



教辅图书



功能学具



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导学案

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Unit 1 Knowing me, knowing you

主题素养积累

Many people expect that their friends will always be there. They expect friendships to last forever. Yet, friendships end and friends **part company** every day. Unfortunately, even the best **maintained** friendships can end.

Many friendships end because of a change in personality or lifestyle when friends just **drift apart** and **fade away** with time. The friendship slowly loses importance and finally disappears. Sue said, “The end of our friendship was a gradual thing. I moved from one side of the metropolis(大城市) to the other. We had over an hour’s drive to see each other. For a year or so, we met less and less. Then our friendship ended.” John wrote, “**I didn’t even know the friendship was over until I caught myself thinking of Alan as a former friend.**”

Other friendships **break up** suddenly from a disagreement or a move to another town. Paul said, “When I moved to Seattle after college, our friendship abruptly died. We were both **struggling with** new jobs and didn’t **keep in touch**. Now that friendship is so dead, I don’t even call him when I go home.”

Yet the biggest threat to a friendship is change. Lillian B. Rubin in her book *Just Friends* says, “Thus generally it’s true that friends accept each other so long as they both remain essentially the same as they were when they meet, or change in similar directions. If they change or grow in

different ways, the friendship most likely will be lost.”

Regardless of why, when, or how friendships end, there is always some pain of loss. **When nothing can be done to mend the friendship, it is important to feel the pain fully.** Then move on to **enhance** another friendship or build entirely new friendships.

【主题词句背诵】

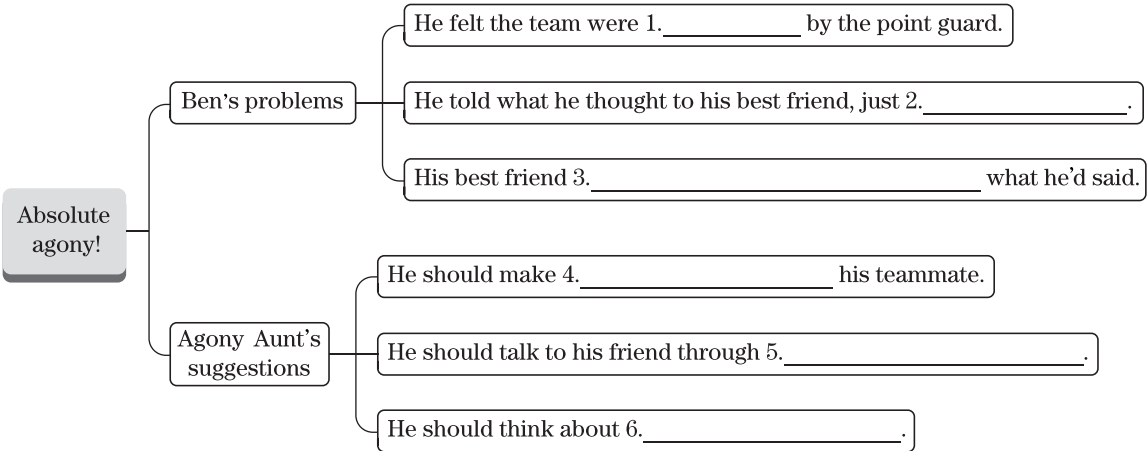
1. part company (with/from sb) 离开;分手;断绝关系
2. maintain *v.* 保持,维持
3. drift apart 逐渐疏远
4. fade away 逐渐消失
5. catch sb doing sth 发觉/当场发现某人正在做某事
6. think of...as... 把……看作……
7. break up 关系破裂
8. struggle with 与……做斗争,努力应付
9. keep in touch 保持联系
10. enhance *v.* 提高;增强;增进
11. I didn’t even know the friendship was over until I caught myself thinking of Alan as a former friend. 直到我发觉自己把艾伦看作一位以前的朋友时,我才知道这段友谊已经结束了。
12. When nothing can be done to mend the friendship, it is important to feel the pain fully. 当友谊到了无法修复的地步,充分体会这种痛苦是重要的。

Period One Starting out & Understanding ideas

课前自主探究

预习新课 研读课文

Task 1: Fast Reading



Task 2: Careful Reading

Choose the best answer according to the text.

() 1. Why did Ben talk about their match with his best friend?

- A. To ask for advice.
- B. To get his best friend's help.
- C. To share his joy with him.
- D. To get rid of his anger and disappointment.

() 2. According to the two letters, what made Ben most painful?

- A. His team lost their last match.
- B. His team's point guard didn't pull his weight in the game.
- C. His best friend's "loose lips" left him in an awkward situation.
- D. He didn't think before he spoke.

() 3. Which of the following has the most similar meaning to "Loose lips sink ships."?

- A. Actions speak louder than words.
- B. Careless talking costs lives.
- C. Ill news travels fast.
- D. Many words hurt more than swords.

() 4. What advice does Agony Aunt offer Ben about his teammate?

- A. Ignore the teammate and focus on his own performance.
- B. Report the teammate's behaviour to the coach immediately.
- C. Avoid talking to the teammate to prevent

further conflicts.

D. Apologise and communicate directly with the teammate to resolve the issue.

Task 3: Micro-writing

Read the text carefully and fill in the following blanks.

