



教育图书



功能学具



学生之家

基础教育行业专研品牌

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全品学练考

主编 肖德好

导学案

高中英语

必修第一册 WY

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Unit 1 A new start



讲课智能体

主题素养积累

进入新学校的第一天难免令人有些紧张,但是我们也会遇到友好的老师和同学,来听听“我”第一天在新学校的经历吧!



What a day! I started my new school this morning and had the best time. I made lots of new friends and really liked my teachers. I was nervous the night before, but I had no reason to be. Everyone was so friendly and polite. They made me feel at ease. **It was like I'd been at the school for a hundred years!**

The day started very early at 7:00 am. I had my breakfast downstairs with my mum. She could sense that I was very nervous. Mum kept asking me what was wrong with me. **She told me I had nothing to worry about and that everyone was going to love me.** If they didn't love me, Mum said she would have a good talk with them in her own way. I couldn't stop laughing.

My mum **dropped me off** at the school gate about five minutes before the bell. A little blonde (金发的) girl was dropped off at the same time and started **waving at me**. She ran over and told me her name was Abigail. **It turned out that** we

were in the same class. She was very nice and we became close straight away. We spent all morning together and began to talk to another girl named Stacey. The three of us sat together in the class all day and we even made our way home together! Time went by so quickly. Our teacher told us that tomorrow we would really start learning and developing new skills.

I cannot wait until tomorrow and feel as though I am really going to enjoy my time at my new school. I only hope that my new friends feel the same way, too.

【主题词句背诵】

1. drop sb off 让某人下车
2. wave at sb 向某人招手
3. It turns out that... 结果是……
4. It was like I'd been at the school for a hundred years!
就像我在这个学校待了很久一样!
5. She told me I had nothing to worry about and that everyone was going to love me.
她告诉我没什么好担心的,每个人都会爱我的。
6. I cannot wait until tomorrow and feel as though I am really going to enjoy my time at my new school.
我等不到明天了,我觉得我好像真的要享受在新学校的时光了。

单元知识概览

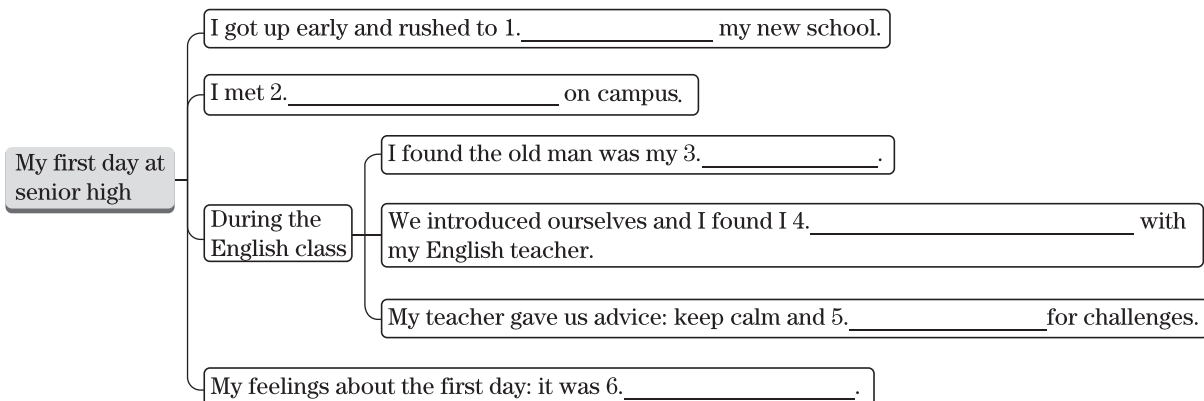
核心单词	curious, impression, campus, tradition, facility, impressive, moment, author, eagerness, explore, collection, organise, breathe, panic, challenge, pressure, calm, description, confident, debate, argue, topic, sharp, intelligent, investigate, various, volunteer, gain, apply, schedule, award, opportunity, subscribe, view, former, graduate, frightened, sight, figure, select, particular, specific, refer, struggle, memorise, improve, performance, exchange
核心短语	senior high, one by one, take up, butterflies in one's stomach, in panic, go all out, in particular, refer to, look forward to
重点句型	1. be doing... when... 2. “with + 宾语 + 宾语补足语”结构
单元语法	七种基本句型
单元写作	1. 如何写日记 2. 单元话题续写——学校生活

Period One Starting out & Understanding ideas

课前自主探究

预习新课 研读课文

Task 1: Fast Reading



Task 2: Careful Reading

() 1. Which word can best describe the author's feelings when the first day at senior high finally arrived?

- A. Nervous. B. Excited.
C. Relaxed. D. Worried.

() 2. What do you think of the white-haired man according to the passage?

- A. Positive and brave.
B. Strict and honest.
C. Kind and easy-going.
D. Confident and calm.

() 3. By saying "with butterflies in my stomach", the author wanted to say that _____.

- A. he was very nervous
B. something was wrong with his stomach
C. he felt very hungry
D. he was embarrassed

() 4. What can we learn from the passage?

- A. The author's English teacher showed him around the campus.
B. The author didn't get along well with his classmates.

