



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

必修第一册 RJ

CONTENTS

目录

主题读写

高中生活

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自我	如何适应高中生活	说明文 写 002
◆ Tuesday	阅读理解	人与自我	“我”的高中生活	记叙文 写 004
◆ Wednesday	阅读理解	人与自我	数学老师对“我”的影响	记叙文 写 006
◆ Thursday	阅读理解	人与社会	华盛顿一所高中的学校花园项目	说明文 写 008
◆ Friday	阅读七选五	人与自我	高中生参加课外活动的益处	说明文 写 010
◆ Saturday	完形填空	人与社会	因误会而结识了好友	记叙文 写 012
◆ Sunday	渐进写作微技能：掌握句子的基本成分（一）主语、谓语			写 014
	主题写作：高中生活			写 015

青少年生活

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	致力于拯救大盐湖的女生	记叙文 写 017
◆ Tuesday	阅读理解	人与社会	青少年使用手机情况	说明文 写 019
◆ Wednesday	阅读理解	人与社会	青少年把 AI 当朋友	说明文 写 021
◆ Thursday	阅读理解	人与社会	女孩可担任领导者	新闻报道 写 023
◆ Friday	阅读七选五	人与自我	给高一新生的建议	说明文 写 025
◆ Saturday	完形填空	人与社会	越野赛中的暖心相助	记叙文 写 027
◆ Sunday	渐进写作微技能：掌握句子的基本成分（二）宾语、表语、补语			写 029
	主题写作：青少年生活			写 030

旅行

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自然	到埃达克岛旅游	应用文 写 032
◆ Tuesday	阅读理解	人与自我	独自旅行经历	记叙文 写 034
◆ Wednesday	阅读理解	人与社会	慢旅行	说明文 写 036
◆ Thursday	阅读理解	人与社会	人工智能对旅行的影响	说明文 写 038
◆ Friday	阅读七选五	人与社会	如何进行徒步旅行	说明文 写 040
◆ Saturday	完形填空	人与社会	旅行中的意外之景	记叙文 写 042
◆ Sunday	渐进写作微技能：掌握句子的基本成分（三）定语、状语、同位语			写 044
	主题写作：旅行			写 045

运动与健康

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	几项风靡全球的运动	应用文 写 047
◆ Tuesday	阅读理解	人与自我	最年长的女性铁人三项完赛者	新闻报道 写 049
◆ Wednesday	阅读理解	人与社会	锻炼对健康的作用	说明文 写 051
◆ Thursday	阅读理解	人与社会	短时间高强度的活动有益健康	说明文 写 053
◆ Friday	阅读七选五	人与社会	散步与健康	说明文 写 055
◆ Saturday	完形填空	人与自我	一次长跑比赛	记叙文 写 057
◆ Sunday	渐进写作微技能：掌握英语的基本句型（一）			写 059
	主题写作：运动与健康			写 060

自然灾害

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	飓风后的暖心帮助	记叙文 写 062
◆ Tuesday	阅读理解	人与自然	土耳其地震	新闻报道 写 064
◆ Wednesday	阅读理解	人与自然	青蛙有预测地震的能力	说明文 写 066
◆ Thursday	阅读理解	人与自然	美国的隐性山体滑坡加剧	说明文 写 068
◆ Friday	阅读七选五	人与社会	自然灾害发生后帮助别人的方法	说明文 写 070
◆ Saturday	完形填空	人与自然	救助受困于洪水的母亲	记叙文 写 072
◆ Sunday	渐进写作微技能：掌握英语的基本句型（二）			写 074
	主题写作：自然灾害			写 074

世界上的语言

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自我	免费学习语言的应用程序	应用文 写 076
◆ Tuesday	阅读理解	人与自我	“我”与西班牙语	记叙文 写 078
◆ Wednesday	阅读理解	人与社会	多语言学习可减缓头脑变老	说明文 写 080
◆ Thursday	阅读理解	人与社会	表情符号渐渐改变了我们的语言	说明文 写 082
◆ Friday	阅读七选五	人与自我	“我”对中文的喜爱	记叙文 写 084
◆ Saturday	完形填空	人与自我	学习法语和德语的经历	记叙文 写 086
◆ Sunday	渐进写作微技能：掌握英语的基本句型（三）			写 088
	主题写作：语言学习			写 089

参考答案

写 091

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（2025修订版）理念精心编排，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原创新题，来自外文网站，选材地道，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：本书的写作具备两种维度——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。

高中生活

Monday 阅读理解

练新鲜时文 探主题意义

词数 316

难度 ★★★

建议用时 7 分钟

正确率 ____/4

So what's senior high school really like? Is there more work? More stress? If you're having thoughts like these, you're not alone: lots of other **freshmen** are feeling the same way. With that in mind, here are some topics that commonly worry freshmen and some things you might want to learn about.

