

全品



教辅图书 功能学具 学生之家  
基础教育行业专研品牌

30+年创始人专注教育行业

# 全品

## 高考复习方案

主编：肖德好

听课手册  
**英语**  
YLNJ



AI智慧教辅



AI时代就该用AI学习  
遇到问题快扫我

沈阳出版发行集团  
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# Unit 1 Back to school

主题:人与自我——学校生活

## 语篇词汇串记 |

词句默写部分见《默写本》

注意:加黑词汇为本单元词汇

The day that I had **looked forward to**

1. \_\_\_\_\_ (final) came. The moment the **alarm** clock went off at 6 **a.m.**, I jumped out of bed. After a quick breakfast, I rushed to my new school—Greenfield **Senior** High School. 2. \_\_\_\_\_ (walk) along the **path** leading to the school gate, I was **attracted** by a **poster** hanging on the side wall—several smiling faces of teenagers, seemingly welcoming my 3. \_\_\_\_\_ (arrive).

“Hi there! Would you like me to show you around?” a cheerful voice greeted me. It was a volunteer student 4. \_\_\_\_\_ (call) Adam. We walked around the campus briefly before class. With his **detailed** introduction, I was amazed by the **advanced facilities** in the science lab and the abundant learning

**materials** 5. \_\_\_\_\_ the library provided.

Then I 6. \_\_\_\_\_ (meet) my classmates and the head teacher, Mr Hill. “Senior high school is full of **challenges**,” he said, “but **opportunities** lie in these challenges.” He gave us some **tips** on how 7. \_\_\_\_\_ (balance) study and extracurricular activities. Under his guidance, we set 8. \_\_\_\_\_ (reality) learning **goals** based on our own pace. I felt so fortunate to meet such a **professional** teacher.

By the end of the day, I was tired but happy. I would **make the most of** the school **resources** to **acquire** knowledge. Studying hard would be **tough**, 9. \_\_\_\_\_ I had **confidence** that I would become 10. \_\_\_\_\_ **well-rounded individual** in such an **amazing** school.

## 单词点睛

① **challenge** *n. & vt.* 挑战;质疑

(1) face/meet a/the challenge

面对/迎接挑战

accept/take up a/the challenge

接受挑战

(2) challenge sb to do sth 强烈建议某人做

某事(尤指在对方不情愿时)

(3) challenging *adj.*

有挑战性的;考验能力的

[考点多维练]——单句填空

①[沪教版选必三 U3] Another \_\_\_\_\_ (challenge) exercise is *tui shou*, or pushing hands, which is done in pairs with the aim of developing your balance and stability...

②[《呼啸山庄》] She challenged him \_\_\_\_\_ (climb) the highest peak, daring him to face his fears and conquer them.

[写作步步升]——完成句子

③It's a precious memory that will always inspire me to \_\_\_\_\_ in the future.

这是一段珍贵的回忆,它将永远激励我在未来勇敢地面对挑战。(应用文写作之演讲稿)

④After a moment of hesitation, he nodded firmly and \_\_\_\_\_.

片刻的犹豫后,他坚定地点了点头,接受了这项挑战。(读后续写之动作描写)

**② advance** *n. 进步,进展;前进,行进*  
*vt. & vi. 发展;促进;进步* *adj. 预先的,事先的*

(1)advance/advances in

在某方面的进步/进展

(2)in advance = ahead of time/schedule  
提前

(3)advanced *adj.* 高级的;后期的;先进的

[考点多维练]——单句填空/一词多义

①[人教版选必一 U2] In the future, we will be using \_\_\_\_\_ (advance) technology every day for automatic control of just about everything in our home.

②So, living to 150 might be a realistic expectation for teenagers today due to future scientific **advances**. \_\_\_\_\_

③Recognizing that her current knowledge and skills were no longer sufficient, she decided to go back to college to **advance** her career.

④Making an **advance** booking for the popular exhibition is necessary, as tickets often sell out quickly during peak seasons. \_\_\_\_\_

[写作步步升]——完成句子

⑤Remember to check the weather \_\_\_\_\_ and wear comfortable shoes, for you'll likely walk miles exploring the scenic spots in the sun or rain.

记得提前查看天气,穿舒适的鞋子,因为你很可能要走好几英里,在阳光下或雨中游览那些景点。(应用文写作之告知信)

**③ amazing** *adj. 令人大为惊奇的,令人惊喜的*

(1)amaze *v.* 使吃惊

(2)amazed *adj.* 感到惊奇的;吃惊的  
be amazed at/by/that...

对……感到惊奇

be amazed to do sth 对做某事感到惊奇

(3)amazement *n.* 惊奇

(much) to one's amazement

令某人(非常)惊奇的是  
in amazement 惊讶地

[考点多维练]——单句填空

①[沪教版必修一 U2] Florence, one of the famous historic cities in Italy, is the birthplace of many \_\_\_\_\_ (amaze) ideas and discoveries!

②[2024 · 新课标Ⅱ卷] Visitors walking through the Birthplace Garden were often amazed \_\_\_\_\_ (find) the connection between the two great writers.

③[北师版选必四 U10] But when her eyes fell on the odd little figure in the stiff, ugly dress, with the long red hair and the eager, bright eyes, she froze in \_\_\_\_\_ (amaze).

