



CANPOINT®

全品 高考复习方案

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听课手册
英语
主题版

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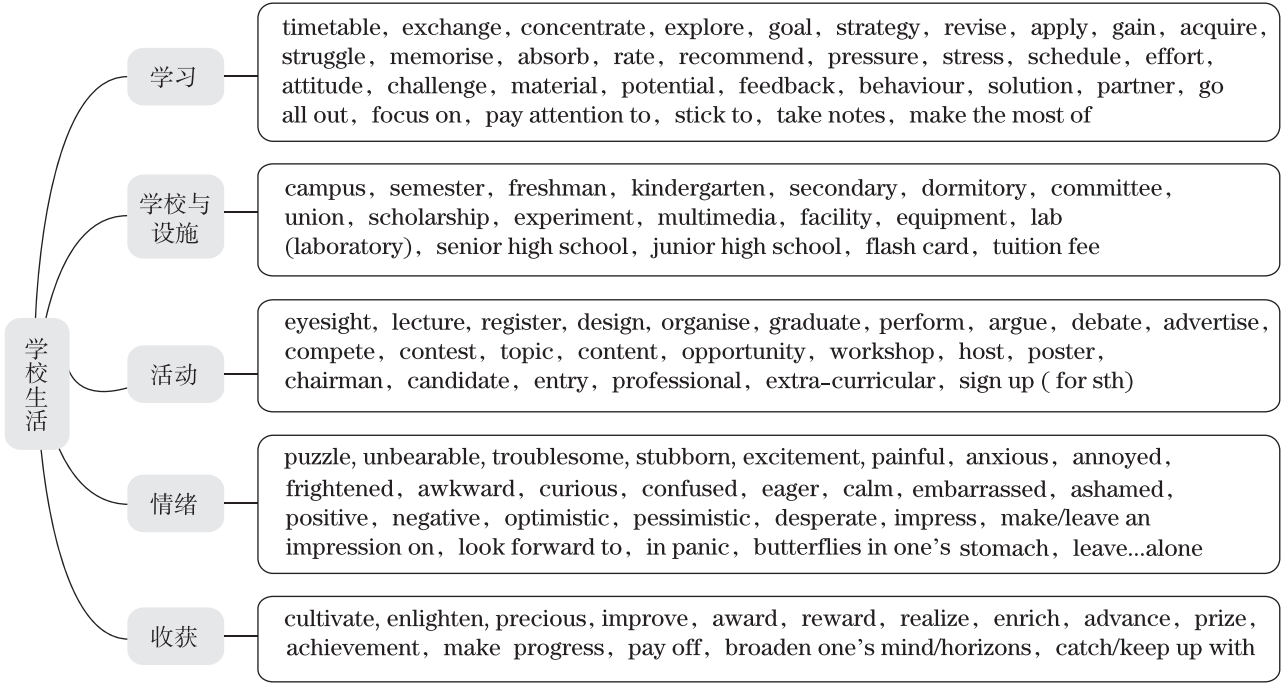


Unit 1 学校生活

对接教材与高考

教材版本	单元	高考链接
人教版	必修一 Welcome unit	[2024·浙江1月考] 读后续写(通过“一英里跑”适应学校生活)
外研版	必修一 Unit 1 A new start	[2023·新高考全国I卷] 读后续写(老师鼓励作者写作)
译林版	必修一 Unit 1 Back to school	[2023·新高考全国II卷] 阅读B(在学校开设园艺项目) [2022·浙江1月考] 读后续写(作者和队友合作完成项目)
北师大版	选择性必修二 Unit 5 Education	[2022·浙江6月考] 应用文写作(邀请留学生体验新开的自习室)
		[2022·新高考全国I卷] 阅读A(文学入门课程)
		[2022·新高考全国I卷] 应用文写作(邀请外教做访谈) [2022·新高考全国I卷] 读后续写(患病学生参赛战胜自我)

主题词汇语义场



主题词汇再现

★提示：加黑词汇为复现词汇

On my first day of **senior high school**, I came across May, an **exchange** student from China, who **made a deep** 1. _____ (**impress**) on me.

Dressed in a formal uniform, she looked a bit shy and **awkward** in the new surroundings. **Realizing** that she might be **frightened** of

2. _____ (**leave**) **alone**, I introduced myself to her and offered to keep her company.

I helped her with the 3. _____ (**register**) card, filling in personal information such as sex, nationality and so on. Being 4. _____ outgoing girl, I quickly made her relaxed and we even became learning **partners**.

I found that she had clear learning goals and useful 5. _____ (**strategy**). In the **lecture** hall, she **took notes** carefully with all her attention **concentrated on** the **lecturer**. However, she seemed to be 6. _____ (**annoy**) when she failed in **experiments** in the physics **lab**. With my assistance, she finally made it. At last she felt less **anxious** and built up 7. _____

(**confident**) in physics.

School was over at 6 pm. We **revised** lessons together and then I took her 8. _____ (**explore**) the **campus**. She was **curious about** everything. We shared a lot. She dreams of becoming a 9. _____ (**design**) while I **look forward to** 10. _____ (have) my own company in the future. What a lovely day!

/ 主题写作佳句 /

① 应用文写作佳句

1. [外研必修一] These activities **not only** help them gain more skills, **but also** teach them to care about others.

