

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**  
主题版



沈阳出版发行集团  
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讲课智能体

## Unit 1 学校生活

## | 对接教材与高考 |

教材版本	单元	高考链接
人教版	必修一 Welcome unit	
外研版	必修一 Unit 1 A new start	[2025 · 浙江 1 月考] 阅读 A(ILL 馆际互借服务指南) [2025 · 浙江 1 月考] 应用文写作(校园内拍摄短视频现象)
译林版	必修一 Unit 1 Back to school	[2025 · 全国一卷] 阅读 B(老师解锁写作真谛)
北师版	选择性必修二 Unit 5 Education	[2025 · 全国一卷] 应用文写作(英语报增设栏目二选一) [2024 · 新课标 I 卷] 应用文写作(分享公园美术课经历) [2024 · 浙江 1 月考] 读后续写(通过“一英里跑”适应学校生活) [2023 · 新高考全国 I 卷] 读后续写(老师鼓励作者写作) [2023 · 新高考全国 II 卷] 阅读 B(在学校开设园艺项目)

## | 主题词汇语义场 |



## | 主题词汇再现 |

★提示: 加黑词汇为复现词汇

On 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!

## 主题写作佳句

### I 应用文写作佳句

1. [外研必修一] These activities not only help them gain more skills, but also teach them to care about others. 这些活动不仅帮助他们获得更多的技能,还教会他们关心他人。

2. [外研必修一] Well begun, half done. 好的开始是成功的一半。

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

4. [译林必修一] When you rise to the challenges, you will have the opportunity to acquire great knowledge and enjoy personal growth. 在迎接挑战的时候,你们将有机会掌握大量的知识,并享受个人的成长。

### II 读后续写佳句

1. [人教必修一] I feel much more confident than I felt this morning. I think that tomorrow will be a great day! 我感觉现在比早上有信心多了。我相信明天将是美好的一天!

2. [外研必修一] I woke up early and rushed out of the door in my eagerness to get to know my new school. 我一大早就起床冲出了家门,迫不及待地想了解我的新学校。

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

我看到试卷的时候好害怕。

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

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

## Lesson 1 学校生活 (一)

## 主题词汇训练

### 主题单词

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

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

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

③[译林选必四] ... it (an interview) provides an opportunity for the \_\_\_\_\_ (apply) to learn more about the job and the company, and to discover whether this job is right for him or her.

## (2)一词多义

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

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

⑥[2022·全国乙卷] First announced in April, 2016, the tax which **applies** to soft drinks containing more than 5g of sugar per 100ml, was introduced to help reduce childhood obesity (肥胖).

## (3)写作应用

⑦[北师必修三] I wonder if you could also give me more information about \_\_\_\_\_ (如何申请成为) part of this festival.

(应用文写作之求助信)

⑧To enrich his own life, the old man \_\_\_\_\_

(一直致力于保护野生动物) since he retired.

(应用文写作话题之环境保护)

### [归纳总结]

(1) apply... to... 把……涂到……上; 把……运用于……  
apply (to...) for (向……)申请  
apply to do sth 申请做某事  
apply oneself (to sth/to doing sth) 勤奋/努力/致力于/专心于……  
(to 为介词)

(2) applicant n. 申请人

(3) application n. 申请; 申请书; 应用; 应用软件

## ② struggle n. & vi. 斗争; 奋斗; 搏斗

### (1) 单句填空

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

②[2025·全国二卷] She'd been struggling \_\_\_\_\_ eating disorders and health issues, which ultimately led her to getting surgery.

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

### (2) 写作应用

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

他毫不犹豫地擦干眼泪, 挣扎着站起来接受挑战。

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

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

### [归纳总结]

(1) struggle for 为争取……而斗争  
struggle against/with 与……斗争; 为反对……而斗争

(2) struggle to do sth = make great efforts to do sth  
努力做某事  
struggle to one's feet 挣扎着站起来

## ③ absorb vt. 吸收; 理解; 掌握; 吸引全部注意力

### (1) 单句填空

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

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

## (2) 一词多义

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

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

## (3) 写作应用

⑤ [《哈利·波特》] Harry did not answer, but pretended \_\_\_\_\_

(沉浸于那本书) they were supposed to have read before Charms(魔咒课) next morning.