Learning inside the classroom

The work in high school **builds on** what you learned in middle school, giving you a more advanced knowledge of many **academic** subjects. So you may find you have more work to do or that it's more challenging. But these challenges can make you feel less bored with the usual routine. And while you have more **independence** as a senior high school student, there are still many resources (资源) to fall back on if you feel the work is too much or if there's something you don't understand.

After-class activities

High school also has more after-class activities than middle school did, such as clubs, music and theatre groups, and sports teams. These activities may take place before or after school, or during free periods or in study halls. Because of this, it helps to sharpen your time management skills in your first year. After-class activities are great, but remember to leave free time for yourself. Everybody needs some downtime(休息).

Learning outside the classroom

High school is a time of increasing independence and responsibility. As in middle school, you or your friends may have some **tough** times. But if you ever find that personal issues get really **stressful**, find someone, such as your friends, your parents or even school teachers, to talk to. That you're becoming more independent doesn't mean you're alone.

It's perfectly OK if you're nervous as a freshman at first. Just be patient and keep trying. Once you get used to your new independence, you may find you can go further than you ever imagined.

() 1. **What can we know about many freshmen from the text?**

- A. They are anxious about their new school life.
- B. They feel excited about getting to a new school.
- C. They aren't used to the new learning environment.
- D. They succeed in dealing with their high school life.

() 2. **What does the underlined part "fall back on" in Paragraph 2 probably mean?**

- A. Look for.
- B. Depend on.
- C. Pick out.
- D. Learn from.

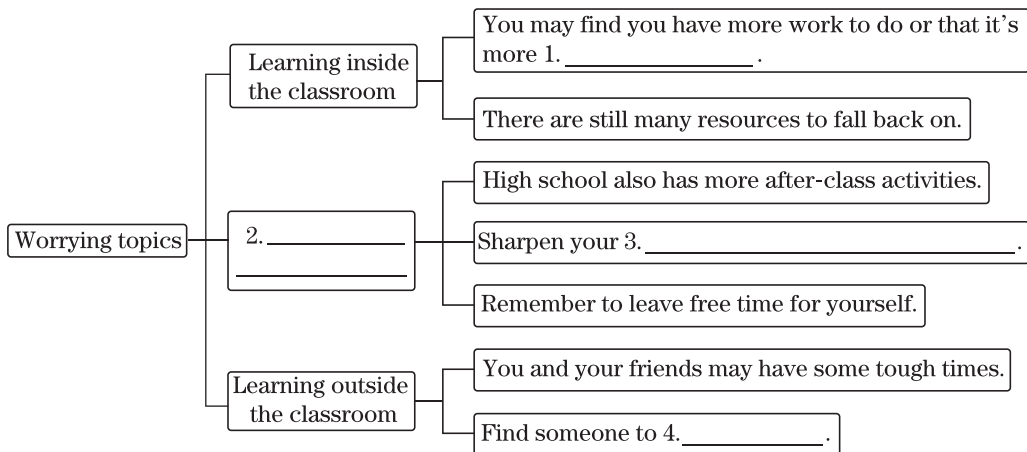
() 3. **What should a freshman do according to the text?**

- A. Trust other students.
- B. Give teachers help.
- C. Learn to ask for help.
- D. Try to help himself.

() 4. **What is the purpose of the text?**

- A. To encourage high school students to study hard.
- B. To show the importance of independence at school.
- C. To teach students to enjoy their high school life.
- D. To show how to get used to the new high school life.

语篇分析



词海拾珠

1. freshman *n.* 高中一年级学生; 大学一年级新生
2. build on 建立于; 以……为基础
3. academic *adj.* 学业的, 学术的
4. independence *n.* 独立; 自主, 自立 → _____ *adj.* 独立的, 自主的
5. tough *adj.* 艰苦的, 艰难的
6. stressful *adj.* 压力大的; 紧张的 → _____ *n.* 压力; 紧张; 重音 *v.* 强调; 重读; (使) 焦虑不安 → _____ *adj.* 焦虑不安的

【举一反三】

词缀-en

后缀-en 加在形容词或名词后构成动词, 表示“使; 使成为; 变得”。

例: quick → quicken 使加快; fright → frighten 使害怕; 使受惊

[原句再现] Because of this, it helps to **sharpen** your time management skills in your first year.

正因为如此, 它有助于在第一年提高你的时间管理技能。

[猜测词义]

- (1) The letter is too long. Can you **shorten** it a little? ()
- (2) The play can **broaden** my mind and enrich my life. ()
- (3) His eyesight has **weakened** since I saw him last year. ()
- (4) This can **deepen** our understanding of the natural world. ()

句型透视

[原句] And while you have more independence as a senior high school student, there are still many resources (资源) to fall back on if you feel the work is too much or if there's something you don't understand.