这些活动不仅帮助他们获得更多的技能,还教会他们关心他人。

2. [外研必修一] **Well begun, half done.**

好的开始是成功的一半。

3. [外研必修一] **Looking back on my high school life**, the most important advice **I'd give** is these wonderful words from the writer Maya Angelou. She said, "Be a rainbow in somebody else's cloud." 回顾高中生活,我能给大家最重要的建议是作家玛雅·安吉罗的一句精彩名言。她说:"要成为别人云朵中的一道彩虹。"

4. [译林必修一] When you **rise to the challenges**, you will **have the opportunity to acquire great knowledge** and enjoy personal growth.

在迎接挑战的时候,你们将有机会掌握大量的知识,并享受个人的成长。

② 读后续写佳句

1. [人教必修一] I feel **much more confident than** I felt this morning. I think that tomorrow will be a great day!

我感觉现在比早上有信心多了。我相信明天将是美好的一天!

2. [外研必修一] I **woke up** early and **rushed out of** the door **in my eagerness** to get to know my new school.

我一大早就起床冲出了家门,迫不及待地想了解我的新学校。

3. [外研必修一] I was **frightened at the sight of** the test paper.

我看到试卷的时候好害怕。

4. [译林必修一] Always look on the bright side and never lose hope, even in difficult situations. In time you will **find yourself growing into** a well-rounded individual.

要一直看到事情好的一面,即便身处困境,也永远不要失去希望。最终,你会发现自己已逐渐成长为一个全面发展的人。

Lesson 1 学校生活(一)

/ 主题词汇训练 /

主题单词

① **apply** *vi. & vt.* 申请;请求 *vt.* 应用;使用;涂(油漆、乳剂等),敷;勤奋工作

(1) 单句填空

① [2024·新课标 I 卷] With the rise of technology it is easy for people to make observations of different species with the aid of a mobile _____ (apply).

② [2023·全国乙卷] There has been a rise in the number of students _____ (apply) for food courses at UK universities and colleges.

③ [译林选修四] An interview provides an opportunity for the _____ (apply) to learn more about the job and the company, and to discover whether this job is right for him or her.

(2) 一词多义

④ [2023·新高考全国 I 卷] Because I love your stories. If you're willing to **apply** yourself, I think you have a good shot at this. _____

⑤ [人教选必二] **Applying** oil to the injured areas is a bad idea, as it will keep the heat in the wounds and may cause infection. _____

(3) 写作应用

⑥[北师必修三] I wonder if you could also give me more information about _____
(如何申请成为) part of this festival. (应用文写作之求助信)

⑦To enrich his own life, the old man _____

_____ (一直致力于保护野生动物) since he retired. (应用文写作话题之环境保护)

[归纳总结]

- (1) apply... to... 把……涂到……上; 把……运用于……
apply (to...) for (向……) 申请
apply to do sth 申请做某事
apply oneself (to sth/to doing sth) 勤奋/努力/致力于/专心于…… (to 为介词)
(2) applicant *n.* 申请人
(3) application *n.* 申请; 申请书; 应用; 应用软件

② struggle *n. & vi.* 斗争; 奋斗; 搏斗

(1) 单句填空

①[2024·新课标Ⅱ卷] During my first visit to Italy, I struggled _____ (ask) for directions or order in a restaurant.

②[《蜜蜂的秘密生活》] She struggled _____ her own weaknesses, pushing herself to the limit and surpassing her own expectations.

③He had a difficult life, _____ (struggle) with mental illness and poverty, but he found comfort and meaning in his painting.

(2) 写作应用

④[2022·新高考全国Ⅰ卷读后续写] Without hesitation, he wiped away the tears and _____ to embrace the challenge.

他毫不犹豫地擦干眼泪, 挣扎着站起来挑战。

⑤[人教选必一] However, his influence is not based on his time in office, but on his continuous _____ and his concern for all Chinese people. (应用文写作话题之记人叙事)

然而, 他的影响力不是基于他在任的时间, 而是基于他为更美好的社会而不断奋斗, 以及他对全体中国人民的关心。

[归纳总结]

- (1) struggle for 为争取……而斗争
struggle against/with 与……斗争; 为反对……而斗争
(2) struggle to do sth (= make great efforts to do sth) 努力做某事
struggle to one's feet 挣扎着站起来

③ absorb *vt.* 吸收; 理解; 掌握; 吸引全部注意力

(1) 单句填空

①[外研选必三] At night, the heat _____ (absorb) by the wall during the day warms the cool air, creating a comfortable temperature inside.

②[2024·新课标Ⅱ卷] This _____ (absorb) new book by Catriona Campbell is a practical road map addressing the challenges posed by the forthcoming AI revolution.

(2) 一词多义

③[上外选必三] Plants **absorb** carbon dioxide and convert it into their own tissue, which serves as the basic food supply for all of animal life (including human beings, of course).

④The movement and noise of the machines **absorbed** the boy completely.

(3) 写作应用

⑤[《哈利·波特》] Harry did not answer, but pretended _____ (沉浸于那本书) they were supposed to have read before Charms(魔咒课) next morning.

