



教育图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年专注教育行业

全品学练考

主题读写

精选时文素材 紧扣单元主题
深耕读写融合 赋能素养提升

主 编 肖德好

高中英语

选择性必修第一册 RJ

CONTENTS

目录

主题读写

卓有成就的人物

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会 四位杰出女性	应用文	写 002
◆ Tuesday	阅读理解	人与社会 发明便宜盲文阅读器的少年	记叙文	写 004
◆ Wednesday	阅读理解	人与自然 黑猩猩研究专家珍·古道尔	记叙文	写 006
◆ Thursday	阅读理解	人与社会 科学作家蕾切尔·卡逊	记叙文	写 008
◆ Friday	阅读七选五	人与自我 对“伟大”的理解	议论文	写 010
◆ Saturday	完形填空	人与自我 Ben Francis 成功创立健身服装品牌 Gymshark	记叙文	写 012
◆ Sunday	渐进写作微技能：非谓语动词的写作——分词			写 014
	主题写作：对社会有突出贡献的人物			写 015

展望未来

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会 乔安娜·柯尔和她的《神奇校车》	记叙文	写 017
◆ Tuesday	阅读理解	人与社会 机械手	说明文	写 019
◆ Wednesday	阅读理解	人与社会 家用机器人	说明文	写 021
◆ Thursday	阅读理解	人与社会 新型太阳能面料可给小型设备充电	说明文	写 023
◆ Friday	阅读七选五	人与社会 未来住房	说明文	写 025
◆ Saturday	完形填空	人与社会 Aadi 教老年人使用智能手机	记叙文	写 027
◆ Sunday	主题写作：科学与技术			写 029
	读后续写微技能：人物描写(一)			写 030

引人入胜的公园

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自然	伦敦最好的四个公园	应用文 写 033
◆ Tuesday	阅读理解	人与自然	Edgar McGregor 清理公园	记叙文 写 035
◆ Wednesday	阅读理解	人与自然	美国大雾山国家公园	说明文 写 037
◆ Thursday	阅读理解	人与自然	厄瓜多尔的“荒野宁静公园”	说明文 写 039
◆ Friday	阅读七选五	人与社会	如何计划参观游乐园	说明文 写 041
◆ Saturday	完形填空	人与自然	小狗萨姆和主人在公园捡垃圾	记叙文 写 043
◆ Sunday			渐进写作微技能：非谓语动词的写作——不定式、动名词	写 045
			主题写作：自然生态	写 046

肢体语言

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	四个最佳肢体语言课程	应用文 写 048
◆ Tuesday	阅读理解	人与社会	肢体语言	夹叙夹议文 写 050
◆ Wednesday	阅读理解	人与社会	肢体语言的解读方式	说明文 写 052
◆ Thursday	阅读理解	人与社会	关于肢体语言的研究	说明文 写 054
◆ Friday	阅读七选五	人与社会	非语言交流	说明文 写 056
◆ Saturday	完形填空	人与社会	学生学习手语	记叙文 写 058
◆ Sunday			主题写作：跨文化沟通、包容与合作	写 060
			读后续写微技能：人物描写(二)	写 061

农 业

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	关于食物与农业的线上活动	应用文 写 064
◆ Tuesday	阅读理解	人与自然	种植食物改善社区饮食	记叙文 写 066
◆ Wednesday	阅读理解	人与自然	气雾栽培技术	新闻报道 写 068
◆ Thursday	阅读理解	人与自然	太阳能电池在农业中的应用	说明文 写 070
◆ Friday	阅读七选五	人与自然	家庭菜园	说明文 写 072
◆ Saturday	完形填空	人与社会	为社区贫困家庭带来健康食物	记叙文 写 074
◆ Sunday			渐进写作微技能：名词性从句的写作	写 076
			主题写作：人类生存、社会发展与环境的关系	写 077

参考答案

写 079

一、产品设计背景

在“新课标、新教材、新高考”的体系下，英语教学急需按照“主题”要求组织的素材。

- **新课标**（2025修订版）：明确提及的核心是主题，分为三大主题，36个子主题，主题下结合语篇载体进行纵深的挖掘，语言知识及其他则附着在主题和语篇类型中。
- **新教材**：每册新教材均按照新课标主题编写，纯新课文等急需大量拓展教材之外的语言素材训练载体。
- **新高考**：新高考最大特点是加大了写作分值和比重（共40分），新高考卷最大的分值比重就在于阅读和写作。新高考导向清晰明确，这就要求同步教学要以主题和语篇为载体展开深入教学。

二、产品理念

本书是对接“三新”方向的素材抓手，匹配新教材单元主题，科学划分题型，每天一小练（10~15分钟），重心突出语篇阅读与写作，稳步提升语言素养。

三、产品特点

1. 结构：内容对接“三新”——依据新课标理念（2025修订版）精心编排，匹配新教材单元主题，吻合新高考考查导向。

2. 以单元主题引领的拓展方向的阅读+写作

● **阅读**：本书所选训练的试题均为最新试题，素材来源广泛，用词地道，选材新颖。本书所选材料均经过精挑细选，是高中英语读写训练的最佳素材。

● **写作**：突出精读训练，“读后有练，读后有写”。

在阅读中精深词汇，通过在语篇中学习词汇进而学会运用来培养学生的语用能力。写作能力的培养也是通过对语篇中出现的句型进行仿写来达到的。以读促学，以读促写。

3. 写作进阶：本书的写作具备三种维度——渐进写作微技能、主题写作和读后续写微技能。每册图书既结合新教材又同时结合新高考写作题型，均从微技能角度切入，循序渐进，全面助力提升学生的写作功底。

卓有成就的人物

Monday 阅读理解

练新鲜时文 探主题意义

词数 290

难度 ★★★

建议用时 5 分钟

正确率 ____/3

Unbelievable women you didn't learn about in history class

Nellie Bly

Famous **investigative** journalist Nellie Bly was born in 1864 in Pennsylvania. She began writing for the paper with the pen name “Nellie Bly”, inspired by a popular song at the time. After two years, she began writing for the *New York World*. In her most famous **assignment**, she spent ten days living in a mental institution to **expose** the truth about the conditions the patients faced.