Ben is crazy about basketball, which is probably 1. _____ he was so mad when he and his teammates lost their last match. Ben felt that the team 2. _____ (influence) by their point guard, who didn't even seem on the court. Disappointed by his behaviour, Ben told all this to his best friend. 3. _____ Ben's surprise, his friend told everyone else what he had said, which made Ben embarrassed and ashamed. Unable to focus on anything, he is in 4. _____ total mess, so he turns to Agony Aunt for help.

Agony Aunt thinks if one speaks too much about something, it will cause all kinds of trouble. And the situation is even 5. _____ (bad) because the "loose lips" were his best friend's. In Agony Aunt's opinion, Ben should first 6. _____ (apology) to his teammate. To win more games, they need to work together, and that means 7. _____ (communicate) with each other clearly and resolving conflicts. Then, he should tell his friend though he is angry with him, he wants to move on. 8. _____ (approach) in this way, their friendship will soon be repaired. Thirdly, Agony Aunt suggests Ben

should not say too much when he is angry. Instead, he should take a deep breath, calm down, and always remember: think first, speak 9. _____ (late). It's better to raise his

concerns in a 10. _____ (profession) way.

In summary, Agony Aunt feels if Ben thinks about other people's feelings as well as his own, he will soon find everything works out.

语言知识梳理

直击重点 突破考点

词汇点睛

1. **let...down** 使……失望;辜负;使美中不足

let off steam 发泄怒气,宣泄情绪

(教材 P2) We played well, but I felt the team were **let down** by one member, our point guard. 我们打得很好,但我感觉整个团队都被一个队友拖累了,那就是我们的控球后卫。

(教材 P2) I was just **letting off steam** really, because I was so angry, but then my friend went and told everyone else what I'd said.

我真的只是发泄一下怒气,因为我太生气了,可我的朋友随后把我说的话告诉了其他所有人。

let alone	更不用说;不打扰
let sth go/let go (of sth)	放开;松手;放弃
let out	放出,使(水、空气等)通过;发出(声音等)

【活学活用】

(1)用 let 相关短语的适当形式填空

①It's time to _____ those unhappy memories. We have to move on.

②When I was in a bad mood, I would go for a run to _____.

③I wouldn't speak to him, _____ tell him our secrets.

(2)写作金句

①(读后续写之动作+对白描写) Paul stepped forward and raised his voice, "Trust me, coach! I won't _____!"

保罗走上前去,提高嗓门说:"相信我,教练!我不会让你失望的!"

②(读后续写之动作+情感描写) When he turned and found his father, who he hadn't seen for years, standing right behind him, he _____ of excitement.

当他转过身,发现多年未见的父亲就站在他身后时,他兴奋地叫出了声。

2. **sink** *v.* (过去式 sank 或 sunk, 过去分词 sunk) 使(船)沉没,下沉,下陷;倒下,坐下;降低,减弱;变低,变小;(心情)变得沮丧,(情绪)变低落;(太阳)下山 *n.* (厨房里的)洗涤池;(浴室的)洗脸盆

(教材 P3) There is an old American saying, "Loose lips **sink** ships."

美国有句老话,"祸从口出。"

【活学活用】

(1)一词多义

①My heart **sank** when I received the letter turning down my offer. _____

②Our feet **sank** deep into the soft sand as we walked along the beach. _____

③[2023·浙江1月考] The sun was beginning to **sink** as I set off into the Harena Forest. _____

④The soldier **sank** to the ground, badly wounded. _____

⑤The bathroom is furnished with 2 toilets, 2 showers, and 2 **sinks**. _____

(2)写作金句

(读后续写之情感描写) _____ at the news that his favourite team had lost the game. 听到他最喜欢的球队输了比赛的消息,他的心一沉。

3. **signal** *n.* 信号;暗号;标志 *v.* 标志着;表明;发信号

(教材 P4) This gives people the wrong **signal**. 这会给别人错误的信号。

(1)give signals/a signal to sb

向某人发信号

a danger/warning/traffic signal

危险/警告信号/交通信号灯

(2)signal (to) sb to do sth

示意某人做某事

[温馨提示] signal 的过去式、过去分词以及现在分词既可以双写 l, 亦可以不双写。

【活学活用】

(1) 单句填空

① My mother signaled to me _____ (send) a message to my father at the shop where he worked.

② Suddenly, an alarm rang out and red lights flashed, _____ (signal) a problem.

(2) 写作金句

(读后续写之场面描写) As soon as _____, every athlete dashed forward with all their strength.

当出发的信号一响, 每个运动员都拼尽全力向前冲去。

4. **breath** *n.* 一口气; 呼出的气

(教材 P4) Take a deep **breath**, calm down, and always remember: think first, speak later.

深吸一口气, 冷静下来, 并且永远记住: 先思而后言。

(1) take a (deep) breath	(深) 吸一口气
catch one's breath	喘口气, 歇口气
hold one's breath	屏住呼吸
out of breath	上气不接下气, 气喘吁吁
take sb's breath away	令人惊叹
(2) breathe <i>v.</i>	呼吸
(3) breathless <i>adj.</i>	气喘吁吁的
breathtaking <i>adj.</i>	令人惊叹的

【活学活用】

(1) 单句填空

① [2024 · 浙江 1 月考] Soon Eva began to _____ (breath) hard, with her heart pounding and legs shaking.