[归纳总结]

- (1) absorb/attract/draw one's attention 吸引某人的注意力
(2) absorbed *adj.* 全神贯注的, 专心致志的
be/get absorbed in... 全神贯注于……, 专注于……
(3) absorbing *adj.* 吸引人的; 精彩的
温馨提示: be/get absorbed in 结构在句中作状语或定语时, 常省略 be, 用 absorbed in...。类似的结构还有: be faced with, be lost in, be buried in, be devoted to, be occupied in, be involved in 等。

④ effort *n.* 努力; 艰难的尝试; 尽力

(1) 单句填空

①[2023·北京卷] Efforts _____ (improve) teaching at the university level have recently emerged.

②The gymnast performed the difficult routine _____ effort, amazing the audience.

(2) 写作应用

③[2022·新高考全国Ⅰ卷] At the sound of the signal gunshot, runners shot out like bullets, except David. _____, step by step. (读后续写之动作描写)
信号枪声一响, 除了戴维, 赛跑者都像子弹一样飞奔而出。他非常吃力地拖着双腿, 一步一步地走着。

④ I am writing this letter to express my heartfelt gratitude. You _____ during my most difficult times. (应用文写作之感谢信)
我写这封信是为了表达我衷心的感谢。在我最困难的时候,您一直不遗余力地帮助我。

⑤ _____, we finally raised enough money and built a coffee house, which was still there many years later. (读后续写之动作描写)
在我们的共同努力下,我们终于筹集了足够的资金,建了一家咖啡馆,多年后它还在那里。

[归纳总结]

- (1) make efforts/an/every effort to do sth
努力/尽一切努力做某事
spare no effort to do sth 不遗余力去做某事
(2) with/without effort 费力地/轻松地
with/through one's joint/tireless/constant efforts
在某人共同的/不懈的/不断的努力下
(3) effortless adj. 不费力的,容易的

5 reward n. 回报;奖励;报酬 vt. 奖励;奖赏;给以报酬

(1) 单句填空

① [《小妇人》] Helping others and making a positive impact on their lives can be a truly _____ (reward) experience.

② In reward _____ their bravery, the firefighters were honoured with medals by the city mayor.

(2) 写作应用

③ [2020·全国新高考 I 卷应用文写作] _____ gifts of fruits and flowers when the race ended. (应用文写作之新闻报道)

比赛结束时,我们学校以水果和鲜花作为礼物奖励优胜者。

④ _____, she got a new bike from her parents.
作为通过考试的奖励,她从父母那里得到了一辆新自行车。

[归纳总结]

- (1) as a reward (for) 作为(对……的)报酬/奖赏
in reward (for) = in return (for)
作为(对……的)回报
(2) reward sb with sth for (doing) sth
因……用某物酬谢/报答某人
(3) rewarding adj. 值得做的,有益的;有意义的

6 argue vt. & vi. 论证;争辩;争论

(1) 单句填空

① [人教选必二] Put more simply, while people continue to argue _____ whether or not fatty food is dangerous, we already know that sugar is a killer.

② [北师选必一] The main _____ (argue) for factory farming is that, apart from being a lot cheaper than traditional or organic farming, it provides more food for a world population.

(2) 写作应用

③ We tried many ways _____ (说服他听从我们的建议), but in vain.

④ _____ (毋庸置疑) exercise and a balanced diet are key to maintaining good health. (应用文写作之饮食与健康)

[归纳总结]

- (1) argue with sb about/over sth
与某人争论/辩论某事
argue for/against 为赞成/反对……而据理力争
argue sb into/out of doing sth
说服某人做/不做某事
(2) argument n. 争论;辩论;争吵
It is beyond argument that...
……是无可争辩的。/……是毋庸置疑的。
温馨提示:表示“说服某人做/不做某事”的表达方式
还有:persuade/talk sb into/out of doing sth; persuade/
convince sb (not) to do sth.

7 compete vi. 竞争;对抗

(1) 单句填空

① [2023·全国乙卷] What I'm really looking for in the _____ (compete) is to meet someone who can touch me musically.

② [2020·全国新高考 I 卷] Museums must compete _____ people's spare time and money with other amusements.

③ [北师选必二] To stand out in a world of _____ (compete) advertising, they must combine the highest standard of design with creative ways.

④ [北师必修一] Ismael Esteban, in third place, was just ahead of his _____ (compete), Agustin Navarro, with only 300 metres to the finishing line.

(2) 写作应用

⑤ In the Spelling Bee competition, the students _____ the title of the best speller in the school. (应用文写作之学校活动报道)

在拼字比赛中,学生们为学校“最棒的拼写者”的称号而彼此竞争。

[归纳总结]

- | | |
|-----------------------------|---------|
| (1) compete with/against | 和……竞争 |
| compete for | 为了……而竞争 |
| compete in | 参加……比赛 |
| (2) competitive <i>adj.</i> | 有竞争力的 |
| (3) competition <i>n.</i> | 竞争 |
| (4) competitor <i>n.</i> | 竞争者 |

⑧ recommend *vt.* 建议;推荐;介绍

(1) 单句填空

① [2021·新高考全国 I 卷] If I had to make just one _____ (recommend) for where to stay in Rome, it would be Yellow Hostel.

② I recommended _____ (buy) an English-Chinese dictionary, which I thought would be of great help to his studies.

