



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

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导学案

高中英语4

选择性必修第一册 BS

北京
专版

数智教辅

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Unit 1 RELATIONSHIPS



讲课智能体

主题素养积累

Many people expect that their friends will always be there. They expect friendships to last forever. Yet, friendships end and friends **part company** every day. Unfortunately, even the best maintained friendships can end.

Many friendships end because of a change in personality or lifestyle when friends just **drift apart** with time. The friendship slowly loses importance and finally disappears.

Sue said, “The end of our friendship was a gradual thing. I moved from one side of the metropolis to the other. We had over an hour’s drive to see each other. For a year or so, we met less and less. Then our friendship ended.” John wrote, “I didn’t even know the friendship was over until I **caught myself thinking of Alan as** a former friend.”

Other friendships **break up** suddenly from a disagreement or a move to another town.

Paul said, “When I moved to Seattle after college, our friendship **abruptly** died. We were both **struggling with** new jobs and didn’t **keep in touch**. **Now that friendship is so dead, I don’t even bother to call him when I go home.**”

Yet the biggest threat to a friendship is change. Lillian Rubin in her book *Just Friends* says, “Thus generally it’s true that friends accept each other so long as they both remain **essentially** the same as they were when they met, or change in

similar directions. If they change or grow in different ways, the friendship most likely will be lost.”

Regardless of why, when, or how friendships end, there is always some pain of loss. When nothing can be done to mend the friendship, it is important to feel the pain fully. Then move on to **enhance** another friendship or build entirely new friendships.

【主题词句背诵】

1. part company (with/from sb) 离开; 分手; 断绝关系
2. drift apart 逐渐疏远
3. catch sb doing sth 发觉/当场发现某人正在做某事
4. think of...as... 把……看作……
5. break up 关系破裂
6. abruptly *adv.* 突然地
7. struggle with 疲于应付; 与……斗争
8. keep in touch 保持联系
9. essentially *adv.* 基本上; 本质上; 根本上
10. enhance *v.* 提高; 增强; 增进
11. Now that friendship is so dead, I don’t even **bother to call him when I go home.**
既然友谊没有了,我回家的时候甚至都懒得给他打电话。
12. **Regardless of** why, when, or how friendships end, there is always some pain of loss.
不管友谊因为什么、在什么时候或者以何种方式结束,人们总会感到一些失去的痛苦。

单元知识概览	
核心单词	humour; passionate; outgoing; host; incredible; occasionally; emotional; extremely; grateful; practical; pour; fuel; lack; presentation; behaviour; drag; access; worthwhile; preference; handle; upset; ashamed; intention; demanding; effective; raise; highlight; manner; sensitive; socialise; constantly; flow; associate; barely; reserved; distracted; reality; obsess; dominate; stimulation; chase; desperate; intense; depressed; delay; bend; extraordinary; rude; complain; appointment; invitation; organise; topic; innovation; competitor; clarity; fluency; progression; engagement; sincerely; belong; approval; defend; principle; politics; contrast; motivation
核心短语	for the first time; pour into; a couple of; used to; associate with; obsess over; chatter away; on behalf of sb; take up; belong to; in contrast to
重点句型	1. it 作形式主语 2. 表语从句 3. 虚拟语气 4. 部分否定 5. 强调谓语动词 6. “否定词 + 比较级”表示最高级含义 7. it 作形式宾语 8. 部分倒装
单元语法	过去完成时
单元写作	应用文: 邀请信

词汇点睛

1. passionate *adj.* 热爱的,酷爱的;具有强烈信念的

- (1) be passionate about... 对……充满热情
- (2) passion *n.* 酷爱;激情;热爱
- have/develop a passion for 酷爱……,喜爱……
- (3) passionately *adv.* 热情地;激动地;炽热地

【活学活用】

(1) 单句填空

① He is _____ (passion) about cooking and spends hours experimenting with new recipes.

② [2025·全国二卷] Determined to turn her life around, Ms Donohue began to work out and follow a healthy lifestyle, before discovering a passion _____ weightlifting.

(2) 写作金句

(书面表达之志愿公益) As a young volunteer, I _____ the elderly, which brings me deep satisfaction.
作为一名青年志愿者,我满怀热忱地投入时间帮助老人,这给我带来了深深的满足感。

2. occasionally *adv.* 偶尔;偶然

(教材 P105) It's good that we take some time **occasionally** to remember some of the positive things in life, don't you agree?

我们偶尔抽出一些时间来记住生活中一些积极的事情,这很好,你不同意吗?

- (1) occasion *n.* 场合;时机
- on... occasion(s) 在……场合
- on occasion(s) = occasionally 偶尔;间或
- (2) occasional *adj.* 偶尔的;偶然的

[温馨提示] 在定语从句中,occasion 作为先行词时,

关系词的选择取决于 occasion 的具体含义。如果 occasion 表示时间概念,意为“时机,时刻”,定语从句用 when 引导;如果 occasion 表示地点或场景概念,意为“场合”,定语从句用 where 引导。

【活学活用】

(1) 单句填空

① [2025·浙江1月考] The kids themselves decide what and how much they want to consume—even if that means _____ (occasional) eating more cookies than carrots.

② The concert was one of those rare occasions _____ the audience was completely silent throughout the performance.

(2) 写作金句

① (书面表达之人际关系) There are _____ and need someone to talk to and that is exactly when our friends play a crucial role. (定语从句)

有些时候我们会感到孤独,需要找人倾诉,而这正是我们的朋友发挥关键作用的时候。

② (书面表达之文化习俗) _____, guests are often greeted with a handshake or a slight bow as a sign of respect.

在正式场合,(人们)通常会以握手或轻微鞠躬的方式迎接客人以表示尊重。

3. grateful *adj.* 感激的,感谢的

(教材 P106) I'm extremely **grateful** to him.
我非常感谢他。

- (1) be grateful/thankful to sb for sth 因某事感谢某人
- I would be grateful if... 如果……我将不胜感激。
- (2) gratitude *n.* 感激;感谢
- express/show gratitude/appreciation/thanks to sb for sth 因为某事对某人表达感激
- (3) gratefully *adv.* 感激地

【活学活用】

(1) 单句填空

She _____ (grateful) accepted the cup of coffee from her friend, feeling the warmth spread through her body.

