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教辅图书



功能学具



学生之家

基础教育行业专研品牌

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特色专项

AI智慧教辅

语料背诵+精准写作

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英语
YN

本书为AI智慧教辅

“讲题智能体”支持学生聊着学，扫码后哪题不会选哪题；随时随地想聊就聊，想问就问。



延边教育出版社

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热考话题 1 中国文化

话题语料背

文化活动与体验

1. 文化集市与展览

【核心短语】

(1) feast one's eyes on 大饱眼福

a feast for one's eyes 一场视觉盛宴

(2) experience/be exposed to traditional Chinese culture first-hand 亲身体验中国传统文化

(3) have a taste of handicrafts 体验手工艺品

(4) gain a deeper understanding of/gain a deeper insight into the symbolism of...

更深入地了解……的象征意义

(5) immerse oneself in ancient crafts

沉浸在古老工艺中

【高级句式】

(1) The museum's exhibition serves as a bridge, **introducing visitors to the art of Chinese calligraphy and paper-cutting.** (introducing... 现在分词短语作状语)

博物馆的展览如同一座桥梁,引领参观者走进中国书法与剪纸的艺术世界。

(2) The culture fair features live demonstrations of traditional crafts like embroidery and paper-cutting, **allowing visitors to marvel at the delicate designs and skilful techniques.** (allowing... 现在分词短语作状语)

文化集市现场展示刺绣、剪纸等传统工艺,让游客惊叹于精美设计与娴熟技艺。

(3) Visiting a handicraft exhibition allows one to gain a deep insight into the symbolism contained in traditional Chinese lanterns, **which often feature patterns symbolizing happiness and prosperity.** (which often feature... 定语从句; symbolizing... 现在分词短语作定语)

参观手工艺品展览能让人深入了解中国传统灯笼所蕴含的象征意义,这些灯笼常以寓意幸福与繁荣的图案为装饰。

2. 文化交流与传播

【核心短语】

(1) deepen my understanding of...

深化我对……的理解

(2) promote cultural exchange 促进文化交流

(3) promote and spread Chinese culture

推广和传播中国文化

(4) carry forward traditional culture 弘扬传统文化

(5) arouse passion for... 激发对……的热情

【高级句式】

(1) Live-streaming traditional arts **not only** preserves cultural heritage **but also** makes them accessible to global audiences, **effectively bringing different cultures closer.** (not only ... but also 并列结构; effectively bringing... 现在分词短语补充结果)

直播传统艺术不仅能保护文化遗产,还能让全球观众接触到这些艺术,从而有效拉近不同文化之间的距离。

(2) The Silk Road showcases how trade routes can facilitate cultural exchanges, **shaping mutual understanding across civilizations.** (shaping... 现在分词短语作状语)

丝绸之路彰显了贸易路线如何能促进文化交流,从而塑造跨文明间的相互理解。

传统文化元素

1. 艺术与工艺

【传统工艺】

(1) Chinese knot 中国结

(2) shadow puppetry 皮影戏

(3) porcelain 瓷器

(4) embroidery 刺绣

(5) paper-cutting 剪纸

(6) woodblock printing 木版印刷

(7) weaving 编织

【艺术形式】

(1) traditional Chinese painting 国画

(2) ink and wash painting 水墨画

(3) calligraphy 书法

(4) Peking Opera 京剧

(5) martial arts 武术

【高级句式】

(1) Shadow puppetry, **with a history traced back to the Tang Dynasty**, reflects the wisdom of ancient Chinese artisans. (with a history traced back to... 插入语的非限制性修饰)

皮影戏可追溯至唐代,反映了中国古代工匠的智慧。

(2) Embroidery, with its thousand-year history, **not only** reflects the exceptional craftsmanship of the Chinese people **but also** conveys deep cultural meanings like harmony and good luck. (not only... but also 并列结构)

刺绣拥有千年历史,不仅反映中国人非凡的工艺,更传达和谐、好运等深刻文化内涵。

(3) **Learning traditional calligraphy not only** cultivates patience **but also** enhances students' awareness of Chinese cultural identity. (动名词作主语; not only... but also 并列结构)

学习传统书法不仅培养耐心,还能增强学生对中华文化身份的认知。

2. 传统节日与习俗

【节日名称】

(1) Spring Festival 春节

(2) Dragon Boat Festival 端午节

(3) Mid-Autumn Festival 中秋节

(4) Lantern Festival 元宵节

(5) Tomb-Sweeping Day 清明节

【节日习俗】

(1) eat *zongzi* 吃粽子

(2) admire the full moon 欣赏满月

(3) sweep graves 扫墓

(4) set off/let off/light firecrackers 放鞭炮

(5) give out/hand out/present red envelopes 发红包

【高级句式】

(1) During the Spring Festival, families gather for a reunion dinner, **symbolizing unity and good fortune for the new year**. (symbolizing... 现在分词作状语)

春节期间,家人团聚在一起吃年夜饭,象征新年团圆和好运。

(2) The Mid-Autumn Festival, **which falls on the 15th day of the 8th lunar month**, emphasizes family reunion and harmony. (非限制性定语从句)

中秋节在农历八月十五,强调家庭团聚与和睦。

(3) During the Spring Festival, the character “Fu” is often pasted upside down, as its pronunciation in Chinese resembles “the arrival of happiness”. (主从结构)

春节期间,“福”字经常被倒贴,因为它的中文发音类似于“幸福的到来”。

话题写作背(倡议书)

[2025·广东珠海高三模拟]

假设你是校学生会主席李华,请你以学生会名义写一封倡议书,号召全校师生参加将于4月21—25日举办的“中国传统文化周”活动。内容包括:

1. 发出活动倡议;

2. 介绍活动亮点。

注意:1. 写作词数应为80个左右;

2. 可以适当增加细节,以使行文连贯。

Call for participation: embrace our cultural heritage

Dear Teachers and Schoolmates,

On behalf of the Student Union, I earnestly **call on everyone to join in** the “Traditional Chinese Culture Week” from April 21 to 25, which aims to deepen our understanding of national heritage (非限制性定语从句).