[分析] 本句是一个主从复合句。句中 while 引导 _____ 从句, 主句中不定式短语 to fall back on 作后置定语, 修饰 many resources; or 连接并列的两个 _____ 从句 if you feel the work is too much 和 if there's something you don't understand.

[翻译] _____, 但如果你觉得课业太繁重或者有什么你不明白的地方, 你仍然有很多资源可以依靠。

[仿写] 尽管因特网有很大的帮助, 但是对于我们来说, 花太多时间上网是不明智的。(while)
_____, it is unwise for us to spend too much time on it.

语篇分析

My senior high school life

Para. 1: The biggest difference from junior high is the 1. _____.

Paras. 2-3: My daily school schedule and after-school 2. _____.

Para. 4: The 3. _____ I face in my senior high.

Para. 5: Senior high school life is 4. _____ but rewarding.

词海拾珠

1. adjust to (= adapt to) 适应
2. freedom *n.* 自由 → _____ *adj.* 自由的
3. clip *n.* 短片, 短视频
4. creativity *n.* 创造力; 创造性 → _____ *adj.* 有创造力的 → create *v.* 创造; 创作
5. renewable *adj.* 可再生的 → _____ *v.* 更新; 再生
6. assignment *n.* 作业; 任务 → _____ *v.* 分配; 布置(工作、任务等)

【举一反三】

一词多义 fair

[原句再现] I joined the Science Club because I want to prepare for the school science **fair** to be held next month.

我加入了科学社团, 因为我想为下个月举行的校园科技博览会做准备。

fair *n.* 博览会, 展览会 *adj.* 公平的; 晴朗的; 相当大的, 相当好的 *adv.* 公平合理地

[猜测词义]

- (1) Was it really **fair** to him to ask him to do all the work? ()
- (2) There's a **fair** chance that we might win this time. ()
- (3) They'll respect you as long as you play **fair**. ()
- (4) There is a book **fair** in our school. ()
- (5) **Fair** weather is good for hiking. ()

句型透视

[原句] The teacher there always says, "Creativity is more important than perfect skills", which makes me less nervous about trying new things.

[分析] 本句是一个复合句。句中 says 后的直接引语为宾语, 相当于宾语从句; which 引导 _____, 指代前面老师说的那句话。

[翻译] 那里的老师总是说: “创造力比完美的技能更重要”, 这让我在尝试新事物时不再那么紧张。

[仿写] 我的新班主任经常说: “不要害怕提问”, 这让我更勇敢地 and 同学们交流。

My new class teacher often says, "Don't be afraid to ask questions", _____.

词数 316

难度 ★★★

建议用时 7 分钟

正确率 ____/4

Maths had never been something I was good at since middle school. Classes became harder in high school, and I was even further from a maths teacher's dream student. So, at the start of my freshman year, I carried a quiet resentment (怨恨) towards maths. It wasn't that I didn't want to do well, but **simply** that I didn't think I was able to do well. "I can't" became my state of mind in all things **related to** maths.

However, I was soon to learn that "I can't" was not a **choice** in Ms Zhou's class.

Ms Zhou always greeted us with open arms as she said, "Welcome! Smile! It's a great day to be alive!" It was clear that Ms Zhou had a true **passion** not only for maths but for teaching. If Ms Zhou ever experienced bad days in life, she never showed it. She greeted us with that same smile every day. She **encouraged** each student, from the top **achiever** to the "I can't" student.

I found myself looking forward to maths classes, although I still hated the subject itself. Being in Ms Zhou's presence made me feel good, as if I had the chance to succeed. As the year progressed I spent increasingly more time on my homework, and I met with Ms Zhou weekly. My classmates began to do the same, and it became "cool" to have lunch and talk with Ms Zhou. We didn't know it at the time, but she was changing our attitudes.

Though my story is not one of overnight successes and I didn't become a straight-A maths student, my hard work did begin to **pay off**, and my grades slowly began to climb. There were hard times, of course. Difficult maths questions sometimes succeeded in bringing me down, but Ms Zhou kept reminding me, "Smile! It's a great day to be alive!"

() 1. **What first made the author look forward to maths classes?**

- A. Her interest in maths.
- B. Ms Zhou's attitude.
- C. Her friends' encouragement.
- D. The top achievers in her class.

() 2. **How did the author feel about her talk over lunch with Ms Zhou?**

- A. It was boring.
- B. It was awkward.
- C. It was challenging.
- D. It was impressive.

() 3. **How did the author change in maths?**

- A. She fell in love with maths totally.
- B. She made slow but steady progress.
- C. She became a top maths student finally.
- D. She was comfortable with maths questions.