[写作步步升]——完成句子

④Yesterday when I was walking by the sea, I \_\_\_\_\_ of the sunset over the ocean.

昨天当我在海边散步时,我对海上令人叹为观止的日落之美感到惊讶不已。(读后续写之心理活动描写)

⑤[《爱丽丝梦游仙境》] \_\_\_\_\_, the locked door swung open with a simple touch.

让他非常惊讶的是,只需轻轻一触,锁着的门就开了。(读后续写之动作和情感描写)

**④ balance** *vt. 同等重视;(使)保持平衡;权衡重要性* *n. 均衡,平衡;平衡能力;余额*

(1)balance...against... 权衡/比较……和……

balance...with/and... 使……和……平衡

(2)keep/lose one's balance

某人保持/失去平衡

(3)balanced *adj.* 平衡的,均衡的,兼顾各方的

### [考点多维练]——单句填空/熟词生义

①[人教版选必二 U3] The ideal diet is a \_\_\_\_\_ (balance) one, without too much or too little of any one thing.

②After paying for lunch, Bill checked his bank account and noticed the **balance** was lower than expected. \_\_\_\_\_

### [写作步步升]——完成句子

③She walked on the tightrope, carefully \_\_\_\_\_, but a sudden distraction made her \_\_\_\_\_ and almost fall.

她走在绷紧的钢丝上,小心翼翼地保持着平衡,但是突然一个令人分心的事物让她失去了平衡,差点跌落。(读后续写之动作描写)

④I wonder if you could offer some guidance on how to choose the suitable courses, so that I can easily \_\_\_\_\_. 我想知道你是否可以就如何选择合适的课程提供一些指导,这样我就可以很容易地平衡我的专业和兴趣。(应用文写作之求助信)

### ⑤ **responsible** *adj.* 有责任,负责;可靠的

(1) be responsible for 对……负责;是造成……的原因

(2) responsibility *n.* 责任,职责,任务

take responsibility for 对……负责

It is sb's responsibility to do sth.

做某事是某人的责任。

### [考点多维练]——单句填空

①Through the activity, I gained a lot. Not only did I learn to treat animals with kindness and love, but also my sense of \_\_\_\_\_ (responsible) strengthened.

### [写作步步升]——完成句子

②On arrival, we were divided into groups, each \_\_\_\_\_ a specific area. (独立主格结构)

一到目的地,我们就被分成若干小组,每个小组负责一个特定区域。(应用文写作之活动介绍)

③While we are enjoying the breathtaking beauty of nature, \_\_\_\_\_

\_\_\_\_\_ we leave no trace, protecting the environment from being polluted. (形式主语)

在欣赏自然的惊人美景时,我们有责任确保不留下任何痕迹,保护环境免受污染。(应用文写作之倡议书)

### ⑥ **base** *vt.* 以……为基础(依据) *n.* 根据;基础;基底;总部,大本营

(1) base...on/upon... 以……为基础/根据

be based on/upon 以……为基础,根据……

(2) basis *n.* 基础;原因;基准

on a regular basis 经常地;定期地

on the basis of 以……为由,根据……

(3) basic *adj.* 基本的,基础的

(4) basically *adv.* 大体上;基本上;总的说来;从根本上说

### [考点多维练]——单句填空

①[2025 · 北京卷] She gathered friends, learned some \_\_\_\_\_ (base) programming, and together they created an app that maps small local parks and gardens few people knew about.

②[2024 · 全国甲卷] \_\_\_\_\_ (basic), it means eating only as much food as your body needs.

### [写作步步升]——完成句子

③[《杀死一只知更鸟》] We must judge a man's character not \_\_\_\_\_, but on the content of his character.

我们不能根据一个人的社会地位,而是要根据他的品格内涵来评判他。(读后续写之文末总结句)

④ \_\_\_\_\_, the novel was well worth reading. (非谓语)

这部小说取材于一个有趣的故事,非常值得一读。(应用文写作之推荐信)

### ⑦ **remind** *vt.* 提醒,使想起

(1) remind sb (not) to do sth

提醒某人(不)做某事

remind sb about/of sth 使某人想起某事

remind sb that... 提醒某人……

(2) reminder *n.* 引起回忆的事物,提醒人的事物;通知单

[温馨提示] 和 remind sb of sth 结构相似的还有：accuse sb of sth 控告某人某事；warn sb of sth 警告某人某事；convince sb of sth 使某人相信某事。

[考点多维练]——单句填空

①[2025 · 全国二卷] ... the phrase “there are children starving in Africa” was more of an uncomfortable \_\_\_\_\_ (remind) of fact than a prayer at dinner time.

②[2024 · 新课标Ⅱ卷] Neighbours will bring me freshly made cheese and will come to my door to remind me \_\_\_\_\_ (close) the window in my car when rain is coming.

[写作步步升]——完成句子

③It is these small gestures that \_\_\_\_\_ and goodness within all of us.

正是这些小小的举动提醒我们，每个人内心都存在着美好与善良。(读后续写之主题升华句)

④I do hope my story can \_\_\_\_\_ we all should treasure time and seize every opportunity that comes our way.