Featuring diverse activities (v.-ing 作伴随状语), it includes a calligraphy exhibition where masters will demonstrate brush techniques (定语从句), inspiring us to appreciate the beauty of characters (v.-ing 作结果状语). There will also be a folk dance workshop, teaching traditional moves to those interested in preserving such art forms (v.-ing 作伴随状语). **Additionally**, lectures on ancient philosophy, given by renowned scholars (过去分词作定语), will help us grasp the wisdom passed down for centuries (过去分词作定语).

Let's seize this chance to inherit our culture together!

The Student Union

① 话题词块练

1. The art of paper-cutting in China can _____
_____ the Han Dynasty, reflecting people's love for life.

中国的剪纸艺术可追溯至汉代,这一艺术形式体现了人们对生活的热爱。

2. Confucian teachings _____
respecting elders, a value still cherished by modern Chinese families.

儒家学说重视尊敬长辈,这一价值观仍为现代中国家庭所珍视。

3. Participating in tea ceremonies allows people to _____
_____ the Chinese pursuit of tranquility and respect.

参与茶道能让人们更深刻地领悟中国人对宁静与尊重的追求。

② 话题句式练

1. 强调句: It is + 被强调部分 + that + 句子其他成分

It is _____ we can truly understand the wisdom of our ancestors.

正是通过实践传统工艺,我们才能真正理解祖先的智慧。

2. with 复合结构

_____,
the cultural fair was filled with laughter and joy.
游客们纷纷尝试剪纸,文化集市上充满欢声笑语。

3. 目的状语从句

Schools should organize cultural activities _____
_____.
学校应组织文化活动,以让学生沉浸在传统艺术的魅力中。

4. 倒装句

Chinese calligraphy, the art of beautiful handwriting, has developed over many centuries and has been widely practised in China. _____

_____ Chinese characters, _____
_____ expressing the writer's inner world.

中国书法是一门优美的书写艺术,已经发展了好几

个世纪,在中国被广泛练习。它不但展现了汉字的美妙,而且用于昭示书写者的内心世界。

5. v.-ing 作定语

The programme covers a wide variety of cultural activities, _____ learning Chinese daily expressions _____ on Chinese history and traditional culture.

此项目涵盖了各种各样的文化活动,从学习汉语日常表达到参加一些关于中国历史和传统文化的讲座。

③ 应用文写作

写作类型:发言稿

[2025·河北保定一模]

假定你是李华,你校将与英国友好学校联合举办“文明对话”线上交流活动,作为中国学生代表,请你写一篇发言稿,向英国师生介绍一项中华优秀传统文化,内容包括:

1. 所选文化项目(如书法、茶艺、节日习俗等);
2. 其文化内涵及纽带作用。

注意:写作词数应为 80 个左右。

【范文填空】

Dear Friends from the UK,

It's a great honour to share Chinese calligraphy,

1. _____
_____ (一种已盛行 3000 余年的艺术形式,它反映着我们民族的灵魂)。

2. _____ (以笔墨创作),
each character carries both meaning and emotion, with strokes varying from bold to delicate to express the writer's spirit. Practising calligraphy, 3. _____
_____ (需要耐心与专注),
teaches us to balance strength and gentleness—values deeply rooted in Chinese culture.

4. _____
_____ (这门艺术不仅通过共通的技法将几代人联系在一起) but also bridges cultures, as its beauty transcends language. It's a living tradition 5. _____
_____ (我们满心自豪地与世界分享)。

Thank you for listening.

热考话题 2 校园生活

话题语料背

校园活动

【核心短语】

1. 活动目的

(1) with the aim of / with the purpose of / in order to do / aiming to do / aimed at doing 为了

(2) enrich students' campus life / after-school life

丰富同学们的校园/课余生活

(3) add a new dimension to students' campus life

给同学们的校园生活增添新的内容

(4) offer students a platform to showcase their talents

给同学们提供一个展示才华的平台

2. 活动描述

(1) join in / take part in / participate in / get engaged in / get involved in... 参与, 参加

(2) sign up for... 报名参加

(3) a wide range of... = a variety of...

各种各样的……

(4) range from... to... 从……到……不等

(5) under the guidance of... 在……的指导下

(6) hands-on experiences 实践体验

校园活动的意义及评价

【核心短语】

1. 活动意义

(1) broaden one's horizons / mind 拓宽视野

(2) gain hands-on experience 获得实践经验

(3) relieve academic pressure 缓解学业压力

(4) foster teamwork spirit 培养团队精神

(5) stimulate / arouse / boost / spark our interest in / our enthusiasm about / our passion for...

激发我们对……的兴趣/热情

(6) gain a deeper insight into / a better understanding of... 对……有一个更深的见解/更好的了解

(7) build / create / develop a good / harmonious relationship with... 与……建立良好的/和谐的关系

2. 活动评价

(1) a huge success 一个巨大的成功

(2) think / speak highly of... 对……高度评价

(3) be well-received among all the students

在所有同学中广受欢迎

(4) be of great significance / importance / benefit to sb

(= be significant / important / beneficial to sb)

对某人具有重要意义/有益处

(5) worthwhile / rewarding / meaningful / valuable

值得做的; 有益的, 有意义的, 有价值的

【高级句式】

1. The upcoming speech contest, **featuring engaging topics and attracting students from all grades**, serves as a vibrant stage for enhancing English communication skills. (现在分词作定语)

即将到来的演讲比赛以精彩主题为特色, 吸引各年级学生, 是提高英语沟通能力的活力舞台。

2. **With the intention of improving students' physical fitness and creating a sports atmosphere**, our school launched a campaign "Sunshine Fun Run". (介词短语作状语)

为了提高学生的身体素质, 营造运动氛围, 我校发起“阳光欢乐跑”活动。

3. The **newly established** Teenagers Help Centre, **aimed at relieving students' mental burdens and solving problems**, stands ready to assist every troubled student. (过去分词作定语)