Madam C. J. Walker

Madam C. J. Walker was born Sarah Breedlove in 1867. In 1890, she developed a condition that caused her to lose her hair, and with it, an interest in hair care, she began working for black hair care entrepreneur(企业家) Annie Turnbo Malone. Eventually, Walker began making and marketing her own hair care products designed for African-American women, a **virtually untapped** market at the time.

Hedy Lamarr

You might know Hedy Lamarr from the silver screen; she **starred in** many films from the “Golden Age” of Hollywood. But her film career is far from her only **noteworthy** achievement; she was also a brilliant inventor. She was born in 1914 in Austria and moved to the United States in the hope of **pursuing** a film career. In 1942, in the midst of her Hollywood success, she and composer George Antheil received a patent on a device that could change radio signal frequencies.

Alice Coachman

Alice Coachman was the first African-American woman to win an Olympic gold medal. She was born in 1923 and grew up in Georgia, where segregation(隔离政策) prevented her from joining sports teams. So she trained on her own. Finally, Coachman competed in the 1948 Olympics in London, where she not only won a gold medal but **set a record** in the high jump.

() 1. What led Walker to set up her own career?

- A. Her hair loss problem.
- B. The social need.
- C. The desire for success.
- D. Her love for money.

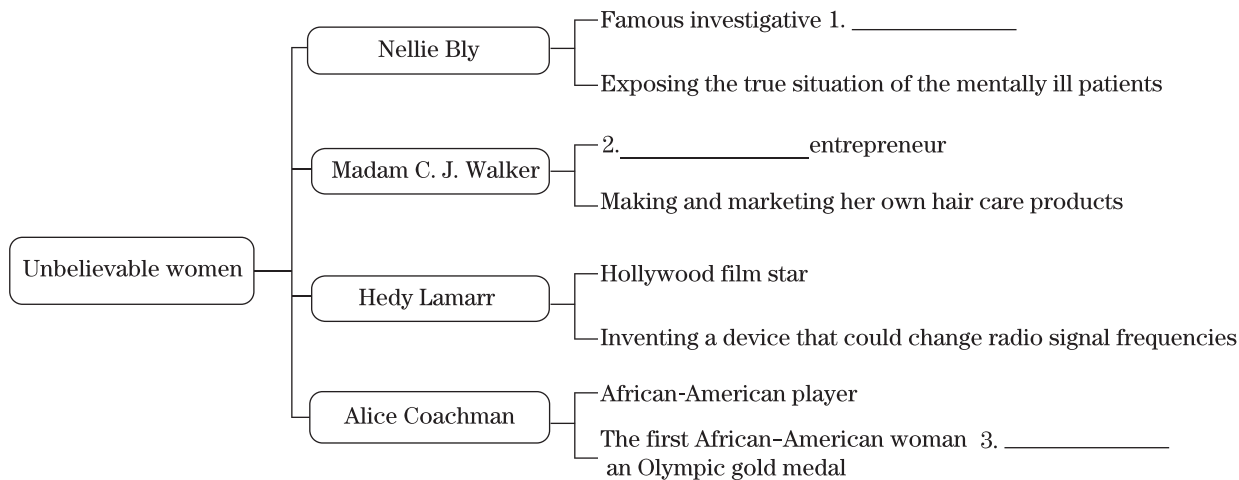
() 2. Who was a movie star and inventor?

- A. Nellie Bly.
- B. Madam C. J. Walker.
- C. Hedy Lamarr.
- D. Alice Coachman.

() 3. What can we learn about Alice Coachman's experience?

- A. One should hold their horses.
- B. It is never too old to learn.
- C. We can kill two birds with one stone.
- D. Where there is a will, there is a way.

语篇分析



词海拾珠

- investigative *adj.* 调查性的; 侦查的 → _____ *v.* 调查; 研究 → _____ *n.* 调查; 研究
- assignment *n.* 分配; 任务; 作业 → _____ *vt.* 分配; 指派
- expose *vt.* 揭露, 揭发; 使曝光 → _____ *adj.* 暴露的, 无掩蔽的 → _____ *n.* 暴露; 曝光; 揭露
- virtually *adv.* 几乎; 实际上; 实质上; 虚拟地 → _____ *adj.* 很接近的; 事实上的; 虚拟的
- untapped *adj.* 未利用的; 未开发的 → tap *v.* 轻拍, 轻敲, 轻触; 开发, 利用 *n.* (水) 龙头, 阀门
- star in 在……中担任主角
- noteworthy *adj.* 显著的; 值得注意的
- pursue *vt.* 追求, 致力于 → _____ *n.* 追求
- set a record 创造纪录

【举一反三】

一词多义 develop

[原句再现] In 1890, she **developed** a condition that caused her to lose her hair...

1890年, 她患上了一种导致她脱发的疾病……

develop *v.* 发展; 发育; (使) 成长; 提高; 开发, 研制; 产生, 出现; 患(病); 逐渐形成(问题); 冲洗(底片); 养成

[猜测词义]

- The company is spending \$ 650 million **developing** new products. ()
- The place has rapidly **developed** from a small fishing village into a booming tourist resort. ()
- I had the film **developed** yesterday. ()
- The study showed that one in twelve women are likely to **develop** the disease. ()
- I'm looking for a job which will enable me to **develop** my skills. ()
- She later **developed** a taste for classical music. ()

句型透视

[原句] Alice Coachman was the first African-American woman to win an Olympic gold medal.