② I was _____ (breath) after working out in the gym for 2 hours.

(2) 写作金句

① (读后续写之动作 + 心理描写) Before the important presentation, she closed her eyes, _____, and told herself to calm down. 在这场重要的展示之前, 她闭上眼睛, 深吸一口气, 告诉自己要冷静下来。

② (读后续写之动作 + 心理描写) While the results were read out, he _____, expecting to hear his name. 宣读结果时, 他屏住了呼吸, 期待听到自己的名字。

③ (应用文写作之旅行) The beauty of the scenery

_____ when I first paid a visit to Xinjiang.

当我第一次去新疆时, 那里的美景使我惊叹不已。

5. **concern** *n.* 担心, 忧虑; 关心 *v.* 涉及, 与……有关; 让(某人)担忧

(教材 P4) If you feel one of your teammates isn't pulling their weight, then raise your **concerns** in a professional way with your team coach.

如果你觉得你的某个队友没有尽职尽责, 那你要以一个专业的方式向教练提出你的担心。

(1) show/express concern about/for...	就……表达关心
with concern	关切地
(2) concerned <i>adj.</i>	关注的; 担心的
be concerned about/for...	为……担心
be concerned that...	担心……
be concerned with...	与……有关; 关注……
as/so far as... be concerned	就……而言
(3) concerning <i>prep.</i>	关于

【活学活用】

(1) 单句填空

[2024 · 浙江 1 月考] Due to the lack of scientific proof _____ (concern) their impacts, no one has succeeded in winning a lawsuit against cloud-seeding companies.

(2) 写作金句

① (应用文写作之慰问信) I'd like to _____ the negative effects that extreme dieting could bring to your health. 我想就极端节食可能给你的健康带来的负面影响表示关心。

② (读后续写之心理描写) Jim _____ Cassy, wondering if something bad had happened to her. 吉姆很担心卡西, 想知道她是否发生了些什么不好的事情。

③ (应用文写作之建议信) _____, it is a wise choice to share your feelings with your friends as you can relieve your negative emotions when communicating with your peers. 就我而言, 与朋友分享你的感受是一个明智的选择, 因为你可以与同龄人交流时缓解你的负面情绪。

句型透视

1. (教材 P2) **I'm crazy about basketball, and pretty good at it too, which is probably why I was so mad when we lost our last match.** 我酷爱打篮球,打得也很好,也许正因如此,在我们队输掉了最近的比赛时我才相当恼怒。

句型公式

why 引导的表语从句

【句式点拨】

句中 why 引导表语从句,意为“……就是……的原因”,why 在表语从句中作原因状语,不能省略。

【归纳拓展】

because... 表示“这 / 那 / 它是因为……”,because 后跟事情的原因。

(1) This/That/It is

why... 表示“这 / 那 / 它就是……的原因”,why 后跟事情的结果。

(2) The reason why... is that... 的原因是……

【活学活用】

写作金句

① (应用文写作之人物介绍) I want to make a difference to the lives of young people and _____.

我想影响年轻人的人生,那就是我决定成为一名教师的原因。

② (应用文写作之建议信) I would like to recommend studying in a library. _____

_____, which will help you concentrate on your work.

我建议在图书馆学习。这是因为图书馆通常有良好的学习氛围,有助于你集中精力学习。

③ (应用文写作之活动介绍) The reason _____ is that it raises our awareness of protecting wildlife.

这个活动受到高度评价的原因是它提高了我们保护野生动植物的意识。

2. (教材 P2) **Embarrassed and ashamed, I can't concentrate on anything.** 我既尴尬又羞愧,做什么事都无法集中精力。

句型公式

形容词作状语

【句式点拨】

embarrassed 和 ashamed 为形容词,在句中作伴随状语。形容词(短语)作状语常表示主语的状态或结果。

【活学活用】

写作金句

① (读后续写之情感 + 动作描写) _____, Betty hid herself behind the big tree, holding her breath.

贝蒂又惊又怕,屏住呼吸躲在大树后面。

② (读后续写之动作 + 情感描写) Trapped in the dense mist, I could do nothing but burst into tears, _____.

困在浓雾中,我什么也做不了,只能哭泣,无助又沮丧。

③ (读后续写之动作 + 情感描写) From time to time, he looked back to see whether he was being followed, _____.

他时不时地回头看自己是否被人跟踪,充满了恐惧。

Period Two Using language

语言精讲

1. **annoyed** *adj.* 恼怒的,烦恼的

(教材 P7) ...Sadness feels **annoyed**.

……忧伤感到恼怒。

(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 *v.*

使恼怒,使生气;打扰,骚扰

(3) annoying *adj.*

使恼怒的,使生气的,使烦恼的

(4) annoyance *n.*

恼怒,生气,烦恼;使人烦恼的事

to one's annoyance

使某人生气的是

【活学活用】

(1) 单句填空

① The constant noise from the construction site was a big _____ (annoy), making it hard for me to focus on my homework.

② Those long tiring hours of travelling were always _____ (annoy).