新成立的青少年帮助中心旨在减轻学生的精神负担、解决难题, 随时为每个有困扰的学生提供帮助。

校园设施

【核心短语】

1. reserve study rooms 预约自习室

2. make full use of multimedia classrooms for interactive learning

充分利用多媒体教室进行互动学习

3. explore various online learning platforms for diverse courses

探索各种在线学习平台以获取多样化课程

4. access open educational resources for free learning materials

访问开放的教育资源以获取免费学习材料

【高级句式】

1. Open educational resources provide us with a lot of free learning materials, **which can save us money**.

(定语从句)

开放的教育资源为我们提供了大量免费学习材料，可以为我们节省开支。

2. Interactive e-learning materials can make our study more engaging and effective.

交互式电子学习材料可以让我们的学习更加有趣和高效。

话题写作背1 (短文投稿)

[2025·江苏苏州三模]

假定你是某国际学校学生会主席李华，为了丰富校园文化生活，学校计划在图书馆旁设立一个“心灵驿站(Mind Oasis)”，供师生休息放松。请你写一篇短文投稿至校英文报，内容包括：

1. 介绍你的设计方案；
2. 说明设计理由。

注意：1. 词数 80 个左右；

2. 可适当增加细节，以使行文连贯。

Mind Oasis: a tranquil retreat on campus

I'm excited to share my design for the upcoming Mind Oasis near our library.

The Mind Oasis will feature two distinct zones: the Quiet Zone and the Creative Corner. The Quiet Zone will **be filled with** comfortable seating, green plants, and soft lighting, creating a peaceful space for reading or meditation (v.-ing 作结果状语). Meanwhile, the Creative Corner will provide art supplies and a bulletin board, inspiring artistic expression and idea sharing (v.-ing 作结果状语).

The idea behind this design is to provide a place where both students and teachers can take a break from their daily routines and recharge (定语从句). I believe that such a space can help both teachers and students relieve stress and enhance their mental well-being (宾语从句). Let's look forward to its opening!

【亮点句型练(一)】

句型练：v.-ing 作结果状语

For another, we tend to avoid communication with our parents, especially about our academic work,

另一方面，我们往往不愿与父母交流，尤其是关于我们的学业，这使得他们更加急于知道我们学得怎么样。

话题写作背2 (邀请信)

[2025·山东聊城二模]

假定你是李华，你校将举办一场以“中国传统文化——剪纸艺术”为主题的校园展览活动，你负责向外国交换生介绍此次活动。现请你用英语写一封电子邮件邀请他们参加，内容包括：

1. 活动的时间和地点；
2. 剪纸艺术的简介；
3. 活动内容及意义。

注意：1. 词数应为 80 个左右；

2. 可适当增加细节，以使行文连贯。

Dear Exchange Students,

I'm Li Hua, and I'm writing to invite you to our school's exhibition themed "Traditional Chinese Culture—Paper-cutting Art" (过去分词短语作定语).

Taking place in the school hall from 9 am to 5 pm next Saturday (v.-ing 短语作状语), the exhibition will showcase this time-honoured craft, which dates back over 1,500 years (定语从句). Paper-cutting, using scissors to create complex patterns on paper (v.-ing 作定语), is often used during festivals to bring good fortune.

At the event, you'll see works ranging from flowers to folk stories (v.-ing 短语作定语). What's more, a professional paper-cutting artist will demonstrate techniques **on the spot**, and you can try creating your own pieces **under the guidance of** the teacher. This activity will not only help you understand the charm of traditional Chinese culture but also promote cultural exchanges (not only ... but also 连接并列结构).

Looking forward to your participation!

Best regards,

Li Hua

【亮点句型练(二)】

句型练 1: 过去分词短语作定语

The cultural festival, _____, will include various activities.

定于 7 月 1 日至 7 月 15 日举行的文化节将会包括很多活动。

句型练 2: not only ... but also 连接并列结构

The activity will _____.

这个活动不仅将丰富我们的校园生活，还会增进我们对音乐的理解。

① 话题词块练

1. A graduation ceremony _____ be held in the auditorium next month, where teachers and students will share memories of three years.

毕业典礼定于下月在礼堂举行,在那里师生们将一同分享三年来的回忆。

2. The upcoming science fair will _____ students' innovative projects, _____ environmental devices to AI models.

即将举办的科学博览会将展示学生们的创新项目,这些项目涵盖从环保装置到人工智能模型等多个领域。

3. Senior Three students actively _____ the annual English speech contest to improve public speaking skills.

高三学生积极参加一年一度的英语演讲比赛,以提升公开演讲能力。

② 话题句式练

1. 现在分词作定语

The lecture, _____, attracted a large number of students interested in health.

这场聚焦中医的讲座,吸引了许多对健康感兴趣的学生。

2. 非限制性定语从句

The Reading Salon, _____, has become a symbol of campus culture.

阅读沙龙每周吸引 200 多名学生,已成为校园文化的象征。

3. 倒装句

Only by _____ balance study and extracurricular activities.

只有有效管理时间,我们才能平衡学习与课外活动。

4. 现在分词作状语

The science innovation fair attracted thousands of visitors, _____.

科技创新展吸引了数千名参观者,展示了学生们的创意项目。

③ 应用文写作

写作类型:新闻报道

假如你是晨光中学的李华,你校 3 月 25 日举行了主题为“非遗进校园(Intangible Cultural Heritage in campus)”的文化活动。请你根据以下提示,写一篇英文报道,向校园网投稿,内容包括:

1. 活动的时间、目的;

2. 活动的主要内容(民间艺术家讲座、非遗创作与展示等);

3. 活动的反响。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

参考词汇:民间艺术家 folk artist

【范文填空】

Intangible Cultural Heritage in campus

On March 25th, our school, Chenguang High School, proudly hosted a cultural event themed “Intangible Cultural Heritage in campus”. The purpose of this event was 1. _____

_____ (提高学生对我们丰富文化遗产的认知与欣赏能力)。

The event featured lectures by renowned folk artists 2. _____

_____ (分享了他们在保护传统艺术方面的知识 with experience). Students also participated in workshops 3. _____

_____ (在这里他们进行创作并表达了自己对非物质文化遗产的理解). The highlight was an exhibition 4. _____

_____ (展示了各类传统手工艺与表演)。

The event was a great success, 5. _____

_____ (得到了师生们的一致好评). It 6. _____

_____ (不仅起到了教育作用,还激励着每个人积极参与到文化瑰宝的保护中). This initiative has sparked a renewed interest in our school community to learn more about and engage with our cultural heritage.