() 4. **What lesson can we learn from the story?**

- A. Hard work alone can lead to great progress.
- B. A good teacher can change a student's mindset.
- C. Talent is more important than effort in learning.
- D. Difficult subjects can be overcome with more practice.

语篇分析

From “I can’t” to
“I’m trying”: my
maths journey
with Ms Zhou

Para.1: The author’s negative attitude and self-doubt towards 1. _____ at the start of senior high school.

Paras.2-4: How Ms Zhou’s positive teaching attitude, passion, and encouragement 2. _____ the author’s feelings about maths classes.

Para.5: The author’s reflection on her 3. _____—slow but steady grade improvement.

词海拾珠

1. simply *adv.* 只不过; 仅仅 → _____ *adj.* 简单的
2. (be) related to 与……相关
3. choice *n.* 选择 → _____ *v.* 选择
4. passion *n.* 热情 → _____ *adj.* 热情的
5. encourage *v.* 鼓励 → _____ *n.* 鼓励, 鼓舞
6. achiever *n.* 成功者, 有成就的人, 取得……成绩的人 → achieve *v.* 实现; 达到 → achievement *n.* 成就; 成绩
7. pay off 获得回报, 取得成功

【举一反三】

构词法——转化法 (conversion)

在英语中, 一个单词由一种词性转化为另一词性而词形不变的方法叫作转化法, 如名词转化成动词, 形容词转化成动词等。除了个别单词外, 大多数转化后的词读音和意义不会发生改变。

[原句再现] As the year **progressed** I spent increasingly more time on my homework, and I met with Ms Zhou weekly.

随着这一年的时间推移, 我在作业上花的时间越来越多, 并且每周都会和周老师见面。

progress *n.* 进步 → *v.* 进展; 推移

[猜测词义]

- (1) I **water** the flowers in the garden every morning. ()
- (2) Our teacher helped us **map** the city on the paper. ()
- (3) She **noted** down the key points of the teacher’s lecture. ()
- (4) We **booked** two tickets for the film yesterday. ()

句型透视

[原句] Being in Ms Zhou’s presence made me feel good, as if I had the chance to succeed.

[分析] 本句是一个复合句。being in Ms Zhou’s presence 是动名词短语作主语, made 是谓语动词; as if 引导 _____ 从句。

[翻译] 待在周老师身边, 我心里会感到很踏实, 仿佛自己拥有了成功的机会。

[仿写] 和我最好的朋友在一起, 让我感到温暖, 好像我有了面对所有困难的力量。

Being with my best friend made me feel warm, _____
_____.

词数 315

难度 ★★★

建议用时 7 分钟

正确率 ____/4

School is still out for the summer, but at Eastern Senior High School in Washington, D.C., students are hard at work outdoors. In a garden filled with flowers and beds **bursting with** vegetables and herbs, nearly a dozen teenagers are harvesting vegetables for the weekend's farmers' market.

Roshawn Little is going into her junior year (高三) at Eastern, and has been working in this garden for three years now. During the summer, Little gets paid to work Tuesday through Saturday from 9 am until 2 pm with City Blossoms, a nonprofit organization that brings community gardens to schools in urban areas. She believes that gardening has taught her to try all sorts of new things, like eating **a wider variety of** vegetables regularly. She brought these healthy habits home, and her improved diet even inspired her family to purchase more fruits and vegetables.

Little's experience is a vivid example of the broader impact that City Blossoms aims to create. City Blossoms is one of many groups across the country teaming up with local communities to establish school gardens, like the one at Eastern. It **cooperates** with schools to create learning gardens and trains teachers on how to get students **engaged** and improve academic performance. These gardens effectively **function as** open-air classrooms. For example, they can be used for maths lessons, like calculating the area of a plant bed or learning the science of how plants grow.

For the students, the experience can be a nutritional **eye-opener**, which has totally changed their views on where food comes from, and what it takes to produce food. Partner schools have also seen a 12 to 15 percent rise in the number of students passing standardized tests and 94 percent of teachers reported seeing increased engagement from their students, according to an independent **evaluation** conducted by PEER Associates.

() 1. **What does Roshawn Little think of the summer outdoor activity?**

- A. It is a good way to earn pocket money.
- B. It has improved her family relationship.
- C. It contributes to her healthy eating habit.
- D. It is helpful to her academic performance.

() 2. **What is the purpose of the school gardens?**

- A. To invite students to care for plants.
- B. To advance teachers' teaching skills.
- C. To get students interested in science.
- D. To provide a creative way of learning.

() 3. **What does the last paragraph focus on about the project of City Blossoms?**

- A. Its operations.
- B. Its effects.
- C. Its applications.
- D. Its expectations.