(2) 写作金句

① (读后续写之情感 + 动作描写) _____, I climbed into the car and shut the door loudly. (形容词作状语)

又失望又生气,我爬进车里,大声地把门关上。

② (读后续写之情感描写) _____, we couldn't see anything from the back row of the theatre.

使我们非常恼火的是,我们从剧院的后排什么也看不见。

2. **adjust** *v.* 适应,(使)习惯;调整,调节

(教材 P7) When Riley moves to a new city, she has a hard time **adjusting** to her new surroundings.

当莱莉搬到了一个新的城市时,她很难使自己适应新的环境。

- (1) **adjust (oneself) to (doing) sth**
(使自己)适应(做)某事
adjust sth to sth 把……调整到……
- (2) **adjustment *n.*** 适应;调整,调节
make an adjustment/adjustments to...
对……做出调整
- (3) **adjustable *adj.*** 可调整的;可调节的

【活学活用】

(1) 单句填空

① It took her a while to adjust to _____ (live) alone after she moved away from her parents.

② The car is equipped with _____ (adjust) seat belts to ensure maximum safety for passengers of all sizes.

③ [2024 · 新课标 I 卷] And Priscilla Dewing reports that her horse, Nappy, “moves more easily and rides more comfortably” after a chiropractic (按摩的) _____ (adjust).

④ (译林版选必二 U3) In the library, new chairs can _____ (adjust) to ensure that students read in the best sitting position.

(2) 写作金句

(读后续写之动作描写) Eventually, Dad helped me _____, and pulled the pumpkin gently off my head.

最后,爸爸帮我调整到一个更放松的姿势,并轻轻地把南瓜从我头上扯下来。

3. **forgive** *v.* (过去式 forgave, 过去分词 forgiven) 原谅,宽恕

(教材 P7) Try to **forgive** someone when they apologise. 当别人道歉时,尽量原谅他们。

- (1) **forgive sb for (doing) sth**
forgive sb sth } 原谅某人(做)某事
- (2) **forgiveness *n.*** 原谅,宽恕
ask/beg for (sb's) forgiveness
请求(某人的)宽恕

【活学活用】

(1) 单句填空

① She asked for his _____ (forgive) after she realized her words had hurt her best friend.

② He _____ (forgive) by his classmates after he apologised for making a mistake during the group project.

(2) 写作金句

(应用文写作之道歉信) I truly hope you can find it in your heart to _____ what I said, because I never meant to hurt you.

我真心希望你能原谅我说过话,因为我从没想到要伤害你。

4. **embarrassment** *n.* 尴尬,难为情

(教材 P7) This can cause **embarrassment**. 这会引起尴尬。

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

【活学活用】

(1) 单句填空

The _____ (embarrass) question caught him off guard, and his face immediately turned red.

(2) 写作金句

①(读后续写之神态 + 动作描写) _____, she hid her face in her hands.
既尴尬又羞愧,她用手捂着脸。

②(读后续写之心理描写) _____, she realized that everybody had been listening to her singing.
她意识到大家一直在听她唱歌,感到很不好意思。

语法探究

【语境感悟】

阅读以下有关“人际关系”的短文,感知加黑部分,并回答其后的问题。

① **Built on trust and understanding**, strong relationships can endure challenges.
② **Feeling valued and respected**, people are more likely to open up and connect deeply.
③ **When conflicts arise**, addressing them calmly can strengthen bonds. ④ **Given enough time and effort**, even stressful relationships can be repaired. ⑤ **Listening actively**, we show others that their thoughts matter. ⑥ **If treated with kindness**, people tend to respond in the same way. Relationships, ⑦ **though complex**, are the foundation of a fulfilling life.

【自主发现】

以上语段的黑体词中,_____是过去分词作状语,_____是现在分词作状语,_____是状语从句。

语法归纳

动词的-ed 形式作状语

过去分词(v.-ed)作状语,相当于状语从句或并列句;通常情况下,其逻辑主语就是句子的主语,与主语之间为逻辑上的动宾关系;该动作的语法含义为被动、完成;过去分词作状语可以位于句首、句末,有时插在句中,经常用逗号和主句分开。

1. 过去分词作时间状语,相当于 when 或 while 等引导的从句。如:

Asked (When he was asked) what had happened, he lowered his head.

当被问到发生了什么事情时,他低下了头。

2. 过去分词作原因状语,可以转换为 because, as 或 since 等引导的从句。如:

Frightened (Because/As she was frightened) by the tiger, the girl didn't dare to sleep alone.

因为受到老虎的惊吓,这个女孩儿不敢一个人睡觉。

3. 过去分词作条件状语,可以转换为 once, if 或 unless 等引导的从句。如:

Grown (If they are grown) in rich soil, these seeds can grow fast.

如果被种在肥沃的土壤里,这些种子能长得很快。

4. 过去分词作让步状语,可以转换为 though, although 或 even if 等引导的从句。如:

Left (Although he was left) at home alone, John didn't feel afraid at all.

虽然约翰被单独留在家里,但他一点儿都不害怕。

5. 过去分词作状语表示方式或伴随的动作或状态,可以转换为并列分句,可以位于句首或句末。如:

The teacher entered the classroom, **(and he was followed)** by a group of students.