C. The author was pleased with his first day.

D. The author's mind often wandered in the English class.

Task 3: Micro-writing

My first day at senior high 1. _____ (final) arrived after I 2. _____ (picture) it over and over again in my mind. The campus 3. _____ (be) still quiet when I arrived, so I decided 4. _____ (explore) a bit. I was looking at the photos on the noticeboard 5. _____ I heard a voice behind me. 6. _____ (turn) around, I saw a white-haired man. When my English teacher stepped into the classroom, I was surprised to see 7. _____ same man I had met earlier. He asked us to introduce 8. _____ (we) to the class one by one. When I introduced my name, everyone started laughing. At last I found I shared the same name 9. _____ my English teacher.

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

语言知识梳理

直击重点 突破考点

词汇点睛

1. **curious** *adj.* 好奇的, 求知欲强的; 稀奇古怪的

怪的

(1) be curious about 对……感到好奇
be curious to do sth 很想做某事

(2)curiously <i>adv.</i>	好奇地
(3)curiosity <i>n.</i>	好奇心
with curiosity	好奇地
out of curiosity	出于好奇

【佳句背诵】

Mandy **was curious to know** what it was that prevented her joining the club.

曼迪很想知道究竟是什么原因使她不能加入这个俱乐部。

【活学活用】

(1)单句填空

① She opened the black box lying in the corner just out of _____ (curious).

② She looked at the stranger _____ (curious), wondering why he was staring at her.

(2)写作金句

(应用文写作之推荐信) I know you _____, so I recommend this book to you. 我知道你对中国文化充满了好奇, 因此向你推荐这本书。

2. impression *n.* 印象; 感想

impressive *adj.* 令人钦佩的; 给人深刻印象的 (教材 P1) What was your first **impression** of your new school?

你对你的新学校的第一印象是什么?

(教材 P1) What have you found most **impressive** about senior high?

关于高中, 你觉得什么让你印象最深刻?

(1) make/leave an impression on/upon...	给……留下印象
(2) impress <i>v.</i>	使钦佩; 使敬仰; 给……留下深刻的好印象
impress sb with sth	使某人对……印象深刻
be impressed with/by sth	(某人)对……印象深刻
impress sth on/upon sb	使某人意识到某物的重要性或严重性等
What impresses sb most is...	让某人印象最深的是……

【佳句背诵】

Gonzales, a quiet and very polite young man, **made a favourable impression.**

冈萨雷斯是个文静而又很有礼貌的年轻人, 给人留下了很好的印象。

【活学活用】

(1)单句填空

① The building looked as _____ (impress) in actuality as it did in photographs.

② [人教版必修一 Welcome Unit] I'm not outgoing so I'm a little anxious right now. I want to make a good first _____ (impress).

(2)写作金句

(应用文写作之感谢信) _____ was your encouragement to me when I met with difficulties.

让我印象最深刻的是当我遇到困难时你对我的鼓励。

3. eagerness *n.* 热切, 渴望

(教材 P2) I woke up early and rushed out of the door in my **eagerness** to get to know my new school.

我醒得很早, 急忙冲出了家门, 迫不及待地想要了解我的新学校。

(1) with eagerness	急切地, 热切地
in one's eagerness to do sth	某人急切地想做某事
(2) eager <i>adj.</i>	渴望的; 热切的
be eager for...	渴望……
be eager to do sth	渴望做某事
(3) eagerly <i>adv.</i>	渴望地, 热切地

【佳句背诵】

The students are looking forward to the coming sports meeting **with eagerness.**

学生们正热切地盼望着即将到来的运动会。

【活学活用】

(1)单句填空

① When the well-known lecturer came in, he found that there were many students waiting _____ (eager) for his speech.

② He pushed his way through the crowd in his _____ (eager) to see what was happening.

(2)写作金句

① (应用文写作之记人叙事) She _____ for years,

and now she finally has the chance to make her dream a reality. 多年来,她一直渴望自己创业,现在她终于有机会实现自己的梦想了。

②(读后续写之心理描写) I am so delighted that the opportunity to visit the museum, which I _____ so long, has finally come.

我很高兴我渴望了很久的参观博物馆的机会终于来了。

4. breathe v. 呼吸

(教材 P4) With butterflies in my stomach, I **breathed** deeply. 心里七上八下的,我深深地吸了一口气。

- (1) breath *n.* 呼吸
take a (deep) breath = breathe (deeply) (深)吸一口气
hold one's breath 屏住呼吸,憋气
catch one's breath 喘口气,松一口气,歇口气
out of breath 喘不过气
(2) breathless *adj.* 气喘吁吁的

【佳句背诵】

We **held our breath** while the final results were announced.

宣读最终结果的时候我们屏住了呼吸。

【活学活用】

(1) 单句填空

The air was so cold that we could hardly _____ (breath).

(2) 写作金句

①(应用文写作之建议信) Before you make a public speech, you can _____ to relieve the nerves.

在你进行公开演讲之前,你可以深吸一口气来缓解紧张情绪。

②(读后续写之动作描写) By the time I reached the top of the hill, I was quite _____ and felt worn out.

到达山顶的时候,我已经是上气不接下气了,很是疲惫。

5. panic *n.* 惊慌,恐慌 *v.* (panicked, panicked, panicking) (使)惊慌,惊慌失措

(教材 P4) I looked at them in **panic**.

我惊慌失措地看着他们。

in panic 惊慌地
get into a panic 陷入恐慌

【佳句背诵】

He jumped to his feet **in panic** at the sight of the snake.

看到蛇,他惊慌地跳了起来。

【活学活用】

(1) 单句填空

I _____ (panic) when I saw heavy smoke coming out of the engine.

(2) 写作金句

(读后续写之心理描写) Jane _____ and her heart beat so violently that she nearly couldn't breathe.