热考话题3 运动与健康

话题语料背

健康生活方式

【核心短语】

1. maintain a healthy lifestyle 保持健康生活方式
2. form good habits 养成好习惯
3. cut down on dessert intake 减少甜食摄入
4. increase vegetable intake 增加蔬菜摄入
5. get rid of bad habits 摆脱坏习惯
6. avoid staying up late 避免熬夜
7. skip meals 不吃饭
8. stick to an exercise plan 坚持锻炼计划
9. work out regularly to keep fit
定期锻炼以保持健康
10. combine exercise with a balanced diet
将锻炼与均衡饮食结合

【高级句式】

1. Many students skip meals and stay up late, **which affects their physical and mental well-being.** (非限制性定语从句)

许多学生不吃、熬夜,这影响了他们的身心健康。

2. **With the Gaokao approaching,** many students abandon exercise, **unaware that it not only weakens physical fitness but also reduces study efficiency.** (with 复合结构; unaware that... 形容词短语作状语; not only... but also 并列结构)

高考临近,许多学生放弃锻炼,未意识到这不仅削弱体质,还降低学习效率。

3. **By making exercise a natural part of daily life,** we can **not only** strengthen our bodies **but also** develop a sense of discipline. (by doing 结构作状语; not only... but also 并列结构)

通过让锻炼成为日常生活中的自然组成部分,我们不仅能强身健体,还能培养自律意识。

4. **Working out regularly not only** helps keep fit **but also** enables us to maintain a positive attitude towards life. (working... 动名词短语作主语; not only... but also 并列结构)

定期锻炼不仅有助于保持健康,还能让我们保持积极的生活态度。

体育活动

【核心短语】

1. maintain a good state of mind through exercise

通过锻炼保持良好心态

2. develop a positive attitude/mindset towards life
培养积极生活态度

3. relieve stress and feel less stressed out
缓解压力、减少焦虑感

4. enhance learning efficiency 提高学习效率

5. strive for/pursue excellence 追求卓越

6. enhance teamwork/cooperation 促进团队合作

【高级句式】

1. Our school's annual sports meeting, **featuring events from relay races to long jump,** serves as a platform to showcase athletic talent and relieve academic stress. (featuring... 现在分词短语作定语)
我们学校一年一度的运动会,涵盖从接力赛到跳远等项目,为展示运动才能和缓解学业压力提供了一个平台。

2. **Launched by our school,** the “Sunshine Fun Run” encourages regular exercise and will end with an award ceremony for top performers, **aiming to boost students' fitness and make the campus sports atmosphere more lively.** (过去分词短语作状语; 现在分词短语作状语)

我校发起“阳光欢乐跑”活动,鼓励定期锻炼,活动尾声将为优胜者举办颁奖礼,旨在增强学生体质,让校园运动氛围更活跃。

3. **Engaging in sports** not only relieves stress but also helps us keep a good state of mind, **enabling us to face challenges with optimism.** (engaging in... 动名词短语作主语; enabling... 现在分词短语作结果状语)

参与运动不仅能缓解压力,还能帮助我们保持良好心态,使我们能以乐观态度面对挑战。

4. **Not only does exercise improve** physical health, **but it also** relieves stress and enhances learning efficiency. (not only does..., but also 倒装 + 并列结构)
锻炼不仅改善身体健康,还能缓解压力并提升学习效率。

话题写作背1 (告知信)

[2025·山东菏泽二模]

假定你是李华,你的英国朋友 Tom 来信询问你校课外体育活动开展情况。请你给他写一封回信,内容包括:

1. 写信目的;
2. 介绍开展的活动及其效果。

注意:写作词数应为 80 个左右。

Dear Tom,

Glad to hear from you! Since you showed interest in our after-school sports activities (原因状语从句), I'm writing to share more details as you requested.

Our school offers **a wide range of options**, including basketball, football, and badminton, along with traditional Chinese sports like rope skipping and shuttlecock kicking, which are gaining in popularity among students (定语从句). Held daily from 4:30 to 6:00 (过去分词作状语), these activities not only help us stay physically fit but also teach us the importance of teamwork (not only... but also), making it easier to relieve academic stress (v.-ing 作结果状语).

Many participants have noticed positive changes: we're more energetic in class, and friendships built on the playground (过去分词作定语) have strengthened our sense of community. It's truly a wonderful way to balance study and health.

Let me know if you want further information!

Yours,

Li Hua

【亮点句型练(一)】

句型练 1: 过去分词短语作状语

_____,
the salon provided a comfortable environment for the participants to exchange ideas freely.

在宽敞的学校礼堂举行,这场沙龙为参与者提供了一个舒适的环境,让他们能够自由交流想法。

句型练 2: 过去分词短语作定语 + 非限制性定语从句

Last Friday, a salon _____
_____ was organized by our school in the hall, _____.

上周五,我们学校在 大厅组织了一场题为“智慧生活与人际沟通”的沙龙,结果证明非常成功。

【话题写作背 2 (邀请信)】

[2025 · 东北三省三校高三一模]

假定你是校学生会体育部长李华,你校将举办以“快乐体育,健康生活”为主题的体育节活动。请你给学校的交换生 Mike 写邮件邀请他参加。内容包括:

1. 活动的目的;
2. 活动的相关信息。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

Dear Mike,

I'm Li Hua, head of the school's Sports Union (同位语). I'm writing to invite you to our upcoming Sports Festival themed "Happy Sports, Healthy Life" (过去分词作定语).

Aimed at helping students relieve pressure and build strong bodies (过去分词作状语), the festival will take place from next Friday to Sunday on the school playground. There will be various activities: morning runs that will energize your day (定语从句), ball games where you can showcase skills (定语从句), and fun races that require team spirit (定语从句). What's more, the opening ceremony, which will feature a dance performance by our PE teachers (定语从句), is sure to impress you.

