

全品



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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评议委员会评议通过

# 全品

## 高考复习方案

主编 肖改清

主编: 肖改清

浙江省

听课手册  
英语

A

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## WELCOME UNIT

主题:人与自我——生活与学习

## 语篇词汇串记

词句默写部分见《默写本》

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

Neatly dressed in school uniform, she looked a bit shy and **awkward** in the new surroundings. Sensing that she might be nervous about 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 details like gender, **nationality** and other information. Being 4. \_\_\_\_\_ **outgoing** girl, I quickly put her at ease 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, fully focused on the speaker. However, she grew 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.

When school ended at 6 pm, we **revised** lessons together, and then I showed her around 8. \_\_\_\_\_ (**explore**) the **campus**. Fascinated by everything, we shared many stories. She dreams of becoming a 9. \_\_\_\_\_ (**design**) while I **look forward to** 10. \_\_\_\_\_ (**run**) my own company in the future. What a lovely day!

## 单词点睛

① **exchange** *n.* 交换;交流 *vt.* 交换;交流;交易;兑换

(1) an exchange student 交换生  
in exchange for... 作为……的交换;  
以换取……

(2) exchange sth for sth 把……换成……  
exchange sth with sb 与某人交换某物

[考点多维练]——单句填空

①[《鲁滨逊漂流记》] He offered his services as a guide in exchange \_\_\_\_\_ a place to stay for the night.

②[译林必修一] Last year, I had the chance to study at a British secondary school as \_\_\_\_\_

exchange student.

③ \_\_\_\_\_ (**exchange**) gifts and sending greeting cards are common ways to celebrate this festival around the world today.

[写作步步升]——完成句子

④ It was through the cultural exchange activity

on culture shock. (应用文写作之活动感受)

正是通过这次文化交流活动,我们就文化冲击彼此交换了看法。

⑤[2024·新课标I/II卷读后续写] I thanked him with the biggest smile and we \_\_\_\_\_ before I got on the bus.

我带着最灿烂的笑容向他道谢,并且在上车前,我们交换了联系方式。

## 2 design *n.* 设计;设计方案 *vt.* 设计;筹划

(1) be designed for sb/sth 为……而设计  
be designed to do sth 目的是做……;  
为做……而设计

(2) by design (= on purpose) 故意地,蓄意地  
(3) designer *n.* 设计者,设计师

### [考点多维练]——单句填空

① [2019 · 全国卷Ⅲ] For Western \_\_\_\_\_ (design), China and its rich culture have long been an inspiration for Western creative.

② [北师必修二] He engaged in a wide range of exercises \_\_\_\_\_ (design) to rebuild muscle, and made remarkable progress.

③ [2025 · 全国二卷] Though wastED received enthusiastic reviews, it \_\_\_\_\_ (design) from the start as a short-lived experiment.

### [写作步步升]——完成句子

④ [2021 · 新高考全国Ⅰ/Ⅱ卷应用文写作] Many columns of the English newspaper Youth \_\_\_\_\_ senior high school students and they \_\_\_\_\_ enrich our campus life.

英文报《青年》的许多栏目是专门为高中生设计的,旨在丰富我们的校园生活。

⑤ [2025 · 全国一卷应用文写作] This column, \_\_\_\_\_, will introduce a mystery person each week by providing interesting clues about their hobbies, achievements, or daily life.

本专栏旨在增进学生间的互动,每周会通过提供关于某位神秘人物的爱好、成就或日常生活的趣味线索,来介绍这个人。

## 3 anxious *adj.* 焦虑的,不安的;渴望的

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

### [温馨提示]

anxious *adj.* → *n.* anxiety 焦虑;忧虑

various *adj.* → *n.* variety 多样化;变化;种类

### [考点多维练]——单句填空

① After two defeats, the team are now anxious \_\_\_\_\_ a victory to cheer up the players.

② [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.

③ [沪教选必一] Exercising for 20 to 30 minutes a day helps to reduce stress and \_\_\_\_\_ (anxious) and makes you feel more positive and optimistic because it releases endorphins (feel-good chemicals).

### [写作步步升]——完成句子

④ Faced with the unfamiliar surroundings, 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)

面对陌生的环境,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。

⑤ [2025 · 浙江1月考读后续写] Frozen for a second, Kevin let out a sigh of regret and \_\_\_\_\_, "Hurry! Let's go to the police station right now."

凯文愣了一秒钟,发出一声悔恨的叹息,焦急地说:“快点!我们现在就去警察局。”

## 4 annoy *vt.* 使恼怒;打扰

(1) annoy sb with sth/by doing sth

因(做)某事使某人  
烦恼

(2) annoyed *adj.* 恼怒的;生气的

be annoyed with sb 对某人感到生气

be annoyed at/about sth 因某事生气

(3) annoying *adj.* 使恼怒的;使生气的

(4) annoyance *n.* 恼怒,生气;使人烦恼的事

### [考点多维练]——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.

③ To everyone's \_\_\_\_\_ (annoy), the open-air concert scheduled to start at 3 pm was forced to be cancelled due to the sudden rainstorm.