这位老师进入教室,后面跟着一群学生。

Surrounded by some kids, the old man was telling an interesting story. (= **The old man was surrounded** by some kids and was telling an interesting story.)

老人身边围着一些孩子,他正在讲一个有趣的故事。

【名师点津】

1. 分词作状语,选择动词-ing 形式还是动词-ed 形式,关键看分词与主句主语之间的逻辑关系。如果主句主语与分词之间是逻辑上的主谓关系,则用现在分词;如果主句主语与分词之间是逻辑上的动宾关系,则首先考虑用过去分词。

2. 状语从句的省略

构成:连词 + 现在分词或过去分词,通常在句中作状语。

选择动词-ing 形式还是动词-ed 形式，关键看分词与主句主语之间的逻辑关系，这与普通的分词作状语相同。如：

When taken according to the instructions, the drug has the least side effects.

按照说明书服用时，这种药物的副作用最小。

While listening to an important lecture, be sure to set down key points.

听重要的讲座时，一定要记下要点。

3. 过去分词或过去分词短语作状语且强调状态时，其前面一般不需要 being。如：

Absorbed in his favourite novel, he didn't sense our approach.

沉浸在他最喜欢的小说里，他没有察觉到我们的靠近。

【实战演练】

❶ 单句填空

1. [2023·北京卷] When _____ (see) from afar, the mangrove forests appear more splendid.

2. _____ (inspire) by her words, I decided that I would produce my own life story.

3. [2023·全国甲卷] Her fable begins, _____ (borrow) some familiar words from many age-old fables.

4. _____ (face) with so much trouble, we

failed to complete the task on time.

5. Although _____ (warn) about the danger, the boy still climbed the tree to save his cat.

6. They hiked in the mountains, _____ (enjoy) a picnic with wonderful views.

7. Those tasks can be definitely finished on time, if _____ (arrange) properly.

8. _____ (find) the course very difficult, she decided to move to a lower level.

❷ 句型训练(v.-ed 作状语)

1. Jane, _____, was at a loss for words.

听到地震的消息，简震惊得说不出话来。

2. _____, this course is targeted towards high-school freshmen who desire to elevate their English skills to the next level. 本课程每周提供一次，面向希望将英语技能提升到新水平的高中新生。

3. I rushed to the stage after her performance, _____.

演出结束后，我冲上舞台，愉快地拥抱着她。

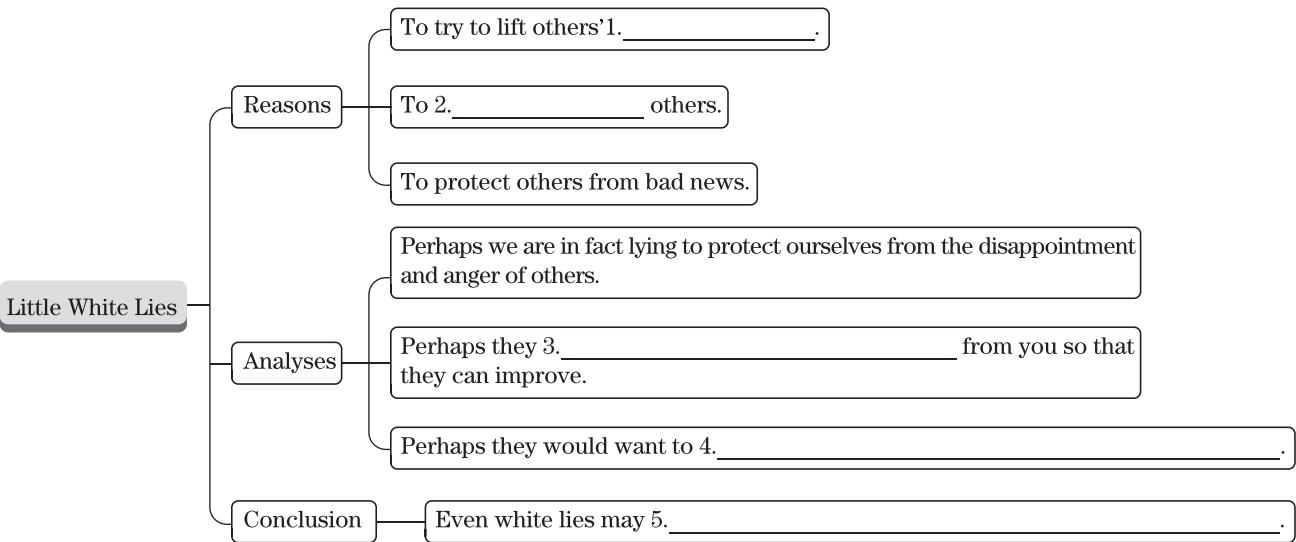
4. The silence was deafening, _____ by Mrs Lim's laboured breathing and occasional sobs. 寂静震耳欲聋，只有林太太吃力的呼吸和偶尔的抽泣声打破了沉默。

Period Three Developing ideas

课前自主探究

预习新课 研读课文

Task 1: Fast Reading



Task 2: Careful Reading

Choose the best answer according to the text.