(2) 写作金句

① (书面表达之申请信) I _____
_____ you could offer me an opportunity to attend your university.

如果您能给我一个进入贵校的机会,我将不胜感激。

② (书面表达之文化遗产)

→ _____ craftsmen who uphold craftsmanship _____ making it possible to pass down intangible cultural heritage. (*adj.*)

→ _____ craftsmen who uphold craftsmanship _____ making it possible to pass down intangible cultural heritage. (*n.*)

我感谢那些坚守匠心的手工艺人,是他们让非物质文化遗产的传承成为可能。

句型透视

(教材 P7) **Sometimes it's enough to know they are standing by.** 有时候,只要知道他们在身边就足够了。

句型公式
it 作形式主语

【句式点拨】

当句子的主语是不定式、动名词或从句时,为了保持句子平衡,常使用 it 作形式主语,将真正的主语放在句子的后面。

【归纳拓展】

it 用作形式主语的常见句式:

(1) It + be + 形容词 + that 从句.

It's normal/likely/strange that...

……是正常的/很可能的/奇怪的。

(2) It + be + 名词 + (for sb) to do sth/that 从句/
v. -ing.

It's a pity/a shame/an honour... for sb to do sth.

对某人而言,做某事是遗憾的/可耻的/荣幸的……

It's a pity/a shame/an honour... that sb does sth.

某人做某事是遗憾的/可耻的/荣幸的……

It is no use/no good/not much fun... + doing sth.

做某事无用/无益/无趣……

(3) It + 不及物动词(短语) + that 从句.

It happens/turns out that...

碰巧/结果……

(4) It + be + 过去分词 + that 从句.

It's said/well known/reported that...

据说/众所周知/据报道……

【活学活用】

(1) 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 was no use _____ (pretend) that everything was fine when clearly there were many issues to address.

(2) 写作金句

① (书面表达之演讲稿) _____
_____ and deliver my speech at the graduation ceremony today.

今天我很荣幸被邀请到贵校并在毕业典礼上发表演讲。

② (书面表达之旅行) The first time you take a plane, _____
while the plane is taking off or landing.

你第一次坐飞机时,在飞机起降时感到不舒服是正常的。

③ (书面表达之新闻报道) _____
_____ the school's basketball team won the championship game last night.

据报道,学校的篮球队在昨晚的冠军赛中获胜。

Period Two Lesson 1 Teachers (Reading)

词汇助读	课文	翻译助读
①think about 考虑,思考; 想起 ②be good at (doing) sth 擅长(做)某事 ③subject <i>n.</i> 学科;主题; 主语 ④suppose <i>v.</i> 认为,假设 ⑤angle <i>n.</i> 角 ⑥triangle <i>n.</i> 三角形 ⑦add up to 总计为 ⑧for the first time 第一次 ⑨hydrogen <i>n.</i> 氢 ⑩used to 过去常常,曾经 ⑪practical <i>adj.</i> 实际的 ⑫rocket <i>n.</i> 火箭 ⑬pour <i>vt.</i> 灌,注,倒 pour into 投入(倒)…… 于某物 ⑭fuel <i>n.</i> 燃料 ⑮set off 使爆炸;出发	My Teacher I haven't seen Mr Jenkins [1]since I left school, but I often think about^① him. I wasn't very good at^② most school subjects^③ [2]before I met Mr Jenkins. I suppose^④ [3]I was a bit lazy, especially in maths. The only thing [4]I can remember from school maths is [5]that the angles^⑤ of a triangle^⑥ add up to^⑦ 180 degrees! But [6]when I was 15 and went into Mr Jenkins' class, I really became interested in a subject for the first time^⑧. [1]since 引导时间状语从句,表示“自……以来”。 [2]before 引导时间状语从句。 [3]宾语从句,作 suppose 的宾语,引导词被省略。 [4]定语从句,修饰 the only thing,关系词在从句中作宾语,被省略。 [5]that 引导表语从句,that 不作成分,不能省略。 [6]when 引导时间状语从句。 [7]Before Mr Jenkins taught me, science had simply been a subject full of strange words to me. I had no idea [8]what hydrogen^⑨ was, and I didn't really want to know, either! I [9]found it all so boring and difficult. But Mr Jenkins made everything interesting. He used to^⑩ explain things [10]which seemed difficult with lots of practical^⑪ examples and in simple language. One day, he took us outside, and we built a rocket^⑫! I remember [11]that he let me pour^⑬ some fuel^⑭ into the rocket, and then another student lit a match [12]to set it off^⑮. It was great fun. [7]before 引导时间状语从句。 [8]what 引导同位语从句。 [9]“find + 宾语 + 宾语补足语”结构,so boring and difficult 作宾语补足语。 [10]which 引导定语从句,修饰 things。 [11]that 引导宾语从句,that 可以省略。 [12]不定式短语在句中作状语,表目的	我的老师 虽然我离开学校之后再也没有见过詹金斯先生,但我常常想起他。遇到詹金斯先生以前,大多数科目我都很不是擅长。我想我那时候有点懒惰,特别是在数学方面。我唯一还记得的数学课内容是三角形的内角和是 180 度!但是在 15 岁那年,我走进了詹金斯先生的课堂,第一次对一个学科真正产生了兴趣。 在上詹金斯先生的课之前,科学课对我来说就是一堆奇怪的词语。我不知道氢是什么,而且也不想知道!我觉得这些东西既无聊又难以理解。但詹金斯先生让一切变得有趣起来。他过去常常结合很多实际例子,并用简单的语言解释看似很难的知识。有一天,他把我们带到户外,一起制造了一枚火箭!我记得他让我把燃料倒进火箭,然后另一名学生点燃了一根火柴发射火箭。这非常有趣