⑥ [2022·浙江6月考读后续写] \_\_\_\_\_

\_\_\_\_\_ , I frequently forgot about eating or sleeping.

我全神贯注于那个项目,经常忘了吃饭或睡觉。

### 【归纳总结】

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

吸引某人的注意力

(2) absorbed adj. 全神贯注的, 专心致志的

be/get absorbed in... = absorb oneself in...

全神贯注于……, 专注于……

(3) absorbing adj. 吸引人的; 精彩的

温馨提示: be/get absorbed in 结构在句中作状语或

定语时, 常省略 be, 用 absorbed in...。类似的结构还

有: be faced with, be lost in, be buried in, be devoted

to, be occupied in, be involved in 等。

## ④ **effort** n. 努力; 艰难的尝试; 尽力

### (1) 单句填空

① He made a great effort \_\_\_\_\_ (control) his anger, taking a deep breath before he responded to the unfair accusation calmly.

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

③ [沪教选必三] Even though I have been practising tai chi with Mrs Kang for several years, I'm still amazed by her smooth, \_\_\_\_\_ (effort) movements, and it's hard to believe that she's actually 68.

### (2) 写作应用

④ [2022·新高考全国I卷] At the sound of the signal gunshot, runners shot out like

bullets, except David.

\_\_\_\_\_ , step by step. (读

后续写之动作描写)

信号枪声一响,除了戴维,赛跑者都像子弹一样飞奔而出。他非常吃力地拖着双腿,一步一步地走着。

⑤ I am writing this letter to express my heartfelt gratitude. You \_\_\_\_\_

\_\_\_\_\_ during my most difficult times. (应用文写作之感谢信)

我写这封信是为了表达我衷心的感谢。在我最困难的时候,您一直不遗余力地帮助我。

⑥ \_\_\_\_\_

\_\_\_\_\_ , our school organised a friendly football match between students and teachers last Sunday. (应用文写作话题之校园活动)

为了丰富学生们的校园生活,我们学校于上周日举办了一场师生足球友谊赛。

⑦ \_\_\_\_\_ , we finally raised enough money and built a coffee house, which was still there many years later. (读后续写之动作描写)

在我们的共同努力下,我们终于筹集了足够的资金,建了一家咖啡馆,多年后它还在那里。

### 【归纳总结】

(1) make efforts/an/every effort to do sth

努力/尽一切努力做某事

spare no effort to do sth 不遗余力去做某事

(2) with/without effort 费力地/轻松地

with/through one's joint/tireless/constant efforts

在某人共同的/不懈的/不断的努力下

in an effort to do sth 努力/试图去做某事

(3) effortless adj. 不费力的, 容易的

## ⑤ **reward** n. 回报; 奖励; 报酬 vt. 奖励; 奖赏; 给予报酬

### (1) 单句填空

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

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

## (2)写作应用

③[2020·全国新高考I卷应用文写作] \_\_\_\_\_ gifts of fruits and flowers when the race ended. (应用文写作之活动报道)

比赛结束时,我们学校以水果和鲜花作为礼物奖励优胜者。

④ \_\_\_\_\_, she got a new bike from her parents.

作为通过考试的奖励,她从父母那里得到了一辆新自行车。

### [归纳总结]

(1) as a reward (for) 作为(对……的)报酬/奖赏  
in reward (for) = in return (for)

作为(对……的)回报

(2) reward sb with sth for (doing) sth  
因(做)……用某物酬谢/报答  
某人

(3) rewarding adj. 值得做的,有益的;有意义的

## ⑥ argue *vt. & vi.* 争论,争辩;说理;主张,认为

### (1)单句填空

① Facing doubts from teammates, he argued \_\_\_\_\_ his creative plan, believing it would make the project stand out.