[写作步步升]——完成句子

④ I am writing to express my dissatisfaction with the constant noise from the nearby construction site, \_\_\_\_\_ many residents and affecting our daily rest. (应用文写作之投诉信)

我写信表达我对附近建筑工地持续噪声的不满,该噪声一直困扰着许多居民并影响我们的日常休息。

⑤ \_\_\_\_\_ was that the cake she baked for her mum's birthday collapsed in the oven, and she had no time to make another one. (读后续写之心理描写)  
最让她恼火的是,她为妈妈生日烤的蛋糕在烤箱里塌了,而且她已经没时间再做一个了。

⑤ **frightened** *adj.* 惊吓的;害怕的

(1) *be frightened of...* 害怕……

*be frightened to do sth* 害怕做某事

*be frightened to death* 吓得要死

(2) *frighten v.* 使惊吓;吓唬

*frighten sb/sth off/away* 将某人/某物吓跑

*frighten sb into (doing) sth*  
把某人吓得(做)某事

(3) *frightening adj.* 令人恐惧的

[考点多维练]——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 [沪教必修二] Have you ever done something dangerous or \_\_\_\_\_ (frighten) without thinking about what happens next?

③ The earthquake shook the building violently, \_\_\_\_\_ (frighten) everyone into rushing towards the exits.

[写作步步升]——完成句子

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。

⑤ She \_\_\_\_\_, her eyes wide with pure fear as the bear suddenly stood up and let out a low roar. (读后续写之心理与神态描写)

当熊突然起身发出低沉吼声时,她吓得一句话也说不出来,双眼因纯粹的恐惧而瞪得浑圆。

⑥ **impression** *n.* 印象;感想

(1) *make/leave/have an impression on/upon*  
给……留下印象

(2) *impress v.* 使钦佩;给……留下  
印象;使铭记

*impress sth on/upon sb* 使某人意识到某事

*impress sb with sth* 某事物使某人印象  
深刻

*be impressed by/with* 对……印象深刻

*What impresses sb most is sth/that...*

让某人印象最为深  
刻的是……

(3) *impressive adj.* 使人印象深刻的;令  
人难忘的

[考点多维练]——单句填空

① [2022 · 全国甲卷] Antarctica left an \_\_\_\_\_ (impress) on me that no other place has.

② [2025 · 全国二卷] The Hereford Cathedral is the most \_\_\_\_\_ (impress) building in town. It's also home to an ancient library.

③ [译林选必一] Even the most uninformed reader would not fail \_\_\_\_\_ (impress) by the poet's rich imagination.

[写作步步升]——完成句子

④ [2021 · 浙江6月考应用文写作] Yesterday, I had an opportunity to appreciate the artworks of talented students, \_\_\_\_\_

昨天,我有机会欣赏了有才华的学生们的艺术作品,这些作品完全给我留下了深刻的印象。

⑤[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。”

## 7 curious adj. 好奇的,求知欲强的

(1) be curious about sth	对某事好奇
be curious to do sth	极想做某事
(2) curiosity n.	好奇心
with curiosity	好奇地
out of curiosity	出于好奇

### [考点多维练]——单句填空

①[译林选必三] From the very early days of human life on the Earth, our \_\_\_\_\_ (curious) about the unknown has kept us adventuring into new places.

②[2022·全国甲卷] So Mr Peter Cells, I'd be curious \_\_\_\_\_ (know) what were the early connections in your life that led you into the art field.

③He was so curious \_\_\_\_\_ how the machine worked that he took it apart, only to realize he couldn't put it back together.

### [写作步步升]——完成句子

④She \_\_\_\_\_, her heart pounding with excitement and fear. (读后续写之心理描写)

她好奇地打开那个旧木盒,心脏因兴奋和恐惧而怦怦直跳。

⑤[2025·全国二卷读后续写] As I spoke, I noticed the attention of my classmates, \_\_\_\_\_ . (shine)

我说话时,注意到同学们都在关注着我,他们的眼神中透着好奇与敬佩。

## 短语储存

(1) let alone	更不用说
(2) leave behind	遗留;留下;遗忘;把……抛在后面
leave for	出发去……
leave...aside	不予考虑;把……搁置一边
leave out	省略;遗漏;不考虑……

### [考点多维练]——短语填空

①When studying, she always tells her family to \_\_\_\_\_ her \_\_\_\_\_, as any distraction will break her focus.

②Working this way for one year was painful enough, \_\_\_\_\_ a lifetime.

③[上外必修一] Entering adulthood means that a young person must soon \_\_\_\_\_ childishness \_\_\_\_\_ and start to shoulder grown-up responsibilities.

### [写作步步升]——完成句子

④He made a decision to focus on his own goals, \_\_\_\_\_.

(读后续写之心理描写)

他下定决心专注于自己的目标,不再理会别人的看法。

⑤[2024·全国甲卷] While the adults were busy with their serious talk outside, I \_\_\_\_\_ to help my grandmother wash dishes.

当大人们在外面忙着严肃交谈时,我独自一人留在厨房里帮奶奶洗碗。

## ② look forward to 盼望;期待

### [温馨提示]

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

### [考点多维练]——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.

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

## 【写作步步升】——完成句子

③ Small acts of kindness will go a long way.  
We \_\_\_\_\_.

(应用文写作之倡议书)

小小的善举会有很大的帮助。我们期待您的积极参与。

④ Thanks for your kind consideration and I \_\_\_\_\_.  
(应用文写作之结尾句)

感谢您的善意考虑,我期待着尽快收到您的回复。

### 句型透视

● (教材 P4) 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。

#### 句型公式

“find + 宾语 + 宾补”结构

### 【句式点拨】

此句中使用了“find + 宾语 + 宾补”结构,形容词 friendly 和 helpful 在句中作宾语补足语。

### 【相关拓展】

(1) “find + 宾语 + 宾补”结构中可以作宾补的有:

形容词/副词/介词短语  
现在分词(表主动和正在进行)  
过去分词(表被动和完成)

(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)

## 【考点多维练】——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 longing to say hello.

③ [译林必修二] After learning the basics of tai chi in those first few classes, I found myself \_\_\_\_\_ (bore) and \_\_\_\_\_ (ache) from doing the same moves over and over again.