我真的希望我的故事能提醒我们：我们都应该珍惜时间，抓住每一个出现在我们面前的机会。

(读后续写之个人感悟)

**8 aim** *n. 目的, 目标 vi. & vt. 力争做到; 目的是; 针对*

(1)aim to do sth	目标是做某事, 旨在做某事
aim at doing sth	力争做到某事
be aimed at (doing) sth	旨在(做)某事
(2)take aim at...	瞄准……; 对准……
with the aim of...	目的是……, 为了……
(3)aimless <i>adj.</i>	无目的的
aimlessly <i>adv.</i>	无目的地

[考点多维练]——单句填空

①[沪教版必修二 U4] You can't win every race, but you can always aim \_\_\_\_\_ (be) better than last time.

[写作步步升]——完成句子

②\_\_\_\_\_ and promoting English learning, the school English Club will host the “Read Classics, Learn English” activity. (介词短语)

为了帮助学生们领略英语经典作品的魅力, 促进英语学习, 学校英语俱乐部将举办“读经典, 学英语”活动。(应用文写作之告知信)

③[《小妇人》] Every word, every silence, everything a mother does is \_\_\_\_\_.

每一个字、每一次沉默、母亲所做的一切都是为了帮助和保护她的孩子。(读后续写之人物行为描写)

**9 exchange** *n. & vt. 交换; 交流; 兑换*

(1)exchange sth with sb	和某人交换某物, 和某人交流某事
exchange sth for sth	以……换取……
(2)in exchange (for)	作为(对……的)交换
an exchange student	交换生

[写作步步升]——完成句子

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

他主动提供导游服务, 以换取一个过夜的地方。(读后续写之人物行为描写)

②A group of \_\_\_\_\_ are visiting our school next month.

一个来自英国的交换生团体将于下个月访问我们学校。(应用文写作之通知)

③During the Mid-Autumn Festival, neighbours in our community will \_\_\_\_\_, each bringing their own unique flavours.

中秋节时, 我们小区的邻居们会互相交换自制月饼, 每家都带来自己独特的口味。(应用文写作之传统节日)

### 短语储存

**● as a result of** *由于*

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

result from 由……引起

[考点多维练]——用 result 相关短语的适当形式填空

①[外研版选必一 U4] Today, however, technological advances have led to a

combination of art and technology. \_\_\_\_\_  
\_\_\_\_\_, the art world is changing greatly.  
② \_\_\_\_\_ the heavy rain, the road was flooded, which \_\_\_\_\_  
significant traffic delays.

[写作步步升]——完成句子

③From this experience, I understand that true  
friendship \_\_\_\_\_  
and mutual support.

从这次经历中,我明白了真正的友谊源于共同  
的经历和相互支持。(读后续写之个人感悟)

### 句型透视

① (教材 P3) **To fully realize your potential, it is important for you to make the most of our school resources.**

为了充分发挥你的潜力,充分利用我们的学校  
资源对你来说很重要。

### 句型公式

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

### 【句式点拨】

(1) 在“It + be + adj. + (for sb) to do sth.”句型中,it 作形式主语,不定式短语作真正的主语,常用于这个句型的形容词有 easy, difficult, important, possible, probable, likely, certain, necessary, natural 等,这些形容词多与事物的特征有关。

(2) 如果形容词是表示人物的品行、性格、性质等(如 nice, kind, considerate, stupid)时,常用介词 of。

[考点多维练]——单句填空

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

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

### ① 单句填空

1. Choosing a career in medicine is a  
\_\_\_\_\_ (challenge) path that requires

[写作步步升]——完成句子

③ It \_\_\_\_\_  
with me when I missed class.

当我缺课时你和我分享你的笔记,真是太慷慨了。(应用文写作之感谢信)

② (教材 P11) **However, learning in English was a great challenge for me.** 然而,用英语学习对我来说是一个巨大的挑战。

### 句型公式

动名词(短语)作主语

### 【句式点拨】

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

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

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

(3) 动名词(短语)作主语时可以有自己的逻辑主语,构成动名词的复合结构。

[考点多维练]——单句填空

① [2025 · 全国一卷] \_\_\_\_\_ (be) a mother and wife has helped her become the woman she is.

② Learning English well \_\_\_\_\_ (be) challenging for him as he is an average student.

③ It is no use \_\_\_\_\_ (blame) anyone, and we should do something to make up for the loss.

[写作步步升]——完成句子

④ Briefly, \_\_\_\_\_  
\_\_\_\_\_ is the key to maximizing educational benefits.

简而言之,平衡人工智能与传统教学方法是实现教育效益最大化的关键。(应用文写作之发言稿)

### | 当堂过关检测 |

★提示: 加黑词汇为复现词汇

years of education and continuous dedication to patient care.

2. To my \_\_\_\_\_ (amaze), the shy classmate I barely talked to won first prize in the national English speech contest.

3. A successful education system should provide students with a \_\_\_\_\_ (balance) and **well-rounded** curriculum.

4. Taking care of the environment is a shared \_\_\_\_\_ (responsible) that requires the collective **effort** of every **individual**.

5. After several hours of \_\_\_\_\_ (aim) search for the missing child, they finally found a clue near the river.

6. Under her \_\_\_\_\_ (profession) guidance, I finished my graduation paper smoothly.

7. They are required to save energy on a day-to-day \_\_\_\_\_ (base) by turning off the tap and electricity when necessary.

8. Through persistent **effort** and growing \_\_\_\_\_ (confident), he was able to overcome his fear of public speaking.