词汇助读	课文	翻译助读
①6 willing <i>adj.</i> 乐意的, 积极肯干的	I know [13] <u>that I wasn't a willing^{①6} student</u> , but I wasn't slow to learn new things. The problem was [14] <u>that I lacked^{①7} confidence in myself</u> . Mr Jenkins made me feel [15] <u>that I had my own strengths^{①8}</u> . I was interested in the study of the stars and planets and he asked me to give a presentation ^{①9} to the class. That was really the first time [16] <u>I had tried to explain science to an audience and now it's my job!</u> Often [17] <u>when I'm preparing a programme</u> , I think about [18] <u>how Mr Jenkins would have done it</u> . Sometimes I think, if only ^{②0} I could call him and ask for his opinion!	我知道自己不是一个主动学习的学生, 但我学习新事物并不慢。我的问题是对自己缺乏信心。詹金斯先生让我认识到自己有长处。我对恒星和行星的研究很感兴趣, 他便让我给全班同学做了一个展示。这是我第一次尝试向观众讲解科学知识, 现在这成了我的工作! 在准备项目时, 我常会想如果是詹金斯先生, 他会怎么做。有时我会想, 要是能打电话征求他的意见就好了!
①7 lack <i>vt.</i> 缺乏		
①8 strength <i>n.</i> 长处, 优势; 体力		
①9 presentation <i>n.</i> 展示; 报告; 陈述, 说明		
②0 if only 要是……就好了	[13]that 引导宾语从句, that 可以省略。 [14]that 引导表语从句, that 不可以省略。 [15]that 引导宾语从句, that 可以省略。 [16]定语从句, the first time 作先行词, 表示“第一次”。 [17]when 引导时间状语从句。 [18]how 引导宾语从句。	
②1 a couple of 一些, 几个; 一双, 一对	My Student I've read a couple of ^{②1} Graham's books and seen him on TV. I always say to my wife, "Oh look, I used to teach him!" I remember [19] <u>Graham was very difficult before he came into my class</u> . I had heard stories about his bad behaviour ^{②2} . Once I caught him and his friends seeing [20] <u>who could jump the farthest off the school stage!</u> But [21] <u>when he got interested</u> , he changed. [22] <u>The first day he walked into my class</u> , he was dragging ^{②3} his schoolbag behind him and looking bored, but [23] <u>as soon as I set up an experiment</u> ^{②4} to show [24] <u>how the human stomach works using acid^{②5} and an onion^{②6}</u> , he gave me his full attention. He loved science! He was very bright and he had done very well in science subjects.	我的学生 我读了几本格雷厄姆的书, 也在电视上看到过他。我总会对孩子说: “喏, 看, 我曾经教过他!” 我记得格雷厄姆来我的班上之前有比较大的问题。我听说过一些他的不良行为。有一次我撞见他和几个朋友比赛, 看谁能从学校的舞台上跳得最远! 但当他对学习产生兴趣时, 他变了。第一天走进我的班级时, 他身后拖着书包, 一副百无聊赖的样子, 但当我用酸和洋葱做了一个展示人类的胃如何运作的实验时, 他全神贯注。他热爱科学! 他非常聪明, 科学课学得非常好
②2 behaviour <i>n.</i> 行为, 举止		
②3 drag <i>vt.</i> 拖, 拉		
②4 experiment <i>n.</i> 实验 <i>v.</i> 做实验 set up an experiment 开展一项实验	[19]remember 后为宾语从句, 引导词被省略。 [20]who 引导宾语从句, 作 seeing 的宾语。 [21]when 引导时间状语从句。 [22]the first day 引导时间状语从句。 [23]as soon as 引导时间状语从句。 [24]how 引导宾语从句, 作 show 的宾语	
②5 acid <i>n.</i> 酸		
②6 onion <i>n.</i> 洋葱		

词汇助读	课文	翻译助读
②⑦have access to 具有使用某物或接触某人的机会	However, I have not done [25]as well with all my students as I have with Graham. I think [26]it's important [27]to understand [28]that there's no such thing as a good or a bad student. Look at Graham! Everyone is good at something and [29]it's important to find out [30]what that is for each student. We teachers should have more time to make friends with all our students and really understand them. Then we could make sure [31]that we would find the path to success, both at school and in later life, for all of them.	然而,我并未将所有学生都教得像格雷厄姆那样出色。我认为重要的是要知道没有所谓的好学生或者坏学生。看看格雷厄姆! 每个人都有擅长的事,重要的是要找出每个学生擅长的是什么。我们老师应该花更多的时间和所有的学生交朋友,真正了解他们。这样才能确保我们为他们找到通向成功的道路,不管在学业上还是以后的生活中。
②⑧be eager to do 渴望做……	[25]as...as 引导比较状语从句,表示“像,按照”。 [26]think 后为宾语从句,引导词被省略。 [27]it 作形式主语,不定式作真正的主语。 [28]that 引导宾语从句,作 understand 的宾语。 [29]it 作形式主语,不定式作真正的主语。 [30]what 引导宾语从句,作从句中的表语,不可以省略。 [31]that 引导宾语从句,作 make sure 的宾语,可省略。	我知道我选择了一份压力很大的工作,但我热爱我的工作。做教师意味着你有机会有孩子们在孩子们敞开心扉、渴望学习的时候走进他们的心灵。作为老师如果我所做的可以帮助像格雷厄姆这样的孩子成长为如此成功的人,那么我知道我做的是值得的。正如著名教育家约翰·杜威所说:“教育不是为生活做准备;教育就是生活本身。”
②⑨worthwhile adj. 重要的;值得做的;有益的	I know [32]I have chosen a job with a lot of stress but I love [33]what I do. The thing about being a teacher is [34]that you have access to ^② children's minds [35]when they are open and eager to learn ^② . [36]If [37]what I do as a teacher can help turn a child like Graham into such a successful adult, then I know [38]what I'm doing is worthwhile ^② . [39]As John Dewey, [40]the famous educationalist, said, “Education is not preparation for life; education is life itself.” [32]know 后为宾语从句,引导词被省略。 [33]what 引导宾语从句,作从句中的宾语,不可以省略。 [34]that 引导表语从句,不可以省略。 [35]when 引导时间状语从句。 [36]if 引导条件状语从句。 [37]what 引导主语从句,作从句中的宾语,不可以省略。 [38]what 引导主语从句,作从句中的宾语,不可以省略。 [39]as 引导非限制性定语从句,表示“正如”。 [40]the famous educationalist 作 John Dewey 的同位语	

Summary

Read the text again and fill in the blanks.

My Teacher

I was a lazy boy and 1. _____ only thing I can remember from school maths is 2. _____ the angles of a triangle add up to 180 degrees! But Mr Jenkins changed me, who explained difficult things with a variety of 3. _____ (practice) examples and in simple language. Mr Jenkins even let us build a rocket and set it off. It was great fun. I wasn't a willing student and I 4. _____ (use) to lack confidence in myself. Mr Jenkins made me feel that I had my own strengths by asking me to give a 5. _____ (present)

to the class.