## 【写作步步升】——完成句子

④ Alex struggled to reach the surface but \_\_\_\_\_ a powerful current.

(读后续写之动作描写)

亚历克斯挣扎着浮出水面,但发现自己被困在一股强大的水流中。

⑤ [2022 · 新高考全国 I / II 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)  
在确定戴维想跑就可以跑之后,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。

### 当堂过关检测

★提示: 加黑词汇为复现词汇

#### ① 单句填空

1. On seeing the \_\_\_\_\_ scene, she was so \_\_\_\_\_ that she burst out crying. (frighten)

2. [上外选必一] Sometimes you may worry about grades or get \_\_\_\_\_ (annoy) because you don't have the most expensive sneakers or the latest computer games.

3. [沪教必修二] I started to swim out of \_\_\_\_\_ (curious), and then I found that I

just couldn't stop.

4. \_\_\_\_\_ (lecture) by the teacher for being late again, she promised to be punctual in the future.

5. [2024 · 全国甲卷] Cats have many heightened senses, but their sense of smell is quite \_\_\_\_\_ (impress).

6. [2021 · 新高考全国 I 卷] With a smile of understanding \_\_\_\_\_ (flash) across his face, Dad suddenly figured out their secret.

7. I'm looking forward to \_\_\_\_\_ (exchange) ideas with the **designer** after the **lecture**.
8. [2023 · 新高考全国 I 卷] Whatever the mistake, remember it isn't a fixed aspect of your \_\_\_\_\_ (personal).
9. If you want to take a book out, you just need to fill in and submit a \_\_\_\_\_ (register) form for a library card.
10. [译林选修三] Creativity could mean making a minor \_\_\_\_\_ (improve) to an everyday situation or finding a simple solution to an everyday problem.
11. [沪教选必四] This is a big milestone in the history of the Chinese space programme, and also an important step in the \_\_\_\_\_ (explore) of the universe.
12. [2023 · 新高考全国 I 卷] With over 2,500 bikes stored in our five rental shops at \_\_\_\_\_ (strategy) locations, we make sure there is always a bike available for you.
13. [沪教选必三] A good night's sleep is crucial for maintaining normal \_\_\_\_\_ (concentrate) and focus, as well as a healthy body and mind.
14. It's just an \_\_\_\_\_ (formal) party, so you can wear anything you want, like T-shirts and jeans.
15. Regular practice not only **improves** your skills but also boosts your \_\_\_\_\_ (confident) in dealing with challenging tasks.

## II 短语检测

1. She's asked to \_\_\_\_\_ (不打扰) but the press photographers follow her everywhere.
2. Many students \_\_\_\_\_ (报名参加) these courses last semester to widen skills for use in their future jobs.
3. [外研必修一] While I was \_\_\_\_\_ (集中精力于) photographing this amazing

scene, I suddenly had a feeling that I was being watched.

4. I have been \_\_\_\_\_ (盼望) having a chance to pay a visit to Huangshan.
5. \_\_\_\_\_ (记笔记) and reviewing them are among the simple learning habits we too often overlook.
6. I \_\_\_\_\_ (对……感到好奇) the silence, then returned to the door of Iris' room and looked in.
7. After a long and tiring journey through the storm, they reached their destination \_\_\_\_\_ (终于, 最终).
8. [译林必修二] I did not understand all of the traditional customs, but a few \_\_\_\_\_ (留下深刻的印象) on me.

## III 句型写作

1. She often \_\_\_\_\_ when she meets with certain challenges. (find + 宾语 + 宾补) (读后续写之心理描写)  
当她碰到一些挑战时, 她经常发现自己很无助。
2. The old gardener never watered the roses \_\_\_\_\_, as if they were his old friends. (never ... without) (读后续写之动作描写)  
这位老园丁给玫瑰浇水时, 从来都会跟它们轻声说几句话, 仿佛它们是他的老朋友。
3. The hiker realized he'd lost his phone and map in the forest. \_\_\_\_\_ ? Panic started to creep in. (what if) (读后续写之心理描写)  
徒步者发现自己在森林里弄丢了手机和地图。要是天黑前找不到路该怎么办? 恐慌开始蔓延。
4. \_\_\_\_\_ gave us a deeper understanding of its rich past. (explore) (应用文写作之活动总结)  
探索这座城市的历史遗迹让我们对它丰富的过去有了更深刻的理解。

## 语言素养提升

### I 动词变形练

the museum unless \_\_\_\_\_ (accompany) by adults.

2. It was no wonder that the artist \_\_\_\_\_ (admit) to that big company since he stood out among those applicants.
3. The delayed bus and the sudden rain \_\_\_\_\_ (annoy) him so much this morning that he is still in a bad mood now.
4. The man \_\_\_\_\_ (apply) for the post of signalman on the railway, but was turned down as he was colour-blind.
5. When the old system failed, a need for a more efficient replacement \_\_\_\_\_ (arise) immediately.
6. It is the third time that such problems \_\_\_\_\_ (arise) about your arrangement.
7. He \_\_\_\_\_ (awake) from a deep sleep, only to find his son was gone.

## II 构词法规则

构词法	前缀 dis-表示“否定”、“相反”； dis-还有“分开,分离”的意思
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指出下列黑体词的含义

1. [2025 · 全国二卷] This approach spared me the **discomfort** of having to over-explain.
2. [2025 · 浙江1月考] Hearing Kevin's words, Mr and Mrs Green looked at each other with a mixture of shock and **disbelief**.
3. [2023 · 新高考全国II卷] The kids' parents **distrusted** her.
4. [2022 · 全国甲卷] I was unwilling to talk with him and often **disobeyed** his rule of not staying out with my friends too late.
5. [2020 · 全国新高考I卷] Follow all rules carefully to prevent **disqualification**.