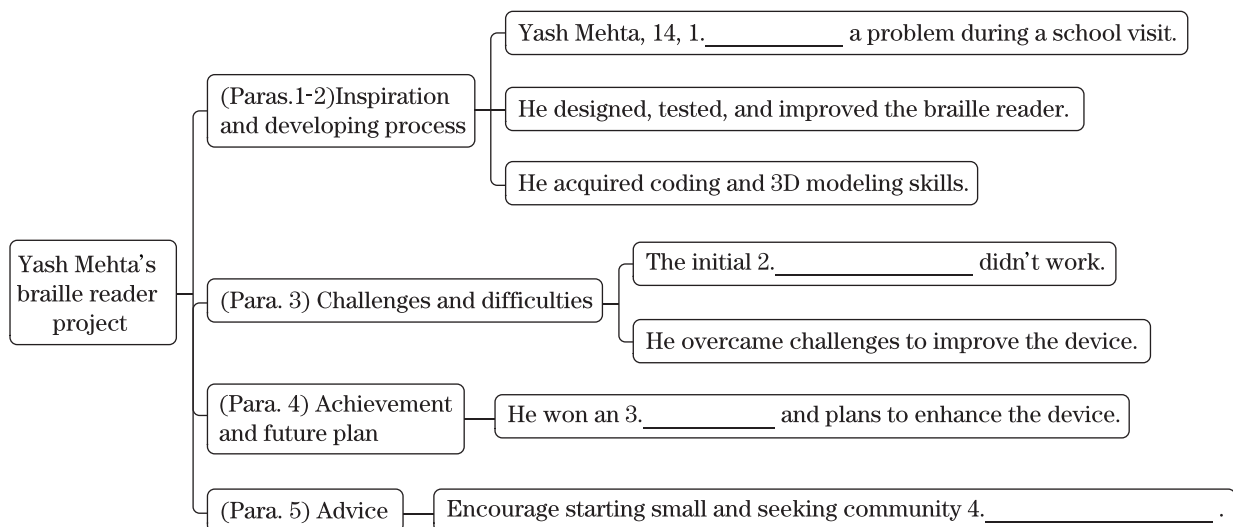
[分析] 本句是一个简单句。句中 the first African-American woman to win... 是“the + 序数词 + 名词 + to do”结构, 其中, 不定式作 _____, 修饰名词 woman。

[翻译] 艾丽斯·科奇曼是第一位获得奥运会金牌的非裔美国女性。

[仿写] 最后, 凭借坚强的意志, 我是第一个到达终点线的跑步者, 这让我非常激动。

Finally, with strong will, I was _____, which made me so thrilled.

语篇分析



词海拾珠

1. electronic *adj.* 电子的; 电子设备的 → electric *adj.* 用电的 → _____ *n.* 电; 电能
2. costly *adj.* 昂贵的; 造成严重损失的 → cost *n.* 花费; 成本; 代价 *v.* 花费
3. affordable *adj.* 价格合理的; 买得起的 → _____ *v.* 买得起; 承受得住
4. be capable of 有能力做
5. fit in 适应; 适合; 融入, 合得来
6. initial *adj.* 开始的, 最初的 → _____ *adv.* 最初
7. relieve *vt.* 解除; 缓解 → _____ *n.* 缓解, 减轻
8. translate *v.* 翻译; 转换 → _____ *n.* 翻译; 译本
9. first-hand *adj.* 第一手的, 直接的

【举一反三】

一词多义 current

[原句再现] Try to find something that you think can be done based on your **current** abilities.

努力根据你当前的能力找到一些你认为可以做的事情。

current *adj.* 当前的; 流通的; 流行的 *n.* (河、湖或海的) 水流; 电流; 趋向

[猜测词义]

- (1) This custom was still **current** in the late 1960s. ()
- (2) The **current** president of the company is very popular with employees. ()
- (3) The boat was swept away by the strong **current** in the river. ()
- (4) There was a strong **current** of opinion among teenagers. ()

句型透视

[原句] At first, he attempted to base his design on a TENS machine—a device that uses electric pulses to relieve pain, hoping these pulses could create the feeling of braille dots.

[分析] 本句是一个主从复合句。a device 为同位语, 修饰 a TENS machine, 其后 that 引导 _____, 句中 hoping 为现在分词作 _____, 其后接省略了 that 的宾语从句。

[翻译] 起初, 他尝试将自己的设计基于 TENS 机器——一种使用电脉冲来缓解疼痛的设备, 希望这些脉冲能够产生盲文点的感觉。

[仿写] 我垂下眼, 盯着自己的脚, 希望没人注意到我有多么尴尬。

I dropped my eyes and stared at my feet, _____.

词数 319

难度 ★★★

建议用时 7 分钟

正确率 ____/4

In the beginning, Jane Goodall named the chimpanzees(黑猩猩). This was controversial. It was 1960, back when scientists weren't supposed to honour the animals they studied with names. But Goodall wasn't that kind of scientist. Technically, she wasn't a scientist at all, graduating from secretarial(秘书的) school. In fact, it was partly this **inexperience** that inspired Goodall's **employer** to send her off to study the wild chimpanzees of Tanzania. Fresh eyes, and a **novel** approach, might finally uncover the mysterious world of humanity's closest nonhuman relatives.

This turned out to be true. Day after day, from dawn to dusk, Goodall walked through the forests, trying to establish rapport with the chimpanzees. She waited, quietly filling notebooks, hoping that the creatures would come to accept this "strange white creature". For months, they mostly avoided her. Finally, shared curiosity won out. The chimps came closer and closer. She fed them bananas, brushed them and was brushed **in return**, celebrated their births, and cried over their deaths. And as she got to know them, she gave them names: David, Mr McGregor, Lord Dracula. As the decades passed, and Goodall established herself as the world's leading chimpanzee expert, the list of names grew.

