



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

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高中英语

必修第一册 WY

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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**（2017版）：明确提及的核心是主题，分为三大主题，32个子主题，主题下结合语篇载体进行纵深的挖掘，语言知识及其他则附着在主题和语篇类型中。
- **新教材**：每册新教材均按照新课标主题编写，纯新课文等急需大量拓展教材之外的语言素材训练载体。
- **新高考**：新高考最大特点是加大了写作分值和比重（共40分），新高考卷最大的分值比重就在于阅读和写作。新高考导向清晰明确，这就要求同步教学要以主题和语篇为载体展开深入教学。

二、产品理念

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

三、产品特点

1. 结构：内容对接“三新”——依据新课标理念（2017版）精心编排，匹配新教材单元主题，吻合新高考考查导向。

2. 以单元主题引领的拓展方向的阅读+写作

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

● **写作**：突出精读训练，“读后有练，读后有写”。

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

3. 写作进阶：本书的写作具备两种维度——渐进写作微技能和主题写作。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水平。

高中生活

Monday 阅读理解

练新鲜语篇 探主题意义

词数 316

难度 ★★

建议用时 6 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.

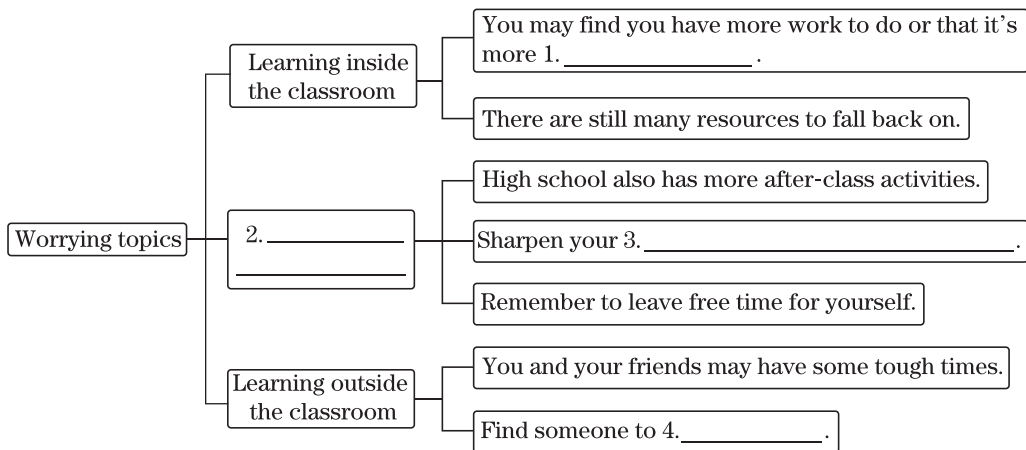
() 3. **What should a freshman do according to the text?**

- 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 引导让步状语从句, 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】 尽管因特网很有帮助, 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

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 class.

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
2. be related to 与……有联系
3. choice *n.* 选择 → _____ *v.* 选择
4. encourage *v.* 鼓励 → _____ *n.* 鼓励, 鼓舞
5. 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种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。

[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请教。

progress *n.* 进步 → *v.* 推移

[猜测词义]

- (1) She **eyed** the stranger carefully when he walked in. ()
- (2) He **handed** the book to his classmate without a word. ()
- (3) I want to **book** a double room for this weekend. ()
- (4) We need to **water** the flowers in the garden every morning. ()

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。句中 _____ 是谓语动词, being in Ms Zhou’s presence 是 _____; 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] 待在李老师身边, 我感到勇气倍增, 仿佛拥有了直面一切困难的勇气。

Being in Mr Li’s presence made me feel brave, as if _____ to face any difficulty.

词数 305

难度 ★★★

建议用时 7 分钟

正确率 ____/4

We have all experienced it: you're **struggling with** a difficult maths problem, feeling completely confused, when suddenly, the solution **appears** in a flash of insight. This sudden clear understanding after a period of confusion is known as the “Aha” moment, and scientists have been exploring the secrets behind this amazing mental process.