## III 熟词生义练

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

指出下列黑体词在句中的不同含义

1. absent

①[2022 · 新高考全国I卷] His usual big toothy smile was **absent** today.

②She looked **absent** during the meeting, as if her mind was elsewhere.

## 2. access

①[2025 · 浙江1月考] Interlibrary Loan (ILL) provides teachers, students and staff with **access** to books that are checked out or not owned by our own libraries...

②The emergency exit provides a safe **access** for people during a fire.

③[2021 · 全国甲卷] We **accessed** the wall through the South Gate.

## 3. address

①The envelope was **addressed** in neat handwriting, making it easy to read.

②[外研选必一] The event will begin at Williams Sports Centre at 6 pm with a welcome **address** followed by awards ceremony, with the evening closing at 8 pm.

③[2024 · 浙江1月考] Norman Stienwand, who farms in that area, has been **addressing** public meetings on this issue for years.

④[2024 · 新课标II卷] This absorbing new book by Catriona Campbell is a practical roadmap **addressing** the challenges posed by the forthcoming AI revolution (变革).

## 4. admission

①There's a notice outside the building that says "No **admission** before twelve noon".

②How much do they charge for **admission**?

③The company made an **admission** that its product had safety problems.

## 5. adopt

①The company plans to **adopt** a new strategy to improve its market position and increase profits.

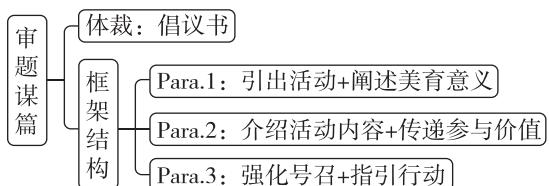
②The family decided to **adopt** a puppy from the local animal shelter to give it a loving home.

## Part I 应用文写作

假设你是校学生会主席李华，学校为落实学生“美学教育”(aesthetic education) 将举办“校园艺术节”，请你在学校英文报上写一封倡议信。内容包括：

1. 介绍活动及其意义；
2. 号召同学积极参与。

## 思路点拨



## 精彩美文

Dear fellow students,

1. \_\_\_\_\_

\_\_\_\_\_ (随着学校艺术节的临近), I'd like to **highlight the importance of** aesthetic education, 2. \_\_\_\_\_

\_\_\_\_\_ (它能帮助我们欣赏美、表达创造力,还能丰富我们的校

园生活).

The festival will 3. \_\_\_\_\_

\_\_\_\_\_ (包括各种活动), including a painting exhibition, music performances, and a dance competition. These events provide a platform 4. \_\_\_\_\_

\_\_\_\_\_ (在那里每个人都能展示才华、发掘艺术潜能). 5. \_\_\_\_\_

\_\_\_\_\_ (让我们抓住这个机会) to develop our artistic awareness and **broaden our horizons**. 6. \_\_\_\_\_

\_\_\_\_\_ (无论你是已有一定的艺术基础,还是刚刚开始接触艺术), your participation will make the festival more vibrant.

Sign up now and let's create a memorable event together!

Yours,  
Li Hua

## Part II 读后续写

## 1. 情感细节描写——高兴与兴奋

## 【语言素材】

开心的;高兴的	delighted/cheerful/joyful	令某人开心/兴奋的是	to one's delight/joy/excitement
满意的	pleased/satisfied	高兴地跳起来/跳起来	dance/jump for/with joy
非常兴奋的	thrilled/excited	情绪高涨	in high/cheerful spirits
欣喜若狂	be wild with joy/delight/happiness	狂喜的	overjoyed
高兴得无法形容	delighted/pleased beyond description	激动(地)	with excitement/excitely
非常高兴	be seized by joy/be overcome with happiness	无法抑制内心的兴奋	can't contain one's excitement
脸上带着灿烂的微笑	with a bright smile on sb's face/wear a bright smile/smile brightly	充满喜悦	be filled with joy/happiness
喜悦和幸福感	a sense of joy and happiness	(脸或眼睛)露出喜悦	(face/eyes) light up

## 【跟踪演练】

### ① 单句表达

1. \_\_\_\_\_, I **skipped** into the supermarket along with my smiling mother.

又高兴又激动,我蹦蹦跳跳地跟着我面带微笑的妈妈进了超市。

2. Sarah \_\_\_\_\_ as she opened the gift and discovered a plane ticket to her dream destination.

当萨拉打开礼物,发现一张去往自己梦想之地的机票时,她抑制不住内心的兴奋。

3. Her hands **were trembling** \_\_\_\_\_ as she opened the box.

当她打开盒子时,她的手激动地发抖。

4. I was \_\_\_\_\_, hardly able to believe my good fortune.

我高兴得无法形容,几乎不敢相信自己有这样的好运。

5. After Steve heard this satisfactory result, \_\_\_\_\_ **swept over/ flooded over/crowded in on him**.

史蒂夫听到这个令人满意的结果后,一种喜悦和幸福感涌上心头。

### ② 语段表达(收到录取通知书+高兴与兴奋)

When I received the admission letter from

my dream university, my face 1. \_\_\_\_\_ (露出喜色). My heart pounded wildly and my hands began to tremble uncontrollably. Staring at the elegant letterhead, I was 2. \_\_\_\_\_ (欣喜若狂) and 3. \_\_\_\_\_

(手舞足蹈). All the years of hard work, late-night study sessions, and self-doubt vanished in an instant, replaced by 4. \_\_\_\_\_ (一种成就感和满足感).