() 4. **What can be the most suitable title for the text?**

- A. City Blossoms: team up with local community teachers
- B. Sweet memory: how kids enjoy working in the garden
- C. Outdoor classrooms: get out for the weekend's farmers' market
- D. Healthy eaters, smart minds: what school gardens teach kids

语篇分析

Eastern Senior High School's learning garden

Para.1: Students at Eastern Senior High School in Washington, D.C. work outdoors in the school garden to 1. _____ vegetables for the weekend's farmers' market during the summer vacation.

Para.2: A student called Roshawn Little has worked in the garden for three years with the nonprofit organization City Blossoms and gains a lot from 2. _____.

Para.3: Little's experience shows the 3. _____ of City Blossoms and the gardens serve as open-air classrooms for different lessons.

Para.4: Working in the school garden is an eye-opener for students, changing their views on 4. _____.

词海拾珠

- burst with 充满, 挤满
- a wider variety of 更多种类的; 各种各样的
- cooperate *v.* 合作; 协作 → _____ *n.* 合作, 协作
- engaged *adj.* 参与的; 投入的; 忙碌的 → engage *v.* 参与; 从事; 吸引 → _____ *n.* 参与; 约定
- function as 起到……的作用; 用作……
- eye-opener *n.* 使人大开眼界的经历(或事情等)
- evaluation *n.* 评价; 评估 → evaluate *v.* 评价; 评估

【举一反三】

一词多义 conduct

[原句再现] Partner schools have also seen a 12 to 15 percent rise in the number of students passing standardized tests and 94 percent of teachers reported seeing increased engagement from their students, according to an independent evaluation **conducted** by PEER Associates.

根据 PEER Associates 开展的一项独立评估, 合作学校通过标准化考试的学生人数也增长了 12% 至 15%, 且 94% 的教师表示观察到学生的参与度有所提高。

conduct *v.* 开展, 进行; 举止, 表现; 指挥; 带领, 为……导游 *n.* 举止, 表现

[猜测词义]

- (1) He **conducted** himself far better than expected. ()
- (2) Our teacher will **conduct** a test on the new vocabulary next week. ()
- (3) The guide **conducted** us around the ruins of the ancient city. ()
- (4) Dennis had recently begun a successful career **conducting** opera in Europe. ()

句型透视

[原句] For the students, the experience can be a nutritional eye-opener, which has totally changed their views on where food comes from, and what it takes to produce food.

[分析] 本句是一个复合句。句中 which 引导的是一个 _____, 先行词是 the experience; 介词 on 后面的 where food comes from, and what it takes to produce food 是两个并列的 _____。

[翻译] 对学生们来说, 这段经历可以说是一次营养观念上的启蒙, 彻底改变了他们对食物来源以及生产食物所需条件的看法。

[仿写] 对青少年来说, 在小组活动中与队友合作可以说是一次难忘的大开眼界的体验, 它改变了他们对合作以及一起完成一项困难任务所需要付出的努力的努力的看法。

For the teenagers, working with teammates in group activities can be an unforgettable eye-opener, _____.

词数 258

难度 ★★★

建议用时 7 分钟

正确率 ____/5

High school students have a lot of choices for what they can do once the school day ends: they can study, do homework, **participate** in a sport, watch TV, work at a job, play video games, attend a club meeting and more. 1. _____ Spending your time after school wisely can help you become better prepared for college and your future.

Students who participate in after-school activities often perform better in class **compared to** those who don't. A study conducted in 2021 showed that high school students attending after-school programmes **are less likely to drop out**, have better attendance records, and **have a more positive attitude towards** school. They also often have an increase in the standardized test scores. 2. _____

After-school activities can also increase your chances of being accepted into college because you can include your participation on your college **applications**. 3. _____ Participating in an after-school activity is a great way to show your interests and academic motivation(学术动力).

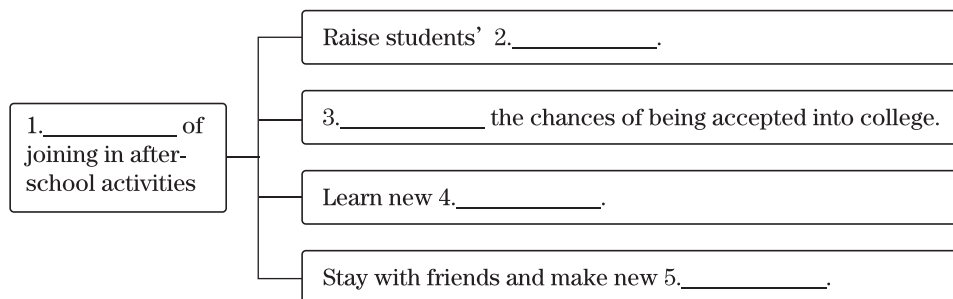
4. _____ For example, if you are interested in being a doctor, you can be a part of your school's Science Olympiad team or **volunteer** at a hospital. You can find one that matches your interests from many after-school activities available, and learn some skills through practice.