In Goodall's books, chimpanzee society is as **complex** as anything in Jane Austen. There is infinite(无限的) drama: jealousy, union, division. Goodall's chimpanzees play with each other, eat foods and make fun of monkeys by shaking wet branches over their heads. They appear to dance in the rain and show sadness for the dead. She presents them as different, thinking, worthy individuals.

One of Goodall's greatest virtues was that she approached this relationship without thinking she was better. She engaged the chimpanzees, as much as humanly possible, **on their own terms**. She wrote, "As long as one looks with **gentleness**, without pride, a chimpanzee will understand, and may even return the look."

() 1. **Why was Jane sent to Tanzania?**

- A. Because she came from an unusual background.
- B. Because she was well-trained.
- C. Because she had relatives there.
- D. Because she tried to write a novel.

() 2. **What does the underlined word "rapport" in Paragraph 2 mean?**

- A. A formal agreement.
- B. A good relationship.
- C. A distant connection.
- D. A shared curiosity.

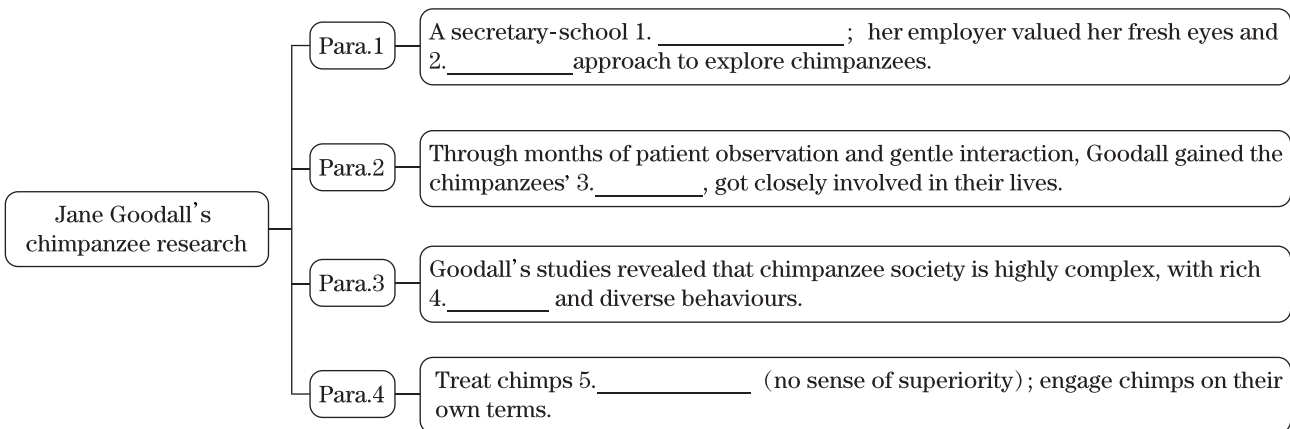
() 3. **What did Jane think of chimpanzees?**

- A. They were dramatic yet predictable.
- B. They had a questioning nature.
- C. They were simple animals without feelings.
- D. They were unique and intelligent creatures.

() 4. **What was Jane's approach to studying chimpanzees?**

- A. She exchanged eye contact with them.
- B. She recorded data without interrupting them.
- C. She respected and observed them.
- D. She showed them human authority.

语篇分析



词海拾珠

1. inexperience *n.* 缺乏经验; 无经验 → _____ *adj.* 有经验的 → experience *n.* 经验 *v.* 经历 → _____ *adj.* 无经验的
2. employer *n.* 雇主; 老板 → _____ *n.* 雇员 → employ *v.* 雇用; 使用 → _____ *n.* 就业
3. novel *adj.* 新颖的; 新奇的 *n.* 小说 → novelist *n.* 小说家
4. in return 作为回报; 反过来
5. complex *adj.* 复杂的; 难懂的
6. on one's own terms 按照自己的意愿; 以自己的方式
7. gentleness *n.* 温柔; 温和 → gentle *adj.* 温柔的; 轻柔的 → _____ *adv.* 温柔地; 轻轻地

【举一反三】

一词多义 approach

[原句再现] Fresh eyes, and a novel **approach**, might finally uncover the mysterious world of humanity's closest nonhuman relatives.

全新的视角与新颖的方法,或许终将揭开人类最亲近的非人类亲属的神秘世界。

approach *n.* 方法, 方式; (距离和时间上的) 接近, 靠近; 接洽; 路径, 通路 *v.* (在距离或时间上) 靠近; 接洽; 着手处理

[猜测词义]

- (1) The only **approach** to the village is across the wooden bridge. ()
- (2) His practical **approach** to solving problems is worth learning from. ()
- (3) As we **approached** the forest, we heard the sound of birds singing. ()
- (4) The company **approached** our teacher to design an English course for employees. ()
- (5) We need to **approach** this task with great care and patience. ()

句型透视

[原句] In fact, it was partly this inexperience that inspired Goodall's employer to send her off to study the wild chimpanzees of Tanzania.

[分析] 本句是一个强调句型。被强调部分是 _____, 是句子的 _____。

[翻译] 事实上, 部分原因正是这份经验的欠缺, 才促使古道尔的雇主派她前往坦桑尼亚研究野生黑猩猩。

[仿写] 正是那位陌生人温暖的笑容与真诚的帮助, 给了迷路的男孩继续前行的勇气。(强调句型)

_____ gave the lost boy the courage to keep going.

词数 312

难度 ★★★★★

建议用时 7 分钟

正确率 ____/4

Rachel Carson was a science writer widely respected for her books about oceans. But she also devoted years to gathering scientific research that would **awaken** the public to the dangers of modern chemical pesticides. Her work, *Silent Spring*, became one of the most **influential** books of the 20th century. And it **launched** the modern environmental movement.