I 5. \_\_\_\_\_ (无法抑制自己的兴奋) and immediately called my parents. My voice 6. \_\_\_\_\_ (因为激动而哽咽) as I shared the news. I heard 7. \_\_\_\_\_ (自豪的笑声和愉快的喊声) from the other end of the line. I then rushed outside, the fresh air hitting my face like a gentle touch. The sun seemed to shine brighter and even the strangers I passed on the street seemed to 8. \_\_\_\_\_ (分享着我的喜悦).

This was not just a moment of personal victory, but a milestone that would forever be engraved in my memory.

## Unit 1 TEENAGE LIFE

主题:人与自我——生活与学习

### 语篇词汇串记

词句默写部分见《默写本》

Being a **freshman** of senior high school is a **challenge**. One year closer to becoming 1. \_\_\_\_\_ **adult**, now I have to make choices on my own.

What made me 2. \_\_\_\_\_ (**confuse**) first was which **extra-curricular** club to join. My parents **recommended** that I (should) choose the **volunteer** club. 3. \_\_\_\_\_ (**actual**) I think the English **debate** club is 4. \_\_\_\_\_ (**suitable**) for me. As a

**fluent** English speaker, I am **attracted to** the feeling of expressing myself in English in public. I followed my heart finally.

Then came the time to choose courses. I **prefer** Chinese 5. \_\_\_\_\_ any other subject. My dream is to be an **editor** or a writer after 6. \_\_\_\_\_ (**graduate**) from university. What's more, I am 7. \_\_\_\_\_ (**addict**) to Chinese **literature**. 8. \_\_\_\_\_ is obvious that I will **sign up for** the Chinese course.

Computer science is another essential—for my **generation**, mastering 9. \_\_\_\_\_ (advance) computer skills is crucial. I soon worked out a **schedule** for my studies. I feel so

lucky to be able to **focus on** my passions and take 10. \_\_\_\_\_ (**responsible**) for my own choices.

## 考点互动探究

### 单词点睛

① **prefer** *vt.* (*preferred, preferred, preferring*) 较喜欢

(1) prefer doing/to do sth	宁愿做某事
prefer sb to do sth	宁愿某人做某事
prefer (doing) sth to (doing) sth	喜欢(做)……而 不喜欢(做)……
prefer to do sth rather than do sth (= would rather do sth than do sth = would do sth rather than do sth)	宁愿做……而不 愿做……
(2) preference <i>n.</i>	喜爱;偏爱
have a preference for	偏爱/喜爱……

#### 温馨提示

refer *v.* → *n.* reference 提及;涉及;参考;查阅

differ *v.* → *n.* difference 差异;不同

infer *v.* → *n.* inference 逻辑推断;推论

#### 考点多维练——单句填空

① When speaking to Americans, who have a \_\_\_\_\_ (prefer) for the direct style, I found that I often failed to get straight to the point.

② [上外必修二] ... it's believed that the penguin prefers \_\_\_\_\_ (visit) the elderly man rather than migrate to the feeding areas of his species.

③ [新概念第三册] Though he owned a large car, he hardly ever used it, \_\_\_\_\_ (prefer) always to go on foot.

#### 写作步步升——完成句子/一句多译

④ [2025 · 全国一卷应用文写作] I would \_\_\_\_\_ as it can vividly showcase the colourful campus life and various interesting events happening around us.

比起“猜猜我是谁”，我更倾向于“我学校的趣

事”，因为它能生动展现丰富多彩的校园生活以及我们身边发生的各类趣事。

⑤如今一些青少年宁可待在家里上网,也不愿意到户外进行锻炼。

→ Nowadays some teenagers \_\_\_\_\_

outdoors. (prefer... to...)

→ Nowadays some teenagers \_\_\_\_\_

outdoors. (prefer... rather than...)

→ Nowadays some teenagers \_\_\_\_\_

outdoors. (would rather... than...)

② **confuse** *vt.* 使糊涂;使迷惑;使混乱;混淆

(1) confuse A with/and B 把 A 与 B 混淆

(2) confused *adj.* (人)糊涂的;困惑的

be/get/feel confused about/by...

对……感到困惑

(3) confusing *adj.* (事/物)令人困惑的;难以理解的

(4) confusion *n.* 困惑

#### 考点多维练——单句填空

① [2024 · 新课标 I 卷] I thought my pronunciation was the problem, so I explained again more slowly, but he still looked \_\_\_\_\_ (confuse).

② [2024 · 浙江 1 月考] By reframing her approach and using her mind as a tool, Eva transformed her experience in the school building from \_\_\_\_\_ (confuse) to empowerment.

③ [2022 · 新高考全国 I 卷] Also, people aren't willing to change their views about food and nutrition as there is so much \_\_\_\_\_ (confuse) information online.

## [写作步步升]——完成句子

④[2020·全国卷Ⅲ书面表达] Having written the English script, I still \_\_\_\_\_ . So would you be kind enough to spare some time to give me some guidance?

我已经写好了英文脚本,但对一些表达仍感到困惑。所以您能好心抽出点时间给我一些指导吗?