9. Her groundbreaking research on renewable energy not only advanced scientific understanding but also made a significant \_\_\_\_\_ (contribute) to global efforts to fight climate change.

10. I suggest organizing \_\_\_\_\_ (option) skill-building workshops on campus, such as coding or public speaking classes.

## II 短语检测

1. When I was in London, I taught Henry Chinese \_\_\_\_\_ (作为交换) his teaching me English.

2. Despite the **challenges**, I am determined to \_\_\_\_\_ (坚持) my goal of becoming a published author.

3. **Positive** role models in the community can \_\_\_\_\_ (有影响) in the lives of young people.

4. The key to success often \_\_\_\_\_ (在于) recognizing and unlocking the **potential** within oneself.

5. First, cycling is much cheaper than driving a car; second, it is good for our health; \_\_\_\_\_

\_\_\_\_\_ (最后但同样重要的), it is environmentally friendly.

6. We can \_\_\_\_\_ (充分利用) the fitness **facilities** available at the gym to engage in regular exercise.

7. \_\_\_\_\_ (由于) following these study **tips**, her grades **improved** greatly.

8. \_\_\_\_\_ (随着时间流逝), attention to details can significantly improve the quality of your work.

## III 重点句型

1. \_\_\_\_\_ the temptation of junk food, but I believe you will feel a sense of accomplishment after choosing a healthy snack. (it 作形式主语)  
对你来说,抵挡垃圾食品的诱惑是很困难的,但我相信你在选择了健康的零食后会感到很有成就感。(应用文写作之建议信)

2. She \_\_\_\_\_ as she approached the stage to give her speech. (find + 宾语 + 宾补)  
当她走上台去发表演讲时,她发现自己的心怦怦直跳。(读后续写之动作描写)

3. \_\_\_\_\_ is crucial for students to maintain a healthy and **well-rounded** student life. (动名词短语作主语)  
平衡学习和休闲活动对学生保持健康且全面发展的学生生活至关重要。(应用文写作之学校生活)

4. The bond between true friends is \_\_\_\_\_ it can withstand the test of time.  
真正的朋友之间的纽带如此坚固,以至于能够经受住时间的考验。(应用文写作之友谊)

## IV 课文语法填空

Senior high school presents a world filled with 1. \_\_\_\_\_ (challenge): a new environment, new knowledge and new ways of **thinking**. Nevertheless, for those 2. \_\_\_\_\_ maintain a **positive** mindset, **opportunity lies in** each challenge. When you work hard to overcome the challenges, you will have the opportunity 3. \_\_\_\_\_ (acquire) great knowledge and experience personal growth.

Your **potential**, which is your natural ability, can 4. \_\_\_\_\_ (develop) when you try hard enough. Throughout the next three years, you 5. \_\_\_\_\_ (discover) your potential while you develop both as a student and as an individual. To fully realize your potential, 6. \_\_\_\_\_ is crucial for you to **make the most of resources** available at our school. **Take advantage of** your classes, learn from your teachers and classmates, and make use of our school **facilities**.

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

As Lao-Tzu 9. \_\_\_\_\_ (wise) said, “A journey of a thousand miles begins with a single step.” It is essential for you to make a 10. \_\_\_\_\_ (continue) effort to train your mind and develop your **character**.

## 语言素养提升

### ① 动词变形练

- Children under 10 are not allowed to enter the museum unless \_\_\_\_\_ (accompany) by adults.
- It was no wonder that the artist \_\_\_\_\_ (admit) to that big company since he stood out among those applicants.
- When the old system failed, a need for a more efficient replacement \_\_\_\_\_ (arise) immediately.
- It is the third time that such problems \_\_\_\_\_ (arise) about your arrangement.
- He \_\_\_\_\_ (awake) from a deep sleep, only to find his son was gone.
- The government is considering \_\_\_\_\_ (ban) single-use plastics to reduce environmental pollution.
- The document \_\_\_\_\_ (bear) her signature, which could act as evidence of her approval.
- The best player \_\_\_\_\_ (beat) at that famous chess game, which was beyond our expectations.
- No sooner had the performance \_\_\_\_\_ (begin) than the lights went out, leaving the audience in the dark.
- When accusing her boss of abusing his power last week, she absolutely \_\_\_\_\_ (bend) the truth.

### ② 构词法规则

构词法	①前缀 dis-表示“否定”、“相反”； dis-还有“分开,分离”的意思；
	②前缀 de-表示“降低,除去”

指出下列黑体词的含义

- [2025 · 全国二卷] This approach spared me the **discomfort** of having to over-explain.
- [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**.
- [2023 · 新高考全国II卷] The kids' parents **distrusted** her.
- [2024 · 新课标I卷] I've been motivated—and **demotivated**—by other folks' achievements all my life.
- By learning to face the disappointment instead of **devaluing** its importance and pretending nothing happened, you may find it easier to achieve your goals.
- 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.