I believe joining us will let you experience the joy of sports and make more friends. Looking forward to your participation!

Yours,

Li Hua

【亮点句型练(二)】

句型练 1: 非限制性定语从句

The reason for my absence was an unexpected high fever last night, _____.

我缺席的原因是昨晚突发高烧,其使我无法上学。

句型练 2: 过去分词短语作状语

_____,
a labour activity was organized by our class at the School Labour Practice Base last week. (aim)
为增强我们的劳动意识,上周我们班在学校劳动实践基地组织了一次劳动活动。

Ⅰ 话题词块练

1. Jogging in the morning, with fresh air filling the lungs, _____ relieving stress and sharpening concentration.

清晨慢跑时,新鲜空气充盈肺部,这对缓解压力和提高专注力大有裨益。

2. Sustaining a balanced diet, _____ adequate sleep, forms the foundation of good health, which supports efficient learning.

保持均衡饮食,再加上充足的睡眠,是健康的基础,而健康有助于高效学习。

3. _____ long-distance running, where one must overcome physical exhaustion, cultivates perseverance that benefits both study and life.

参与长跑时,人们必须克服身体的疲惫,这能培养毅力,而这种毅力对学习和生活都有益处。

Ⅱ 话题句式练

1. 虚拟语气

_____ regular exercise instead of making excuses for academic pressure. 现在我们养成定期锻炼习惯的时候了,而不是为学业压力找借口。

2. 非限制性定语从句

The “Sunshine Fun Run” campaign, _____, has become a symbol of campus health culture.

“阳光欢乐跑”活动为推广日常锻炼而发起,现已成为校园健康文化的象征。

3. 倒装句:Only + 状语 + 助动词 + 主语

_____ achieve long-term academic success without harming health. 只有通过平衡学习与锻炼,我们才能在损害健康的前提下取得长期学业成功。

4. 现在分词作状语

_____, the “Healthy Study Campaign” shows how small changes make a big difference.

通过推广 10 分钟课间锻炼,“健康学习运动”证明了微小改变如何产生重大影响。

Ⅲ 应用文写作

写作类型:推荐信

[2025·重庆巴蜀中学高三适应性考试]

假定你是李华,你的英国朋友 Edward 打算举办一次主题为“中国传统运动”的活动,发邮件请你推荐一项适合外国人学习的中国传统运动项目。请你回复邮件,内容包括:

- 1. 推荐一项运动;
 - 2. 说明推荐理由。
- 注意:1. 词数 80 个左右;
2. 可以适当增加细节,以使行文连贯。

【范文填空】

Dear Edward,

I'm delighted to hear about your event themed “Traditional Chinese Sports” and would like to recommend tai chi, 1. _____ (我认为它非常适合外国人学习)。

Tai chi, combining slow, gentle movements with deep breathing, 2. _____ (不仅是一项运动,更是一门植根于中国哲学的艺术)。Its movements are easy to follow, 3. _____ (不需要强劲的体力), thus suitable for people of all ages. 4. _____

_____ (它的特别之处在于,能帮助习练者放松心情,同时改善平衡能力和柔韧性)—benefits that resonate with many foreigners seeking a healthy lifestyle.

Moreover, learning tai chi offers a window into Chinese culture, 5. _____ (因为每一个动作都承载着与和谐及内心平静相关的寓意)。I'm sure it will be a hit at your event!

Yours,
Li Hua

热考话题 4 劳动（社会实践）

话题语料背

劳动体验与感悟

【核心短语】

1. get down to doing sth 着手做某事
2. organize a fruit picking activity
组织一次水果采摘活动
3. be equipped with baskets/tools 配备篮子/工具
4. gain valuable hands-on experience
获得宝贵的实践经验
5. the satisfaction of physical labour
体力劳动的满足感
6. a sense of accomplishment 一种成就感
7. deepen insight into hard work
加深对辛勤劳动的理解
8. spark passion for labour 激发劳动热情

【高级句式】

1. We were scheduled to gather at 8:00 am, **equipped with gloves and tools**. (过去分词作状语)
我们按计划于上午 8 点集合,配备了手套和工具。
2. The most challenging part was digging, **which required a lot of physical strength**. (非限制性定语从句)
最具挑战的部分是挖土,需要大量体力。
3. The activity was **not only** a task **but** a meaningful journey that **sparked** our growing love for labour and teamwork. (not only ... but ... 并列结构; spark 高级词汇)
这项活动不仅仅是一项任务,更是一段意义非凡的旅程,它激发了我们日益增长的对劳动和团队合作的热爱。
4. **Seeing the newly refreshed street**, I felt a sense of achievement flood into my heart. (现在分词作状语)
看到焕然一新的街道,我感到一股成就感涌上心头。
5. **Launched by the school**, the farming project **not only** provided a valuable platform for students to gain first-hand experience in farming techniques **but also** deepened our appreciation of agricultural work. (过去分词作状语; not only ... but also ... 并列结构)
学校发起的农耕项目不仅为学生提供了获得农业技术第一手经验的宝贵平台,还加深了我们对农业劳动的理解。

6. **Not only does** labour build our physical strength, **but** it **also** enhances our mental resilience. (倒装 + 并列结构)

劳动不仅增强我们的体力,还提升我们的心理韧性。

社会实践与志愿服务

【核心短语】

1. possess good communication skills
具备良好的沟通能力
2. have a good command of English 精通英语
3. have a solid foundation in Chinese history and culture 对中国历史和文化有扎实的基础
4. apply knowledge to solving practical problems
将知识应用于解决实际问题
5. be beneficial to/do good to our physical and mental well-being 有益于我们的身心健康
6. develop a sense of independence/competition/social responsibility
培养独立意识/竞争意识/社会责任感
7. serve as a bridge between our cultures
成为我们文化之间的桥梁
8. deepen mutual understanding and respect
加深相互理解和尊重