⑤ \_\_\_\_\_ , she paused in the doorway, her eyes fixed on the beautifully wrapped box that had mysteriously appeared on her desk. (读后续写之心理与神态描写)

既困惑又好奇,她在门口停住了脚步,目光紧紧盯着那个神秘地出现在她桌上的包装精美的盒子。

## ③ recommend *vt.* 建议;推荐;介绍

(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.....(从句用虚 拟语气)
(2) recommendation <i>n.</i>	推荐;求职介绍信

## [考点多维练]——单句填空

①[2025·浙江1月考] Instead, she recommends \_\_\_\_\_ (apply) a well-known concept among nutrition experts called the “Division of Responsibility”...

② Eye doctors recommend that a child’s first eye examination \_\_\_\_\_ (take) at the age of six months old.

③[外研选必三] Every \_\_\_\_\_ (recommend) she gives me is great since she can predict if I will like a particular restaurant.

## [写作步步升]——一句多译

④我推荐你在春节期间去游览那个古镇。在那里,你不仅可以了解当地风俗,而且还可以享受具有地方特色的美食。(应用文写作之推荐信)

→I \_\_\_\_\_

\_\_\_\_\_ during the Spring Festival. There, you can not only learn about local customs but also enjoy local delicacies with regional characteristics. (用不定式)

→I \_\_\_\_\_

\_\_\_\_\_ during the Spring Festival. There, you can not only learn about local customs but also enjoy local delicacies with regional characteristics. (用宾语从句)

## ④ responsible *adj.* 负责的;有责任的

(1) be responsible for	对.....负责
(2) responsibility <i>n.</i>	责任;义务
a sense of responsibility	责任感
take/shoulder/bear responsibility for	对.....负责/承担 责任

[温馨提示] 以-ible 结尾的形容词,通常将-ible 替换为-ability 变成名词。

responsible *adj.* → *n.* responsibility 责任

possible *adj.* → *n.* possibility 可能性

flexible *adj.* → *n.* flexibility 灵活性

accessible *adj.* → *n.* accessibility 可及性,易接近性

sensible *adj.* → *n.* sensibility 感性,感觉能力

incredible *adj.* → *n.* incredibility 难以置信

## [考点多维练]——单句填空

①[2025·全国一卷] Moving goods and people around the world is responsible \_\_\_\_\_ a large part of global CO<sub>2</sub> emissions(排放).

②[2025·北京卷] While raising an adult is a parent’s job, it’s also our \_\_\_\_\_ (responsible) as a society to ensure that we support schools that nurture (培养) emotional and identity development.

## [写作步步升]——完成句子

③ Doing regular housework can not only help students learn life skills and appreciate parents’ efforts but also develop \_\_\_\_\_ (责任感) and independence. (应用文写作之家务劳动)

④[2022·全国甲卷书面表达] We are supposed to \_\_\_\_\_ our own behaviour and spare no effort to protect oceans from being polluted.

我们应该对我们自己的行为负责,尽全力去保护海洋不受污染。

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

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

(进度上)提前

on schedule (= on time) 准时;如期

behind schedule 落后于计划,比原计划推迟

a busy/tight schedule 繁忙/紧张的日程安排

(2) be originally scheduled for...

原定于.....

be scheduled to do sth 计划/安排做某事

as scheduled 如期;按照预定时间

#### [考点多维练]——单句填空

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

②[2025·全国二卷] Our Older Summer Camp is provided for ages five through twelve. There are \_\_\_\_\_ (schedule) summer fun activities and games.

③ Despite the light rain in the morning, the outdoor concert started \_\_\_\_\_ scheduled and attracted a large audience.

#### [写作步步升]——完成句子

④[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将于5月15日至24日在我们的图书馆二楼举行。

### 6 attract *vt.* 吸引,引起……的注意(或兴趣)

(1) attract/draw/catch one's attention

吸引某人的注意

be attracted to 被……所吸引;喜爱……

(2) attraction *n.* 吸引;有吸引力的事物

tourist attractions/spots = places of interest 旅游胜地

(3) attractive *adj.* 有吸引力的;吸引人的

#### [考点多维练]——单句填空

later, still \_\_\_\_\_ (attract) to the country, he returned to Uzbekistan to write an article about the disappearance of the Aral Sea.

②[译林必修二] Its \_\_\_\_\_ (attract) lies more in what it awakens in us than what it says.

③[2025·全国二卷] Flowers are everywhere—hanging baskets, window boxes, and planters—just what you imagine in an \_\_\_\_\_ (attract) English market town.

#### [写作步步升]——完成句子

④[2022·新高考全国I卷] As the most popular programme in the school radio station, our programme \_\_\_\_\_

ever since it was set up two years ago. (应用文写作之节目介绍)

作为学校广播站最受欢迎的节目,我们的节目自两年前开播以来,已经吸引了数百名固定听众。

⑤ He finally realized that \_\_\_\_\_ all along was not the treasure, but the memory of his lost family. (读后续写之心理描写)

他终于意识到,一直以来吸引他来到此地的并非宝藏,而是关于他失散家人的回忆。

### 短语储存

#### 1 focus on/upon 集中;特别关注

(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(=concentrated) *adj.*

专注的;集中的

#### [考点多维练]——单句填空

①[2025·浙江1月考] Customers today look past the fact that something is second-hand and focus instead \_\_\_\_\_ the fact that they have something unique to wear...

②[人教选修三] Pay attention to how others use body language when they speak, because it

will help you stay \_\_\_\_\_ (focus) and take in more.

③[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.

[写作步步升]——完成句子

④[2025 · 浙江1月考应用文写作] Lastly, we should raise awareness of the importance of \_\_\_\_\_ and respecting others' learning experiences.

最后,我们应当提高对专注于学业以及尊重他人学习经历的重要性的认识。

⑤[2025 · 全国一卷读后续写] I \_\_\_\_\_ keeping the party under control that I failed to consider how important Toby was to my brother during this difficult time.