My Student

I remember before Graham came into my class, he didn't behave well in school. However, when I set 6. _____ an experiment, he gave me his full attention. He loved science so that he had done very well in science subjects. I think it is important for us teachers 7. _____ (make) friends with all our students and 8. _____ (real) understand them. Then we could make sure that we found the path to 9. _____ (succeed) for them. The thing about 10. _____ (be) a teacher is that you have access to children's minds when they are open and eager to learn.

语言知识梳理

词汇点睛

1. **pour** *vt.* 灌, 注, 倒
(教材 P8) I remember that he let me **pour** some fuel into the rocket, and then another student lit a match to set it off.
我记得他让我把燃料倒进火箭, 然后另一名学生点燃了一根火柴发射火箭。

- (1) pour into / pour ... into ...
倒入某物 / 投入(倒).....于某物
- (2) pour in 使流入, 使灌入; 大量地涌进来
- (3) pour down (雨) 倾盆而下; 下大雨
- (4) pour out one's heart to sb
向某人敞开心扉; 倾诉衷肠

【活学活用】

写作金句

- ① (书面表达之校园活动) We _____ organizing the campus culture festival last week, which enriched our school life significantly.
上周, 我们满怀热情地投入到校园文化节组织中, 这极大地丰富了我们的校园生活。
- ② (书面表达之旅行) On National Day, _____ from all over the world to visit this famous historic site.
国庆节那天, 来自世界各地的游客蜂拥而至, 参观这个著名的历史遗迹。

③ (书面表达之建议信) If you feel lost in academic goals, _____ a trusted person who can offer practical guidance.

如果你在学业目标上感到迷茫, 向一个可以提供实用指导的值得信赖的人倾诉心声。

2. **fuel** *n.* 燃料 *vt.* 给(交通工具)加油; 给.....提供燃料; 加强, 刺激, 激发, 推动, 促进
(教材 P8) I remember that he let me **pour** some **fuel** into the rocket, and then another student lit a match to set it off.

我记得他让我把燃料倒进火箭, 然后另一名学生点燃了一根火柴发射火箭。

- (1) fuel shortage 燃料短缺
fuel supply 燃料供应
- (2) fuel one's passion for 激发/助长某人
对.....的热情

【活学活用】

- (1) 一词多义
- ① [2025 · 全国一卷] The **fuels** for transport need to be not just green, cheap and powerful, but also lightweight and safe enough to be carried around.
- ② [2024 · 新课标 II 卷] As a foodie, the way to my heart is through my stomach, and nowhere **fuels** my appetite quite like Italy.
- ③ He stopped at the gas station to **fuel** his car.

(2)写作金句

(书面表达之新闻报道) There was no denying that the dynamic drama performance _____ acting and stagecraft.

不可否认,充满活力的戏剧表演激发了学生们对表演和舞台艺术的热情。

3. lack vt. 缺乏 n. 缺乏

(教材 P8) The problem was that I **lacked** confidence in myself.

我的问题是对自己缺乏信心。

(1)lack sth	缺乏某物
(2)a lack of...	缺少……
for lack of...	因为缺少……
(3)lacking adj.	缺乏的,没有的
be lacking in...	缺少……

【活学活用】

(1)单句填空

She felt upset, increasingly _____ (lack) in confidence in herself.

(2)写作金句

(书面表达之体育运动)

→ _____ he lost the chance of winning the match. (n.)

→ _____, he lost the chance of winning the match. (v.)

→ _____, he lost the chance of winning the match. (adj.)

由于缺乏决心,他失去了赢得比赛的机会。

4. access n. 进入;接触的机会;入径,通道 vt. 使用;获取

(教材 P9) The thing about being a teacher is that you have **access** to children's minds when they are open and eager to learn.

做教师意味着你有机会在孩子们敞开心扉、渴望学习的时候走进他们的心灵。

(1)have/get/gain/obtain access to...	得以接近/使用/进入……
give access to	准许进入
(2)accessible adj.	可进入的;可使用的;易懂的;易相处的
be accessible to sb	某人可进入……;某人可使用……

[温馨提示] access 前通常不加冠词,且 access 和 accessible 短语中的 to 是介词。

【活学活用】

(1)单句填空

[2024·新课标 II 卷] Emmanuel Chappard, an experienced guide, has a passion for making the great outdoors _____ (access) to all.

(2)一词多义

①The authorities closed **access** to the bridge and tens of thousands of people made their way back to land.

②She gained **access** to the club through her connections in the industry.

③As the Internet grows more powerful, students can **access** knowledge easily.

(3)写作金句

(书面表达之演讲稿)

→To my great surprise, now many people in the world _____ clean drinking water. (n.)

→To my great surprise, now clean drinking water _____ many people in the world. (adj.)

令我感到非常意外的是,现在世界上许多人无法获得干净的饮用水。

5. worthwhile adj. 值得做的;重要的;有益的

(教材 P9) If what I do as a teacher can help turn a child like Graham into such a successful adult, then I know what I'm doing is **worthwhile**.

作为老师如果我所做的可以帮助像格雷厄姆这样的孩子成长为如此成功的人,那么我知道我做的是值得的。

(1)It is worthwhile doing/to do sth.	做某事是值得的。
(2)worth adj.	值得的;有……价值的;值……钱
n.	价值;作用
be worth the money/the time/an effort/a try/a visit...	值得花钱/付出时间/付出努力/一试/参观……
be (well) worth doing	(非常)值得做
(3)worthy adj.	值得(或应得)……的;值得尊敬的,值得注意的

be worthy of sth 值得……
sth be worthy of being done/to be done
某事值得被做

【温馨提示】worth 一般只作表语,可用程度词 well 修饰,be worth doing 是主动形式表示被动意义;而 worthy 和 worthwhile 既可作表语又可作定语。

【活学活用】

(1) 单句填空

- ①[2021·北京卷] Thus, it may be worth _____ (bring) up issues with your friends, family members, or classmates rather than holding them back.
②How to deal with the test is an issue worthy _____ (consider).