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

### (2)熟词生义

③[2025·北京卷] I have **argued** countless times that comparisons are the “thief of joy.”

### (3)写作应用

④ We tried many ways \_\_\_\_\_ (说服他听从我们的建议), but in vain.

⑤ \_\_\_\_\_ (毋庸置疑) exercise and a balanced diet are key to maintaining good health. (应用文写作话题之饮食与健康)

### [归纳总结]

(1) argue with sb about/over sth

与某人争论/辩论某事

argue for/against 为赞成/反对……而据理力争

argue sb into/out of doing sth

说服某人做/不做某事

(2) argument *n.* 争论;辩论;争吵

It is beyond argument that...

……是无可争辩的。/……是毋庸置疑的。

温馨提示: 表示“说服某人做/不做某事”的表达方式还有: persuade/talk sb into/out of doing sth; persuade/convince sb (not) to do sth.

## ⑦ compete *vi.* 竞争;对抗

### (1)单句填空

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

②[北师选必二] To stand out in a world of \_\_\_\_\_ (compete) advertising, they must combine the highest standard of design with creative ways...

③[北师必修一] Ismael Esteban, in third place, was just ahead of his \_\_\_\_\_ (compete), Agustin Navarro, with only 300 metres to the finishing line.

### (2)写作应用

④ In the Spelling Bee competition, the students \_\_\_\_\_ the title of the best speller in the school. (应用文写作之活动报道)

在拼字比赛中,学生们为学校“最棒的拼写者”的称号而彼此竞争。

### [归纳总结]

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

## ⑧ recommend *vt.* 建议;推荐;介绍

### (1)单句填空

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

② [2025 · 浙江 1 月考] Instead, she recommends \_\_\_\_\_ (apply) a well-known concept among nutrition experts called the “Division of Responsibility,”...

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

(2)写作应用/一句多译

④ [2021 · 浙江卷应用文写作] Hence, \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ (强烈建议每个人都去这里欣赏这个展览). (应用文写作之宣传稿)

⑤ 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,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)

#### 【归纳总结】

(1) recommend doing... 建议做.....

recommend sb to do sth 建议某人做某事

recommend sth to sb 向某人推荐某物

recommend that sb (should) do...

建议某人做.....(从句用虚拟语气)

It’s (strongly/highly) recommended that sb (should) do... (强烈)建议某人做.....

(2) recommendation n. 推荐;求职介绍信

## 9 impress v. 使钦佩,给.....留下深刻印象;使意识到

(1) 单句填空

① [2025 · 全国二卷] The Hereford Cathedral is the most \_\_\_\_\_ (impress) building in town. It’s also home to an ancient library.

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

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

(2) 写作应用

④ [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。”

⑤ We are delighted to receive works with various themes of people, life and scenery on campus, \_\_\_\_\_.

(应用文写作之征文)

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

#### 【归纳总结】

(1) impress sb with sth 某事给某人留下印象

impress sth on/upon sb 使某人明白某事物的重要性

be impressed with/by... 对.....有深刻印象

What impresses sb most is that...

使某人印象最深刻的是.....

(2) impression n. 印象,感想

leave/have/make an impression on/upon sb

给某人留下印象

(3) impressive adj. 令人钦佩的,给人深刻印象的

## 主题词块

### ① focus on/upon 集中;特别关注

(1) 单句填空

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

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

③ [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)写作应用

④ He stood before the crowd, feeling very uneasy \_\_\_\_\_ him.  
(用 with 复合结构) (读后续写之心理和动作描写)

他站在人群面前,当所有人的目光都集中在他身上时,他感到很不安。

### [归纳总结]

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

n. 中心点;重点;焦点

focus/concentrate/fix one's attention/mind/efforts/

eyes on/upon... 集中注意力/精力于/盯着.....

the focus of attention/concern

关注的焦点

(2) focused adj. 注意力集中的,目标明确的

## ② look forward to 盼望;期待

### (1)单句填空

① [2024 · 全国甲卷] We look forward to \_\_\_\_\_ (welcome) you as we showcase the creativity of the Harvard arts community

through performances, art exhibitions and art-making activities.