- () 1. What do the lines written by Walter Scott suggest?
- A. Once we first tell a lie, we may get into the habit of telling lies.
- B. Once we first tell a lie, we may not be trusted by others any longer.
- C. Once we tell a lie, we may have to tell more lies to cover the previous one.
- D. Once we tell a lie, we perhaps can't control our own life.
- () 2. What is the author's attitude to "hiding bad days from parents"?
- A. Doubtful.
- B. Positive.
- C. Disapproving.
- D. Uncaring.
- () 3. What can we infer from the last paragraph?
- A. It's foolish to share good news only.
- B. Telling white lies is a kindness actually.
- C. Telling white lies may have negative effects.
- D. It's wise to tell white lies when we are giving opinions.
- () 4. How does the author prove the idea?
- A. By offering some data.
- B. By making a comparison.

- C. By analysing the idea only.
- D. By giving examples mainly.

Task 3: Micro-writing

Read the text carefully and fill in the following blanks.

We all know that honesty is important and that lying is wrong, but who can 1. _____ (honest) say that they have never told a lie? Perhaps we 2. _____ (comfort) with the knowledge that most of the lies we tell are white lies, 3. _____ we tell to protect others from the truth.

There are three main reasons 4. _____ telling white lies. One of them is to try to make others feel much 5. _____ (good). Perhaps we aren't really hoping to improve the situation for someone else, but we are in fact lying to protect ourselves from the disappointment and anger of others. Another reason is to give 6. _____ (encourage). Finally, we may also tell 7. _____ white lie when we want to protect others from bad news.

However, we may find even white lies have some 8. _____ (expected) results, which will get us into another kind of trouble. In summary, white lies also have 9. _____ (disadvantage), so we have to be careful about whether 10. _____ (lie).

语言知识梳理

直击重点 突破考点

词汇点睛

1. **frank** *adj.* 坦率的, 坦诚的, 直言不讳的
(教材 P12) Stop for a moment and consider that perhaps your friend wants some **frank** comments from you so that they can improve. 停下来想一想, 也许你的朋友就是想听到你的真实评价, 以便他们能改进。

- (1) be frank with sb 对某人坦诚(相当于 be honest with sb)
- be frank about sth 对……直言不讳
- (2) frankly *adv.* 坦率地; 直率地; (表示直言) 老实说

- (3) frankly/honestly speaking } 老实说
to be frank }
- (4) frankness *n.* 坦率

【活学活用】

- (1) 单句填空
I appreciated his _____ (frank) when he told me the truth, even though it was hard to hear.
- (2) 写作金句
(应用文写作之发言稿) _____, everyone suffers from stress at some time in their life. 坦率地说, 每个人在一生中的某个时候都会承受压力。

2. **tear** *n.* 眼泪,泪水 *v.* (过去式 tore,过去分词 torn) 撕;扯

(教材 P12) If you've had a bad day, do you tell your parents about it, or do you hide your **tears** and lie that your day was "fine"?

假如你今天过得很糟糕,你是对你的父母说实话呢,还是偷偷擦掉眼泪骗他们说今天过得“不错”?

(1) tears well up in one's eyes	热泪盈眶
be close to tears	几乎落泪
fill with tears	(眼里)充满泪水
with tears in one's eyes	某人眼里含着泪水
be moved to tears	感动得落泪
burst/break into tears	突然大哭起来
hold back one's tears	忍住某人的泪水
cry/weep/shed tears of gratitude/joy	流下感激的/喜悦的泪水
in tears	流着泪;含着泪
(2) tear sth apart	撕毁;使分裂;使分崩离析
tear up	撕碎,撕毁;拆毁,摧毁
tear sth into pieces	把某物撕成碎片
tear down	拆毁,拆除(建筑物)

【活学活用】

写作金句

①(读后续写之动作+情感描写) Hearing what I said, my mum couldn't _____, hugging me delightedly.

妈妈听了我说的话,忍不住流下了喜悦的泪水,高兴地抱住我。

②(读后续写之情感描写) Seeing the various gifts, they were _____.

看到各种各样的礼物,他们感动得流下了眼泪。

③(读后续写之情感描写) With _____, Sara thanked them for their generous help.

萨拉感谢他们的慷慨帮助,眼里涌出了感激的泪水。

④(读后续写之情感+动作描写) Annoyed and heartbroken, she _____ and threw them into the dustbin.

又恼怒又伤心,她把所有的信都撕了,扔进了垃圾箱。

⑤(读后续写之动作+情感描写) When David read that article, he almost _____, who never expected to be praised one day.