【高级句式】

1. **Having gained volunteering experience at art exhibitions**, I am well equipped to provide **engaging** cultural tours. (现在分词完成式作状语)
在艺术展览中获得了志愿经验后,我有能力提供吸引人的文化导览。
2. **Not only does** volunteering enhance my interpersonal skills, **but** it **also** deepens my understanding of cultural heritage. (not only does ..., but also 倒装 + 并列结构)
志愿服务不仅提升我的人际交往能力,还加深我对文化遗产的理解。
3. **Volunteering in cultural exchange activities** **not only** broadened my horizons **but also** allowed me to communicate effectively with people from diverse backgrounds. (动名词作主语; not only ... but also ... 并列结构)

参与文化交流活动的志愿者工作不仅拓宽了我的视野,还让我能与来自不同背景的人有效沟通。

话题写作背1 (演讲稿)

[2025·贵州铜仁高三模拟]

你校英语社团举办以“Without labour, without joy”为主题的演讲活动,请你用英语写一篇演讲稿,内容包括:

- 1. 劳动的益处;
- 2. 自己的劳动体验;
- 3. 呼吁大家热爱劳动。

注意:1. 写作词数应为 80 个左右;
2. 标题已为你拟好,不计入总词数。

Without labour, without joy

Good morning, everyone! Today, I'm so honoured to be here and deliver the speech titled “Without labour, without joy”(过去分词短语作定语)。

It's well-known that Chinese people attach great importance to labour(主语从句), for it not only creates a better environment for us to live in but also advocates the spirit of diligence(原因状语从句 + not only... but also). As for me, there are various kinds of labour tasks to do, such as helping clean the house, washing dishes after dinner and sweeping the floor. Besides, I also work as a volunteer for the school library, where I help to clean the shelves and sort the books(定语从句). Doing all these chores(v.-ing 作主语) helps me learn to be more independent and responsible, thus making me feel a sense of achievement(v.-ing 作结果状语)。

Labour can bring us joy! Let's enjoy labour together!

【亮点句型练(一)】

句型练 1: 主语从句(it 作形式主语)

_____ you can come and join us in the Campus Traditional Cultural Festival.

你能来参加我们的校园传统文化节,这对我们来说实在是莫大的荣幸。

句型练 2: 非限制性定语从句

On both sides of the street there are some restaurants, _____.

在这条街的两侧有一些餐馆,在那里我们可以品尝到来自中国各地的独一无二的美食。

话题写作背2 (活动介绍)

[2025·安徽皖北协作体高三一模]

假定你是李华,上周五你们班参加了学校组织的“美丽试验田(Beautiful Experimental Field)”劳动实践活动。请你给你的英国朋友 Chris 写一封邮件分享这次经历,内容包括:

- 1. 活动介绍;
- 2. 你的感想。

注意:写作词数应为 80 个左右。

Dear Chris,

I hope this e-mail finds you well. I'm excited to share our “Beautiful Experimental Field” labour practice we participated in last Friday, which turned out to be a memorable day filled with sweat and laughter(非限制性定语从句)。

The activity, aiming to raise our awareness of labour and get us closer to nature(v.-ing 短语作定语), was much more engaging than I'd expected(比较状语从句). On arrival, we were divided into five groups, each in charge of a plot(独立主格结构). Some knelt to pull weeds; some loosened dry soil; others fetched water from a nearby well, with shoes muddy(with 的复合结构)。

Tired as we were(让步状语从句的倒装), we thought this activity was quite rewarding. We not only relaxed our minds after busy studies, but also had a better understanding of the value of labour(not only... but also 并列结构)。

Yours,
Li Hua

【亮点句型练(二)】

句型练 1: with 的复合结构

_____, the class meeting will start on time this afternoon.
通知已张贴,椅子也已摆好,今天下午的班会将准时开始。

句型练 2: not only... but also 倒装

Through this impressive experience, _____, but we also experienced the immense joy it brought.
通过这次令人难忘的经历,我们不仅领会到了劳动的深刻价值,还体会到了劳动所带来的巨大喜悦。

Ⅰ 话题词块练

1. Participating in household chores, which many students consider trivial, is rewarding as it cultivates _____ towards family.

参与家务劳动——许多学生认为这是件琐碎的事——是值得的,因为它能培养对家庭的责任感。

2. Having worked in the farmland for three hours under the sun, the students were _____, knowing their efforts would yield a good harvest.

在阳光下的农田里劳作了三个小时后,学生们虽然疲惫不堪,却满怀欣慰,他们知道自己的付出终将迎来丰收。

3. Teachers _____ when students _____ labour tasks, ensuring that we learn both efficiency and safety in the process.

当学生们进行劳动实践时,老师们会提供专业指导,确保我们在这一过程中既学到提高效率的方法,也掌握安全知识。

Ⅱ 话题句式练

1. 强调句

It _____ I truly understood the value of hard work and the importance of contributing to society.

正是通过一起挥汗如雨,我才真正明白了努力工作的价值以及为社会做贡献的重要性。

2. “介词+关系代词”引导的定语从句

It is definitely a successful experience, _____

but I have also immersed myself in the charm of nature.

这绝对是一次成功的经历,通过这次经历,我不仅增强了毅力,而且沉浸于大自然的魅力中。

3. “连词+分词”作状语

_____, we felt a strong sense of accomplishment seeing the park refreshed.

尽管疲惫不堪,但看到公园焕然一新,我们感到一种强烈的成就感。

4. 过去分词作状语

_____, we transformed a barren land into a garden, which filled us with a sense of achievement.

在农民指导下,我们将荒地改造成花园,这让我们充满成就感。

5. as/though 引导的让步状语从句

_____, I obtained an authentic feeling of satisfaction.

尽管我很累,我获得了真正的满足感。

Ⅲ 应用文写作

写作类型:短文投稿

[2025·安徽安庆省示范高中高三联考]

假定你是李华,你校英文报正在开展以“劳动让生活更美好(Labour makes life better)”为主题的英语征文活动,请你写一篇英语短文投稿。内容包括:

1. 劳动的重要性;
2. 一次难忘的劳动经历;
3. 你的收获。

注意:词数 80 个左右。

【范文填空】

Labour makes life better

Labour, a cornerstone of human progress, shapes our lives in profound ways. 1. _____

(它不仅帮助我们掌握实用技能,还能培养毅力和责任感等品质)。

Last summer, I volunteered to help farmers pick apples in a mountain village. 2. _____

(在阳光下弯腰劳作,仔细挑选成熟的果实), I realized how much effort goes into every bite we take. The farmers, though tired, 3. _____

(却依然热情地笑着分享他们的丰收故事,这让我明白了劳动能带来快乐的力量)。

That experience taught me that 4. _____

(劳动不仅仅关乎产出——它还能塑造品格)。It reminds us that 5. _____

(每一个小小的努力都在为更美好的生活添砖加瓦), whether for ourselves or others.