### ③ 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. address

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

② 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). \_\_\_\_\_

#### 2. affect

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

②Children under 5 are more likely to be \_\_\_\_\_

**affected** by this type of infectious disease. \_\_\_\_\_

#### 3. 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. \_\_\_\_\_

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

#### 4. air

①With her head held high, she entered the room with an **air** of confidence. \_\_\_\_\_

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

③[柯林斯词典] One day a week her mother cleaned and **aired** each room. \_\_\_\_\_

#### 5. appetite

①He suffered from headaches and loss of **appetite**. \_\_\_\_\_

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

## 写作素养提升

### Part I 应用文写作

#### 精彩美文

This photo captured the moment when I received an award for the best debater in the school. From the photo, you can see that with 1. \_\_\_\_\_ (我的脸上带着灿烂的笑容), I was holding the trophy high. What I was thinking was that

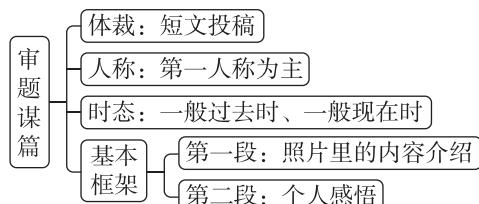
2. \_\_\_\_\_ (我的努力得到了回报); this achievement did not come easily; it was the result of countless hours of practice 3. \_\_\_\_\_ (以提高我的思维和口语技能).

Looking back, I realize that 4. \_\_\_\_\_

#### 1. 照片里的内容介绍;

#### 2. 个人感悟。

### 思路点拨



(成功在于充分利用每一个机会) and 5. \_\_\_\_\_ (不断挑战我自己). Not only is the award a trophy but also it is

6. \_\_\_\_\_ (我的成长和我取得的进步的一个象征).

## 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	高兴地跳起舞来/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).

## Unit 2 Let's talk teens

主题:人与自我——家庭生活

### 语篇词汇串记

词句默写部分见《默写本》

After Lily turned 15, her relationship with her parents became tense. It seemed that they could never **see eye to eye** 1. \_\_\_\_\_ her. **Arguments** broke out frequently and nobody would **back down**.

“Your maths grade 2. \_\_\_\_\_ (drop) again—you can't waste time on painting!” her dad said anxiously. Hearing this, Lily broke down in tears. She loved drawing and dreamed of becoming a 3. \_\_\_\_\_ (design) after **graduation**. “You never understand me!” She was overwhelmed with **anger** and ran into her own room.

For hours, Lily shut herself indoors, 4. \_\_\_\_\_ (think) about how busy her parents had been. As a doctor in a hospital **downtown**, Dad's days were full of **operations** and 5. \_\_\_\_\_ (emergency). Mum, an **editor** of the local newspaper, **normally** came

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

back home after 8 pm. It was **likely** 6. \_\_\_\_\_ they didn't know how she **struggled** with maths or how art helped her reduce **stress**. After **thinking** things **through**, she decided to have a conversation with them.

“I'm sorry I shouted,” she said softly. “7. \_\_\_\_\_ I really need art.” Then she shared her inner **desires** and **concerns**. Her parents 8. \_\_\_\_\_ (gradual) realized how much stress **teenagers** of this generation were under and how **eager** they were 9. \_\_\_\_\_ (understand). Mum gently pulled her into her arms, saying, “Next time, show us your **designs**.”

For the first time in months, there was no shouting—only quiet and happy talking. Again, their home became 10. \_\_\_\_\_ **secure nest**.

### 单词点睛

① **anxious** *adj.* 忧虑的, 担心的; 令人焦虑的; 渴望的

(1) be anxious about sth/for sb	为……担心/忧虑
be anxious for sth	渴望得到……
be anxious to do sth	渴望/急于做某事
(2) anxiously <i>adv.</i>	焦急地, 忧虑地, 渴望地
(3) anxiety <i>n.</i>	焦虑, 忧虑, 担心
with anxiety = anxiously	焦虑地, 担心地

[考点多维练]——单句填空

① [外研版选必一 U2] The following morning, I should again greet the dawn, anxious \_\_\_\_\_ (discover) new delights, new revelations of beauty.

[写作步步升]——完成句子

② When he learned of this news, he \_\_\_\_\_, his palms sweaty and his expression tense. 当他得知这个消息时, 他焦虑地来回踱步, 手心出汗, 表情紧绷。(读后续写之动作和表情描写)

③ She was \_\_\_\_\_, who had been travelling in a remote mountain area without Internet access for over a week. 她渴望得到关于弟弟的任何消息,他已在没有网络信号的偏远山区旅行一周多了。(读后续写之心理活动描写)

② **spot** (spotted, spotted, spotting) *n.* 粉刺;斑点;污渍;地点,场所 *vt.* 看见;注意到;发现

(1) on the spot 当场;立即;在现场  
(2) spot sb/sth doing sth 发现……正在做某事

[温馨提示] spot 用作动词,意为“发现,注意到”。spot 作“地点,场所”讲,用作定语从句的先行词时,从句若缺少状语则用 where 引导定语从句。

[考点多维练]——单句填空/一词多义

① When Jim Grant spotted black smoke \_\_\_\_\_ (come) out of a building on his way to work, he stopped his car to call 911.

② The photographer asked the model to stand in a spot \_\_\_\_\_ the lighting was perfect.

③ [2024 · 新课标Ⅱ卷] Though overtourism is described as a problem affecting the entire world, it's actually concentrated to a small number of extremely popular **spots**.

④ [2022 · 新高考全国Ⅰ卷] I looked around and finally **spotted** David, who was standing by himself off to the side by a fence.

⑤ There's an ugly **spot** on your white shirt; try using this product, and it might come off after a quick wash.

[写作步步升]——完成句子

⑥ During the school fair, students sold handmade crafts and donated part of the earnings to the charity \_\_\_\_\_.