Born in Pennsylvania, she became a marine (海洋的) scientist working for the US government, primarily as a writer and editor. Her first three books, *Under the Sea-Wind*, *The Sea Around Us*, and *The Edge of the Sea* were physical **explanation** of life in and near the sea. They made Carson one of the best-known and respected science writers. But then she turned her time and talents to a new subject.

Carson had been concerned about the dangers of the pesticide DDT since the mid-1940s. At first DDT was a symbol of the progress of modern chemistry. It had saved countless lives by killing lice (虱子) and mosquitoes that spread deadly diseases. But Carson doubted whether spreading **large quantities of** poison throughout the environment could be completely safe. She **painstakingly** gathered research to prove that chemical industry was **overconfident** about the safety of chemicals that hadn't been tested.

Carson published her research as a book, *Silent Spring*, in 1962. It caused an uproar. Carson was immediately attacked by the chemical industry. Millions of citizens tuned in to a television programme analysing the issue. Carson's calm and reasoned arguments turned the audience **in her favour**. Finally, her work **convinced** the president to call for an investigation. Eventually 12 of the most toxic chemicals Carson wrote about in *Silent Spring*, including DDT, were banned. She grew physically weak and endured a lot of pain. Yet she refused to stop working on the book. She died on April 14, 1964, at the age of 56. Her writings helped move the nation towards a new understanding of how humankind depends on the interconnectedness of all forms of life on Earth.

() 1. **Why did Carson turn to a new field after she got famous?**

- A. She was doubtful about the effectiveness of DDT.
- B. She was interested in the life-saving DDT at that time.
- C. She was surprised that DDT could kill lice and mosquitoes.
- D. She was worried about the harm caused by overuse of DDT.

() 2. **What does the underlined word “uproar” probably mean?**

- A. Discussion.
- B. Criticism.
- C. Agreement.
- D. Interruption.

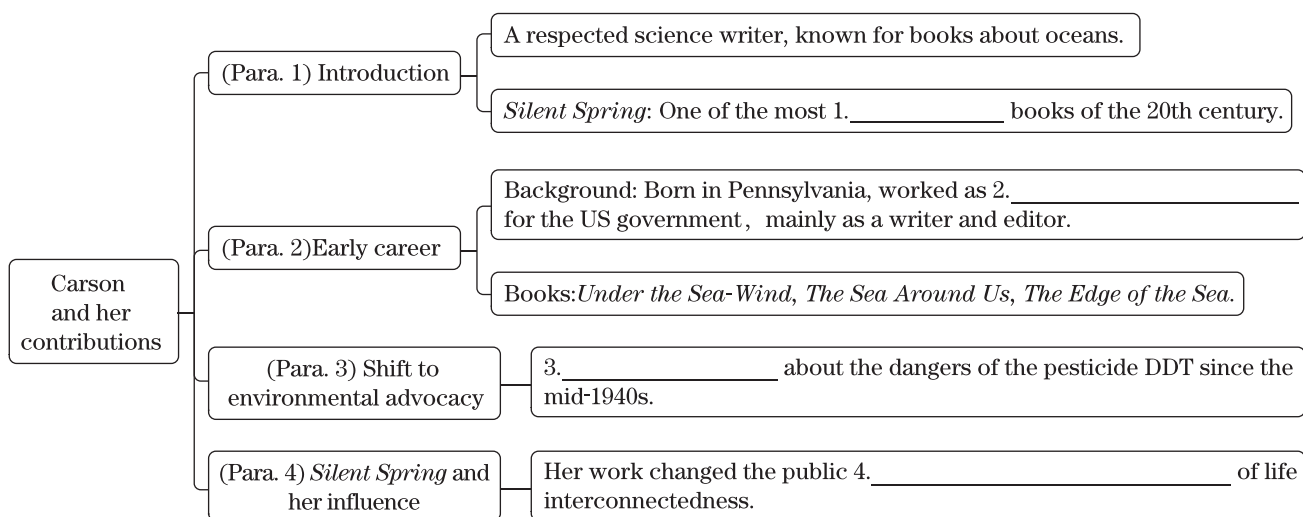
() 3. **What finally changed the public view of chemical safety?**

- A. Carson's first three books.
- B. The investigation of the president.
- C. Carson's silence about the attacks.
- D. The arguments Carson presented on TV.

() 4. **Which can be the best title of the passage?**

- A. Inspiring research on a book
- B. First woman marine scientist
- C. A revolutionary call for action
- D. A pioneer in environmental protection

语篇分析



词海拾珠

- awaken *vt. & vi.* 唤醒, (使) 觉醒 → _____ *v.* 醒来
- influential *adj.* 有影响力的; 有支配力的 → _____ *v. & n.* 影响
- launch *v.* 发起; 开始从事; 上市; 使(船)下水; 发射 *n.* 发射; 下水; 上市; 发起
- explanation *n.* 解释, 说明; 理由 → _____ *v.* 解释, 说明
- large quantities of 大量
- painstakingly *adv.* 不辞辛劳地
- overconfident *adj.* 过分自信的 → confident *adj.* 自信的 → _____ *n.* 信心
- in one's favour 对某人有利; 有利于某人
- convince *v.* 使相信; 说服 → _____ *adj.* 有说服力的

【举一反三】

一词多义 subject

[原句再现] But then she turned her time and talents to a new **subject**.