热考话题 5 文学与艺术

话题语料背

文学创作与表达

【核心短语】

1. be set in (故事背景) 设定在
2. illustrate the charm of ancient Chinese literature
阐述中国古代文学的魅力
3. capture the daily life of people
捕捉人们的日常生活
4. explore the depths of literature 探索文学深度
5. interpret symbolic meanings in art
解读艺术象征意义
6. a vivid/lifelike ink painting 栩栩如生的水墨画
7. a live concert featuring classical music
古典音乐现场音乐会

【高级句式】

1. The novel, **set in rural China**, **not only** attracts readers with its plot twists **but also** reflects the struggles of ordinary people. (过去分词作定语; not only... but also 并列结构)

这部以中国乡村为背景的小说, 不仅以情节曲折吸引读者, 还反映了普通人的奋斗。

2. **By analysing the symbolism in the poem**, students can gain a deeper insight into the poet's emotions. (by doing 结构作状语)

通过分析诗歌中的象征意义, 学生能更深入地理解诗人的情感。

艺术展与表演

【核心短语】

1. on exhibition/display/show 展出中
2. enrich students' cultural life
丰富学生的文化生活
3. broaden one's horizons 拓宽视野
4. enhance cultural appreciation 提升文化鉴赏力
5. encourage imagination and creativity
激发想象力和创造力
6. bridge cultural differences 弥合文化差异
7. touch readers' hearts 触及读者的心灵
8. strike a chord with sb
与某人产生共鸣, 引起某人的同感

【高级句式】

1. The drama performance, **combining language learning with artistic expression**, allowed students to demonstrate skills and entertain the audience.

(combining... 现在分词短语作定语)

这场融合语言学习与艺术表达的戏剧表演, 让学生在娱乐观众的同时展示能力。

2. Art, **breaking through language barriers**, serves as a universal medium to connect diverse cultures. (现在分词作定语)

艺术突破了语言障碍, 成为连接不同文化的通用媒介。

3. **Despite initial stage fright**, participants delivered a perfect performance, **earning warm applause**. (despite... 让步状语; earning... 现在分词作结果状语)

尽管起初怯场, 参与者仍完成了完美表演, 赢得热烈掌声。

话题写作背1 (邮件)

假定你是李华, 上周末参观了学校举办的主题为“情系中华”的文化艺术展。请你给英国朋友 Chris 写一封邮件分享这次活动, 内容包括:

1. 展览内容;
2. 你的收获。

注意: 写作词数应为 80 个左右。

Dear Chris,

I'm writing to share with you a cultural and art exhibition themed "Deep Affection for China" (过去分词短语作定语) held in our school last weekend (过去分词短语作定语). It was a truly enriching event that showcased the depth and greatness of Chinese culture (定语从句).

The exhibition was a day-long event. The school hall was transformed into a lively display of Chinese art, with traditional paintings, calligraphy, and handicrafts decorating the walls and exhibition stands

(with 的复合结构). Students could try their hand at paper-cutting, and playing traditional musical instruments. The highlight of the event was a series of performances including tai chi, Peking Opera.

This activity turned out to be a great success, through which I not only gained a deeper understanding and appreciation of our cultural roots, but also fostered my sense of pride of being a Chinese (“介词 + 关系代词”引导的定语从句 + not only... but also 并列结构).

Yours,
Li Hua

【亮点句型练(一)】

句型练 1: “介词 + 关系代词”引导的定语从句

This activity really did us good, _____ and were able to develop our friendships too.

这次活动确实对我们大有裨益,通过它我们尽情享受了大自然,还增进了彼此的友谊。

句型练 2: not only...but also 连接并列结构

This opportunity will _____, but also develop my professional skills.

这个机会不仅有助于我运用学术知识,还能提升我的专业技能。

句型练 3: 过去分词短语作定语

The books _____ will be sold at the charity sale _____.
高年级的学生捐赠的书籍将在下周六举办的慈善义卖活动中售卖。

话题写作背2 (邮件)

假定你是学生会主席李华,你校将举办 2026 年国际文化周(International Culture Week)活动,请给外教 Dr Brown 写一封邮件,内容包括:

1. 介绍活动具体内容;
2. 邀请其做一个主题讲座。

注意:写作词数应为 80 个左右。

Dear Dr Brown,

I'm Li Hua. On behalf of the Student Union, I am excited to invite you to participate in our upcoming 2026 International Culture Week, which aims to promote cultural diversity and foster global awareness among our students(定语从句).

The week-long event, scheduled for next week (过去分词短语作定语), will feature various activities. It includes a cultural exhibition showcasing traditional costumes and handicrafts from different countries (v.-ing 短语作定语), student performances featuring international music and dances (v.-ing 短语作定语), and interactive workshops where participants can learn various cultural skills(定语从句). We sincerely hope you could deliver a 45-minute lecture on “Cultural Differences in Education” (宾语从句) or any other topic you find appropriate (定语从句).

Your presence at the activity will surely make it more significant. Looking forward to your early reply!

Yours,
Li Hua

【亮点句型练(二)】

句型练 1: 过去分词短语作定语

There will be a Sports Festival _____.
我们学校将举办一场主题为“快乐运动,健康生活”的体育节。

句型练 2: 关系副词引导的定语从句

We plan to visit the City Museum this weekend, _____.
我们计划本周末参观市博物馆,那里正在举办一场特别的古代钱币展。

句型练 3: 宾语从句

We believe _____.
我们相信您的出席将会激励学生们展现最佳风采。

Ⅰ 话题词块练

1. Classical Chinese poetry, which has shaped generations' outlook on life, is renowned for its ability to _____ even in modern readers.