在校园集市上,学生们售卖手工艺品,并当场将部分收入捐赠给了慈善机构。(应用文写作之学校活动)

### ③ **desire** *n. & vt.* 渴望,希望

(1) have a desire to do sth 渴望做某事  
have a desire for sth 渴望得到某物  
(2) desire to do sth 渴望做某事  
desire that... (should) do... 渴望……  
(3) desirable *adj.* 值得做的;值得拥有的;可取的  
It is desirable that... (should) do...  
……是可取的。

[考点多维练]——单句填空

① We desire that immediate help \_\_\_\_\_ (give) to the local villagers who have been trapped by the flood.

② It is highly \_\_\_\_\_ (desire) that students balance academic study with physical exercise to promote overall development.

[写作步步升]——完成句子

③ Knowing that a Chinese painting exhibition will be held, I'm writing to \_\_\_\_\_.

得知将举办一场国画展,我写信表达我想成为一名志愿者的愿望。(应用文写作之申请信)

### ④ **struggle** *vi. & n.* 奋斗;斗争;搏斗

struggle for 为……而奋斗  
struggle against/with 与……做斗争  
struggle to do sth 努力做某事  
struggle to one's feet 挣扎着站起来

[考点多维练]——单句填空

① [2025 · 全国二卷] Instead of correcting others when they were struggling \_\_\_\_\_ (pronounce) my name, I just smiled and nodded approvingly.

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

[写作步步升]——完成句子

③ He \_\_\_\_\_, swaying a little before steadyng himself, and his pale face betrayed his exhaustion.

他挣扎着站起来,摇晃了几下才稳住,苍白的脸暴露了他的疲惫。(读后续写之动作和表情描写)

④ However, his influence is not based on his time in office, but on his continuous \_\_\_\_\_ and his concern for all Chinese people.

然而,他的影响力不是基于他在任的时间,而是基于他为(建设)更美好的社会而不断奋斗,以及他对全体中国人民的关心。(应用文写作之记人叙事)

**5 concern** *n.*忧虑,担心;*vt.*让(某人)担忧;涉及;关系到

(1) show/express one's concern about/for  
对……表示关心/担心

(2) concerned *adj.* 关切的;担心的  
be concerned about/for = be worried/anxious about 对……感到担心  
be concerned with 与……有关;涉及……  
as far as... be concerned  
就……而言

(3) concerning *prep.* 关于

[考点多维练]——单句填空

① As tourism develops, people are becoming increasingly \_\_\_\_\_ (concern) about the environment.

[写作步步升]——完成句子

② \_\_\_\_\_, traditional Chinese festivals are not only celebrations but also opportunities to honour ancestors and carry forward cultural traditions.

依我看,中国的传统节日不仅是庆祝活动,也是纪念祖先和弘扬文化传统的机会。(应用文写作之传统文化)

③ Neighbours \_\_\_\_\_ the elderly couple's living conditions, who offered to help with daily chores regularly.

邻居们对这对老夫妇的生活状况表示关心,提出定期帮忙处理日常杂务。(读后续写之邻里关系)

**6 argue** *vi.*争吵,争辩,争论 *vt.*说理,论证

(1) argue with sb about/over sth  
与某人争论某事

argue for/against... 支持……;赞同……/反对……;不赞同……

argue sb into/out of doing sth  
说服某人做/不做某事

(2) argument *n.* 争论,争辩;论点

It is beyond argument that...

……是无可争辩的,  
……是毋庸置疑的。

[考点多维练]——单句填空

① They got into a heated \_\_\_\_\_ (argue) over which movie to watch, with neither willing to give in, making the evening quite unpleasant.

[写作步步升]——完成句子

② When he finally managed to \_\_\_\_\_ that expensive sports car, he cracked a smile.

当他终于成功说服了他的弟弟不要买那辆昂贵的跑车的时候,他露出了笑容。(读后续写之表情描写)

③ \_\_\_\_\_ exercise and a balanced diet are key to maintaining good health.

毋庸置疑,锻炼和均衡饮食是保持良好的健康的关键。(应用文写作之饮食与健康)

**7 eager** *adj.*热切的,渴望的,渴求的

(1) be eager for sth  
渴望得到某物

be eager to do sth  
渴望做某事

(2) eagerness *n.* 热切,渴望

in one's eagerness to do sth  
渴望做某事

with eagerness = eagerly 热切地,急切地

[考点多维练]——单句填空

① [2023 · 新高考全国Ⅱ卷] Though some are initially scared of the insects and turned off by the dirt, most are eager \_\_\_\_\_ (try) something new.

②[外研版必修一 U1] I woke up early and rushed out of the door in my \_\_\_\_\_ (eager) to get to know my new school.

[写作步步升]——完成句子

③He ran to the desk and \_\_\_\_\_, hoping for good news from his long-lost friend.

他跑到书桌前,热切地打开信封,希望里面能有来自他久未谋面的朋友的好消息。(读后续写之动作和心理活动描写)

**⑧ figure** *v.* 认定,认为 *n.* 数字;体形;身材;人物,人士;人影;雕像,塑像

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

[考点多维练]——一词多义

①After talking with her parents, she **figured** that choosing a major she loved would make her college life more meaningful. \_\_\_\_\_

②[北师版必修二 U6] In 2019, she was selected by the BBC as one of the most influential **figures** of science in the 20th century along with Albert Einstein and Alan Mathison Turing. \_\_\_\_\_

③Our sales **figures** for the month were impressive, showing a steady increase.