当戴维读到那篇文章时,他几乎突然大哭起来,他从未想过有一天会受到表扬。

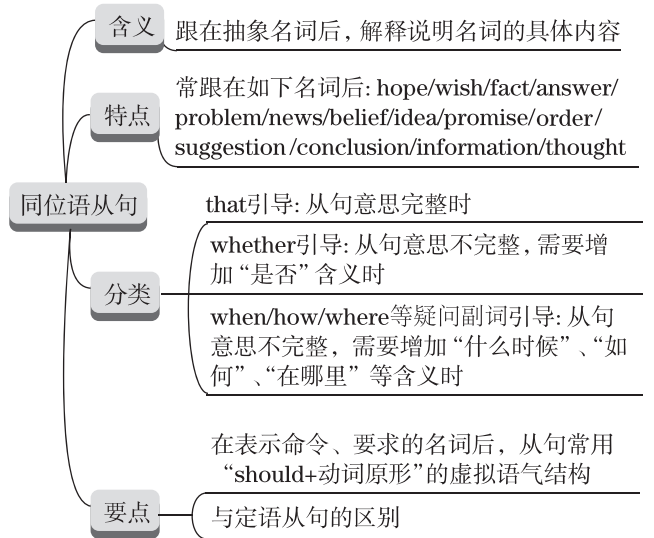
句型透视

1. (教材 P11) Perhaps we comfort ourselves with the knowledge that most of the lies we tell are "white lies" ...

或许我们可以安慰自己,我们说的大部分谎言都是“善意的谎言”……

句型公式
同位语从句

【归纳拓展】



【温馨提示】 that 在同位语从句中不作成分, 不可以省略。而引导及物动词后宾语从句的 that 以及引导定语从句且在从句中充当宾语的 that 通常可以省略。

【活学活用】

写作金句

①(北师大选必四 U11) He's bitter over the fact _____ "noise".

他对人们认为他的音乐是“噪声”这一事实感到痛苦。

②(应用文写作之演讲稿)The belief _____
_____ has always
motivated me to study harder.

刻苦学习会带来成功的信念一直激励着我更加努
力学习。

③(读后续写之心理描写)Her heart was broken
with self-doubt _____
_____ to fit in with the highly
competitive adult world.

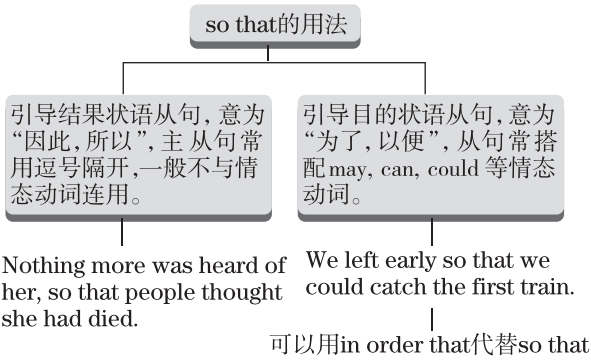
她的心因自我怀疑而破碎,怀疑自己是否永远不
够好,无法适应竞争激烈的成人世界。

2. (教材 P12) **Stop for a moment and
consider that perhaps your friend wants
some frank comments from you so that
they can improve.** 停下来想一想,也许你的朋友
就是想听到你的真实评价,以便他们能改进。

句型公式

so that 引导状语从句

【归纳拓展】



【活学活用】

写作金句

①“Well, I’m going to plant some vegetables _____
_____ when they are ready,” said Anna.

安娜说:“好吧,我要种些蔬菜,这样当它们成熟的时候我们就可以有新鲜的蔬菜吃了。”

②George often told lies, _____
_____.
乔治经常说谎,所以再也没有人相信他了。

Period Four Writing

单元主题表达

审题立意 妙笔成篇

寓言读后感:如何在人际交往中保持适当的距离

本单元用一篇寓言“The Porcupine Dilemma”(《豪猪的困境》)来说明一个道理:在人际交往中,人与人之间不能离得太远,因为离得近才能感觉到温暖,但也千万不要离得太近,这样才不会出现矛盾、伤到彼此。只有保持恰当的、合适的距离,才能友好且快乐地一起生活下去。

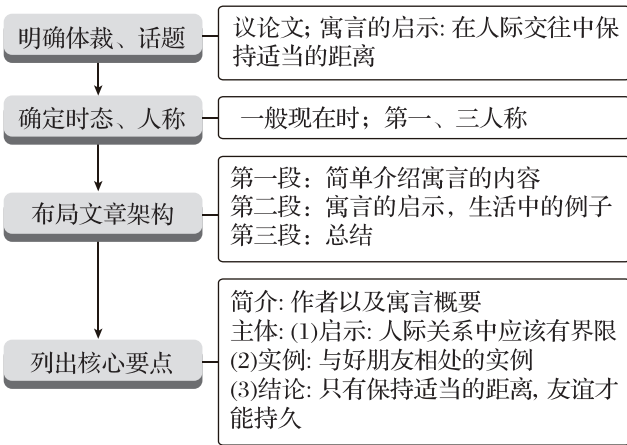
【典题示例】

假设你是李华,英语课上老师要求你们根据这篇寓言教会我们的道理,结合生活中的经历写一篇文章,谈一谈自己的看法。

注意:词数 80 个左右;开头已经写好,不计入总词数。

“The Porcupine Dilemma” is adapted from a work by Schopenhauer. It describes a story that a group of porcupines succeeded in finding the ideal distance where they could feel warm while managing not to hurt each other. _____

【写作点拨】



【主题词汇】

1. fable *n.* _____
2. _____ *vt.* 描述
3. _____ 改编自
4. _____ 合适的距离
5. _____ *v.* 分享

6. _____ 与……争吵

7. _____ 总之,简言之

【高级句式】

1. 动名词作主语

The fable teaches us that _____
_____ when we are staying
with others.