③ Eye doctors recommend that a child's first eye examination _____ (take) at the age of six months old.

(2) 写作应用/一句多译

④ [2021·浙江 6 月考应用文写作] Hence, _____

_____ (强烈建议每个人都去欣赏这个展览). (应用文写作之宣传稿)

⑤ 我建议你在做任何决定之前要再三考虑. (应用文写作之建议信)

→ _____ before you make any decision. (用不定式)

→ _____ before you make any decision. (用宾语从句)

[归纳总结]

- | | |
|---|------------------|
| (1) recommend doing... | 建议做…… |
| recommend sb to do sth | 建议某人做某事 |
| recommend sth to sb | 向某人推荐某物 |
| recommend that sb (should) do... | 建议某人做……(从句用虚拟语气) |
| It's (strongly/highly) recommended that sb (should) do... | (强烈)建议某人做…… |
| (2) recommendation <i>n.</i> | 推荐;求职介绍信 |

⑨ impress *vt. & vi.* 使钦佩,给……留下深刻印象;使意识到

(1) 单句填空

① [2024·全国甲卷] Cats have many heightened senses, but their sense of smell is quite _____ (impress).

② [《呼啸山庄》] I'm not a sociable man but I had the _____ (impress) that Mr Heathcliff was even less sociable than me.

(2) 写作应用

③ [2023·全国甲卷书面表达] _____ is his famous philosophy of life: "Be the first to worry about the troubles across the land, the last to enjoy universal happiness."

最让我印象深刻的是他著名的人生哲学:“先天下之忧而忧,后天下之乐而乐。”

④ We are delighted to receive works with various themes of people, life and scenery on campus, _____.

(应用文写作之征文)

我们很高兴收到关于校园里的人物、生活和风景等不同主题的作品,这些作品可能会给你留下深刻的印象。

⑤ This is really an educative and eye-opening activity, in which I _____ (对……印象深刻) the convenience and benefits brought by technology. (应用文写作之活动感想)

[归纳总结]

- | | |
|--|----------------------|
| (1) impress sb with sth | 某事给某人留下印象 |
| impress sth on/upon sb | 使某人铭记某事;使某人明白某事物的重要性 |
| be impressed with/by... | 对……有深刻印象 |
| What impresses sb most is that... | 使某人印象最深刻的是…… |
| (2) impression <i>n.</i> | 印象,感想 |
| leave/have/make an impression on/upon sb | 给某人留下印象 |
| (3) impressive <i>adj.</i> | 令人钦佩的,给人深刻印象的 |

主题词块

① focus on/upon 集中;特别关注

(1) 单句填空

① [2024·全国甲卷] "I was very impressed by the doctors and their assistants working and living in such little space but still staying _____ (focus) and very concerned," says Ducke.

②[2023·北京卷] It has been proved that people have a bias (偏向) towards the present, _____ (focus) on loud attractions in the moment at the expense of the health.

(2)写作应用

③He stood before the crowd, feeling very uneasy _____ him. (用

with 复合结构) (读后续写之心理+动作描写)

他站在人群面前,当所有人的目光都集中在他身上时,他感到很不安。

[归纳总结]

(1)focus *vi.* & *vt.* 集中(精力、注意力等);(使)调节焦距

n. 中心点;重点;焦点

focus/concentrate/fix one's attention/mind/efforts on/upon... 集中注意力/精力于.....

the focus of attention/concern

关注的焦点

(2)focused *adj.* 注意力集中的,目标明确的

② look forward to 盼望;期待

(1)单句填空

①[2024·全国甲卷] We look forward to _____

(welcome) you as we showcase the creativity of the Harvard arts community through performances, art exhibitions and art-making activities.

② We were very excited when hearing that the holiday we had been looking forward to _____ (come) at last.

③Once the guests left, she could finally get down to _____ (clean) the house thoroughly.

(2)写作应用

④Thanks for your kind consideration and I _____ (盼望早日收到您的回复). (应用文写作之结尾句)

[归纳总结]

look forward to 中的 to 为介词,后接名词、代词或 *v.-ing* 形式。

类似的短语还有: get down to(着手处理), be/get used to(习惯于), lead to(导致), pay attention to, be addicted to, contribute to, apply oneself to(致力于), devote... to... 等。

/ 重点句型运用 /

句型:“find + 宾语 + 宾补”结构

I found most of my classmates and teachers friendly and helpful.

我觉得我的大多数同学和老师都很友好,而且乐于助人。

(1)单句填空

①[2023·北京卷] I found myself _____ (work) with a robotics professor on techniques for collecting data from the desert remotely.

②[2022·全国甲卷] As Ginni Bazlinton reached Antarctica, she found herself _____ (greet) by a group of little Gentoo penguins(企鹅) longing to say hello.

(2)写作应用

③[2022·新高考全国I卷] After making sure that David could run if he wanted, _____, his small body rocking from side to side as he swung his feet forward.