简陷入恐慌,心跳得非常剧烈,几乎窒息。

6. confident *adj.* 自信的,有信心心的

(教材 P4) He was not sure about life at senior high, but after the English class, he felt more **confident**. 他对高中生活没有把握,但是英语课后,他感到更自信了。

- (1) be/feel/become confident about 对……有信心
be/feel/become confident (that) ... 确信……
(2) confidence *n.* 信任,自信心
develop/build (up)/strengthen/improve/lift/raise confidence in... 培养/树立/增强/提高……的信心

【佳句背诵】

(1) I **am confident that** I have done nothing wrong.

我确信我没有做错什么。

(2) [译林版必修一 U4] Focusing on your strengths also helps you **build your confidence**.

专注于你的优势也能帮助你树立自信。

【活学活用】

(1) 单句填空

[北师大必修一 U1] I also hope I will develop _____ (confident) in speaking English and develop competence in a variety of new skills.

(2) 写作金句

(应用文写作之活动意义) By taking part in these activities regularly in my spare time, I _____ my future.

通过在业余时间定期参加这些活动,我对自己的未来更有信心了。

句型透视

1. (教材 P2) **I was looking at the photos on the noticeboard when I heard a voice behind me.** 我正在看布告栏上的照片,这时听到身后有个声音。

(教材 P3) **I was organising my words in my head when the girl next to me gave me a nudge.** 我正忙着在脑海中组织语言,这时我旁边的那个女孩轻轻推了我一下。

句型公式

be doing... when...

【句式点拨】

when 在句中是并列连词,连接并列句,意为“这时”。when 作并列连词,表示“就在这时/那时”时,常位于主句之后,主句中的谓语动词往往表示正在做、刚做完或将要做。常用结构还有:

be about to do... + when... 正要做……这时……

be on the point of doing... + when... 正要做……这时……

had (just) done... + when... 刚做了……这时……

【佳句背诵】

(1) **I was driving** down to London **when** I suddenly found that I was in the wrong direction. 我正在开车去伦敦,这时我突然发现自己开错了方向。

(2) She **had just finished** her homework **when** her mother asked her to practise playing the piano yesterday.

昨天她刚做完作业,她妈妈就叫她去练习弹钢琴。

【活学活用】

(1) 单句填空

① He _____ (walk) for about a mile when he found help from a search party.

② We were about to leave _____ a big noise came from the next room.

(2) 写作金句

(读后续写之动作描写) We _____ suddenly it began to rain heavily.

我们正在湖里游泳,突然间下起了大雨。

2. (教材 P4) **With butterflies in my stomach, I breathed deeply.** 心里七上八下的,我深深地吸了一口气。

句型公式

“with + 宾语 + 宾语补足语”结构

【句式点拨】

句中 with butterflies in my stomach 是“with + 宾语 + 宾语补足语”结构,意为“感到非常紧张,觉得很心慌”,用作原因状语。“with + 宾语 + 宾语补足语”也称为 with 复合结构,可位于句首或句尾,常作时间、原因、方式、伴随状语,亦可作后置定语。

【归纳拓展】

常见的 with 复合结构:

(1) with + 宾语 + 形容词/副词/介词短语

(2) with + 宾语 + doing (表主动、进行)

(3) with + 宾语 + done (表被动、完成)

(4) with + 宾语 + to do (表未做)

【佳句背诵】

(1) [2024 · 新课标 I 卷] Finally, **with just two minutes to spare** we rolled into the bus station. 最终,我们在仅剩两分钟的时间里,驶进了汽车站。

(2) **With all the things bought**, she went home in a hurry, for her son was at home alone. 买了所有的东西,她匆忙回家,因为她的儿子独自在家。

(3) She felt uncomfortable **with so many people staring at her**. 这么多人盯着她,她感到很不自在。

【活学活用】

(1) 单句填空

① She had to walk home with her bike _____ (steal).

② With the crowds _____ (cheer) loudly, the runner crossed the finish line.

③ With two exams _____ (worry) about, I have to work really hard this weekend.

(2) 写作金句

(应用文写作之邀请信) _____ this weekend, I am writing to invite you to join us. (with 复合结构) 这个周末有一个有趣的活动要举行,我写信邀请你加入我们。

Period Two Using language

语言知识梳理

直击重点 突破考点

词汇点睛

1. argue *v.* 争论, 争辩

(教材 P7) **Argue** about the week's hottest topics with the school's sharpest minds! 和学校最聪明的人就一周最热门的话题进行辩论!

(1) argue with sb about/over sth

与某人争论/辩论某事

argue for 为……辩论; 赞成

argue against 反对, 据理力争

argue sb into/out of doing sth = persuade sb

into/out of doing sth 说服某人做/不做某事

(2) argument *n.* 争论, 辩论, 争吵

have an argument with sb

与某人争论

【佳句背诵】

(1) Some **argued for** her plan while others **argued against** it.

有些人赞成她的计划, 而另一些人则反对。

(2) We **argued him out of going on** such a dangerous journey.

我们说服他不去进行如此危险的旅行。

【活学活用】

(1) 单句填空

① They had an _____ (argue) with the waiter about the bill after they finished their meal.

② The villagers argued _____ building a factory near their homes as they feared the pollution it would bring.