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

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

## (2)写作应用

④ Thanks for your kind consideration and I

(盼望早日收到您的回复). (应用文写作之结尾句)

### [归纳总结]

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

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

## | 重点句型运用 |

### 句型:“find + 宾语 + 宾补”结构

[人教必修一] I found most of my classmates and teachers friendly and helpful.

我觉得我的大多数同学和老师都很友好,而且乐于助人。

### (1)单句填空

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

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

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.

### (2)写作应用

④ [2022 · 新高考全国 I 卷] After making sure that David could run if he wanted, \_\_\_\_\_, his small body rocking from side to side as he swung his feet forward. (读后续写之动作描写)  
在确定戴维想跑就能跑之后,我转过身来,发现他正向我走来,双脚向前摆动时,他的小身体左右摇摆。

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

### [句式点拨]

(1) find + 宾语 + 

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

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

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

## Part I 基础检测

## I 单句填空

- [2024 · 新课标 II 卷] The Carlow Autumn Walking Festival is a great **opportunity** for the beginner, experienced or \_\_\_\_\_ (advance) walker to enjoy the **challenges** of Carlow's mountain hikes or the peace of its woodland walks.
- [2024 · 新课标 I 卷] A few minutes spent casting your eye over a page or two can be a \_\_\_\_\_ (reward) experience.
- [2024 · 新课标 I 卷] With the rise of technology it is easy for people to make observations of different species with the aid of a mobile \_\_\_\_\_ (apply) ...
- [2024 · 全国甲卷] Cats have many heightened senses, but their sense of smell is quite \_\_\_\_\_ (impress).
- [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.
- [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.
- [北师必修三] Before the \_\_\_\_\_ (perform), the backstage atmosphere at a very famous theatre in Vienna was tense.
- [外研选必三] Every \_\_\_\_\_ (recommend) she gives me is great since she can predict if I will like a particular restaurant.
- Without second thoughts in my mind, I was \_\_\_\_\_ (absorb) in this as if this was the only thing I needed to do in the world.
- If you want to take a book out, you just need to fill in and submit a \_\_\_\_\_ (register) form for a library card.

## II 词块运用

- Although the situation had changed, she rigidly \_\_\_\_\_ (坚持) her original plan until she finally realized her mistake.
- \_\_\_\_\_ (记笔记) and reviewing them are among the simple learning habits we too often overlook.
- Let's leave aside our differences and \_\_\_\_\_ (关注) finding a **solution** that benefits everyone.
- We highly **recommend** that you \_\_\_\_\_ (报名参加) this course.
- I did not understand all of the traditional customs, but a few \_\_\_\_\_ (给……留下了深刻的印象) me.
- Being offered a **scholarship** to study abroad is an amazing opportunity to \_\_\_\_\_ (拓展视野) and immerse yourself in a new culture.
- She decided to \_\_\_\_\_ (申请) the scholarship to help cover her college **tuition fees**.

## III 主题语篇填空

注意:加黑词汇为本单元复现词汇

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

- \_\_\_\_\_ I had pictured it over and over again in my mind. The **campus** was still quiet when I arrived, so I decided to **explore** a bit. I was looking at the photos on the noticeboard when I heard 2. \_\_\_\_\_ voice behind me. "New here?" 3. \_\_\_\_\_ (turn) around, I saw a white-haired man. When my English teacher 4. \_\_\_\_\_ (step) into the classroom, I was surprised to see the same man I had met earlier. He asked us to introduce 5. \_\_\_\_\_ (we) to the class one by one. When I said "Hi, I'm Meng Hao.",

everyone started laughing. 6. \_\_\_\_\_ turned out that I shared the same name with my English teacher. I had been too nervous 7. \_\_\_\_\_ (pay) attention when he introduced himself. Although I was 8. \_\_\_\_\_ (embarrass), his words made me a lot more relaxed! He also told us challenges might

sometimes put us under 9. \_\_\_\_\_ (press). But if we can keep calm and be prepared, we'll make the most of our time at senior high.