(读后续写之动作描写)

在确定戴维想跑就能跑之后,我转过身来,发现他向我走来,双脚向前摆动时,他的小身体左右摇摆。

④She often _____ (发现自己很无助) when she meets with certain challenges. (读后续写之心理描写)

⑤After entering high school, I _____ (发现自己很难适应新的学校生活), so I feel deeply confused and anxious. (应用文写作之求助信)

[句式点拨]

(1)find + 宾语 + { 形容词、副词、介词短语
v.-ing(主动、进行)
过去分词(被动、完成)

(2)find oneself... 意为“在不知不觉中发现自己处于某种境地”。

(3)find + it + *adj./n.* + to do (it 作形式宾语, to do 作真正的宾语)

Part I 基础检测

I 单句填空

- [2024 · 新课标 II 卷] The Carlow Autumn Walking Festival is a great **opportunity** for the beginner, experienced or _____ (advance) walker to enjoy the **challenges** of Carlow's mountain hikes or the peace of its woodland walks.
- [2022 · 新高考全国 I 卷] With a workout **partner**, you will increase your training **effort** as there is a subtle _____ (compete).
- [2021 · 北京卷] The most _____ (reward) day for our group was project day, when all the **efforts** we put into collecting the items finally came together.
- I do believe that this year's music festival will surely **leave a deep** _____ (impress) on you.
- I was wondering if you could polish my _____ (apply) letter at your convenience.
- I'm **looking forward to** _____ (exchange) ideas with the **designer** after the **lecture**.
- Without second thoughts in my mind, I was _____ (absorb) in this as if this was the only thing I needed to do in the world.
- The audience warmly applauded when the _____ (perform) came to an end.
- The teacher's _____ (recommend) is to read more books, which will greatly **improve** the students' vocabulary.
- During the **debate**, each participant presented a strong _____ (argue) to support their viewpoint on the issue.

II 词块运用

- If you _____ (坚持) your study **schedule**, you will likely see **improvements** in your grades over time.
- Faced with new **challenges**, I will **make the most of** each day and _____ (全力以赴) to learn every subject well.
- We believe that this **opportunity** will be a valuable experience and we _____

(期待着) seeing your **application**.

- Let's leave aside our differences and _____ (关注) finding a **solution** that benefits everyone.
- We highly **recommend** that you _____ (报名参加) this course.
- I did not understand all of the traditional customs, but a few _____ (给……留下了深刻的印象) me.
- Being offered a **scholarship** to study abroad is an amazing **opportunity** to _____ (拓展视野) and immerse yourself in a new culture.
- She decided to _____ (申请) the **scholarship** to help cover her college **tuition fees**.

III 主题语篇填空

注意:加黑词汇为本单元复现词汇

My first day at **senior high** finally arrived

- _____ I had pictured it over and over again in my mind. The **campus** was still quiet when I arrived, so I decided to **explore** a bit. I was looking at the photos on the noticeboard when I heard
- _____ voice behind me. "New here?"
- _____ (turn) around, I saw a white-haired man. When my English teacher
- _____ (step) into the classroom, I was surprised to see the same man I had met earlier. He asked us to introduce
- _____ (we) to the class one by one. When I said "Hi, I'm Meng Hao", everyone started laughing.
- _____ turned out that I shared the same name with my English teacher. I had been too nervous
- _____ (**pay**) **attention** when he introduced himself. Although I was
- _____ (**embarrass**), his words made me a lot more relaxed! He also told us **challenges** might sometimes put us under
- _____ (**press**). But if we can keep **calm** and be prepared, we'll **make the most of** our time at **senior high**.

People say, "Well begun, half 10. _____ (do)." I guess this was a good beginning to my new school life.

I 应用文写作之告知信

[2024·新课标I卷] 假定你是李华,上周五你们班在公园上了一堂美术课。请你给英国朋友Chris写一封邮件分享这次经历,内容包括:

1. 你完成的作品;
2. 你的感想。

精彩美文

Dear Chris,

I'm writing to share with you an art class 1. _____ (上周五我在公园上的)。

We were asked to draw or paint something 2. _____ (我们印象最深刻的)。3. _____

_____ (受到公园里奇妙景色的启发), I decided to create a watercolour of the small bridge over the park's pond, 4. _____

_____ (被盛开的鲜花环绕着)。The entire experience was incredibly refreshing. Being surrounded by nature 5. _____

_____ (不仅激发我的创造力) but also offered a much-needed break from the usual hustle and bustle of school life. I felt a deep sense of peace as I painted.

In a word, it was not just an art class; it was a moment of connection with nature 6. _____ (我真正珍视的)。

Yours,
Li Hua

II 读后续写表达练

【语段表达】

Last year, I had the chance to study at a British secondary school as 1. _____ (一名交换生)。I stayed with a lovely 2. _____ (寄宿家庭) and went to school with their son, Daniel. We were both in year ten and we got on well.

I enjoyed most of the classes, but some of them 3. _____ (很有挑战性)。Technology classes were fun. I made a clock to take home. The teacher helped me put the parts together. I 4. _____ (如此喜欢它以至于) I still use it as my alarm! I 5. _____

_____ (发现数学很容易并且很有趣) because the material was 6. _____

(较低阶) in the UK than in China. However, learning in English 7. _____ (是个巨大的挑战) for me. There were a lot of difficult

English words, especially in Geography and Biology. Class discussion is very important in the

UK, but I could not make a great contribution because sometimes I wasn't able to express myself

clearly in English. Although there was not as much homework as I was used to, it was still challenging.

