** this up and found that indoor plants can improve creativity, focus and memory.

②Ann gave up driving when she **backed** the car into the garage door.

7. badly

① They were taking a **badly** damaged boat from the Virgin Islands to Miami to have it repaired.

(2) The house was considerably out of repair and **badly** in need of painting.

8. balloon

[2023 • 新高考全国 Ⅱ 卷] As cities **balloon** with growth, access to nature for people living in urban areas is becoming harder to find.

写作素养提升

2. 情感细节描写——焦虑、担忧与紧张

【语言素材】

#				
央 语 ✓	焦虑的;忧虑的	anxious	焦急地/不安地	with anxiety/uneasiness
ľNJ	难过的;沮丧的	upset	关心	be concerned about/care about
016	担心的;不安的	uneasy/restless	为而担忧/忧虑	be worried about

016

全品高考复习方案