中国古典诗词塑造了一代又一代人的人生观,它能够唤起深刻情感的特质而闻名,即便在现代读者中也是如此。

2. Readers, having immersed themselves in the novel's plot, are _____ the hero's perseverance, a spirit that inspires many to face life's challenges bravely.

读者们沉浸在小说的情节中,深受主人公坚韧不拔精神的感染,这种精神激励着许多人勇敢面对生活中的挑战。

3. Schools can _____ to showcase masterpieces, such as organizing museum tours or screening documentaries, which help students _____ artistic beauty.

学校可以采用多种方式来展示杰作,比如组织博物馆参观或放映纪录片,这些方式有助于学生更深入地理解艺术之美。

Ⅱ 话题句式练

1. 强调句

It _____ I realized the power of words.

正是通过文学,我意识到文字的力量。

2. 非限制性定语从句

We visited an art exhibition, _____.

我们参观了一场艺术展,其展出了上个世纪的作品。

3. 倒装句: Not only + 助动词 + 主语 + 谓语, but also + 句子

_____, but it also inspires creativity.

艺术不仅丰富我们的生活,还激发创造力。

4. 过去分词作状语

_____, he wrote a poem describing its beauty.

受这幅画启发,他创作了一首诗描绘其美。

5. 过去分词作定语

The art exhibition, _____, showcases over 100 ancient calligraphy works.

由市博物馆举办的艺术展,展出了 100 多幅古代书法作品。

Ⅲ 应用文写作

写作类型: 新闻报道

[2025·山东高三模拟预测]

假定你是校英文报记者李华,上周六你们学校举办了文化艺术节,请你以“An unforgettable Culture and Art Festival”为题在校英文报写一篇报道,内容包括:

1. 活动介绍;

2. 活动反响。

注意: 写作词数应为 80 个左右。

【范文填空】

An unforgettable Culture and Art Festival

Last Saturday, our school hosted a splendid Culture and Art Festival, 1. _____

_____ (这场活动把全体师生都吸引到校园广场). 2. _____

_____ (活动包含了丰富多彩的表演): students in Hanfu danced gracefully to traditional music, their movements as smooth as flowing water; the drama club staged a play about ancient poets, 3. _____

_____ (剧中台词饱含激情,深深吸引了观众). Meanwhile, artworks like ink paintings and paper-cuttings, displayed around the square, 4. _____

_____ (彰显了同学们从中国文化中汲取灵感所迸发的创造力).

Both teachers and students praised the festival. Many said it 5. _____

_____ (它不仅丰富了校园生活,还加深了他们对传统文化的热爱), with some hoping such events would be held more frequently.

热考话题 6 自然与环保

话题语料背

环保问题与解决方案

【核心短语】

1. pose a threat to ecosystems 对生态系统构成威胁
2. lead to biodiversity decline 导致生物多样性减少
3. damage ecological balance 破坏生态平衡
4. threaten endangered species 威胁濒危物种
5. endanger biodiversity 危及生物多样性
6. adopt sustainable practices 采取可持续做法
7. restore damaged ecosystems 修复受损生态系统
8. establish wildlife reserves 建立野生动物保护区
9. promote renewable energy 推广可再生能源
10. take energy-saving measures 采取节能措施

【高级句式】

1. Plastic waste, **which takes centuries to break down**, has become a pressing issue, **demanding immediate action from governments and individuals alike**. (非限制性定语从句; 现在分词作状语)

塑料垃圾需要数个世纪才能分解, 已成为一个紧迫问题, 亟需政府和个人都立即采取行动。

2. **Only by carrying out stricter regulations can we** effectively stop illegal hunting and safeguard endangered species. (倒装句)

只有通过执行更严格的法规, 我们才能有效制止非法狩猎, 保护濒危物种。

3. Let's work together to reduce plastic use, **for every small effort adds up to a significant impact on our planet**. (for 引导原因状语从句)

让我们共同努力减少塑料的使用, 因为每一份微小的努力都会对地球产生重大影响。

4. **To raise environmental awareness and encourage sustainable habits among students**, we will launch a "plastic-free campus" campaign, **starting with a campus-wide garbage sorting drive next week**. (不定式作目的状语; 现在分词作状语)

为了提高学生的环保意识并鼓励可持续习惯, 我们将发起“无塑料校园”运动, 下周我们将从一场全校范围的垃圾分类活动开始。

环保行动

【核心短语】

1. live in harmony with nature 与自然和谐共处

2. arouse awareness of environmental protection 唤起环保意识

3. reduce the carbon footprint 减少碳足迹

4. keep the ecological balance 保持生态平衡

5. participate in tree-planting campaigns 参与植树活动

6. preserve natural resources for future generations 为后代保护自然资源

7. play a crucial role in ecological balance 在生态平衡中起关键作用

8. take action/measures/steps to do sth 采取行动/措施做某事

9. join hands to preserve nature 携手保护自然

10. launch an environmental campaign 发起环保运动

【高级句式】

1. By adopting energy-efficient appliances, **not only can we** cut down on bills **but also** we can contribute to carbon emission reduction. (not only ... but also 并列结构 + 倒装)

通过使用节能电器, 我们不仅能减少账单开支, 还能为减少碳排放做出贡献。

2. The eco-friendly campaign, **aimed at raising public awareness**, has attracted thousands of volunteers. (过去分词作定语)

这场以提高公众意识为目标的环保活动, 已吸引了数千名志愿者。

3. Hosting a tree-planting campaign **not only** improves air quality **but also** develops a sense of responsibility for the environment. (not only ... but also 并列结构)

举办植树活动不仅能改善空气质量, 还能培养对环境的责任感。

话题写作背1 (演讲稿)

[2025·陕西西安高三模拟]

假定你是李华, 学校将举办一场主题为“绿色生活, 从我做起”的英语演讲比赛, 请你以“Small steps, big changes”为题写一篇演讲稿。内容包括:

1. 环境保护的重要性;
2. 你的环保实践经历;
3. 号召同学们共同参与。

注意: 写作词数应为 80 个左右。