Fortunately, my teachers and classmates were always helpful and 8. _____

(给我很多鼓励)。9. _____

_____ (我的语言能力得到了提高) over time.

Lesson 2 学校生活(二)

主题词汇训练

主题单词

1 anxious adj. 焦虑的, 不安的; 渴望的

(1) 单句填空

① [2022·全国甲卷] When I was 14, I was so anxious _____ (see) more art that a friend of mine and I bicycled across the Alps to see *Venus*.

② [《了不起的盖茨比》] Gatsby walked _____ (anxious) up and down his dock, his heart pounding with anticipation.

③ After two defeats, the team are now anxious _____ a victory to cheer up the players.

(2) 写作应用

④ Watching him climb up the cliff, everybody _____ (担心得屏住了呼吸)。

⑤ Faced with everything unfamiliar, I _____ . I couldn't adapt to the new school. _____ , my English

teacher encouraged me to face everything courageously.

(读后续写之心理描写)

面对陌生的一切,我感到焦虑和孤独。我无法适应新学校。看到我的焦虑,我的英语老师鼓励我勇敢面对一切。

[归纳总结]

(1) be anxious about sth	为某事担心/担忧
be anxious for sth/to do sth	渴望某事/做某事
(2) anxiety <i>n.</i>	焦虑,忧虑,担心
with anxiety (= anxiously)	焦虑地

② annoyed *adj.* 恼怒的,烦恼的

(1) 单句填空

① [2023·全国甲卷] You'll soon find that the more patience you practise, the more you start to apply it to other, more _____ (annoy) situations.

② [2021·浙江6月考] If you ever get the impression that your dog can "tell" whether you look content or _____ (annoy), you may be onto something.

(2) 写作应用

③ [上外必修三] I was constantly losing my patience and getting _____ (生他的气). (读后续写之情感描写)

④ _____ (失望甚至有点恼火), Kayla had no choice but to accept the fact. (读后续写之情感描写)

[归纳总结]

(1) be annoyed at/about sth	因某事而烦恼,对某事感到恼怒
be annoyed with sb	生某人的气,被某人惹恼
(2) annoy <i>vt.</i>	使恼怒,使生气;打扰,骚扰
(3) annoying <i>adj.</i>	使恼怒的,使生气的,使烦恼的
(4) annoyance <i>n.</i>	恼怒,生气,烦恼;使人烦恼的事

③ frightened *adj.* 惊吓的;害怕的

(1) 单句填空

① [2020·全国新高考II卷] He kicked it wide open, finding a _____ (frighten) woman in a wheelchair with a little boy and a tiny baby.

② The _____ (frighten) news of the earthquake spread quickly through the town, causing panic among the residents.

(2) 写作应用

③ _____, I felt the joy of learning to

do something independently and grateful for the meaningful memory with my father. (读后续写话题之个人感受)

尽管这段经历有点可怕,但我感觉到了学会独立做事的快乐,并感谢与父亲(在一起)的那段有意义的回忆。

④ When giving her speech for the first time on the stage, she _____ she could not fix her thoughts on anything. (读后续写之心理描写)
当她第一次上台演讲时,她非常害怕,以至于什么都想不起来。

[归纳总结]

(1) be frightened of...	对……感到害怕
be frightened to do sth	害怕做某事
be frightened to death	吓得要死
(2) frighten <i>v.</i>	使惊吓;吓唬
frighten sb/sth off/away	将某人/某物吓跑
(3) frightening <i>adj.</i>	令人恐惧的

④ curious *adj.* 好奇的,求知欲强的

(1) 单句填空

① [2020·全国卷III] Filled with _____ (curious), the artist packed his bags and left.

② Jane turned towards the boys, wide-eyed, curious _____ (see) what was going on.

(2) 写作应用

③ _____ (对……感到好奇) traditional Chinese culture, she came to China and soon fell in love with Chinese. (应用文写作话题之中国文化)

④ Liz picked up the blue envelope and watched it _____ (好奇地), wondering what it contained. (读后续写之心理描写)

⑤ _____ (既害怕又好奇), she cautiously approached the old abandoned house to discover what secrets lay inside. (读后续写之心理描写)

[归纳总结]

(1) be curious about sth	对某事好奇
be curious to do sth	极想做某事
(2) curiosity <i>n.</i>	好奇心
with curiosity (= curiously)	好奇地
out of curiosity	出于好奇
arouse/satisfy one's curiosity	引起/满足某人的好奇心

⑤ eager *adj.* 渴望的;热切的

(1) 单句填空

① [《小妇人》] The young girl was eager _____ knowledge, always seeking to learn something new.

②[2023·新高考全国Ⅱ卷] Though some are initially scared of the insects and turned off by the dirt, most are eager _____ (try) something new.

③People were pushing each other out of the way in their _____ (eager) to get to the front.

(2)写作应用

④Angela ran to her desk and _____, hoping for good news from her long-lost friend. (读后续写之动作描写)

Angela 跑到书桌前,热切地打开信封,希望里面能有来自她好久没见的朋友的好消息。

[归纳总结]

- (1)be eager for sth (= long for sth) 渴望某物
be eager to do sth (= long to do sth) 渴望做某事
(2)eagerness *n.* 渴望
with eagerness (= eagerly) 急切地
in one's eagerness to do sth 某人渴望做某事

6 embarrassed *adj.* 难堪的; 尴尬的

(1)单句填空

①[北师选必二] I was so _____ (embarrass) that I wanted the floor to open up and consume me.

