



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

主编 肖德好

导学案

高中英语1

必修第一册 BS

北京
专版

数智教辅

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CONTENTS

目录

导学案

01 Unit 1 LIFE CHOICES

Period One	Topic Talk	116
Period Two	Lesson 1 Lifestyles (Reading)	118
Period Three	Lesson 2 Understanding and Coping with Stress	124
Period Four	Lesson 3 Your Life Is What You Make It (Reading)	125
Period Five	Grammar	131
Period Six	Writing Workshop & Other parts	133

02 Unit 2 SPORTS AND FITNESS

Period One	Topic Talk	136
Period Two	Lesson 1 The Underdog (Reading)	137
Period Three	Lesson 2 Rules of the Game	142
Period Four	Lesson 3 Running and Fitness (Reading)	143
Period Five	Grammar	147
Period Six	Writing Workshop & Other parts	149

03 Unit 3 CELEBRATIONS

Period One	Topic Talk	153
Period Two	Lesson 1 Spring Festival (Reading)	154
Period Three	Lesson 2 Special Occasions	159
Period Four	Lesson 3 Memories of Christmas (Reading)	160
Period Five	Grammar	165
Period Six	Writing Workshop & Other parts	167

◆ 参考答案	169
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Unit 1 LIFE CHOICES



讲课智能体

主题素养积累

What career will it be in your future?



What are you going to be when you grow up? This question **is meant to make** the students think about what type of career they would like to pursue (追求). Their answer guides us in the advice we provide.

As a young teenager, I made the decision that I wanted to be a Doctor of Medicine. I was unable to **put my finger on** exactly when or how this came about, but by the time I was a senior in high school, I was sure of it.

I spent the next four years of my academic life **burying myself in** medical studies. In order to get the grades necessary to **be admitted to** a medical school, I spent large amounts of time in the library. From my sophomore year (大二) on, I was known around the campus as “Doc” Rogers.

At first, it was a bitter pill to swallow (吞咽). Fortunately, while enrolled (使加入) in graduate school, I found a part-time teaching job at a private high school in the south-west corner of Miami, Florida. **I enjoyed it so much that upon completing my graduate studies, I headed back north and spent the rest of my 20s teaching and coaching.**

I discovered I really liked working with young people in an educational setting. **As I mentioned above,** I am an academic adviser. I also work as a learning specialist. I enroll the students in classes

and then give them the tools they need to **be successful in** the course. **It’s a perfect combination in which I take pride.**

Once again, what are you going to be when you grow up? My experience has led me to believe that the answer to this question requires a process of trial and error (反复试验). Every new endeavour (努力) you pursue, success you experience, failure you endure (忍受), place you visit, person you meet, class you take, etc, will assist you in narrowing it down as to what career will be an excellent fit for you.

【主题词句背诵】

- 1. be meant to do sth 应该/意在做某事
- 2. put one’s finger on 正确指出
- 3. bury oneself in 致力于
- 4. be admitted to 被……录取; 准许进入
- 5. as sb mentioned above 正如前面某人所提及的
- 6. be successful in... 在……中取得成功
- 7. As a young teenager, I made the decision **that I wanted to be a Doctor of Medicine.** (同位语从句) 少年时,我就决定要成为一名医学博士。
- 8. I enjoyed it **so much that upon completing** my graduate studies, I headed back north and spent the rest of my 20s teaching and coaching. (结果状语从句: 如此……以至于; 介词 + 动名词: 一……就……) 我非常享受这一切,我一完成研究生学业,就回到了北方,在我二十来岁到三十岁的时间里一直在从事教学和指导工作。
- 9. It’s a perfect combination **in which I take pride.** (定语从句) 这是我引以为豪的完美组合。

单元知识概览	
核心单词	differ; schedule; confidence; competence; recover; injury; challenge; arise; range; various; convenient; addict; aim; distance; volunteer; stress; suffer; reduce; frank; remove; function; seek; typical; graduate; inspire; apply; eager; sort; power; supply; responsible; attractive; contact; contribution; intend; adapt
核心短语	all in all; from time to time; according to; in person; tend to do sth; get ahead; suffer from; to be frank; due to; in other words; graduate from; all sorts of; give up; deal with; be responsible for; as well as; adapt to sth; at the moment; look forward to (doing) sth
重点句型	1. 双重否定结构 2. 强调谓语 3. so that 引导目的状语从句 4. 动名词(短语)作主语 5. 部分否定
单元语法和词法	语法: 动词不定式; 词法: -ed/-ing 形容词
单元写作	如何写个人邮件

词汇点睛

1. differ *vi.* 不同, 不一样, 有区别

(教材 P6) **differs** in many ways

在许多方面不同

(1) differ in...	在……上不同
differ from...	与……不同
(2) different <i>adj.</i>	不同的
be different from... in...	与……在……方面不同
(3) difference <i>n.</i>	不同(点)
make a difference (to/in...)	(对……)有影响
(4) differently <i>adv.</i>	不同地

【活学活用】

(1) 单句填空

[2024 · 北京卷] The Language Exchange Programme allows students in pairs to communicate in two _____ (differ) languages they wish...