[写作步步升]——完成句子

④I'm writing to give you some advice on \_\_\_\_\_.

我写信是想给你一些关于如何保持身材的建议。(应用文写作之建议信)

⑤She searched her memory, \_\_\_\_\_ when and where she had last seen that familiar face. (非谓语)

她搜寻自己的记忆,试图想出上一次见到那张熟悉面孔的时间和地点。(读后续写之心理活动描写)

### 短语储存

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

have an eye for sth	对……有鉴赏力(或识别力、眼力)
keep an eye on sb/sth	照看;留神;留意
look sb in the eye(s)	(坦然或问心无愧地)直视某人,正视某人
turn a blind eye (to sth)	(对某事)佯装不见,睁一只眼闭一只眼
before/in front of sb's (very) eyes	当着某人的面;就在某人的眼皮底下

[写作步步升]——完成句子

①It is hardly possible for young people to \_\_\_\_\_ on some points.

年轻人很难在某些问题上与父母意见一致。(应用文写作之人际关系)

②The magician waved his wand, and a rabbit appeared \_\_\_\_\_, causing gasps of amazement.

魔术师挥动魔杖,一只兔子出现在众人眼前,引起阵阵惊叹。(读后续写之场景描写)

③He \_\_\_\_\_ and said something that touched my heart deeply.

他直视着我的眼睛,说了些深深打动了我的心的话。(读后续写之动作描写)

### 句型透视

● (教材 P16) **You may feel anxious that you are developing at a different rate to your friends, shooting up in height or getting left far behind.**

你可能会感到焦虑,因为你的成长速度与你的朋友不一样,你在快速长高,或者身高远远落后。

### 句型公式

现在分词(短语)作状语

### 句式点拨

(1)现在分词在句中作状语,可表示时间、条件、原因、结果、方式或伴随;

(2)现在分词的一般式(doing)表示的动作与谓语动词表示的动作同时发生或几乎同时发生,完成式(having done)表示的动作发生在谓语动词之前;

(3)现在分词的主动语态形式表示的动作和句子主语之间为主动关系,被动语态形式(being done)表示的动作和句子主语之间为被动关系。

[考点多维练]——单句填空

① \_\_\_\_\_ (cover) an area of over 500 square kilometres, the national park is known for its diverse wildlife.

② \_\_\_\_\_ (visit) Paris several times over the last 8 years, I fell in love with its charming beauty and diverse culture.

[写作步步升]——完成句子

③ \_\_\_\_\_, she couldn't help but feel a twinge of fear. (非谓语)

独自坐在黑暗中,她不禁感到一阵恐惧。(读后

续写之动作和心理活动描写)

④ \_\_\_\_\_, the shy girl blushed and felt a bit embarrassed. (非谓语)

被老师当众表扬,这个害羞的女孩脸红了,还感到有点尴尬。(读后续写之心理活动描写)

⑤ \_\_\_\_\_, this choice will definitely bring more fun and unity to our class. (非谓语)

这一选择能让我们更好地了解彼此,无疑会给我们的班集体带来更多乐趣与凝聚力。(应用文写作之二选一类)

## 当堂过关检测 |

### I 单句填空

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

2. The **experts** all agreed that his \_\_\_\_\_ (perform) didn't really come up to his usual high standard.

3. He tried to contain his \_\_\_\_\_ (angry) after the unexpected failure, but the frustration led to his **breakdown**.

4. Despite the hardships he faced, the **adult** remained \_\_\_\_\_ (mental) strong, constantly seeking self-improvement opportunities.

5. People were pushing each other out of the way in their \_\_\_\_\_ (eager) to get to the front.

6. Another hour later, his persistence paid off. Andrew eventually \_\_\_\_\_ (spot) a struggling **figure** in the distant water.

7. As the presentation drew near, Jack's \_\_\_\_\_ (anxious) mounted. Then came the big day.

8. It is **normal** to feel **anxious** before the interview because it is a \_\_\_\_\_ (stress) experience for everyone.

soon after this \_\_\_\_\_ (operate).

10. The fashion \_\_\_\_\_ (design) owes her achievements to the goal she set, the education she received and the efforts she made.

### II 短语检测

1. A group of **volunteers** came together to \_\_\_\_\_ (使我变得高兴) during a difficult time, offering their support and uplifting spirits.

2. You had better \_\_\_\_\_ (把整个事情考虑清楚) before you give me your final decision.

3. After receiving the shocking news, she **struggled** to \_\_\_\_\_ (冷静下来), taking deep breaths.

4. \_\_\_\_\_ (从我的观点出发), this book is much better than the one you bought last week.

5. Though we don't \_\_\_\_\_ (彼此看法一致) on many things, I respect him very much.

6. Anna and Jim have been quarrelling for a long time, and neither of them want to \_\_\_\_\_ (让步).

7. She went to the ATM to \_\_\_\_\_ (从……中取钱) her bank **account** before heading to the mall for shopping.

8. He \_\_\_\_\_ (快速长高) when he was in high school and became the tallest boy in his class.

9. I couldn't \_\_\_\_\_ (想出) how she managed to keep her **figure**. She told me she **figured** that exercise was the best way to lose weight.