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

## Part II

### I 应用文写作之告知信

[2024·新课标Ⅰ卷]

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

1. 你完成的作品;
2. 你的感想。

注意:1. 写作词数应为80个左右;  
2. 在相应位置作答。

### 精彩美文

Dear Chris,

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

We were asked to draw or paint something 2. \_\_\_\_\_ (我们印象最深刻的). 3. \_\_\_\_\_ (受到极好景色的启发), I decided to create a watercolour of the small bridge over the park's pond, 4. \_\_\_\_\_ (被盛开的鲜花环绕着).

The entire experience was incredibly refreshing. Being surrounded by nature 5. \_\_\_\_\_ (不仅激发我的创造力) but also offered a much-needed break from the usual hustle and bustle of school life. I felt a deep sense of peace as I painted.

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

Yours,  
Li Hua

### 写作提升

### II 读后续写表达练

#### 【语段表达】

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

I enjoyed most of the classes, but some of them 3. \_\_\_\_\_ (很有挑战性). Technology classes were fun. I made a clock to take home. The teacher helped me put the parts together. I 4. \_\_\_\_\_ (如此喜欢它以至于) I still use it as my alarm! I 5. \_\_\_\_\_ (发现数学很容易并且很有趣) because the material was 6. \_\_\_\_\_ (较低阶) in the UK than in China. However, learning in English 7. \_\_\_\_\_ (是个巨大的挑战) for me. There were a lot of difficult English words, especially in Geography and Biology. Class discussion is very important in the UK, but I could not make a great contribution because sometimes I wasn't able to express myself clearly in English. Although there was not as much homework as I was used to, it was still challenging. Fortunately, my teachers and classmates were always helpful and 8. \_\_\_\_\_ (给我很多鼓励). 9. \_\_\_\_\_ (我的语言能力提高了) over time.

## Lesson 2 学校生活 (二)

### 主题词汇训练

#### 主题单词

##### ① anxious adj. 焦虑的, 不安的; 渴望的

###### (1) 单句填空

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

② [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).

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

###### (2) 写作应用

④ [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。”

###### [归纳总结]

(1) be anxious about sth	为某事担心/担忧
be anxious for sth/to do sth	渴望某物/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

##### ② annoyed adj. 恼怒的, 烦恼的

###### (1) 单句填空

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

② [2021 · 浙江卷] 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 cancel due to the sudden rainstorm.

###### (2) 写作应用

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

###### [归纳总结]

(1) be annoyed at/about sth

因某事而烦恼, 对某事感到恼怒

be annoyed with sb 生某人的气, 被某人惹恼

(2) annoy vt. 使恼怒, 使生气; 打扰, 骚扰

(3) annoying adj. 使恼怒的, 使生气的, 使烦恼的

(4) annoyance n. 恼怒, 生气, 烦恼; 使人烦恼的事

##### ③ frightened adj. 惊吓的; 害怕的

###### (1) 单句填空

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

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

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

## (2) 写作应用

④ \_\_\_\_\_ (吓得要死) by the sudden barking of the big dog, the little boy stood frozen, his face turning as pale as a sheet. (形容词短语作状语) (读后续写之动作和表情描写)

### [归纳总结]

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

## ④ curious adj. 好奇的,求知欲强的;奇怪的

### (1) 单句填空

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

### (2) 熟词生义

③ [2022·浙江1月考] It is **curious** that no one has put together a history of both the steam and electric revolutions... \_\_\_\_\_