(2) 写作金句

(应用文写作之建议信) You _____

_____ small matters. Instead, try to communicate calmly and understand their points.

你应该避免在小事上与父母争吵。相反, 试着平静地沟通并理解他们的观点。

2. apply *vi. & vt.* 申请, 请求; 适用; 应用; 涂, 敷

(教材 P8) After-school activities also play a part when students **apply** to college. 当学生申请大学的时候, 课外活动也会起作用。

(1) apply (to sb/sth) for sth

(向某人/某组织) 申请某物

apply to do sth 申请做某事

apply sth to sth 将某物应用于某物

apply to... 适用于……

(2) application *n.* 申请, 申请书; 应用, 运用; 应用程序, 应用软件(简称 app)

applicant *n.* 申请人

【佳句背诵】

(1) You must **apply for** a passport before going abroad. 出国前你必须申请护照。

(2) He **applied** the knowledge he gained at university **to** his new job.

他把在大学学到的知识应用到新工作中。

【活学活用】

(1) 单句填空/熟词生义

① Any _____ interested in the position could submit your _____ form to the school office. (apply)

② **Apply** the cream (面霜) evenly to your face and neck. _____

(2) 写作金句

① (应用文写作之申请信) I am writing _____ the position of volunteer during the coming Art Festival.

我写信是为了申请即将到来的艺术节的志愿者这个职位。

② (应用文写作之建议信) Since you are interested in Chinese chess, you can _____ this club. 既然你对中国象棋感兴趣, 你可以申请加入这个俱乐部。

3. take up 占据(时间或空间); 开始从事; 接受(建议或挑战); 继续, 把……接着进行下去

(教材 P8) However, they can **take up** a lot of time, so students have to learn to organise their busy schedules.

然而, 它们可能会占据很多的时间, 所以学生们得学会规划自己繁忙的日程表。

【佳句背诵】

As a responsible young man, I hope to **take up** a

job which is beneficial to society.

作为一个有责任感的年轻人,我希望从事一份对社会有益的工作。

【活学活用】

一词多义

① I **took up** a position in a university library after a career break. _____

② After thinking carefully, Rick decided to **take up** the challenge. _____

③ I know how busy you must be and naturally I wouldn't want to **take up** too much of your time. _____

④ Harry **took up** the story at the point where John had left off. _____

语法探究

拆解规则 精讲要点

语境感悟

阅读以下有关“我上高中的第一天”的短文,感知加黑部分,并回答其后的问题。

On the first day of high school, ① **I woke up early**. ② **I felt both nervous and excited**. ③ **My mum prepared a delicious breakfast** and ④ **gave me a warm and encouraging hug**. After breakfast, ⑤ **Dad drove me to school**. As ⑥ **I stepped into the campus**, ⑦ **my heart raced like a drum**. ⑧ **My first class was English**. ⑨ **I entered**. ⑩ **Mrs Tang stood at the front and smiled warmly**. ⑪ **This made me a lot more relaxed**. I think ⑫ **I was ready** for a new beginning.

【自主发现】

以上语段中,黑体部分属于七种不同的句型: _____ 为主语 + 谓语; _____ 为主语 + 谓语 + 状语; _____ 为主语 + 系动词 + 表语; _____ 为主语 + 谓语 + 宾语; _____ 为主语 + 谓语 + 间接宾语 + 直接宾语; _____ 为主语 + 谓语 + 宾语 + 状语; _____ 为主语 + 谓语 + 宾语 + 宾语补足语。

语法精讲

Seven basic sentence structures

七种基本句型

英语中有七种最基本的句型。掌握这七种基本句型是掌握各种英语句子结构的基础。

基本句型一: Subject (主语) + Verb (谓语)

主语:作主语的通常有名词、主格代词、动词不定式、动名词等。主语一般在句首。

谓语:谓语由动词构成,是英语时态、语态变化的主角,一般在主语之后。不及物动词后不接宾语,后面可以跟副词、介词短语、状语从句等,形成主谓结构。

此句型的句子有一个共同特点,即句子的谓语动词都能表达完整的意思。如:

We all | breathe, eat, and drink.

我们都呼吸、吃和喝。

基本句型二: Subject (主语) + Linking Verb (系动词) + Predicative (表语)

常见的系动词: be, feel/sound/taste/look/smell, grow/become/get/turn, remain 等。如:

1. This | is | an English-Chinese dictionary.

这是一本英汉词典。

2. The dinner | smells | good.

晚餐闻起来很香。

基本句型三: Subject (主语) + Verb (谓语) + Object (宾语)

充当宾语的代词必须是代词的宾格形式,如: me, him, them 等。如:

1. She | smiled | her thanks.

她以微笑表示感谢。

2. His lecture | encouraged | me.

他的演讲鼓舞了我。

基本句型四: Subject (主语) + Verb (谓语) + Indirect Object (间接宾语) + Direct Object (直接宾语)

如:

1. She | cooked | her husband | a delicious meal. 她给她丈夫做了一顿美味的饭菜。

2. He | showed | me | how to run the machine. 他教我怎样操作这台机器。

但若要先使用直接宾语(事物),后使用间接宾语(人),则要借助于介词 to 或 for。

常跟双宾语需借助 to 的动词有: give, lend, hand, offer, pass, pay, promise, return, send, show, teach, tell, write 等。

常跟双宾语需借助 for 的动词有: buy, call, cook, choose, draw, find, get, make, order, save, spare 等。

如:

He lent his pencil to me when I forgot mine.

我忘记带铅笔时他把他的借给了我。

She made a beautiful dress for me.