②Flushed with _____ (embarrass), he made a sincere apology to me, "Sorry, I didn't mean to lie to you."

③I made a promise to myself to never laugh at others when they have an _____ (embarrass) moment.

(2)写作应用

④_____ (令她非常尴尬的是), she forgot the lyrics while singing on stage. (读后续写之情感描写)

[归纳总结]

- (1)be embarrassed about/at sth 因……感到尴尬
be embarrassed to do sth 因做某事而感到尴尬
(2)embarrassment *n.* 尴尬, 难为情
to one's embarrassment 令某人尴尬的是
(3)embarrass *v.* 使尴尬, 使窘迫
(4)embarrassing *adj.* 令人尴尬的, 使人难堪的

7 equipment *n.* [U] 设备; 装备

(1)单句填空

①[2021·浙江6月考] At this point, it is not clear why dogs seem to _____ (equip) with the ability to recognize different facial expressions in humans.

②[2021·全国甲卷] After spending some time looking at all the defensive _____ (equip) at the wall, we decided it was time for some action.

(2)写作应用

③What benefits me most is your selfless guidance on my English pronunciation, which _____, but also boosts my confidence to face up to the challenge. (应用文写作之感谢信)

让我最受益的是您对我英语发音的无私指导,这不仅让我具备了流利地表达自己的能力,也增强了敢于面对挑战的信心。

④The little girl, _____ and a natural sense of rhythm, stepped onto the stage for the singing competition with confidence. (读后续写之神态描写)

小女孩拥有美妙的嗓音和天生的节奏感,自信地走上了歌唱比赛的舞台。

[归纳总结]

- equip *vt.* (equipped, equipped, equipping) 装备; 配备
equip... for... 为……装备……; 使……为……
equip... with... 用……装备……
be equipped with... 装备着……; 配备……

8 schedule *n.* 工作计划; 日程安排 *vt.* 安排; 预定

(1)单句填空

①[2022·全国乙卷] With busy _____ (schedule), squeezing in phone calls can be a challenge.

②The construction of the new bridge is progressing _____ schedule, and it is expected to be completed by the end of the year.

(2)写作应用

③[2021·浙江6月考应用文写作] An exhibition of students' traditional Chinese paintings _____ on the second floor of our library from May 15 to May 24.

学生传统国画展览按计划要在5月15日至24日在我们的图书馆二楼举行。

④ _____ (按计划), the activity began at 3:00 pm, lasting three hours. (应用文写作之活动报道)

[归纳总结]

(1) ahead of schedule (= ahead of time)

(进度上)提前

on schedule (= on time)

准时

(2) be scheduled to do sth

计划/安排做某事

as scheduled

如期;按照预定时间

主题词块

① in panic 惊慌地

(1) 单句填空

① [2021·北京卷] She seemed to be _____ panic, and then reality dawned (显现).

② I _____ (panic) when I saw smoke coming out of the engine, too anxious to know what to do.

(2) 写作应用

③ Jane _____ (陷入恐慌) and her heart beat so violently that she felt nearly suffocated. (读后续写之心理描写)

④ She _____ (感到一阵惊慌), but forced herself to leave the room calmly. (读后续写之心理描写)

[归纳总结]

panic *n.*

惊慌, 恐慌

v. (panicked, panicked, panicking)

(使)惊慌, 惊慌失措

get into a panic

陷入恐慌

a moment/wave of (blind) panic

一阵(莫名的)惊慌

② pay off 取得成功;得到回报;还清(借款)

(1) 单句填空

① He decided to pay _____ his credit card debt to avoid high interest charges in the future.

② She felt a strong desire to pay _____ the kindness she received from her neighbours during difficult times.

(2) 写作应用

③ _____ (他所有的努力得到了回报) when he received the promotion he had been hoping for.

④ _____ (参观) historic sites enables us to get exposed to our history and culture in depth, which, to some extent, strengthens our national confidence and pride. (应用文写作之活动意义)

[归纳总结]

pay for

支付;为……付出代价

pay back

偿还;报复;回报

pay a visit to

参观, 拜访

pay (no) attention to

注意/不理睬

重点句型运用

句型: **so + adj. / adv. + that...**

如此……以至于……

...but the teacher spoke **so fast that** I couldn't take everything down.

……但是老师说得太快了, 以至于我无法把所有的内容都记下来。

写作应用/句式改写

① Seeing the bear coming towards her, she was _____ (如此紧张和害怕, 以至于她的脑子一片空白). (读后续写之心理描写)

② He heard _____ (如此可怕的声音) that his heart began to race. (读后续写之场景+心理描写)

③ [2021·全国乙卷] As soon as I saw the crowd of people down there, **my heart beat so fast that** I

was unable to say a single word. (读后续写之心理描写)

→As soon as I saw the crowd of people down there, _____ I was unable to say a single word. (用倒装句改写)

[句式点拨]

so/such... that... “如此……以至于……”可用来引导结果状语从句, 常构成如下结构:

so + $\left\{ \begin{array}{l} \text{adj. / adv.} \\ \text{adj. + a/an + n.} \\ \text{few/many/much/little + n.} \end{array} \right\}$ + that 从句

such + $\left\{ \begin{array}{l} \text{a/an + adj. + n.} \\ \text{adj. + 复数/不可数名词} \end{array} \right\}$ + that 从句

温馨提示: so + adj. + a/an + n. + that... = such + a/an + adj. + n. + that...