(2) 写作金句

(书面表达之推荐信)

→The exhibition is _____ since it will offer you a deep insight into Chinese art culture. (worth)
→The exhibition is _____ since it will offer you a deep insight into Chinese art culture. (worthy)
→It is _____ to the exhibition since it will offer you a deep insight into Chinese art culture. (worthwhile)
参观这个展览是值得的,因为它能让你深入了解中国艺术文化。

句型透视

1. (教材 P8) **The problem was that I lacked confidence in myself.** 我的问题是对自己缺乏信心。

句型公式

表语从句

【句式点拨】

that 引导的表语从句中 that 是连接词,只起连接作用,不在从句中充当任何成分。

【归纳拓展】

引导表语从句的有:从属连词 that, whether, as if, as though, because; 连接代词 what, who, whom, whose, which; 连接副词 when, where, how, why。

【活学活用】

(1) 单句填空

- ①[2025·北京卷] The truth, though, is _____ could be guessed—there's never anyone else here. Just me, Nick, and the quiet forest.
②[2023·浙江1月考] The only thing I don't like is _____ my mum wants to know every part of my life.
③Mary is being punished by the headmaster. That is _____ she broke the school rule yesterday.
④He explained that there was something wrong with his body and that was _____ he had decided to give up the contest.

(2) 写作金句

(书面表达之网络) What is clear _____, faster than ever before.

明显的是,互联网使消费变得比以往任何时候更容易、更快。

2. (教材 P8) **Sometimes I think, if only I could call him and ask for his opinion!** 有时我会想,要是能打电话征求他的意见就好了!

句型公式

虚拟语气

【句式点拨】

本句中的 if only 意为“要是……就好了”,引导的从句用虚拟语气。结构如下:

- ①若表示与将来事实相反的情况,句中谓语用 would/could + do;
②若表示与现在事实相反的情况,句中谓语则用动词的过去式(be 动词用 were);
③若表示与过去事实相反的情况,句中谓语则用 had done。

【相关拓展】

- (1)only if 意为“只有/只要……就……”,only 只起强调作用。
(2)only if 引导的状语从句位于句首时,主句要用部分倒装。

【活学活用】

(1) 单句填空

- ①If only I _____ (have) more money! I can buy a big house now.

②If only he _____ (arrive) in time, he would not have been punished.

(2)写作金句

(书面表达之自然生态) Only if the plant receives enough sunlight and water regularly _____

只有在植物定期接受充足的阳光和水的情况下,它才能生长良好。

3. (教材 P9) **However, I have not done as well with all my students as I have with Graham.** 然而,我并未将所有学生都教得像格雷厄姆那样出色。

句型公式

部分否定

【句式点拨】

否定副词 not 与表示整体或全部意义的词 every, everyone, everybody, everything, both, all 连用时,不论 not 在什么位置都表示部分否定,意为“并不都是;不全是”。

【归纳拓展】

英语中的 no, none, never, nobody, nothing, neither, no one, nowhere 等表否定意义的词(组)与肯定式谓语一起使用构成全部否定。

【活学活用】

写作金句

①(书面表达之哲理句) _____ for one who sets his mind on it.

世上无难事,只怕有心人。

②(书面表达之学校生活) _____ the new concept, so the teacher decided to explain it again.

并非所有学生都理解这个新概念,所以老师决定再解释一遍。

③(书面表达之建议信) _____ enjoys spicy food, so it's important to have milder options available at the party.

并不是每个人都喜欢辛辣的食物,所以在聚会上提供较温和的选择很重要。

Period Three Lesson 2 How Do We Like Teachers' Feedback?

语言知识梳理

直击重点 突破考点

词汇点睛

1. preference n. 偏爱,偏好

(教材 P12) to depend on personal **preference**
取决于个人喜好

(1) have a preference for 喜爱……,偏爱……

(2) prefer vt. 较喜欢,更喜欢

prefer to do/doing sth 更喜欢做某事

prefer sb to do sth 宁愿某人做某事

prefer doing sth to doing sth = prefer to do sth

rather than do sth 宁愿做某事,也不愿做某事

(3) preferred adj. 更合意的,更好的

[温馨提示] prefer 既不用于进行时态,也不用于比较级。其过去式和过去分词形式均为 preferred。

【活学活用】

(1)单句填空

①[2022·全国乙卷] Friends need to talk about

their _____ (prefer) methods of communication.

②Unlike fast food places, fine dining shops prefer customers _____ (stay) longer.

③Sarah has a _____ (prefer) for home-made jam, as she enjoys the fresh and natural taste.

(2)写作金句

①(书面表达之学校生活) For this study project, I _____

to ensure efficient progress. (cooperate)

针对这个学习项目,我更偏好与同学合作,以确保高效推进。

②(书面表达之健康生活)

→I _____ sports with friends _____ by myself, which brings me joy.

→I _____ sports with friends
_____ exercise by myself, which
brings me joy.

我更喜欢和朋友一起运动,而不是独自锻炼,因为这给我带来了快乐。

2. upset *adj.* 烦恼的,心烦意乱的 *vt.* (upset; upset) 使生气,使心烦意乱;打乱;打翻
(教材 P12) to get **upset** 变得心烦

- (1) be upset about (doing) sth
因为(做)某事心烦
be upset to do sth 对做某事感到不安/难过
(2) It upsets sb that... = What upsets sb is that...
让某人心烦的是……

【活学活用】

(1) 单句填空

① [2021·新高考全国 II 卷] I was upset _____
_____ (learn) that many sea animals eat plastic
garbage, thinking it is food.

② Our plan _____ (upset) by the sudden
change in the weather, so we had to try another
way.

(2) 写作金句

(书面表达之求助信) _____
_____ my oral English and
sincerely hope you can give practical suggestions.
我因英语口语没有进步而深感心烦,真诚希望你能给出切实的建议。

3. ashamed *adj.* 羞愧的;内疚的;惭愧的
(教材 P12) to feel hurt/**ashamed**/discouraged 感到受伤/羞愧/气馁

- (1) be/feel ashamed of 因……感到羞愧
be ashamed to do sth 耻于做某事;不情愿
做某事
be ashamed that 很惭愧……
(2) shame *n.* 羞愧;令人惋惜的事
It is a shame/pity that... 真可惜……
(3) shameful *adj.* 可耻的;丢脸的
(4) shameless *adj.* 不知羞耻的

【活学活用】

(1) 单句填空

① It is a _____ (shame) behaviour to say

such sharp words to your seniors.