### (3) 写作应用

④ \_\_\_\_\_ (对……感到好奇) traditional Chinese culture, she came to China and soon fell in love with Chinese. (应用文写作话题之中国文化)

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,他们的眼神中闪烁着好奇与敬佩(的光芒)。

### [归纳总结]

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

## ⑤ eager adj. 渴望的;热切的

### (1) 单句填空

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

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

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

### (2) 写作应用

④ \_\_\_\_\_, he nervously smoothed out his jacket, a mix of hope and anxiety filling his heart. (读后续写之动作和心理描写)

急切地等待着自己的名字被叫到,他紧张地抚平夹克,内心充满了希望与焦虑。

### [归纳总结]

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

## ⑥ embarrassed adj. 难堪的;尴尬的

### (1) 单句填空

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

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

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

### (2) 写作应用

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

### [归纳总结]

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

## 7 equipment n. [U]设备; 装备

### (1) 单句填空

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

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

### (2) 写作应用

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

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

④ Sarah, \_\_\_\_\_ and a notepad, wandered through the ancient city, eager to capture its unique charm and set down her impressions. (读后续写之细节描写)

莎拉带着相机和笔记本, 漫步在这座古老的城市里, 渴望捕捉它独特的魅力并记下自己的感想。

### [归纳总结]

equip vt. (equipped, equipped, equipping)

装备; 配备

equip... for...

为……装备……; 使……为……

…做好准备

equip... with...

用……装备……

be equipped with...

装备着……; 配备……

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

### (1) 单句填空

① [2025 · 全国二卷] Our Older Summer Camp is provided for ages five through twelve. There are \_\_\_\_\_ (schedule) summer fun activities and games.

② [2022 · 全国乙卷] With busy \_\_\_\_\_ (schedule), squeezing in phone calls can be a challenge.

③ The construction of the new bridge is progressing \_\_\_\_\_ schedule, and it is expected to be completed by the end of the year.

### (2) 写作应用

④ [2021 · 浙江卷应用文写作] 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办。

⑤ \_\_\_\_\_ (按计划), the activity began at 3:00 pm, lasting three hours. (应用文写作之活动报道)

### [归纳总结]

(1) ahead of schedule = ahead of time

(进度上) 提前

on schedule = on time

准时

(2) be 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

## 主题词块

### 1 in panic 惊慌地

### (1) 单句填空

① I \_\_\_\_\_ (panic) when I saw smoke coming out of the engine, too anxious to know what to do.

②[上外选必三] You're so \_\_\_\_\_ (panic) that you are unable to function in certain situations—like taking tests or socialising with friends.

(2)写作应用

③[2025·浙江1月考读后续写] The man \_\_\_\_\_, then ran through the house towards the window and jumped out. 那个男人惊慌失措地站起来,随即穿过房子冲向窗户,纵身跳了出去。

④Jane \_\_\_\_\_ (陷入恐慌) and her heart beat so violently that she felt nearly suffocated. (读后续写之心理描写)

⑤She \_\_\_\_\_ (感到一阵惊慌), but forced herself to leave the room calmly. (读后续写之心理描写)

[归纳总结]

(1)panic *n.* 惊慌,恐慌

v. (panicked, panicked, panicking)

(使)惊慌,惊慌失措

get into a panic 陷入恐慌

a moment/wave of (blind) panic

一阵(莫名的)惊慌

(2)panicky *adj.* 恐慌的;焦虑不安的

② **pay off** 取得成功;得到回报;还清(借款)

(1)单句填空

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

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

(2)写作应用

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

④ \_\_\_\_\_ (参观) historic sites enables us to get exposed to our history and culture in depth, which, to some extent, strengthens our national confidence and pride.