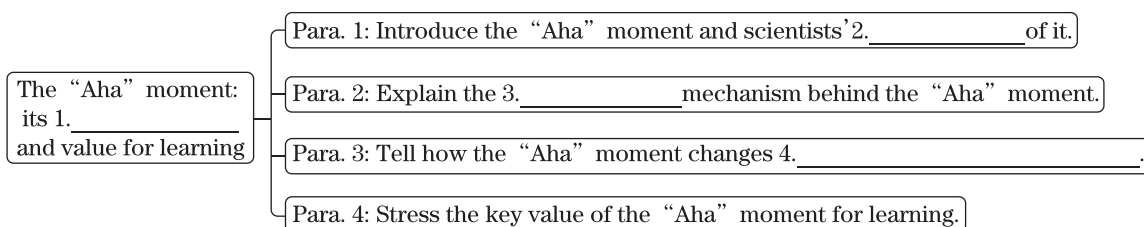
The journey to an “Aha” moment often begins with a challenge. Your brain is focusing hard on the problem, which makes several brain areas active. Interestingly, the key to the breakthrough (突破) may not **lie in** continuous hard work, but in the break that follows. When you **step away from** your desk to take a walk or relax, your brain enters a unique state called the “default mode network”. In this state, your brain quietly connects new experiences with old memories to help you learn and understand the world, which is rather likely to produce an “Aha” moment you may not expect.

Understanding the “Aha” moment can greatly change our attitude towards learning. First, it teaches us the importance of **patience**. If you feel trapped in a state of mind with no clear way to move forward or make progress, remember it is not a sign of failure but a necessary step in the thinking process. Second, it shows the value of taking breaks. A short walk can often be more effective than **arguing with a problem** for hours—a very useful way for students on the challenging journey of senior high school.

Most importantly, the joy of the “Aha” moment makes learning interesting and rewarding. It encourages a “growth mindset”—the belief that intelligence can be developed. So the next time you face a difficult task, remember that the **confident**, clear-minded you is just one insight away.

- () 1. **What is the main function of the “default mode network” mentioned in the passage?**
- To help the brain rest completely without any activity.
 - To allow the brain to make connections between different experiences.
 - To force the brain to focus more on your difficult tasks.
 - To protect the brain from feeling too tired.
- () 2. **What does the author suggest doing when we can't work out a difficult problem?**
- Keep working on it without stopping.
 - Ask a teacher for the answer immediately.
 - Take a break and do something relaxing.
 - Switch to a completely different subject.
- () 3. **According to the passage, what is the positive effect of understanding the “Aha” moment?**
- It helps students keep away from all learning challenges.
 - It makes the process of learning faster and easier.
 - It allows teachers to reduce students' homework.
 - It changes students' attitude towards difficulties in learning.
- () 4. **What is the main purpose of the passage?**
- To explain the biological processes of the brain in detail.
 - To discuss the importance of a growth mindset for students.
 - To introduce the “Aha” moment and its value for learning.
 - To compare different methods for solving difficult maths problems.

语篇分析



词海拾珠

1. struggle with 绞尽脑汁解决;与……做斗争
2. appear *v.* 出现;呈现;显得;看来;似乎→ _____ *n.* 外貌;外观;外表→ _____ *vi.* 不复存在,灭绝,消亡;消失;失踪→ _____ *n.* 消失,不见
3. lie in 在于;取决于
4. step away from 离开
5. patience *n.* 耐心;忍耐力;毅力→ _____ *n.* 病人 *adj.* 能忍耐的,有耐心的,容忍的
6. argue with a problem 对着问题苦思冥想
7. confident *adj.* 自信的;有把握的→ _____ *n.* 信心;信任

【举一反三】

一词多义 break

[原句再现] Interestingly, the key to the breakthrough(突破) may not lie in continuous hard work, but in the **break** that follows.

有趣的是,实现突破的关键可能并不在于持续的埋头钻研,而在于随后的短暂停歇。

break *n.* 休息,停歇;突破;破裂 *v.* 打破;弄坏;违反;打断;休息;弄折(骨头)

[猜测词义]

- (1) She needs a **break** after working for 8 hours. ()
- (2) Scientists have made a major **break** in cancer research. ()
- (3) Don't **break** the rules in the school. ()
- (4) He **broke** his leg in the sports meeting. ()

句型透视

[原句] When you step away from your desk to take a walk or relax, your brain enters a unique state called the "default mode network".

[分析] 本句是一个主从复合句。when 引导 _____ 从句;called the "default mode network" 是过去分词短语作 _____, 修饰前面的名词 state。

[翻译] 当你离开书桌去散步或放松时,你的大脑会进入一种名为“默认模式网络”的独特状态。

[仿写] 当你放下手机去阅读或思考时,你的思维会进入一种名为“深度思考”的特殊状态。

_____, your mind enters a special state _____.

语篇分析

Paras. 1-2	Two girls' 1. _____.
Paras. 3	Álvaro Lozano-Robledo's praise.
Paras. 4-5	The 2. _____ to the proofs of the Pythagorean theorem.
Para. 6	Jackson and Johnson's 3. _____ and encouragement.
Para. 7	The 4. _____ of the girls's proofs.