我当时一门心思都在维持派对的秩序上,以至于没能顾及到在这段艰难的日子里,托比对我弟弟来说有多重要。

## ② addicted to 对……很入迷

(1)addict *n.* 对……入迷的人;吸毒成瘾的人

*vt.* 使沉迷;使上瘾

addict oneself to sth/doing sth  
使自己沉迷于……

(2)addicted *adj.* 上瘾的;入迷的

be/become/get addicted to sth/doing sth  
沉迷于……;专心做……

(3)addiction *n.* 嗜好;瘾

addiction to 对……的瘾;对……的沉迷

[考点多维练]——单句填空

①[剑桥 Think 5] He believes that our \_\_\_\_\_ (addict) to technology, such as mobile phones, has made us become detached from real life.

②[外研选必三] So, ever since I discovered selfie apps that could remove my freckles, enlarge my eyes and even slim my jawline, I have become \_\_\_\_\_ (addict).

③Many young people are addicted to \_\_\_\_\_ (use) social media apps on their smartphones,

which has a negative impact on their study and daily life.

[写作步步升]——完成句子

④ \_\_\_\_\_ not only impairs their eyesight but also leads to poor academic performance, a problem that requires joint attention from schools and parents. (应用文写作之陈述现象)

青少年对网络游戏的沉迷不仅损害视力,还会导致学习成绩下滑,这一问题需要学校和家长共同关注。

⑤ \_\_\_\_\_, an increasing number of students spend hours mindlessly swiping through content instead of focusing on homework or physical exercise. (应用文写作之陈述现象)

沉迷于短视频平台,越来越多的学生花数小时漫无目的地滑动浏览内容,而非专注于作业或体育锻炼。

## 句型透视

① (教材 P14) I'll find a way to improve on my own so that I can make the team next year.

我会找到一个提高自己(球技)的方法,这样明年我就能加入球队了。

## 句型公式

so that...以便于……

## 句式点拨

此句中 so that 引导目的状语从句,相当于 in order that,意为“以便于……”。so that 引导目的状语从句时,在从句中往往有 can, could, may, might 等情态动词,通常主句在前,从句在后,主句和从句之间没有逗号。

## 相关拓展

so...that... 和 such ... that... 均可引导结果状语从句,表示“如此……以致……”,其中 such 修饰名词, so 修饰形容词或副词。具体的搭配形式是:

(1)so...that...引导的结果状语从句:

so + adj./adv. + that...

so + adj. + a(n) + 可数名词单数 + that...

so + many/much/few/little + 名词 + that...

(2)such... that...引导的结果状语从句:

such + adj. + 不可数名词 + that...  
such + adj. + 可数名词复数 + that...  
such + a(n) + adj. + 可数名词单数 + that...

[温馨提示] 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。

[考点多维练]——单句填空

- ①There were                    many visitors in the exhibition centre that we could hardly move on.
- ②[2023 · 新高考全国Ⅱ卷] Some students get                    interested in gardening that they bring home seeds to start their own vegetable gardens.
- ③[北师选必二] In the second round, I took                    a hard hit from my opponent that I felt dizzy and unbalanced.

[写作步步升]——完成句子

- ④Try to finish it within one day

on Sunday. 尽量在一天内完成它,这样学生们周日还有一整天的休息时间。

- ⑤[2022 · 浙江6月考应用文写作] The self-study room is                    (如此吸引人的地方) that many students will gather there to further improve their learning level.

**② (教材P18)But spending too much time online is unhealthy and makes it very difficult to focus on other things in life.**

然而,花费太多时间上网有损健康,也会让你们很难专注于生活中的其他事情。

句型公式

make it + adj./n. + (for sb) to do sth

### 【句式点拨】

本句是“make + it + 形容词 + to do sth”结构,其中 it 为形式宾语,指代后面的不定式结构。it 作形式宾语时,除指代不定式之外,还可指代动名词或从句。

能用于此结构的常见动词有:think, feel, find, consider 等,构成“动词 + it + 形容词/名词(+ for/of sb) + to do/从句”。

对比:动词 + it + no good/no use/useless/a waste of time/worthwhile 等 + 动名词(doing)。

[考点多维练]——单句填空

- ①[译林选修三] Looking like a pair of ordinary glasses, smart glasses make                    possible for the wearer to use the Web and make videos of everything they see.
- ②[北师选必四] They were then able to place guards at the entrances of hutongs, which made it easier                    (keep) an eye on people's movements.

- ③We consider it no good                    (do) the experiment again without the guidance of the teacher.

[写作步步升]——完成句子

- ④[2024 · 浙江1月考应用文写作] Secondly, “Stand Up and Stretch” exercise can improve your focus and concentration,                    in class.

其次,“起身伸展”运动能提高你的专注力和注意力,让你更容易在课堂上保持投入。

- ⑤[2022 · 全国乙卷书面表达] As we can see from the chart, 65% of the students

正如我们从图表中看到的那样,65%的学生认为听英语歌曲对他们学好英语很有用。

### 当堂过关检测

#### I 单句填空

1. [2024 · 北京卷] These social emotions prepare our brains to shape our                    (behave) according to the norms and values of our family and our community.
2. [2024 · 新课标Ⅱ卷] A torch(手电筒) along with                    (suit) clothing is

essential for walking in the dark.

3. [上外选必三]                    (graduate) is a time to thank those who helped you through those tough moments.

4. [2025 · 全国二卷] Getting to Shrewsbury Town Centre from London is                    (challenge) but worth the **anxiety**.