(应用文写作之活动意义)

[归纳总结]

pay for 支付;为……付出代价

pay back 偿还;报复;回报

pay a visit to 参观,拜访

pay (no) attention to 注意/不理会

| 重点句型运用 |

句型:so + adj./adv. + that...

如此……以至于……

[外研必修一] ...but the teacher spoke **so fast that I couldn't take everything down.**

……但是老师说得太快了,以至于我无法把所有的内容都记下来。

写作应用/句式改写

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

② He heard \_\_\_\_\_ (如此可怕的声音) that his heart began to

race. (读后续写之场景和心理描写)

③[2021·全国乙卷] As soon as I saw the crowd of people down there, my heart beat so fast that I was unable to say a single word. (读后续写之心理描写)

→ As soon as I saw the crowd of people down there, \_\_\_\_\_

I was unable to say a single word. (用倒装句改写)

[句式点拨]

so/such... that... “如此……以至于……”可用来引导

结果状语从句,常构成如下结构:

so + {  
 adj. / adv.  
 adj. + a/an + n.  
 few/many/much/little + n. } + that 从句

such + {  
 a/an + adj. + n.  
 adj. + 复数/不可数名词 } + that 从句

温馨提示: so + adj. + a/an + n. + that... = such + a/  
 an + adj. + n. + that...  
 为强调 so... that... 句型中的形容词或副词,可以把  
 so 放在句首,主句用部分倒装结构。

## 主题多维检测 /

### Part I 基础检测

#### I 单句填空

- [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.
- [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.
- Parents are often involved in discussions about their children's \_\_\_\_\_ (behave) at school to ensure a supportive learning environment.
- After years of hard work and dedication, she proudly received her \_\_\_\_\_ (graduate) award.
- On seeing the \_\_\_\_\_ scene, she was so \_\_\_\_\_ that she burst out crying **desperately**. (frighten)
- Out of \_\_\_\_\_ (curious), I attended a **lecture** on cultural diversity during an international **exchange** programme.
- What experience he has obtained is that perseverance is the key to making such a great \_\_\_\_\_ (achieve).
- She felt a wave of \_\_\_\_\_ (anxious) wash over her as she prepared for the final exam in mathematics.

9. Disappointed and \_\_\_\_\_ (annoy), Jim climbed into the car and shut the door loudly.

10. With **advanced** \_\_\_\_\_ (equip) in the classroom, students can access a wide range of digital resources to aid their studies.

#### II 词块运用

- The moment the theatre caught fire, the audience ran out \_\_\_\_\_ (惊慌地).
- In the end, with his wife's encouragement and his determination, all his **efforts** finally \_\_\_\_\_ (得到回报).
- I stepped into the teacher's office \_\_\_\_\_ (紧张不安) and was told that I had been selected as the **chairman** of the Student Union. My face lit up instantly.
- We can \_\_\_\_\_ (充分利用) the fitness **facilities** available at the gym to engage in regular exercise.
- I tried my best and walked as fast as I could, but I failed to \_\_\_\_\_ (追上) others after all.
- She's asked to \_\_\_\_\_ (不打扰) but the press photographers follow her everywhere.

#### III 主题语篇填空

**Senior high school** is a world full of 1. \_\_\_\_\_ (**challenge**): a new environment,

new knowledge and new ways of thinking. However, for those 2. \_\_\_\_\_ have a **positive** mind, **opportunity** lies in each challenge. When you work hard to get over the challenges, you have the opportunity 3. \_\_\_\_\_ (**acquire**) great knowledge and enjoy personal growth.

**Potential** is your natural ability that can 4. \_\_\_\_\_ (**develop**) when you try hard enough. Over the next three years, you 5. \_\_\_\_\_ (**discover**) your potential while you develop as a student and as a person. To fully **realize** your potential, 6. \_\_\_\_\_ is important for you to **make the most of** your school resources. Take advantage of your

classes, learn from your teachers and classmates, and make use of your school **facilities**.