她为我做了一件漂亮的连衣裙。

基本句型五: Subject (主语) + Verb (谓语) + Object (宾语) + Complement (宾语补足语)

此结构由“主语 + 及物的谓语动词 + 宾语 + 宾语补足语”构成。宾语与宾语补足语之间有逻辑上的主谓关系或主表关系, 往往补充说明宾语所处的情况或状态。

有时, 为了使句子结构平衡, 通常会使用 it 作形式宾语, 而将真正的宾语放到宾语补足语的后面。此日常用的句型结构为: “主语 + 谓语 + it + 宾补 + 真正的宾语”。如:

1. The experience | made | her | a leader.

这段经历使她成为领导者。(名词/代词宾格 + 名词)

2. New methods | make | the job | easy.

新方法使这项工作变得容易。(名词/代词宾格 + 形容词)

3. I | often find | him | at work.

我经常碰到他在工作。(名词/代词宾格 + 介词短语)

4. The teacher | asked | the students | to close the windows.

老师让学生们关上窗户。(名词/代词宾格 + 动词不定式)

5. I | saw | a cat | running across the road.

我看见一只猫跑过了马路。(名词/代词宾格 + 分词)

6. I found it very pleasant to be with your family.

我觉得和你的家人在一起很愉快。

基本句型六: Subject (主语) + Verb (谓语) + Adverbial (状语)

如:

1. I | live | in Canada. 我住在加拿大。

2. The train | leaves | at six. 火车于六点发车。

基本句型七: Subject (主语) + Verb (谓语) + Object (宾语) + Adverbial (状语)

如:

I | put | the material | in front of him.

我把材料放在他面前。

【实战演练】

① 指出下面句子是哪一类句型

1. The little girl cried.

2. I don't know what I should do.

3. All the students are listening carefully.

4. The clever student solved the challenging maths problem easily.

5. [2025 · 全国二卷] Evelyn Donohue is a 65-year-old grandma.

6. Her father bought her a dictionary as a birthday present.

7. You should keep the room clean and tidy.

② 句型训练

1. He can _____ (保持镇静) in any situation.

2. _____ (巨大的变化已经发生) in e-commerce in the past ten years.

3. He _____ (同……讲这个令人兴奋的消息) everybody he saw.

4. Every morning _____ (我们都听到他朗读英语) aloud in the classroom.

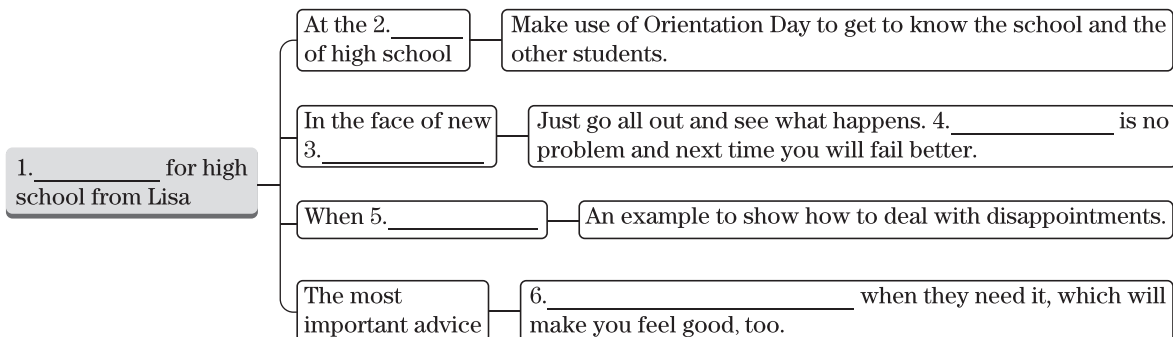
5. _____ (我们认为有必要……) that every member should attend the meeting.

Period Three Developing ideas

课前自主探究

预习新课 研读课文

Task 1: Fast Reading



Task 2: Careful Reading

() 1. Where was the interview most likely to take place?

- A. In a local TV station.
- B. In a campus radio studio.
- C. In the Students' Union of a college.
- D. In the English corner.

() 2. Which statement will Lisa probably agree with about “fail better”?

- A. Each failure can bring us closer to our goal.
- B. Trying again may cause bigger failure.
- C. Try again and we will certainly make it next time.
- D. Failure can guarantee our success.

() 3. How did Lisa deal with the disappointment in volleyball?

- A. She lost interest in volleyball and stopped training.
- B. She blamed her teammates for not choosing her.
- C. She continued to work hard and support her teammates.
- D. She quit the volleyball team immediately.

() 4. In the quote “Be a rainbow in somebody else’s cloud.”, what may “cloud” imply?

- A. Wonderful memories.

- B. Beautiful scenery.
- C. Rough times.
- D. Terrible weather.

Task 3: Micro-writing

Lisa 1. _____ (graduate) from our school last June and is about 2. _____ (go) to college. She came to share her suggestions for high school with us. Lisa said Orientation Day was really 3. _____ (help) when she first started high school, and it is a fantastic opportunity 4. _____ new students to get to know the school and the other 5. _____ (student). Though Lisa was a member of the school volleyball team, she wasn't selected for the end-of-year 6. _____ (compete). At first, she was really sad, but later she realized that she joined the team for the love of the sport. It wasn't just about winning. So she kept 7. _____ (work) hard to support her teammates during their training. Lisa 8. _____ (total) agrees with the wonderful words from the writer Maya Angelou, “Be 9. _____ rainbow in somebody else’s cloud.” So she suggested that we give our friends a hand 10. _____ they need it. And this will make us feel good, too.