为强调 so... that... 句型中的形容词或副词, 可以把 so 放在句首, 主句用部分倒装结构。

Part I 基础检测

I 单句填空

1. She was **eager** _____ (learn) more about the subject, so she enrolled in an online course.
2. Parents are often involved in discussions about their children's _____ (behave) at school to ensure a supportive learning environment.
3. After years of hard work and dedication, she proudly received her _____ (graduate) **award**.
4. On seeing the _____ scene, she was so _____ that she burst out crying **desperately**. (frighten)
5. Out of _____ (curious), I attended a **lecture** on cultural diversity during an international **exchange** programme.
6. When I began to sing they seemed to whisper something, which made me **confused** and _____ (embarrass).
7. Our school **organised** a special fashion show last week on which we wore clothes _____ (design) by ourselves.
8. She felt a wave of _____ (anxious) wash over her as she prepared for the final exam in mathematics.
9. Disappointed and _____ (annoy), Jim climbed into the car and shut the door loudly.
10. With **advanced** _____ (equip) in the classroom, students can access a wide range of digital resources to aid their studies.

II 词块运用

1. The moment the theatre caught fire, the audience ran out _____ (惊慌地).
2. In the end, with his wife's encouragement and his determination, all his **efforts** finally _____ (得到回报).
3. I stepped into the teacher's office _____ (情绪紧张) and was told that I had been selected for the **chairman** of the Student Union. My face lit up instantly.
4. We can _____ (充分利用) the fitness

facilities available at the gym to engage in regular exercise.

5. I tried my best and walked as fast as I could, but I failed to _____ (追上) others after all.

6. After a long day at school, she just wanted to _____ (独自待着) to relax.

III 主题语篇填空

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 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 your 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 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.

Part II 写作提升

I 应用文写作之短文投稿

假定你是高三学生李华。毕业之际,你校英文

地开展以“照片里的高中故事”为主题的征文活动。请你选一张记录自己校园生活精彩瞬间的照片,并为该照片写一段英文解读,内容包括:

1. 照片里的内容介绍;
2. 个人感悟。
注意:写作词数应为 80 个左右。
参考词汇:奖杯 trophy

精彩美文

This photo captured the moment when I received an award for the best debater in the school. From the photo, you can see that with 1. _____ (我脸上的灿烂笑容), I was holding the trophy high. And what I was thinking was that 2. _____ (我的努力得

到了回报). This achievement did not come easily; it was the result of countless hours of practice 3. _____ (以提高我的思维和口语技能). Looking back, I realize that 4. _____ (成功在于充分利用每一个机会) and 5. _____ (不断挑战我自己). Not only is the award a trophy but it is also 6. _____ (我的成长和我取得的进步的一个象征).

II 读后续写表达练

1. 情感细节描写——焦虑、担忧与紧张

焦急地/不安地	with anxiety/uneasiness/anxiously	对……担忧	be concerned about/care about
为……而担忧/忧虑	be worried/anxious/uneasy about	情绪紧张, 忐忑不安	have/get/with butterflies in one's stomach
掩饰紧张/焦虑	hide one's nervousness/anxiety	一阵紧张/焦虑	a surge/wave/flood of tension/anxiety
心狂跳不止/剧烈跳动	one's heart pounds/beats/races wildly/loudly/hard	屏住呼吸	hold one's breath
(大脑)一片空白	(mind) go blank	手发抖	with one's hands shaking
如坐针毡	sit/be on pins and needles	深吸一口气	take a deep breath

A. 单句表达

1. Lost in the mountain, they had nothing to do but _____.
他们在山里迷了路,只好焦急地等待救援。
2. Watching him climb up the edge of the cliff, everybody was breathless _____.
看着他往悬崖上爬,大家都_____地屏住了呼吸。
3. _____ as she waited for/awaited the results of her exam.
在等待考试结果的过程中,她的_____与日俱增。
4. As the evening wore on, they _____.
随着夜色渐深,他们_____越来越_____。
5. _____, Derek detailed the accident to Mr Such.
德里克_____不安地向萨奇先生详述了事故经过。

B. 语段表达

It was the day of the big maths test, and Sarah was extremely nervous. She 1. _____ (担心这次考试) for weeks,

knowing that her grade point average depended heavily on this result. As she walked into the classroom, she felt 2. _____ (一阵焦虑感) wash over her, and 3. _____ (她的心狂跳不止) in her chest. She 4. _____ (试图掩饰自己的紧张), but 5. _____ (她的双手正控制不住地颤抖). When the teacher handed out the test papers, Sarah's mind 6. _____ (变得一片空白) for a moment. She sat there, feeling like she 7. _____ (正如坐针毡). She 8. _____ (屏住呼吸) as she looked at the first question. She 9. _____ (担心) not remembering the formulas and procedures she had learned, which 10. _____ (使她更加焦虑). Despite her fears, she took a deep breath and started working through the problems, hoping that her preparation would pay off.