(2) 写作金句

① (书面表达之建议信) Such a small action can _____ in avoiding procrastination, thus improving your efficiency.

这样一个小小的行动可以在避免拖延方面产生很大的影响, 从而提高你的效率。

② (书面表达之语言学习) American English is _____ in grammar, spelling and pronunciation.

美式英语在语法、拼写和发音上与英语不同。

2. schedule *n.* 日程表, 计划表 *v.* 安排; 为……安排时间

(教材 P6) have different class **schedules**

有不同的课程安排

(1) ahead of schedule/time	提前
on schedule = on time	准时
behind schedule = behind time	
★ 全品 ★	(进度上) 落后
(2) be scheduled for	定于
be scheduled to do sth	预计/计划做某事
as scheduled	如期; 按照预定时间

【活学活用】

写作金句

① (书面表达之通知) The course _____ in the school lecture hall from 4:00 pm to 4:45 pm this Wednesday.

讲座定于本周三下午 4:00 至 4:45 在学校演讲厅进行。

② (书面表达之告知信) _____, we are to gather in the lecture hall in our school at 6:50.

按计划, 我们于 6:50 在学校的演讲厅集合。

3. confidence *n.* 自信, 信心; 信赖

(教材 P6) develop **confidence** in speaking English
培养说英语的信心

(1) have/show confidence in (doing) sth

对(做)某事有信心

with confidence = confidently *adv.*

满怀信心地

(2) confident *adj.* 自信的; 有把握的

be/feel/become confident of/about/that...

对……有信心, 对……有把握

【活学活用】

(1) 单句填空

[2023 · 北京卷] My _____ (confident) still needed some nudging (激发), but I did learn I wasn't shy in print.

(2) 写作金句

(书面表达之活动意义) 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, 我对自己未来更有信心了。

4. recover *vi.* 恢复健康, 康复 *vt.* 全额收回; 寻回; 重新获得; 恢复; 回收

(教材 P101) Although being a doctor keeps me very busy, with little time for leisure, I have no regrets as I love solving problems and I get to help people **recover** from illnesses and injuries.

虽然当医生让我很忙,几乎没有闲暇时间,但我没有后悔,因为我喜欢解决问题,而且我可以帮助人们从伤病中康复。

(1)recover from	从……中康复
recover oneself	冷静下来;恢复镇定
(2)recovery <i>n.</i>	恢复;复苏;痊愈
make a full recovery	完全康复

【活学活用】

(1)单句填空/熟词生义

①[译林版必修一 U4] Her doctor says that she will make a full _____ (recover) in a day or two.

②Curtin is CEO of DC Central Kitchen in Washington, DC, which **recovers** food and turns it into healthy meals. _____

(2)写作金句

(书面表达之建议信) After _____, I advise you to take up gardening as a hobby.

你病愈后,我建议你从事园艺作为爱好。

5. injury *n.* 伤,损害

(教材 P101) Although being a doctor keeps me very busy, with little time for leisure, I have no regrets as I love solving problems and I get to help people recover from illnesses and **injuries**.

虽然当医生让我很忙,几乎没有闲暇时间,但我没有后悔,因为我喜欢解决问题,而且我可以帮助人们从伤病中康复。

(1)do sb an injury = do an injury to sb	使某人受伤害
(2)injure <i>vt.</i>	伤害,使受伤;损害
(3)injured <i>adj.</i>	受伤的;有伤的
be/get injured	受伤
the injured	伤员

【活学活用】

(1)单句填空

①Luckily, with his family's care, Goldie's _____ (injure) is cured.

②A terrible accident happened at the crossing and the _____ (injure) were rushed to the hospital immediately.

(2)写作金句

(书面表达之健康生活) Applying oil to _____ is a bad idea, as it will keep the

heat in the wounds and may cause infection.

在受伤部位涂抹油是一个坏主意,因为它会使伤口保持高温,并可能导致感染。

6. challenge *n.* 挑战;具有挑战性的事物 *vt.* 向……挑战;怀疑

(教材 P101) Unfortunately, the job can also be stressful, especially when **challenges** arise and I work so much that I feel I don't see my family enough.

不幸的是,这份工作也会有压力,尤其是当挑战出现时,我工作太忙,以至于我觉得不能经常与家人见面。

(1)face/meet/accept/take up a challenge	面临/迎接/接受挑战
(2)challenge sb to (do) sth	向某人挑战(做)某事
(3)challenging <i>adj.</i>	具有挑战性的

【活学活用】

(1)单句填空

①The new position challenges him _____ (study) harder during his spare time.