词海拾珠

1. announce *v.* 宣布 → announcement *n.* 宣布, 声明
2. present *v.* 提出, 展示
3. process *n.* 过程
4. generalize *v.* 推广, 概括 → general *adj.* 一般的, 普通的; 综合的; 大体的

【举一反三】

一词多义 work out

[原句再现] Two years ago, two high-school classmates each **worked out** a trigonometric proof of the Pythagorean theorem (毕达哥拉斯定理的三角证明).

两年前, 两名高中生每人推导出了一个毕达哥拉斯定理的三角证明。

work out 算出; 想出; 解决; 锻炼; 顺利进行

[猜测词义]

- (1) I couldn't **work out** the maths problem and turned to him for help. ()
- (2) I **work out** regularly to keep healthy. ()
- (3) Things just didn't **work out** as planned, which disappointed us. ()

句型透视

[原句] These were the only two until 2022, when Jackson and Johnson presented their first proofs.

[分析] 本句是一个复合句。句中 until 2022 是时间状语, when 引导 _____, when 在从句中作状语, 2022 是 _____。

[翻译] 直到 2022 年杰克逊和约翰逊提出了她们各自的第一个证明, 这是仅有的两个证明。

[仿写] 曾有一段时间, 这两名高中生对她们自己缺少自信。

_____ the two high-school students were not confident in themselves.

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).

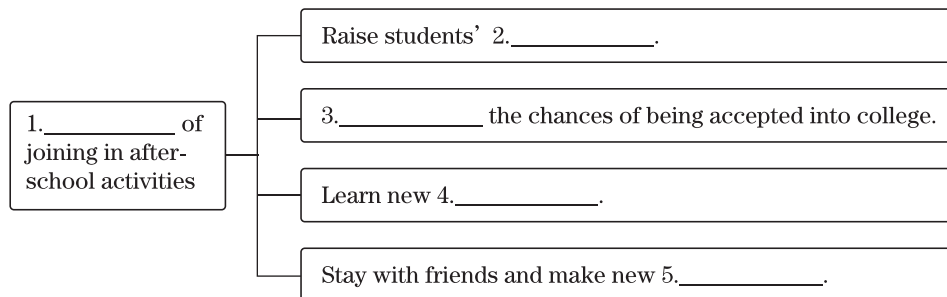
4. _____ For example, if you are interested in being a doctor, you can be a part of your school's Science Olympiad team or **volunteer** at a hospital. You can find one that matches your interests from many after-school activities available, and learn some skills through practice.

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.* 志愿的; 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 _____, 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 _____, 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 around 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. unhappy C. forgetful D. worried
- ()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 B. came C. turned D. moved
- ()6. A. caught B. hurt C. punished D. misunderstood
- ()7. A. laughing B. shouting C. quarreling D. singing
- ()8. A. anxious B. curious C. shy 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

词数 224

难度 ★★★

建议用时 8 分钟

正确率 ____/10

As a new school year begins, 1. _____ (open) your mind to new people and experiences will help you make friends and discover new interests. Being open-minded means trying to understand other people's 2. _____ (thought) and ideas, trying new experiences and exploring different ways of doing things.

There are lots of benefits to having 3. _____ open mind. It enables you to learn new things about the world and the people around you. This makes you feel more positive and 4. _____ (confidence) about facing challenges. Besides, having an interest in other people 5. _____ (help) you understand and share their feelings. Being open to fresh ideas can also help develop exciting new ones of your own.

Then 6. _____ can you be more curious and open-minded? Start by asking questions. So if you're unsure about joining a new club, ask 7. _____ (you) what's stopping you. Imagine how it feels 8. _____ (learn) a new skill, meet new people and make friends. Don't jump to a sudden decision but give yourself

time to think about it first. If someone says words with 9. _____ you disagree, then instead of deciding they are wrong or arguing back, take a moment to consider why they have that opinion. Finally, open your mind to new ideas. Even if you think you're an expert on a subject, there is always 10. _____ (much) you can learn.

词海拾珠

- locker *n.* 有锁储物柜, 寄存柜
- explain *v.* 解释; 说明; 阐明 → _____ *n.* 解释; 说明
- can't wait to do sth 迫不及待做某事
- 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用来分发。

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. About seven-tenths of the earth surface is covered with water. 地球表面大约十分之七被水覆盖。(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 + 形容词作主语)

► 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、如何处理与老师和同学的关系等。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. 焦虑又害怕的

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用英语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. _____
_____ (我写信是想告诉你我的生活) 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