② She was ashamed _____ (admit) her
mistake in front of everyone, her face flushing red.
(2) 写作金句

① (书面表达之求助信) I _____
letting my parents down by failing the important
exam and sincerely need your guidance on study.
我因重要考试失利辜负了父母的期望而深感羞愧,真诚需要你在学习上的指导。

② (书面表达之语言学习) That is the only French
phrase I mastered, and _____
I don't have much use for it.
那是我掌握的唯一一个法语短语,真可惜我没有
太多机会用到它。

4. intention *n.* 意图,目的;打算

(教材 P106) But I do understand my teacher's
intention.
但我确实理解老师的意图。

- (1) with the intention of 目的是……
(2) intend to do/doing sth 打算/想要做某事
intend sb to do sth 打算让某人做某事
had intended to do... = intended to have done...
原本打算做……
(3) intended *adj.* 意欲达到的;计划的
的;打算的
sth be intended for... 专为……打算/设计
sth be intended to do sth 打算做……,目的
的是……
(4) intentional *adj.* 故意的
intentionally *adv.* 故意地

【活学活用】

(1) 单句填空

① [2025·全国一卷] She has every _____
(intend) of staying and continuing doing what she
loves.

② [2022·新高考全国 I 卷] The GPNP is intended
_____ (provide) stronger protection
for all the species that live within the Giant Panda
Range...

③ I _____ (intend) to call on you
yesterday, but I had an unexpected visitor.

(2)写作金句

① (书面表达之体育运动) Our school organized a five-kilometre cross-country running race _____ improving our physical and mental health. (介词短语)

为了增进我们的身心健康,我们学校组织了一场五公里越野跑比赛。

② (书面表达之推荐信) In my opinion, Beijing Language and Culture University, enjoying excellent reputation for its language and culture courses, _____, is your right choice. (定语从句)

在我看来,北京语言大学是你的正确选择,因为北京语言大学的语言和文化课程面向国际学生,享有很高的声誉。

5. demanding *adj.* 要求严格的;费力的
(教材 P106) She is very strict and **demanding** because she wants us to be better learners. 她非常严格且要求很高,因为她想要我们成为更好的学习者。

(1) be in great demand	需求量很大
a demand for	对……的需求
satisfy/meet one's demands	满足某人的需求
(2) demand to do sth	要求做某事
demand that...	要求……[从句用“(should +) 动词原形”]

[温馨提示] 表达“要求某人做某事”不能用 demand sb to do sth,而要用 demand that sb (should) do sth。

【活学活用】

(1)单句填空

- ① The challenge is all the more serious when you consider the _____ (demand) exercise required to bike from France to Poland.
- ② No matter how many times they laughed at her, she kept coming back, demanding _____ (join) in their game.
- ③ This dictionary, written by Professor Li, has been _____ great demand since it was published.
- ④ [2025·全国一卷] It's estimated that the global demand _____ electricity could more than double by 2050.

(2)写作金句

(书面表达之学校生活) _____, our club ensures the fair and smooth competition. 我们社团要求所有参赛作品按时提交,以确保比赛公平顺利进行。

6. effective *adj.* 有效的
(教材 P106) Although it is very demanding for my teacher, it is more **effective** than other types of feedback. 虽然这对我的老师要求很高,但它比其他类型的反馈更有效。

(1) effect <i>n.</i>	结果;影响
have an effect/influence/impact on/upon...	
	对……产生影响
come into/go into/take effect	生效
bring/put...into effect	使生效;实行;实施
in effect	实际上,事实上;在实施中;有效
side effect	副作用
(2) effectively <i>adv.</i>	有效地

【活学活用】

(1)单句填空

- ① [2024·新课标 I 卷] And are listening to and viewing content as _____ (effect) as reading the written word when covering the same material?
- ② With such campaigns _____ effect, China's waterways are heading towards a clean and sustainable future.

(2)写作金句

(书面表达之学习方法) Consistently reading for a long time will _____ how we improve language expression and thinking. 长期坚持阅读会对我们提升语言表达能力与思维能力产生积极影响。

7. raise *vt.* 提出,提起;增加,提高(数量、水平等);抚养;举起;筹集;饲养
(教材 P106) It also gives us an opportunity to **raise** further questions about anything we don't understand. 这也给了我们一个对我们不理解的任何事情提出进一步问题的机会。

【易混辨析】

arise, rise, raise, arouse 辨析

动词	类型	词义	过去式	过去分词	现在分词
arise	不及物 动词	(由……) 引起;产生; 出现;起床; 起身	arose	arisen	arising
rise	不及物 动词	升起,升高; 站起,起身	rose	risen	rising
raise	及物 动词	增加,提高; 举起;抬起; 抚养,养育; 饲养;筹募, 筹集	raised	raised	raising
arouse	及物 动词	激起,引起 (感情、态度)	aroused	aroused	arousing

【活学活用】

(1) 选词并用适当形式填空: arise, rise, raise, arouse

- ① It was shortly after one problem had been solved that another problem _____ immediately.
- ② The company decided to _____ the prices of their products due to increased production costs.
- ③ This festival aims to _____ the students' interest in traditional Chinese folk music and get them exposed to foreign music.
- ④ It is common knowledge that the sun _____ in the east and sets in the west.

(2) 一词多义

- ① She **raised** an interesting question at the meeting. _____
- ② It's not easy to **raise** a family with a low income. _____
- ③ The organization **raised** a large amount of money to help the victims. _____
- ④ We need to **raise** our efficiency to finish the work on time. _____

(3) 写作金句

(书面表达之环境保护) We launch campus recycling activities _____ of protecting the environment among all students.
我们发起校园回收活动,以**提升**全体学生的环保意识。

句型透视

(教材 P106) **But I do understand my teacher's intention.** 但我确实理解老师的意图。

句型公式
强调谓语动词

【归纳拓展】

“do/does/did + 动词原形”构成强调结构,意为“确实,的确……”,用来加强谓语动词的语气,但须符合以下两个条件:

- (1) 句子是肯定句;
- (2) 句子的时态为一般现在时或一般过去时。
在一般现在时的句子中,do 有人称的变化,第三人称单数用 does;在一般过去时的句子中,do 变成 did。其他时态的强调通过重读谓语动词来体现。