这则寓言告诉我们,与人相处时保持适当的距离很重要。

2. 表语从句

One example of this from real life is _____
_____.

现实生活中的一个例子是我上初中的时候。

3. 省略结构

But one day _____
with other girls, I got angry and quarreled
with her.

但是有一天,当我发现她和其他女孩儿一起看电影时,我生气了,和她吵了起来。

4. as 引导的让步状语从句

Later, I realized that _____,
we could also have other friends to stay with.

后来,我意识到,尽管我们是最好的朋友,我们也可以和其他朋友在一起。

5. 现在分词作状语

I apologised to her, _____.

我向她道歉,修复了我们的友谊。

6. 部分倒装

In conclusion, only when we keep a proper
distance _____ with each other
and ensure that our friendship lasts long as well.

总之,只有当我们保持适当的距离时,我们才能彼此感到舒服,并且确保我们的友谊也能长久。

【连句成文】

【活学活用】

假定你是李华,是学校英语报的编辑,请从下面的寓言中提炼出一个恰当的主题,写一篇读后感,发表在校刊上。内容包括:

1. 简要概括下面这则寓言;

2. 以你或你身边的人或事加以论证;

3. 谈谈你的理解或感受。

注意: 1. 词数 80 个左右;

2. 不得直接引用原文中的句子。

A peacock (孔雀) was very unhappy with his ugly voice, and he spent most of his days complaining about it.

“It is true that you cannot sing,” said the fox, “but look how beautiful you are!”

“Oh, but what good is all this beauty,” cried the bird, “with such an unpleasant voice!”

“Listen,” said the fox, “each one owns something good: you have such beauty; the nightingale (夜莺) has his song; the owl (猫头鹰) has his eyes. Even if you had a sweet voice, you would still complain about another thing. Why can’t you just be happy about what you have already got?”

► 单元话题续写——人际关系与成长

【话题语料】

人际关系与交流			
agony aunt	知心阿姨	help out	帮一把
loose	adj. 说话随便(轻率)的; 控制不严的	frank	adj. 坦率的, 坦诚的, 直言不讳的
lip	n. (嘴)唇	loose lips sink ships	祸从口出
apart	adv. 分离, 分开		
人际交往中的责任与问题			
fault	n. 责任, 过错	strategy	n. 计谋, 策略; 行动计划

人际交往中的责任与问题			
resolve	v. 解决(问题、困难)	signal	n. 信号;暗号
duty	n. 职责,义务;责任	accident	n. 意外事件,偶然因素
pull one's weight	做好分内事,尽责	by accident	偶然,意外地
criticise	v. 批评,指责	ensure	v. 确保,保证
forgive	v. 原谅,宽恕	independent	adj. 独立的
adjust	v. 适应,(使)习惯	justify	v. 证明(别人认为不合理的事)有道理;为……辩护
内心感受与情绪调节			
let down	使失望,辜负	let off steam	发泄怒火,宣泄情绪
annoyed	adj. 恼怒的,烦恼的	embarrassment	n. 尴尬,难为情
tear	n. 眼泪,泪水	concern	n. 忧虑,担心
take a breath	吸一口气	sink	v. (心情)变得沮丧,(情绪)变低落

【跟踪演练】

❶ 写作佳句

1. Though _____ when she failed the exam, her agony aunt's advice helped her adjust and find a new strategy to study. (feel + 宾语 + 宾补)
虽然考试不合格她感觉心情低落,但知心阿姨的建议帮助她调整心态,并找到了新的学习策略。
2. He was _____ his younger brother that he needed to _____, so he went for a long run in the park.
他对弟弟非常恼怒,需要发泄一下,于是去公园长跑跑了。
3. Frankly speaking, _____ the plan failed, but he was trying his best to resolve the problem. (it 作形式主语)
坦率地说,计划失败是他的错,但他正在尽全力解决这个问题。
4. She wanted to _____ the new environment with great effort, showing her strong will to grow independently.
她想要努力让自己适应新环境,展现出独立成长的强烈意愿。
5. _____, she didn't hesitate _____, fulfilling her duty as a true friend. (非谓语)
看到朋友有困难,她毫不犹豫地伸出援手,尽到了作为一个真正朋友的责任。

❷ 续写语段

Last weekend, my best friend Lily and I were helping out at a community event. Lily accidentally knocked over a pile of papers, sending them flying everywhere. She looked at me, 1. _____ (脸因为尴尬而通红;独立主格结构), and whispered, "I'm so sorry!" I could see the concern in her eyes. 2. _____ (深吸一口气;非谓语), I smiled and said, "It's okay. Let's just pick them up together." We worked side by side, and I could feel her tension slowly easing. "I always feel like 3. _____ (我没有在尽力) in the community event," she continued, her voice trembling. I realized she needed someone to listen to and support her.

By the end of the day, Lily seemed more relaxed, 4. _____
(意识到对自己过于苛责只会让事情更糟;非谓语). As we packed up, I felt proud of how we had turned a small accident into a moment of growth. "5. _____ (谢谢支持和鼓励我) even when I messed up," Lily said with a grateful smile. Her words reminded me that 6. _____ (真正的友谊意味着互相帮助) through both the good and the bad times. It was a day neither of us would forget.