Most importantly, participating in after-school activities gives you an opportunity to spend time with your friends as well as make new ones. Your participation often means you have a shared interest, such as volunteering or playing a sport. 5. _____

So, as a student in high school, why not **get involved in** the after-school activities?

- A. These activities are constructive and meaningful.
- B. Colleges love to see students who are active in activities.
- C. Moreover, you can realize your dreams through these activities.
- D. Besides, you will learn new skills from after-school activities.
- E. So participating in an after-school programme can raise your grades.
- F. Some of these activities are more useful and productive than others.
- G. That can make it easier to be friends because you have something in common.

语篇分析



词海拾珠

- participate *v.* 参加 → _____ *n.* 参加
- compared to... 与……相比
- be likely to... 可能……
- drop out 辍学
- have a(n)...attitude towards/to... 对……有着……的态度
- application *n.* 申请; 请求; 申请书; 申请表 → _____ *v.* 申请
- volunteer *v.* 自愿做; 义务做 *n.* 志愿者 → _____ *adj.* 自愿的; 自愿的
- get involved in 参加; 涉及

【举一反三】

一词多义 match

[原句再现] You can find one that **matches** your interests from many after-school activities available, and learn some skills through practice.

你可以在许多可参与的课外活动中找到一个符合你爱好的, 并通过实践学到一些技能。

match *n.* 比赛; 火柴; 敌手, 旗鼓相当的人; 相配的人(或物) *v.* 比得上, 敌得过; 相配; 相似

[猜测词义]

- It will be difficult to **match** the service this airline gives its customers. ()
- Fans packed the stadium to watch the final **match**. ()
- The doors were painted blue to **match** the walls. ()
- I was no **match** for him at tennis. ()

句型透视

[原句] A study conducted in 2021 showed that high school students attending after-school programmes are less likely to drop out, have better attendance records, and have a more positive attitude towards school.

[分析] 本句是一个主从复合句。a study conducted in 2021 showed... 为主句, 其中过去分词短语 conducted in 2021 作后置 _____, 修饰主句主语 a study, 与之 _____ 关系; that 引导宾语从句, 从句中现在分词短语 attending after-school programmes 作后置 _____, 修饰从句主语 high school students, 与之 _____ 关系; 从句中动词 are 和两个 have 构成并列谓语。

[翻译] 2021 年进行的一项研究表明, 参加课外活动的高中生辍学的可能性较小, 出勤记录更好, 对上学的态度更积极。

[仿写] 他们说, 参加这次音乐节的学生进行了音乐短剧表演, 演奏了乐器, 并参加了歌唱比赛。(分词作后置定语)

They said _____ had short musical performances, played musical instruments and _____.

词数 234

难度 ★★★

建议用时 15 分钟

正确率 ____/15

I still remembered the day when I first met Sophia on campus. Being 1, once again I forgot to take my Smile Cards to school, but that didn't stop me on my 2.

On the way to school, I picked up a bag of chocolates to 3. During the day, whenever I found myself 4 in a corridor (走廊), I'd put a chocolate into a **locker** secretly. After school finished, I 5 for an extra hour, so that I could send out the chocolates without getting 6.

I was making my way down with my chocolates when someone 7 behind me made me jump. "Stop!" It was a girl who looked 8. I knew it must be her locker that I was holding open, and I looked like I was 9 her personal things. She thought of me as a thief.

I 10 **explained** that I was just putting a chocolate into the locker and 11 her the bag of chocolates as proof (证据). She smiled and the annoyed look disappeared. We sat down and I 12 to her that I did this just to give others a great surprise. 13 this, she **couldn't wait to** 14 me. This time we **kept a lookout for** one another. Later, we became good friends and often played together. I really enjoyed her 15.

- () 1. A. familiar B. annoyed C. forgetful D. awkward
- () 2. A. action B. organisation C. design D. exploration
- () 3. A. hand in B. give away C. hide away D. begin with
- () 4. A. bored B. unknown C. frightened D. unnoticed
- () 5. A. hung around B. walked on C. stayed up D. looked forward
- () 6. A. caught B. hurt C. punished D. misunderstood
- () 7. A. laughing B. shouting C. quarreling D. singing
- () 8. A. anxious B. curious C. embarrassed D. angry
- () 9. A. looking for B. picking up C. going through D. experimenting with
- () 10. A. quickly B. finally C. formally D. confidently
- () 11. A. sent B. showed C. taught D. fetched
- () 12. A. replied B. reported C. added D. explained
- () 13. A. Feeling B. Seeing C. Hearing D. Considering
- () 14. A. lecture B. join C. remind D. interview
- () 15. A. goal B. group C. company D. strategy

词海拾珠

1. locker *n.* 有锁储物柜, 寄存柜 → lock *v.* 锁住, 上锁
2. explain *v.* 解释; 说明; 阐明 → _____ *n.* 解释; 说明
3. can't wait to do sth 迫不及待做某事
4. keep a lookout for sb/sth 注意; 警戒; 留心

【举一反三】

1. 一词多义 pick up

[原句再现] On the way to school, I **picked up** a bag of chocolates to give away.