[温馨提示] 若强调主语、宾语、状语等,则应用强调句型: It is/was + 被强调部分 + that/who + 其他部分。

【活学活用】

写作金句

- ① (书面表达之学校生活) We _____ will be carried out again in the future.
我们确实希望这样一个有意义的课程在未来还会再次开展。
- ② (书面表达之人物描写) He _____, but they are different in character.
他确实长得像他的父亲,但是他们性格不同。
- ③ (书面表达之道歉信) Even though I _____, I realized it was beyond my capabilities.
尽管我确实想帮忙,但我意识到这超出了我的能力范围。

Period Four Lesson 3 So Close, Yet So Far (Reading)

词汇助读	课文	翻译助读
① socialise <i>vi.</i> 交友; 交际; 交往	Mark never stops socialising ^① with his friends online. But he's also [1] <u>never felt more alone</u> .	马克从未间断与朋友们的网上交往,却也从未感到如此孤独。
② laptop <i>n.</i> 笔记本电脑, 便携式电脑	Where am I? What am I doing? [2] <u>If you're one of my 500 friends online</u> , you'll always be the first [3] <u>to know</u> . My phone and laptop ^② are never out of touching distance, [4] <u>so I'm constantly</u> ^③ posting updates ^④ on social media—[5] <u>whether I'm having a coffee, on my way to</u> ^⑤ school, watching TV... even [6] <u>when I'm in the shower</u> . [7] <u>As soon as I open my eyes in the morning</u> , I check through ^⑥ all my social networking apps ^⑦ , read my emails and answer text messages. I do the same thing all over again ^⑧ [8] <u>while I'm having breakfast</u> .	我在哪里? 我在做什么? 如果你是我的 500 个网友之一,你总会第一个知道。我的手机和笔记本电脑一直在触手可及的地方,所以我可以不断地在社交媒体上发表最新信息——无论是在喝咖啡,上学的路上,看电视……甚至在洗澡的时候。早上一睁开眼,我就会立刻查看所有社交网络应用程序,阅读电子邮件并回复短信。我在吃早餐的时候会再做一遍这些事情。
③ constantly <i>adv.</i> 持续不断地	[1]“never + 比较级”相当于最高级。	我住在大学宿舍里,室友们都很好。我总是不停地收到交往的网友发来的信息和最新消息。然而事实却是:我感到孤独。
④ post updates 发表最新消息	[2]if 引导条件状语从句,表示“如果”。	我不是唯一一个有这种感觉的人。研究显示,超过三分之二的年轻人发现在网上交朋友比“在现实生活中”交朋友更容易。我远非一个害羞或含蓄的人,但是我每天都在上网,我的朋友们大多也是如此。
⑤ on one's way to ... 在某人去……的路上	[3]不定式作定语,修饰 the first。	
⑥ check through 检查,查看	[4]so 引导结果状语从句,现在进行时表示一定的情感色彩。	
⑦ app <i>n.</i> 应用程序	[5]whether 引导让步状语从句,表示“不管……,无论……”。	
⑧ all over again 重新,再一次	[6]when 引导时间状语从句。	
⑨ dorm <i>n.</i> 寝室,学生宿舍	[7]as soon as 引导时间状语从句,表示“一……就……”。	
⑩ a couple of 一对,几个	[8]while 引导时间状语从句,表示“当……时”。	
⑪ flow <i>n.</i> 流动 <i>vi.</i> 流,流动	I live in a university dorm ^⑨ with a couple of ^⑩ great roommates. I have a never-ending flow ^⑪ of messages and updates from all the people I associate with ^⑫ online. Yet ^⑬ the truth of the matter is: I feel lonely. I'm barely ^⑭ the only person [9] <u>who feels this way</u> .	
⑫ associate <i>v.</i> 与某人交往 associate with 与某人交往	According to research, over two-thirds of young people [10] <u>find it easier to make friends online</u> than it is “in real life”. I'm way beyond a shy or reserved ^⑮ person, but I'm wired ^⑯ up every day, like most of my friends	
⑬ yet <i>conj.</i> 然而,但是		
⑭ barely <i>adv.</i> 几乎不		
⑮ reserved <i>adj.</i> 含蓄的; 内敛的		
⑯ wired <i>adj.</i> 联网的; 极其兴奋的		