但后来, 她把自己的时间和天赋转向了一个新的领域。

subject *n.* 话题; 主题; 学科; 实验对象 *adj.* 受……支配的; 受制于 *v.* 使服从, 使经受

[猜测词义]

- (1) My favourite **subject** at school was science. ()
- (2) Please discuss the **subject** of your essay with your tutor before writing it. ()
- (3) In a psychology experiment on memory, researchers invited college students to serve as **subjects**. ()
- (4) This deal is **subject** to conditions. Please read this instruction for details. ()

句型透视

[原句] She painstakingly gathered research to prove that chemical industry was overconfident about the safety of chemicals that hadn't been tested.

[分析] 本句是一个主从复合句。句中 that chemical industry was overconfident about the safety of chemicals 为 _____ 从句, that hadn't been tested 为 _____ 从句, 修饰先行词 chemicals。

[翻译] 她煞费苦心收集研究资料, 以此证明化工行业对于那些未经检测的化学品安全性过于自信。

[仿写] 我发这封邮件给你, 是想建议我们班组织一些能够增强团队合作精神的活动。

I'm sending you this e-mail to suggest _____.

词数 278

难度 ★★★

建议用时 7 分钟

正确率 ____/5

Over the years, we've all met our fair share of successes and failures. After I **acquired** more of both **under my name**, I started to think about “greatness”.

Interestingly, I realized that it was not the sporadic(偶尔发生的) highs that were **exceptional** or great. 1. _____ Greatness is not about overnight successes or flashes of **excellence**, but periods of repeated habits.

Greatness doesn't happen in an instant. The first step in becoming great is recognizing that you're not yet great. In fact, it comes from recognizing that there is no such thing as greatness at a **specific** instant in time. Greatness is instead a **reflection** of a period of effort. 2. _____

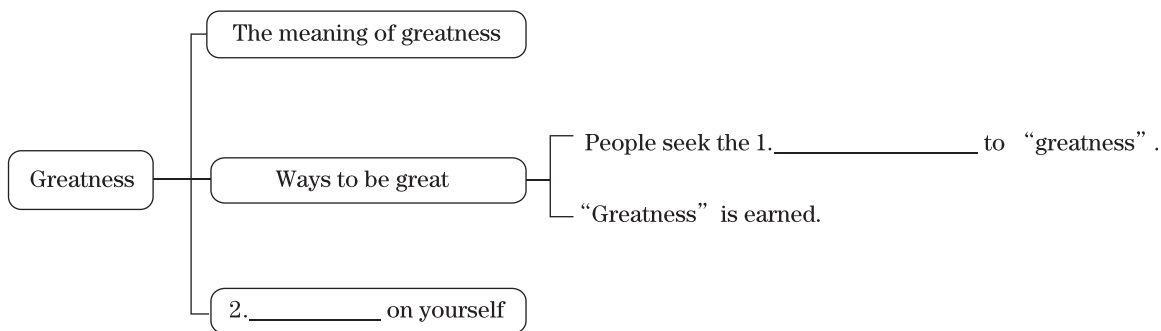
Moreover, being “great” is not about being better than someone else. It is about being dependable and **disciplined**, and eventually it is earned.

3. _____ In fact, each month 1,000 people search “how to be great”, 260 people search “how to become perfect”, and 2,400 people search “how to be the best”. They are looking for answers to how to get from 0 to 1. Yet, many people do not want to put the effort over a period of time to actually get to 1. They are looking for the “secret to success”. But in many ways the secret does not exist. 4. _____ It is hard work. In other words, greatness is earned.

I wish each of you to consider if greatness truly is a reflection of lasting effort. 5. _____ Ask yourself if you'd like to spend your days, weeks, months, and years on a constant uphill battle. If you like this kind of life, let's **dive into** what truly makes someone “great”.

- A. You know what brings success?
- B. Instead, it was the long journey.
- C. Many people want to be “great”.
- D. Remember “great” is not just “good”, but repeatable.
- E. Ask yourself whether that's the life you'd like to live.
- F. Greatness in a single instance can be reduced to luck.
- G. If you cannot do great things, do small things in a great way.

语篇分析



词海拾珠

1. acquire *v.* 获得, 得到; 学到 → acquisition *n.* 获得, 得到
2. under one's name 以某人的名义
3. exceptional *adj.* 卓越的, 杰出的; 不寻常的 → _____ *n.* 例外 → _____
prep. 除了……之外
4. excellence *n.* 杰出, 卓越 → _____ *adj.* 卓越的; 极好的; 杰出的
5. specific *adj.* 明确的, 具体的; 特定的
6. reflection *n.* 深思; 反射; 反映 → _____ *v.* 反射; 映出; 深思
7. disciplined *adj.* 训练有素的, 遵守纪律的 → _____ *n.* 学科; 纪律 *v.* 训练; 惩罚
8. dive into 跳入; 投入; 探究

【举一反三】

一词多义 reflection

[原句再现] Greatness is instead a **reflection** of a period of effort.

相反, 伟大是一段时间的努力的反映。

reflection *n.* 映像; 反射; 反映, 显示; 沉思, 思考

[猜测词义]

- (1) Meg stared at her **reflection** in the bedroom mirror. ()
- (2) While the news at first shocked me, on **reflection** it made perfect sense. ()
- (3) Your clothes are often a **reflection** of your personality. ()
- (4) The **reflection** of sunlight on the lake dazzled me. ()

句型透视

[原句] In fact, it comes from recognizing that there is no such thing as greatness at a specific instant in time.

[分析] 本句是一个主从复合句。that 引导 _____ 从句, no such thing as greatness 是固定搭配 no such...as..., 表示“没有诸如此类的……”。

[翻译] 事实上, 它来自认识到在特定的时间点上没有所谓的伟大。

[仿写] 事实上, 这源于一种领悟: 不存在不付出持续努力就能获得的所谓“一夜成名”。

In fact, it comes from realizing _____ that can be achieved without constant effort.