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

As Laozi 9. \_\_\_\_\_ (**wise**) said, “A journey of a thousand miles begins with a single step.” You need to make a 10. \_\_\_\_\_ (**continue**) **effort** to train your mind and develop your character.

## Part II 写作提升

### ① 应用文写作之演讲稿

[2025 · 浙江1月考]

你将参加英语课上的“一分钟演讲”活动。请你针对部分同学在校园内用手机拍摄短视频的现象写一篇演讲稿,内容包括:

1. 陈述看法;
2. 提出建议。

注意:1. 写作词数应为 80 个左右;  
2. 在相应位置作答。

#### 精彩美文

#### My views on filming short videos on campus

Good morning, everyone!

I'd like to share my thoughts on a growing trend: students filming short videos across campus. 1. \_\_\_\_\_

(尽管内容创作充满乐趣和创意), the constant filming in classrooms and libraries 2. \_\_\_\_\_

\_\_\_\_\_ (已经变得具有干扰性). 3. \_\_\_\_\_ (这不仅会分散他人的注意力)【倒装句】, but also shows a lack of respect for our classmates and teachers.

Here are my suggestions. First, clear rules should be set—banning filming in academic areas and 4. \_\_\_\_\_

(仅允许休息时间在特定地点进行). Second, teachers could assign video projects as part of coursework, 5. \_\_\_\_\_

\_\_\_\_\_ (允许在不影响课堂的情况下进行创意表达). Finally, let's remember to stay focused on learning and 6. \_\_\_\_\_ (体谅他人).

Thank you for your attention!

## Ⅱ 读后续写表达练

### 1. 情感细节描写——焦虑、担忧与紧张

焦虑的;忧虑的	anxious/worried/uneasy	焦急地/不安地	with anxiety/uneasiness/anxiously
难过的;沮丧的	upset/discouraged/frustrated	对……担忧	be concerned about/care about
担心的;不安的	uneasy	为……而担忧/忧虑	be worried/anxious/uneasy about
坐立不安的/紧张的	restless/nervous	情绪紧张; 忐忑不安	have/get/with butterflies in one's stomach
掩饰紧张/焦虑	hide one's nervousness/anxiety	一阵紧张/焦虑	a surge/wave/flood of tension/anxiety
紧张;焦虑	tension	心狂跳不止/剧烈跳动	one's heart pounds/beats/races wildly
屏住呼吸	hold one's breath	(某人的大脑)一片空白	(one's mind) go blank
手发抖	with one's hands trembling	如坐针毡	sit/be on pins and needles

#### A. 单句表达

1. She tried to \_\_\_\_\_, but she could feel her heart \_\_\_\_\_.

她试图掩饰自己的紧张,但她能感觉到自己的心在怦怦地跳。

2. \_\_\_\_\_, Derek detailed the accident to Mr Such.

德里克忐忑不安地向萨奇先生详述了事故经过。

3. \_\_\_\_\_ washed over him—he'd practised his answers a hundred times, but \_\_\_\_\_ for a split second.

一阵紧张感向他袭来——他已经把答案练了上百遍,可大脑却一瞬间一片空白。

#### B. 语段表达

It was the day of the big maths test, and Sarah was extremely nervous. She 1. \_\_\_\_\_

\_\_\_\_\_ (已经担心这次考

试) for weeks, knowing that her grade point average depended heavily on this result. As she walked into the classroom, she felt 2. \_\_\_\_\_

\_\_\_\_\_ (一阵焦虑) wash over her.

3. \_\_\_\_\_ (她的心狂跳不止) in her chest and 4. \_\_\_\_\_

\_\_\_\_\_ (她的双手正控制不住地颤抖). She sat there, feeling like she 5. \_\_\_\_\_

6. \_\_\_\_\_ (正如坐针毡). She 7. \_\_\_\_\_

(使她更加焦虑). Despite her fears, she took a deep breath and started working through the problems, hoping that her preparation would pay off.