语言知识梳理

直击重点 突破考点

词汇点睛

1. **view** *n.* 观点, 见解; 风景; 视野; (一次) 观看

v. 观看, 注视
(教材 P11) 1,231 **views** 1231 人收看

(1) come into view	映入眼帘
in view	在视线之内
out of view	在视线之外
get/have a good view of	清楚地看到
from one's point of view = in one's view	在某人看来
in view of	鉴于; 考虑到
(2) view sb/sth as...	把……视为……
(3) viewer <i>n.</i>	电视观众; 观看者

【佳句背诵】

(1) As the ship sailed further into the ocean, it gradually went **out of view** from the shore.

随着船驶向更远的海洋, 它逐渐从岸边消失不见。

(2) [沪教版必修一 U2] ...from here, you can **get an amazing view of** the city.

……从这里, 你可以饱览这座城市的绝美风光。

【活学活用】

(1) 用 view 相关短语的适当形式填空

As there was nobody _____ she could turn to for help, she felt hopeless.

(2) 写作金句

① (应用文写作之建议信) _____, I suggest our school organize book clubs or reading groups, so that students can discuss and share their thoughts.

依我看来, 我建议我们学校组织读书俱乐部或读书小组, 这样学生就可以讨论和分享他们的想法。

② (读后续写之场景和情感描写) On the way to the farm, attractive scenery _____, and you could imagine how excited we were.

在去农场的路上, 迷人的景色映入眼帘, 你可以想象到我们有多兴奋了。

2. frightened *adj.* 受惊的, 害怕的

(教材 P11) I was **frightened** at the sight of the test paper. 我一看到试卷就害怕。

(1) be frightened by...	被……吓坏
be frightened of...	害怕……
be frightened to do sth	害怕做某事
be frightened to death	吓得要死
(2) frighten <i>v.</i>	使惊吓; 吓唬
frighten sb/sth off/away	将某人/某物吓跑
(3) frightening <i>adj.</i>	令人恐惧的, 骇人的

【巧学助记】

Frightened children looked at the **frightening**

tsunami with **frightened** eyes.

受惊的孩子们用惊恐的眼神看着那可怕的海啸。

【佳句背诵】

(1) We must hold out. We mustn't **be frightened by** the difficulties.

我们必须顶住, 不能被困难吓倒。

(2) The little girl **was frightened of** the dark, so she always slept with a night light on.

小女孩害怕黑暗, 所以她总是开着夜灯睡觉。

【活学活用】

(1) 单句填空

① [沪教版必修二 U1] Have you ever done something dangerous or _____ (frighten) without thinking about what happens next?

② When she gave her speech for the first time on stage, she was so _____ (frighten) that she could not fix her thoughts on anything.

(2) 写作金句

① (应用文写作之记人叙事) The brave boy used a whistle _____ the white cat that was about to attack the little bird. Thus, he saved the bird's life.

那个勇敢的男孩吹口哨吓跑了那只正要攻击小鸟的白猫。就这样, 他救了那只鸟的命。

② (读后续写之心理描写) When he saw the bear in the forest he _____ . 当他在森林里看到熊时, 他吓得要死。

3. sight *n.* 看见, 看到; 景象; 视力; (复数) 名胜, 风景

(教材 P11) I was frightened at the **sight** of the test paper. 我一看到试卷就害怕。

come into sight = come into view	出现在眼前, 进入视野
catch sight of...	望见/看到……
lose sight of...	忽略; 看不到……
at the sight of...	一看到……就……
in/within sight = in/within view	在视线内, 可以被看见
out of sight = out of view	看不见, 不被人看见

【佳句背诵】

(1) **At the sight of** the beautiful sunset, everyone stopped to take pictures and admire the view.

一看到美丽的日落, 大家都停下来拍照欣赏风景。

(2)[译林版必修一 U3] Whether we're walking to school, doing homework or just hanging out at the weekend, we're hardly **out of each other's sight**.

无论是步行上学、写作业,还是周末结伴闲逛,我们几乎都形影不离。

【活学活用】

(1)一词多义

①His **sight** is falling sharply as he grows old.

②After ten days at sea, we had our first **sight** of land.

③The special **sight** of the place carried her back to her childhood.

(2)用 sight 相关短语的适当形式填空

①At the railway station, the mother waved goodbye to her daughter until the train was _____.

②She _____ her friend in the crowded room and waved to get her attention.

③In the busy city life, it's easy to _____ the simple joys of nature.

4. figure *v.* 认为,以为 *n.* 数字;身材;塑像;人物;人影

(教材 P11)But then I **figured** I'd better just go all out and see what happens. 不过接着我就觉得,最好还是全力以赴,然后看看会发生什么。

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

【佳句背诵】

Have you **figured out** how much the trip will cost?

旅行要花多少费用你算出来没有?

【活学活用】

(1)一词多义

①I could see a **figure** in the distance, but I couldn't make out who it was.

②[北师大必修二 U6] In 2019, she was selected by the BBC as one of the most influential **figures** of science in the 20th century...

③Every time he adds up the **figures**, he gets a different answer.

④She **figures** that living a low carbon life will contribute to environmental protection.

(2)写作金句

①(应用文写作之建议信)I'm writing to give you some advice on _____.
我写信是想给你一些关于如何保持身材的建议。

②(应用文写作之记人叙事)He was viewed as _____ in the art world due to his creative painting techniques.