词数 240

难度 ★★★

建议用时 15 分钟

正确率 ____/15

At 19, Ben Francis, who didn't inherit (继承) wealth, saved tips from his late-night Pizza Hut **delivery** runs to buy a second-hand sewing machine, **co-founding** Gymshark, a fitness clothing brand (品牌) for gym-goers, with his friend Lewis Morgan. Their first 1 was to run a small website selling fitness goods, but Francis soon grew tired of his 2 gym clothes, deciding to 3 the business direction. They began to produce more **well-fitted** sportswear.

In 2013, they 4 Gymshark's first samples into a backpack and took them to a bodybuilding show. With no money for ads, they followed a nervous guess—5 free clothes to their favourite fitness YouTubers they'd long 6. "I just hoped my idols (偶像) would 7 us," Francis said 8 then. To their 9, those **creators** wore Gymshark online, which made daily sales 10 from \$ 450 to \$ 45,000 **overnight**.

Eleven years later, 30-year-old Francis 11 the *Forbes* billionaires list (average age 65) with a \$ 1.3 billion net worth. He **resigned** CEO in 2017, 12 that he lacked leadership skills in his 20s. For the next four years, he 13 product and marketing chief to learn the business deeply before returning as CEO in 2021, when Gymshark was valued at \$ 1.45 billion. "If we 14 working hard, we can be the UK's answer to Nike and become a 15 brand," Francis said confidently.

- () 1. A. experience B. step C. challenge D. job
- () 2. A. ill-fitting B. second-hand C. waterproof D. lightweight
- () 3. A. maintain B. share C. change D. approach
- () 4. A. translated B. introduced C. packed D. divided
- () 5. A. gifting B. leading C. informing D. awarding
- () 6. A. ignored B. admired C. discussed D. understood
- () 7. A. remind B. touch C. notice D. replace
- () 8. A. proudly B. shyly C. suddenly D. quietly
- () 9. A. curiosity B. confusion C. joy D. regret
- () 10. A. appear B. range C. vary D. jump
- () 11. A. joined B. sorted C. deleted D. chose
- () 12. A. pretending B. announcing C. refusing D. admitting
- () 13. A. worked as B. took on C. sought out D. applied for
- () 14. A. recommend B. escape C. imagine D. keep
- () 15. A. local B. traditional C. global D. private

词海拾珠

1. delivery *n.* 递送; 配送(如外卖、快递); 演讲方式 → _____ *v.* 传送; 递送; 发表
2. co-found *v.* 共同创立; 联合创办
3. well-fitted *adj.* 合身的(指衣物)
4. creator *n.* 创造者; 创作者; 创始人 → _____ *v.* 创造; 创作 → _____ *n.* 创造; 创作 → _____
adj. 创造性的; 有创造力的 → _____ *n.* 创造力; 创造性
5. overnight *adv.* 一夜之间; 突然
6. resign *v.* 辞职; 辞去(职务)

【举一反三】

一词多义 run

[原句再现] Their first step was to **run** a small website selling fitness goods...

他们迈出的第一步,是运营一个销售健身用品的小型网站。

run *v.* 跑, 奔跑; 运营, 管理; 运转, 运行; 竞选; 流淌

[猜测词义]

- (1) She **runs** a popular online store selling handmade crafts. ()
- (2) The athlete **runs** 5 kilometres every morning to keep fit. ()
- (3) Tears **ran** down her face when she heard the good news. ()
- (4) The old printer hasn't **run** smoothly since last week. ()
- (5) He decided to **run** for the student council president this year. ()

句型透视

[原句] For the next four years, he worked as product and marketing chief to learn the business deeply before returning as CEO in 2021, when Gymshark was valued at \$ 1.45 billion.

[分析] 本句是一个主从复合句。其中 when Gymshark was valued at \$ 1.45 billion 为 _____ 从句, 修饰先行词 in 2021。

[翻译] 在接下来的四年里, 他担任产品与营销总监, 深入学习业务知识, 而后于 2021 年重返首席执行官岗位, 彼时 Gymshark 的估值已达 14.5 亿美元。

[仿写] 我们建议将户外活动安排在城市公园, 在那里我们既能呼吸新鲜空气, 又能一起野餐。

We suggest organizing the outdoor activity in the city park, _____
_____.

渐进写作微技能：非谓语动词的写作——分词

1. 分词作状语

分词作状语可以表示时间、地点、原因、条件、方式或伴随等。过去分词作状语时，句子的主语与过去分词之间是逻辑上的动宾关系。而现在分词作状语时，句子的主语与现在分词之间是逻辑上的主谓关系，如：

[2025·浙江1月考读后续写] Mr Green listened intently to Kevin's story, **trying to make sense of what had happened.**

格林先生专心地听着凯文的故事，试图弄明白到底发生了什么。

Learning that a volunteer is needed for an exhibition of traditional Chinese painting, I am writing to apply for it.

得知中国传统绘画展需要一名志愿者，我写信申请这个职位。

【注意】当 when, while, unless, as if 等引导状语从句时，若从句的主语与主句的主语一致或从句主语是 it，且从句的谓语中含有 be 动词时，可以省略从句中的主语和 be 动词，构成“连词 + v.-ing/v.-ed/adj./n. ...”式的省略结构，如：

When (I am) facing difficulties and failures, I must overcome them.

当面对困难和失败时，我必须克服它们。

As (it is) scheduled, the party falls on this Saturday, lasting from 6 pm to 8 pm, during which a wide variety of wonderful performances will be put on.