10. With various methods of payment emerging, what many people \_\_\_\_\_ (更关心) is whether their e-wallets are safe enough compared with cash or credit cards.

### III 重点句型

1. The dog seemed \_\_\_\_\_ in the air, barking loudly and pacing back and forth.

那只狗似乎察觉到了空气中的异样, 大声吠叫, 来回踱步。(读后续写之动作描写)

2. \_\_\_\_\_ sharing similar interest will bring you closer to your friends and strengthen your bond. (likely)

分享相似的兴趣很可能让你和你的朋友更加亲近, 并加强你们之间的联系。(应用文写作之友谊)

3. \_\_\_\_\_, she sat down to enjoy a cup of tea. (非谓语)

打扫完厨房后, 她坐下来喝了一杯茶。(读后续写之动作描写)

4. \_\_\_\_\_, remember that this will pass, and that better days are ahead. (让步状语从句)

无论发生什么, 记住这一切都会过去, 更好的日子在前方。(读后续写之文末总结句)

### IV 课文语法填空

Heated **arguments** and cold silences

frequently occur between **teenagers** and their parents.

Teenagers' physical changes may result

1. \_\_\_\_\_ such family **tensions**.

Concerns about a changing voice, weight issues, or spots can weigh heavily on your mind. When these worries become overwhelming, your parents are often the first **targets** of your 2. \_\_\_\_\_ (angry).

Additionally, balancing your 3. \_\_\_\_\_

(develop) **mental** needs can be a significant challenge. You may feel ready to take on more responsibility and make independent decisions.

4. \_\_\_\_\_ (unfortunate), your parents

do not always agree, which makes you feel 5. \_\_\_\_\_ (happy).

It can be difficult when your parents treat you like a child 6. \_\_\_\_\_ expect you to behave like an **adult**. All of this can lead to a **breakdown** in your relationship.

However, there are steps you can take to improve the situation. The key to 7. \_\_\_\_\_

(keep) the peace is **regular** and honest communication. When disagreements arise, taking a minute 8. \_\_\_\_\_ (calm) yourself and consider the situation **from your parents' point of view** can be beneficial.

All in all, just remember that 9. \_\_\_\_\_

is completely **normal** to **struggle** with the **stress** that parent-child tensions create, and that you and your parents can cooperate to enhance your relationship. Everything

10. \_\_\_\_\_ (turn) out all right in the end, and the changes and challenges of your teenage years will prepare you for adulthood.

## 语言素养提升

### I 动词变形练

1. She regretted \_\_\_\_\_ (bet) all her savings on that risky investment, for she lost everything in the end.

2. The little girl \_\_\_\_\_ (bite) her nails nervously when she was waiting for her turn.

3. Not having received timely first aid, the poor girl slowly \_\_\_\_\_ (bleed) from the wound on her leg after the accident.

4. She had her chances \_\_\_\_\_ (blow) by arriving late for the interview, leaving her filled with regret.

5. When finding his bedroom \_\_\_\_\_ (break) into while he was away, he called the police without delay.

6. With more brilliant technologies \_\_\_\_\_ (bring) in, we are bridging the gap between our country and developed countries.

7. Over the centuries, the city of Pompeii, \_\_\_\_\_ (bury) under the ashes, was entirely forgotten by the world.

8. Bill \_\_\_\_\_ (buy) his wife a valuable birthday present last month, a ring decorated with jewels.

## II 构词法规则

构词法	①否定前缀 im-/in-/ir-表示“非,不,无”;②否定前缀 un-表示“不”、“非”、“使丧失”、“未”等
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指出下列黑体词的含义

1. [2024 · 新课标 I 卷] What can we do with the **imperfect** datasets of biodiversity?

2. [2024 · 新课标 II 卷] Those who are dressed **inappropriately** will be refused permission to participate.

3. [2023 · 浙江 1 月考] Indeed, to a computer, meaning is **irrelevant** ... But for humans, meaning is everything.

4. [2023 · 新高考全国 II 卷] The flight was **uneventful**, and Tiffy was a great passenger.

5. [2023 · 全国乙卷] Indoor plants might look as if they just sit around not doing much, but in many ways they are the **unsung** heroes of the home.

6. [2021 · 全国甲卷] When contributions were made by geniuses outside the club—women, or people of a different colour or belief—they were **unacknowledged** and rejected by others.

## III 熟词生义练

1. average

① [2024 · 全国甲卷] Each stop lasts an **average** of two days, and during that time the doctors and nurses on board provide rural(乡村的) populations with basic medical care, X-ray scans and prescriptions.

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

2. back

① Ann gave up driving when she **backed** the car into the garage door.

② [2023 · 全国乙卷] Several studies have **backed** this **up** and found that indoor plants can improve creativity, focus and memory.

3. balloon

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

4. bear

① My mother couldn't **bear** waste—she always made us eat everything on our plates.

② He had to **bear** the responsibility of leading the team through the challenging project.

③ When his wife **bore** him a child he could not hide his delight.

5. bill

① If this **bill** is not paid within five days, your gas supply will be cut off.

② He has been **billed** for not parking in the right place.

③ [2022 · 新高考全国 II 卷] If the Textalyzer **bill** becomes law, he said, “people are going to be more afraid to put their hands on the cellphone.”