词汇助读	课文	翻译助读
①⑦on the surface 表面上 ①⑧distracted <i>adj.</i> 心神不定的, 精神无法集中的 ①⑨reality <i>n.</i> 现实; 真实 in reality 事实上 ②⑩million <i>n.</i> 百万 ②⑪obsess <i>vt.</i> 使迷恋 obsess over 对……过分担心 ②⑫account <i>n.</i> 账户; 描述; 解释 <i>v.</i> 把……视为 ②⑬mate <i>n.</i> 朋友, 伙伴 ②⑭dominate <i>vi.</i> & <i>vt.</i> 主宰, 支配, 控制 ②⑮deadline <i>n.</i> 截止日期, 最后期限 set deadlines 设置截止日期 ②⑯scroll <i>vi.</i> 上下滚动 ②⑰inch <i>n.</i> 英寸 ②⑱stimulation <i>n.</i> 刺激 ②⑲chase <i>vi.</i> & <i>vt.</i> 努力赢得 <i>n.</i> 追逐, 追赶 ③⑩drag <i>v.</i> 拖, 拉, 拽 ③⑪desperate <i>adj.</i> 拼命的; 绝望的 ③⑫intense <i>adj.</i> 紧张的, 激烈的; 剧烈的 ③⑬depressed <i>adj.</i> 沮丧的, 忧愁的 ③⑭delay <i>vi.</i> & <i>vt.</i> 推迟, 延期 ③⑮chatter <i>vi.</i> 唠叨, 喋喋不休 chatter away 喋喋不休	On the surface ①, I have an active social life. I attend parties and play sports but I'm always distracted ⑧. They say [11] <u>that phones bring people closer together</u> but in reality ⑨, my mind is always a million ⑩ miles away. I obsess over ⑪ exactly [12] <u>how many followers I have on my account</u> ⑫, but I can't remember the birthdays of some of my oldest mates ⑬. [9]who 引导定语从句, 修饰 the only person. [10]"find + 形式宾语 + 宾补", 不定式作真正的宾语。 [11]that 引导宾语从句, 作 say 的宾语, 可以省略。 [12]how 引导宾语从句, 作 obsess over 的宾语, 不可省略。 Social networking dominates ⑭ my life in so many ways. Sometimes I set deadlines ⑮ for myself: I will start doing my homework at 8 pm, and aim to finish in two hours. At 7.50 pm, I'm still scrolling ⑯ through my friends' silly posts and photos. Before I know it, it's 9.30 pm and I still haven't moved an inch ⑰ from the sofa. I download song after song, video after video, but I'm not really paying attention. The stimulation ⑱ is in chasing ⑲ after the next song rather than truly enjoying it. My friends try to drag ⑩ me away from my phone, but as soon as I'm alone again, I'm desperate ⑪ to get back to the online world and the intense ⑫ activity [13] <u>that it provides</u>. [13]that 引导定语从句, 修饰先行词 activity, 作从句中的宾语, 可以省略。 I constantly feel depressed ⑬, dissatisfied and alone. [14] <u>Since I spend so much time socialising online</u>, I keep delaying ⑭ things that are important in my real life: homework, tasks, connecting with my friends and family members in a meaningful way. [15] <u>It's funny that my friends and I chatter away</u> ⑮ online so much, but we end up having nothing [16] <u>to say when we meet</u>. [14]since 引导原因状语从句, 表示“因为”。 [15]it 作形式主语, that 引导主语从句。 [16]不定式作定语, 修饰 nothing, when 引导时间状语从句	从表面上看, 我的社交生活很丰富。我参加派对和体育运动, 但总是不能专心。他们说手机让人们联系更加紧密, 但实际上, 我的思绪总是飞到十万八千里之外。我总是惦记自己的账户有多少人关注, 但却记不住一些老朋友的生日。 社交网络在很多方面都控制着我的生活。有时我会为自己设定截止时间: 我要在晚上 8 点开始做作业, 并且要在两小时内完成。晚上 7:50, 我还在浏览朋友们发的无聊帖子和照片。等我意识到的时候已经是晚上 9:30 了, 我还在沙发上坐着一动没动。我下载一首又一首歌曲, 一个又一个视频, 但其实并不在意。我的兴奋点是寻找下一首歌曲而不是真正欣赏音乐。朋友们试图让我远离手机, 但是一旦我又独自一人, 我就迫不及待地想回到网络世界和它提供的紧张的活动中去。 我经常感到沮丧、不满和孤独。因为我花了很多时间上网社交, 所以一直在推迟现实生活中重要的事情: 家庭作业、任务、以有意义的方式和家人朋友联系。有趣的是, 我和朋友们经常在网上聊得热火朝天, 但见面时却无话可说。

词汇助读	课文	翻译助读
③⑥ take a call 接电话	A few days ago, I went out for a dinner get-together with some friends. My best friend left the table for 30	几天前,我和一些朋友出去吃
③⑦ bend <i>vi.</i> & <i>vt.</i> 弯腰; 俯身	minutes because he had to take a call ®. Some spent the dinner bending ® over their phones, texting friends online but ignoring ® the ones [17]who sat right in front of them. And the extraordinary ® thing is nobody thought [18]this was rude ®; it's just [19]how life is nowadays.	晚饭。我最好的朋友因为接听电话而离席 30 分钟。有些人整个晚餐都埋头在看手机,给网上的朋友发短信,却忽略了
③⑧ ignore <i>v.</i> 忽视	On a family holiday last summer, my sister spent all her time complaining ® [20]that she needed to charge her phone ®. [21]When it was charged, she just spent hours reading about her favourite popstar; [22]not once did she lift her head [23]to enjoy the view outside her window.	坐在他们面前的人。不可思议的是没有人认为这不礼貌。这就是现在的生活方式。去年夏天一次全家度假,我妹妹一直
③⑨ extraordinary <i>adj.</i> 令人惊奇的,异乎寻常的	[17]who 引导定语从句,修饰先行词 the ones,不可以省略。	抱怨说她的手机需要充电。手机充上电后,她就花了数小时
④⑩ rude <i>adj.</i> 无礼的	[18]thought 后是宾语从句,引导词被省略。	浏览她最喜欢的流行歌手的信息,一次也没有抬起头欣赏窗外的景色。
④⑪ complain <i>vi.</i> & <i>vt.</i> 抱怨;不满;发牢骚	[19]how 引导表语从句,不可省略。	真正令人担心的是,我认识的
④⑫ charge one's phone 给某人的手机充电	[20]that 引导宾语从句,作 complaining 的宾语,可以省略。	每个人,包括我自己,都不能够戒掉互联网。我甚至无法想象
④⑬ appointment <i>n.</i> 约定;约会	[21]when 引导时间状语从句。	一周没有社交网络的生活——
④⑭ alcoholic <i>n.</i> 酗酒者,嗜酒成瘾者 <i>adj.</i> (含)酒精的	[22]not 为否定意义的副词,位于句首,句子进行部分倒装。	想想你会错过的所有重要约会、邀请和新闻更新!想要戒
④⑮ booze <i>n.</i> 酒	[23]不定式结构表示目的。	酒的酗酒者可以避免饮酒,但
④⑯ at any time 在任何时候	[24]What is really worrying is [25]that no one [26]I know, including myself, could go cold turkey. I can't even imagine going without social networking for a week—	我们如何杜绝手机呢?毕竟,
④⑰ hard-wired <i>adj.</i> 硬件控制的;天生的	think of all the important appointments ®, invitations and news updates you would miss! Alcoholics ® [27]who want to quit drinking can avoid booze ®, but how do we give up our phones? After all, I need it for my studies [28]because my teachers and classmates need to contact me at any time ®.	我需要用它来学习,因为我的老师和同学需要随时与我联系。
④⑱ disconnected <i>adj.</i> 分离的;断开的;无关联的	[24]what 引导主语从句,作从句中的主语,不可省略。 [25]that 引导表语从句。 [26]定语从句,关系词在从句中作宾语,被省略。 [27]who 引导定语从句,关系词在从句中作主语,不可省略。 [28]because 引导原因状语从句。	所以,这就是社交网络的问题。
	So, that's the problem with social networking. We're hard-wired ® in, but we're more disconnected ® than ever	我们被网络连接,但却比以往更加疏远