在上学的路上, 我买了一袋巧克力糖来分发。

pick up 捡起; 接载; (不费劲地) 获得或学会; (跌倒后) 自己慢慢站起来; 购买; (健康) 好转; 改善; 整理, 收拾; 接收(信号或声音)

[猜测词义]

- (1) If you go to England you'll soon **pick up** English. ()
- (2) Anthony **picked himself up** and set off along the track. ()
- (3) We drove to the airport the next morning to **pick up** Susan. ()
- (4) The man **picked up** his cap from the floor and stuck it back on his head. ()
- (5) Make sure you are getting all your vegetables and fruits in during the day, which will help you to **pick up**! ()
- (6) I **picked up** some fruit at the local supermarket. ()

2. 一词多义 go through

[原句再现] I knew it must be her locker that I was holding open, and I looked like I was **going through** her personal things. 我知道我打开的一定是她的储物柜, 我看起来好像在翻她的私人物品。

go through 经历, 经受(尤指苦难或艰难时期); 通读; 翻找; 仔细检查, 翻阅; 穿过, 走过

[猜测词义]

- (1) It was evident that someone had **gone through** my possessions. ()
- (2) It took us a whole week to **go through** one of the great forests. ()
- (3) It is said that two professors **went through** those papers together. ()
- (4) He was **going through** a very difficult time, but he insisted on his dream. ()
- (5) If you **go through** a list, story, or plan, you read or check it from beginning to end. ()

句型透视

[原句] I was making my way down with my chocolates when someone shouting behind me made me jump.

[分析] 句中 when 用作并列连词, 句型 be doing... when... 意为“_____”; shouting behind me 是现在分词短语作_____, 修饰 someone。

[翻译] 我正拿着巧克力糖往前走, 这时突然有人在我身后大喊, 把我吓了一跳。

[仿写] 我正在看布告栏上的照片, 突然听见身后传来一个声音。

I heard a voice behind me.

渐进写作微技能：掌握句子的基本成分（一）主语、谓语

学 写作知识

要写出完整、正确的句子，前提是掌握句子的成分和结构。

句子有若干个组成部分，分别承担着不同的作用，这些组成部分叫作句子成分。英语中的句子成分分为：主语（Subject）、谓语（Predicate）、宾语（Object）、表语（Predicative）、定语（Attribute）、状语（Adverbial）、补语（Complement）和同位语（Appositive）。

► 主语——发号施令于句首

主语是谓语所表示动作或状态的执行者。主语一般位于句子开头，且不能省略。

但在某些特定的句式里，如疑问句、倒装句、祈使句、感叹句等，句子主语也可以位于谓语动词之后或省略。

[主语与词类的对接] 主语——1. 名词(短语)

2. 主格代词 3. 数词 4. 动名词(短语)

5. 动词不定式(短语) 6. 从句 7. the + 形容词/分词(表示一类)

1. A good friend should be kind and patient.

好朋友应该是善良的和有耐心的。(名词短语作主语)

2. Everyone needs friends.

每个人都需要朋友。(代词作主语)

3. Seven-tenths of the earth surface is covered with water.

地球表面的十分之七被水覆盖。(数词作主语)

4. _____ improves your mind.

和智者聊天提高你的思想水平。(动名词短语作主语)

5. _____ is to help yourself.

帮助别人就是在帮助你自己。(不定式短语作主语)

6. _____ was moving a lot.
我记得最清楚的是经常搬家。(从句作主语)

7. _____
in the nursing home.

老年人在养老院能够得到很好的照顾。(the + 形容词)

► 谓语——主语言出谓必行

谓语用来描述主语的行为动作、状态或具有的特征，常位于主语之后。谓语有时态、语态和语气的变化，同时又受到主语人称和数的制约。

注意：

涉及谓语动词的问题，一定要注意动词的时态和语态，这是谓语动词的核心问题；其次是主谓一致，句子要遵循主谓一致的原则。

[谓语与词类的对接] 谓语——1. 实义动词

2. 动词短语 3. “系动词 + 表语”结构 4. “助动词/情态动词 + 实义动词”结构

1. I often imagine what my life would be like in the future.

我常常想象未来我的生活会是什么样子。(实义动词作谓语)

2. I always focus on the positive side of life.

我总是关注生活中积极的一面。(动词短语作谓语)

3. My English teacher was patient.

我的英语老师很有耐心。(“系动词 + 表语”作谓语)

4. I can fly and I can touch the sky.

我能飞，我能够着天。(“情态动词 + 实义动词”作谓语)

练 写作技能

I 根据句意完成下列句子

1. 我们可以在学校参加各种各样的课外活动。
We can _____
_____ in our school.
2. 我现在感觉比今天早上自信多了。
I now _____ than I
felt this morning.
3. 你在高中的时间和努力将会开启你通往未来的大门。
_____ at senior
high school will open the door to your future.
4. 千里之行,始于足下。
_____ with a single step.
5. 设定目标使你更加自信。
_____ makes you more
confident.