由于他创新的绘画技巧,他被公认为艺术界的领军人物。

5. refer to (referred, referred) 提到,谈及;涉及,与……有关;查阅,参考;指的是

(教材 P13)Refer to the interview for ideas. 参考这个采访以获取一些想法。

- | | |
|------------------------|------------------|
| (1)refer to...as... | 把……称作…… |
| (2)reference <i>n.</i> | 提及,涉及;参考,查阅;参考书目 |

【佳句背诵】

(1)[2025·浙江1月考] Referred to as matrix planting, this approach aims for nature to do a lot more of the heavy lifting in the garden.

这种方法被称为矩阵种植法,旨在让大自然在花园里承担更多的主要工作。

(2)The librarian showed me how to use the online database to find **reference** materials for my research paper. 图书管理员教我如何使用在线数据库查找我的研究论文的参考资料。

【活学活用】

(1)单句填空/一词多义

①[2024·新课标I卷] I keep two _____ (refer) books close-by on my desk: dictionary and thesaurus (同义词词典).

②He never **referred to** his sisters in his letters.

③Comfort food **refers to** any food that makes us feel better.

(2)写作金句

(应用文写作之建议信)If you meet with some words you don't know, you can _____ or turn to others for help.

如果你遇到了一些你不认识的字,你可以查阅字典或向其他人寻求帮助。

6. exchange *vt.* 交换;交流(信息、想法等);交易;兑换 *n.* 交换;交流

(教材 P16) **exchange** ideas 交流想法

- | | |
|--------------------------|---------|
| (1) exchange sth for sth | 把……换成…… |
| exchange sth with sb | 与某人交换某物 |
| (2) an exchange student | 交换生 |
| in exchange for... | 交换…… |

【活学活用】

(1) 单句填空

He offered his services as a guide in exchange _____ a place to stay for the night.

(2) 写作金句

① (应用文写作之通知) A group of _____ are visiting our school next month.

一个来自英国的交换生团体将于下个月访问我们学校。

② (应用文写作之传统节日) During the Mid-Autumn Festival, neighbours in our community will _____,

each bringing their own unique flavours.

中秋节时,我们小区的邻居们会互相交换自制月饼,每家都带来自己独特的口味。

Period Four Writing

单元主题表达

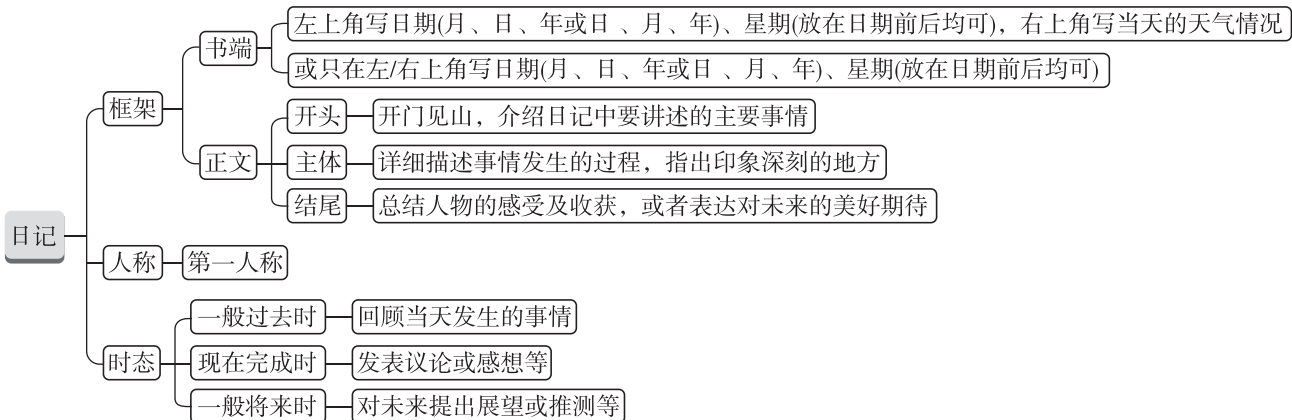
审题立意 妙笔成篇

如何写日记

【写作指导】

日记是用来记录一天中所发生的有意义的、值得记录的事件。在日记中,人们会对事件发表议论,阐述一下自己的观点。日记中所记录的事情可以是自己的直接经历也可以是描述他人的事情。日记的种类有很多,从体裁角度,可以分为记事型日记和议论型日记。记事型日记是以某种顺序描述某一件事情发生发展的过程。而议论型日记是针对当天的某一事件或某一现象表明自己的看法或态度。

写日记可以从以下几个角度入手:



【词句模板】

- 描写天气的常用语: fine, sunny, rainy, snowy, windy, cloudy, showery (有阵雨的), hot, cold 等。
- 表达先后顺序的常用语: at first, then, later on, soon, afterwards, finally, at last 等。
- 谈论体会和感受的常用语: From..., I learned...; set a(n) ... example; be ready to help others; In the morning when I..., I suddenly found..., which reminded me of...; What happened today has left a deep impression on my memory. 等。