②Landing on the moon's far side is extremely _____ (challenge).

(2)写作金句

(书面表达之建议信) Knowing that you _____ in the new school, I'm writing to give you my advice.

知道你在新学校正面临许多挑战,我写信给你提供我的建议。

句型透视

(教材 P7) **One can't show high ideals without simple living; one can't have lofty aspirations without a peaceful state of mind.**

非淡泊无以明志,非宁静无以致远。

句型公式
双重否定结构: not... without...

【句法分析】

not... without... 是一种双重否定结构,表示的是肯定含义,意为“没有……不……,只有……才……”,其中否定词 not 也可以替换为 never, hardly 等表示否定意义的词。

【活学活用】

写作金句

- ① (书面表达之演讲稿) One _____ true success _____ failure.
一个人不经历失败就无法取得真正的成功。
- ② (书面表达之感谢信) I can _____

- the work _____.
- 没有你的帮助,我永远无法完成这项工作。
- ③ (书面表达之记人叙事) Sandy could not _____ healthily _____ of his family.
没有家人的照顾和爱,桑迪无法健康成长。

Period Two Lesson 1 Lifestyles (Reading)

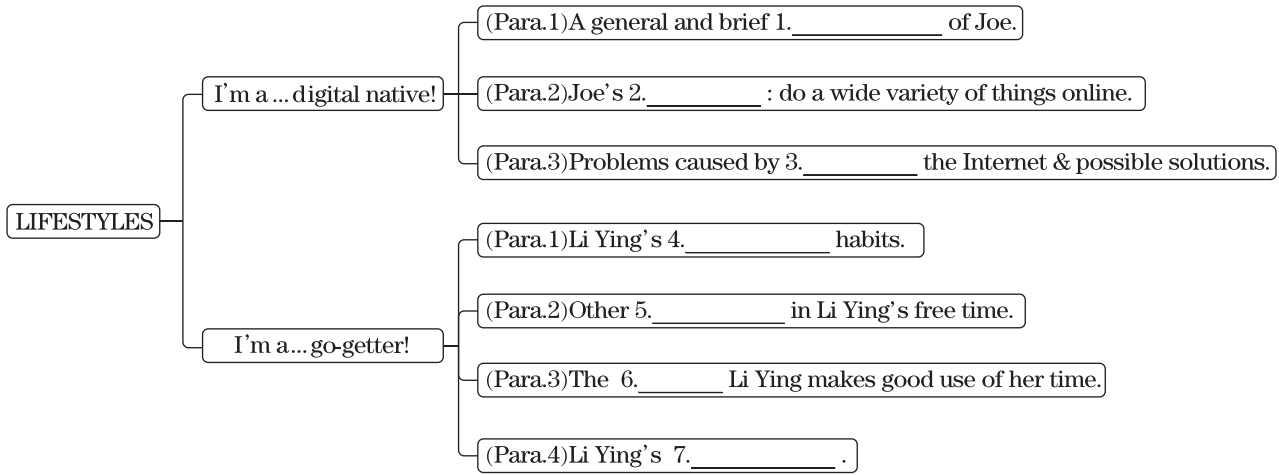
课前自主探究

词汇助读	课文	翻译助读
①lifestyle <i>n.</i> 生活方式 ②digital <i>adj.</i> 数字的, 数码的 ③native <i>n.</i> 本地人 ④laptop <i>n.</i> 笔记本电脑, 便携式电脑 ⑤range <i>n.</i> 一系列; 范围 a wide range of 广泛的 ⑥besides <i>prep.</i> 除……之外(还) ⑦chat <i>vi.</i> & <i>n.</i> 闲谈, 聊天 chat with 和……聊天 ⑧daily <i>adj.</i> 每日的; 日常的 ⑨shop for 购买…… ⑩various <i>adj.</i> 各种各样的; 多种(类型)的 ⑪hardware <i>n.</i> (计算机) 硬件 ⑫necessity <i>n.</i> 必需品 ⑬convenient <i>adj.</i> 方便的, 便利的 ⑭compare <i>vt.</i> 比较, 对比 ⑮quality <i>n.</i> 质量, 品质 ⑯from time to time 有时; 偶尔; 间或 ⑰living room 起居室 ⑱addict <i>n.</i> 对……着迷的人 ⑲all the time 总是, 一直 ⑳according to 按……所说, 根据	LIFESTYLES^① I'm a...digital^② native^③! I'm Joe, [1]a student from London. You'll often [2]find me sitting in front of my laptop^④. [1]画线部分作前面 Joe 的同位语。 [2]画线部分为“find + 宾语 + 宾语补足语”结构, 现在分词短语 sitting in front of my laptop 作宾语补足语。 The online world is a big part of my life. I'm a “digital native”—I've been using the computer [3]since I was a kid. [3]since 引导时间状语从句, since 意为“自……以来”。 I do a wide range of^⑤ things online. Besides^⑥ doing all my schoolwork, I chat with^⑦ my friends, watch films and read the daily^⑧ news and other interesting articles; I also shop for^⑨ various^⑩ things online, such as books, computer hardware^⑪ and other necessities^⑫. [4]It's so convenient^⑬ to be able to compare^⑭ the quality^⑮ and prices from different online shops before I buy. I also play computer games from time to time^⑯ and I even play tennis on my television screen in my living room^⑰! [4]本句中 it 作形式主语, 不定式短语 to be able to compare...shops 作真正的主语; before 引导时间状语从句。 My parents are worried [5]that I may become an “Internet addict^⑱”. They think I'm playing computer games all the time^⑲ and I chat too much with online friends. According to^⑳ them, there is a danger [6]that	生活方式 我是一名……数码族! 我是乔, 一名来自伦敦的学生。 你会发现我经常坐在笔记本电脑前。 网络世界是我生活中的一个重要组成部分。我是一名“数码族”, 在我还是个孩子的时候我就经常使用电脑。 我在网上做很多事情。除了做所有的学校作业外, 我还和朋友聊天, 看电影, 阅读每日新闻和其他有趣的文章; 我还在网上买各种各样的东西, 如书籍、电脑硬件和其他必需品。买东西前, 能够比较不同网络商店的质量和价格是非常方便的。 我有时也玩电脑游戏, 甚至用客厅的电视屏幕打网球游戏。 父母担心我会成为一个网迷。他们认为我一直玩电脑游戏, 并且总和网友聊天。在他们看来, 我可能无法判断这些朋友