II 根据汉语提示完成下面的语篇,并背诵全文

Dear Adam,

1. _____
_____ (我写信想要告诉你一些关于我在新学校的生活的事). At first, I

find it a little difficult to get used to the senior high school life. The subjects we are learning are obviously more difficult. Besides, with endless homework to do, we almost have no time for exercise and other activities. 2. _____ (我感到压力很大) but I made up my mind to go through all the difficulties and learn every subject well.

Fortunately, the teachers and classmates are all helpful and kind. And I'm glad to make a new friend—Wang Lin, who is very outgoing and always ready to help others. Although he helped me with my English study, I still 3. _____ (没有取得很大进步) in this subject. So I would appreciate it 4. _____ (如果你能给我一些有用的建议).

How about your school life? 5. _____ (我盼望着早日收到你的回信).

Yours,
Li Hua

主题写作: 高中生活

话题总述

高中生活是最常见的写作话题,包括入学第一天,学校的各种活动,学校的课程,如何处理与老师、同学的关系等。这些都是常见、常考的高中生活的话题,通常以通知、学校活动、与外国朋友交流等形式出现。

词句复现

[常见词块]

1. 感到有压力

2. 焦虑和害怕的

3. 集中精力于

4. 留下印象

5. 期盼,期待

6. 课后活动

7. 对……有自信

8. 获益于

9. 与……交流

10. 记笔记

11. 过丰富多彩的生活

12. 有影响,有作用

13. 积极参加各种课外活动

14. 辍学

15. 落后

[常见表达]

1. 欢迎那些对这个活动感兴趣的人。

Those _____
are welcome.

2. 每当我灰心丧气的时候我的老师总是给予我信心。

My teacher always _____
every time I lost heart.

3. 我们做得如此好,以至于被邀请和学校所有学生分享我们的想法和经验。

We did _____
_____ all
the students of our school.

4. 我建议你充分利用学校的资源,积极参加学校的活动,这不仅可以使你的学校生活丰富多彩,而且还可以促进你的学习。

_____, which will not only make
your school life colourful, but also improve
your learning.

5. 这项活动使我们在繁忙的功课中得以放松,同时也促进了我们之间的友谊。

This activity _____
_____, and at the same time it promoted
the friendship among us.

主题范文背诵

假如你是李华,新学期开学两个月了,你的英语老师要求你在课堂上和同学们分享一下你来到新学校后的感想。内容包括:

1. 校园环境和教学设施;
2. 师生给你的印象;
3. 给学校的两点建议。

注意:1. 词数 80 个左右;

2. 内容可适当发挥,要注意行文连贯。

【精彩美文】

Hello, everyone,

I'm honoured to stand here to share with you my school life in the past two months.

First of all, our campus is very beautiful and **whenever I walk in it, it will make me relaxed**. **Besides**, the equipment in the classroom and the lab is really advanced, **which makes our class more interesting**. **What impresses me most** is my friendly teachers and diligent classmates. **It is they who often encourage me whenever I lose heart**. I am really grateful to them. However, **as to the food in the cafeteria, it is a little disappointing**. I hope it can get improved. I also wish we could have less homework and more time for physical exercise!

Thank you for your listening!

主题写作仿写

假如你是李华,你的好朋友 Steven 写信询问你在新学校的生活和学习情况。请给他写一封回信,内容包括:

1. 学校环境;
2. 师生情况。

注意:1. 词数 80 个左右;

2. 可适当增加细节,以使行文连贯。

【参考范文】

Dear Steven,

How are you? 1. _____
_____ (我写信告诉你我的生活) in the new school.

2. _____ (有一个大操场) and green trees and all kinds of sweet flowers 3. _____ (全年), our school is both large and beautiful. The teachers

4. _____ (对我们很严格) in study, but after class, they 5. _____ (是友好的) and care about us very much. My new classmates who are all very excellent and always

6. _____ (学习很努力) also give me a lot of help and we 7. _____

_____ (彼此相处非常融洽).
8. _____

(虽然学校生活是有压力的), I am 9. _____
_____ (充满信心), hoping with the help of the teachers, I will 10. _____

(取得很大的进步).

Yours,

Li Hua