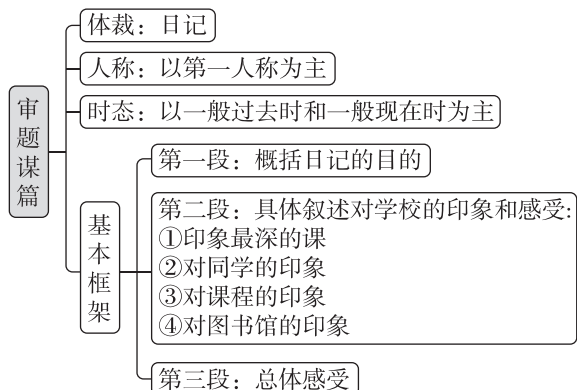
【典例鉴赏】

假如你叫李华,是龙潭中学刚入校一天的高一新生。请你根据以下信息用英语写一篇日记,叙述你入校后对学校的印象和感受,以便发表在校刊《英语园地》上。

- 英语课的主要活动:自我介绍,玩猜谜游戏;
 - 对同学们的印象:礼貌友善;
 - 高中课程的特点:更难以理解,要求多思考;课堂活动多,学习与娱乐并进;
 - 公共设施:图书馆周五全天开放。
- 要求:1. 句子结构严谨,信息完整;
2. 可适当发挥,以使行文连贯;

3. 写作词数应为 80 个左右。

第一步 思路点拨



第二步 遣词造句

【核心词汇】

- _____ *v.* 使钦佩, 使留下深刻印象
- _____ 玩猜谜游戏
- _____ 做自我介绍
- _____ 难以理解
- _____ 学习与娱乐并进
- _____ 此外, 另外
- _____ 确定地

【高级句式】

- before 引导状语从句
One day has passed _____.
不知不觉, 一天已经过去了。
- 非谓语作状语
_____ by the first English class,
I still remember it clearly now.
第一节英语课最让我印象深刻, 我至今仍记忆犹新。
- 不定式结构作宾补
Each of us was asked _____.

_____ and then we played guessing games.
我们每个人都要求用英语做自我介绍, 然后玩猜谜游戏。

4. 定语从句

The teachers design various class activities _____.

老师们设计了各种各样的课堂活动, 增加了学习的乐趣。

5. whichever 引导宾语从句

The school library is open to us all day long on Friday, where we can have free access to _____.

学校图书馆在星期五全天对我们开放, 在那里我们可以随意阅读我们喜欢的任何一本书。

第三步 组句成篇

【活学活用】

假定你是李华, 周六你跟你的交换生朋友 Mike 一起去当地的养老院(Happiness Nursing House)当志愿者。请写一篇日记, 记录此次活动, 内容包括:

- 活动的过程;
- 你的感受。

注意: 写作词数应为 80 个左右。

参考词汇: 激动的 thrilled

► 单元话题续写——学校生活

【话题词汇】

学校环境与设施			
campus	<i>n.</i> 校园	facility	<i>n.</i> 设施
gym	<i>n.</i> 体育馆, 健身房	stage	<i>n.</i> 舞台
noticeboard	<i>n.</i> 布告栏		
校园活动			
explore	<i>v.</i> 考察, 探险	organise	<i>v.</i> 组织
argue	<i>v.</i> 争论, 争辩	introduce oneself to	向……做自我介绍
hurry to	匆匆忙忙去……	step into	走进

校园活动			
say sorry to	向……道歉	turn around	转过身
rush out (of...)	(从……)冲出	hold up	举起, 抬起
go all out	全力以赴		
学习与交流			
rate	v. 对……作评估, 评价	take notes	记笔记
take down	写下, 记下	memorise	v. 记住, 熟记
exchange	v. 交流(意见、信息等)	curious	adj. 好奇的; 求知欲强的
学习困境与挑战			
struggle	v. & n. 奋斗, 拼搏	embarrassed	adj. 尴尬的
frightening	adj. 令人害怕的	nervous	adj. 紧张的
in panic	惊慌地	butterflies in one's stomach	情绪紧张, 心里发慌
fail	v. 失败, 未能(做到)		
学习收获与成长			
confident	adj. 自信的; 有把握的	graduate	v. 毕业
eagerness	n. 热切, 渴望	make/leave an impression on/upon	给……留下印象
improve	v. 改善, 改进		

【跟踪演练】

I 单句写作

1. _____, I stood at the door of my teacher's office, wondering whether I should knock on the door.

我忐忑不安地站在老师的办公室门口, 不知道该不该敲门。

2. When the fire alarm sounded, everyone in the teaching building _____, not knowing what had happened.

当火警响起时, 教学楼里的每个人都惊慌失措地跑了出来, 不知道发生了什么事。

3. She _____, interrupting her thoughts. (be doing... when...)

她正在做作业, 这时电话铃响了, 打断了她的思绪。

4. _____, I _____ my teacher standing behind me.

转过身来, 我惊奇地发现老师站在我身后。

II 语段表达

1. _____ (既兴奋又紧张), I got up earlier than usual this morning.

Today would be the first day of my senior high school life. Thousands of thoughts rushed through my mind. What if I can't fit in? Will I 2. _____

_____ (给……留下好的印象) my classmates and teachers? I couldn't even enjoy the big breakfast that my mum had prepared for me, as I was 3. _____

(急切地想了解) my new school.

4. _____ (我走进学校) and found the campus much bigger than I had imagined. As soon as I opened the classroom door, all I saw were my new classmates, 5. _____

_____ (看上去有些紧张; 现在分词作定语). I introduced myself to a few of them and also got to know my form teacher. I spent the rest of the day 6. _____

_____ (探索一切都是什么样子). Although senior high school may 7. _____ (好像有点可怕) with its new challenges and unfamiliar faces, I am really looking forward to it.