5. The Eiffel Tower in Paris is a popular tourist \_\_\_\_\_ (attract), drawing millions of visitors from around the world each year.
6. [2025 · 全国二卷] \_\_\_\_\_ (volunteer) during **teenage** years has been linked to some major positive effects such as **improved** grades and increased self-confidence.
7. [2021 · 新高考全国I卷] Hunters willingly pay the stamp price to ensure the \_\_\_\_\_ (survive) of our natural resources.
8. [2021 · 新高考全国I卷] Language researchers say pronunciation and \_\_\_\_\_ (fluent) are the biggest barriers, followed by grammar in effective spoken English.
9. [北师选必三] My social life is poor, but I think I've found a \_\_\_\_\_ (solve) to this problem.
10. The two club members are **exchanging** ideas about how to **quit** \_\_\_\_\_ (drink).
11. [北师必修三] The most effective way of **solving** the problem of overflowing landfills is to encourage people to take \_\_\_\_\_ (responsible) for reducing the waste they produce themselves.
12. [上外选必一] Our team is urging local restaurants to join our \_\_\_\_\_ (move) by selling more paper water bottles.
13. The art exhibition, \_\_\_\_\_ (title) in a way that combines both modern and traditional elements, showcases a variety of unique artworks.
14. If you have a \_\_\_\_\_ (prefer) for **advanced content**, it may be helpful to seek additional resources.
15. Based on the doctor's \_\_\_\_\_ (recommend), she decided to take a short vacation to relieve stress and **improve** her health.

## II 短语检测

1. [2023 · 浙江1月考] Explorers Camp **organizes** engaging arts, history and science-

- related activities in every class, and \_\_\_\_\_ (关注) a range of **topics**.
2. **Senior high school** will help you learn and grow, yet you alone \_\_\_\_\_ (对……负责) realizing your great potential.
3. Many tourists \_\_\_\_\_ (喜爱, 被吸引) this small town because of its unique architecture and rich history.
4. Nearly everyone knows \_\_\_\_\_ (对……上瘾) online games is harmful to the young.
5. [2024 · 北京卷] \_\_\_\_\_ (报名参加) the programme does not automatically mean that you will be able to **register** and participate.
6. [译林选必四] An interview allows the interviewer to assess the job applicant to see if he or she \_\_\_\_\_ (对……适合) the position.
7. My parents spent the whole morning \_\_\_\_\_ (打扫) our house to welcome an important guest.
8. We received notice of the event \_\_\_\_\_ (提前) so that we could arrange our schedule accordingly.
- III 句型写作**
1. \_\_\_\_\_, she would look at the dress and remember that night at the dance. (whenever) (读后续写之主题升华句)  
每当她在医学学习中遇到挑战或挫折时,都会望向那条裙子,回忆起舞会的那个夜晚。
2. The teacher **recommended** that \_\_\_\_\_ on a regular basis to enhance their language skills and cultural awareness. (应用文写作之学习建议)  
老师建议学生定期阅读经典文学作品以提高语言技能和文化意识。
3. The boy saved every penny he got \_\_\_\_\_ . (so that) (读后续写之亲情故事)  
男孩把得到的每一分钱都存起来,为的是能在冬天来临前,给奶奶买一双新棉鞋。

4. It is the online learning platform \_\_\_\_\_ at their own pace. (it 作形式宾语) (应用文写作之网络)

学习)

正是在线学习平台使学生按照自己的节奏学习成为可能。

## 语言素养提升

### I 动词变形练

1. Accused of going against the law, the athlete \_\_\_\_\_ (ban) from the game for two years after failing a drug test.
2. The government is considering \_\_\_\_\_ (ban) single-use plastics to reduce environmental pollution.
3. The document \_\_\_\_\_ (bear) her signature, which could act as evidence of her approval.
4. The best player \_\_\_\_\_ (beat) at that famous chess game, which was beyond our expectations.
5. Once \_\_\_\_\_ (begin) the project, he will stick to his plan at all costs.
6. No sooner had the performance \_\_\_\_\_ (begin) than the lights went out, leaving the audience in the dark.
7. When accusing her boss of abusing his power last week, she absolutely \_\_\_\_\_ (bend) the truth.

### II 构词法规则

构词法 前缀 de-表示“降低,除去”

指出下列黑体词的含义

1. [2024 · 新课标 I 卷] I've been motivated—and **demotivated**—by other folks' achievements all my life.
2. [2023 · 全国甲卷] Their recovery has been so successful that the US Fish and Wildlife Service has twice attempted to **delist** grizzlies, which would loosen legal protections and allow them to be hunted.
3. By learning to face the disappointment instead of **devaluing** its importance and pretending nothing happened, you may find it easier to achieve your goals.

4. Dry land ecosystems cover about 40% of land on Earth and support more than 2 billion people, and, once **degraded**, they are difficult to restore.

5. The **destructive** power of the hurricane left the coastal town in ruins, with many homes and businesses severely damaged.

### III 熟词生义练

指出下列黑体词在句中的不同含义

#### 1. affect

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

②Children under 5 are more likely to be **affected** by this type of infectious disease.

#### 2. against

①He voiced his strong opinions **against** animal cruelty in a public speech.

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

③She leaned her head **against** the window and closed her eyes.

④His red clothes stood out clearly **against** the snow.

⑤You must weigh the benefits **against** the cost.

#### 3. age

①In the digital **age**, technology plays a crucial role in how we communicate and access information.

②[2020 · 浙江 7 月考] Challenging work that requires lots of analytical thinking, planning and other managerial skills might help your brain stay sharp as you **age**...

#### 4. air

①With her head held high, she entered the