按照计划，聚会在本周六举行，从下午6点持续到8点，期间将会举行各种各样的精彩表演。

2. 分词作定语，如：

We had a picnic with the vegetables **picked by**

ourselves in the open air.

我们在户外用自己摘的蔬菜进行了野餐。

The person **deserving my great respect** is my mum, an English teacher **working in one of our local senior schools.**

非常值得我尊敬的人是我妈妈，她是我们当地一所高中的英语老师。

3. 分词作宾语补足语，如：

[2025·浙江1月考读后续写] Kevin felt his heart **pounding wildly** as he approached Mr and Mrs Green.

当凯文走近格林夫妇时，他感到自己的心怦怦直跳。

Let's take action to get everyone **involved in the meaningful activities.**

让我们行动起来，让每个人都参与到这些有意义的活动中来。

4. 分词作表语

现在分词作表语，往往具有形容词的性质，说明主语的性质、特征等。如：

The argument is very **convincing.**

这个论点很令人信服。

The story about the environmental protector is **inspiring.**

那个环保卫士的故事令人深受鼓舞。

【跟踪演练】

根据句意完成下列句子

1. [2023·新高考全国I卷应用文写作] I suggest allowing students to form teams voluntarily _____.

我建议允许学生根据他们的爱好、学习目标或语言能力自愿组队。

2. [2023·新高考全国I卷读后续写] _____, he said,

“Congratulations! You are a good writer, so keep writing.” (分词作状语)

他握着我的手说:“恭喜你!你是个好作家,要继续写下去。”

3. [2024·新课标 I 卷应用文写作] We came to a lake _____ flowers and trees, where we began our favourite paintings. (分词作定语)

我们来到了一个被花草树木包围的湖边,在那里我们开始画自己最喜爱的画。

4. Alex struggled to reach the surface but found himself _____ a powerful current. (分词作宾补)

亚历克斯挣扎着浮出水面,但发现自己被困在

了一股强大的水流中。

5. The inspiring story got me _____ the steps I can take to achieve personal growth and success. (分词作宾补)

这个鼓舞人心的故事让我思考我可以采取哪些行动来实现个人成长和成功。

6. _____, we will leave by bus at 7:00 am at the school gate. (省略句)

按照计划,我们将在早上7点在学校门口乘公共汽车出发。

7. [2024·新课标 I 卷读后续写] We still stay _____ each other after we parted that day. (分词作表语)

那天分开后我们仍然保持着联系。

主题写作: 对社会有突出贡献的人物

话题总述

“对社会有突出贡献的人物”是高中英语新课标主题内容要求之一,也是高考英语常考话题之一。它包括人物情况简介和名人事迹介绍两个方面,目的是培养学生高尚的道德情操和帮助学生树立正确的人生观和价值观。

词句复现

[常见词块]

1. 获得成功

2. 努力做某事

3. 成功做某事

4. 使(自己)致力于/投身于……

5. 对……做出巨大贡献

6. 为……树立好榜样

7. 对……充满热情;热衷于……

8. 成了……的先驱者

9. 对……负责

10. 责任感/成就感

[常见表达]

1. _____ is her attitude to work and her devotion to duty.

最让我印象深刻的是她的工作态度和对职责的忠诚。

2. He is strict with everybody and about everything he does, _____.

他对所有人和他所做的任何事情都很严格,这让他深受爱戴和尊敬。

3. _____, he doesn't hesitate to come to our aid.

不管我们遇到什么困难,他都会毫不犹豫地来帮助我们。

4. Owing to the fact _____ with great

perseverance, he has made great achievements in many fields.

由于他能够坚持不懈地做他所选择做的任何事情,他在很多领域都取得了非凡成就。

5. There is no doubt _____

_____.

毫无疑问,她非凡的勇气和无私的奉献精神深深地打动了我。

6. _____

inspired him _____

the teaching cause.

他叔叔所赢得的钦佩和尊重激励他投身于教育事业。

主题范文背诵

[2023·全国甲卷] 你们学校正举办主题为“用英文讲中国故事”的征文活动。请你以一位中国历史人物为题写一篇短文投稿,内容包括:

1. 人物简介及事迹;

2. 意义或启示。

注意:1. 词数 100 个左右;

2. 可以适当增加细节,以使行文连贯。

【精彩美文】

Confucius is a **well-known figure** in Chinese history. His teachings **attached importance to** moral values, respect for elders, and social harmony. Confucius travelled throughout the country, **leaving a profound impact on Chinese society**.

The significance of Confucianism cannot be overstated. His teachings shaped the moral and ethical foundation of Chinese culture, **enhancing respect for authority, harmonious relationships, and the pursuit of knowledge**. Even today, his ideas continue to guide individuals and communities in China and beyond.

Confucius' life also offers valuable lessons, **which serve as a guiding light in our fast-paced world**.

主题写作仿写

假定你是李华,你校英文报将举办题为“A person of achievement”的征文活动,请你写一篇文章投稿,要点包括:

1. 人物简介;

2. 做出的贡献;

3. 对你的影响。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

【参考范文】

A person of achievement

Yuan Longping, 1. _____ (作为……而出名) the “father of hybrid rice”, is a man of great achievement.

2. _____ (毕业后), Yuan Longping began to 3. _____ (致力于) the research of hybrid rice. Through his effort, Yuan 4. _____ (克服技术困难) and succeeded in developing the first hybrid rice, thus 5. _____

_____ (使农民极大地提高了他们的作物产量). For his great contributions to China and the rest of the world, Yuan Longping was awarded the Medal of the Republic, 6. _____ (最高国家荣誉).

Yuan Longping passed away in May 2021. He 7. _____ (被认为是人民的英雄和榜样), inspiring more people 8. _____ (为我们国家做出巨大贡献).