词汇助读	课文	翻译助读
②1 tell <i>v.</i> 知道; 看出; 确切地判断 ②2 instead <i>adv.</i> 相反; 代替; 反而; 却 ②3 in person 亲自 ②4 media <i>n.</i> 新闻媒体, 大众传播媒介(总称) social media 社交媒体 ②5 actually <i>adv.</i> 实际上, 事实上 ②6 drag <i>vt.</i> 拖, 拉 ②7 goal <i>n.</i> 目标, 目的 set a goal/goals 设定目标 ②8 set out to do sth 着手做某事, 开始做某事 ②9 senior <i>adj.</i> 较高的, 高级的 secondary <i>adj.</i> 中等教育; 中级的; 次要的 senior secondary school 高中 ③0 definitely <i>adv.</i> 确切地, 肯定地 ③1 tend to do sth 易于做某事 ③2 subject <i>n.</i> 科目 ③3 at the beginning of 在……开始的时候 ③4 term <i>n.</i> 学期 ③5 aim <i>n.</i> 目的, 意图 <i>vi.</i> 力求达到 ③6 biology <i>n.</i> 生物学 ③7 target <i>n.</i> 目标 ③8 prepare oneself for 让自己为……做好准备 ③9 degree <i>n.</i> 学位 ④0 attentive <i>adj.</i> 专心的; 注意的; 留心的 ④1 update <i>vt.</i> 更新 ④2 meanwhile <i>adv.</i> 与此同时 ④3 distance <i>n.</i> 距离, 间距 ④4 volunteer <i>vi. & vt.</i> 自愿做 <i>n.</i> 志愿者	I may not be able to tell^{②1} whether these friends are real friends. My mum keeps telling me to go out with my school friends instead^{②2}. Maybe she's right. [7] It's important to meet friends in person^{②3} from time to time, not just on social media^{②4}. Actually^{②5}, I [8] do know I need to drag^{②6} myself away from the online world sometimes, especially because real life can be just as interesting. [5] that 引导宾语从句, that 可以省略。 [6] that 引导同位语从句, 作名词 danger 的同位语; whether 引导宾语从句, 作动词 tell 的宾语。 [7] 本句中 it 作形式主语, 不定式短语 to meet friends... 作真正的主语。 [8] do 起强调作用, 强调谓语动词 know。 I'm a... go-getter! I'm Li Ying. I like to set goals^{②7} for myself. I'm a "go-getter"—when I set out to do^{②8} something, I do my best to achieve it. Senior secondary school^{②9} is a new start. Studying is definitely^{③0} a big part of my life. I tend to set^{③1} a goal for every subject^{③2} at the beginning of^{③3} each term^{③4}. My aim^{③5} is [9] to do well in every subject this term. Biology^{③6} is my favourite subject, and my target^{③7} is to prepare myself for^{③8} my degree^{③9} in biology at university. I am always attentive^{④0} in all classes and think actively, [10] so that I can have more free time to do other things that I'm interested in after school. [9] 不定式短语在句中作表语。 [10] so that 引导目的状语从句; 不定式短语 to do other things 作定语, 修饰名词 time; that 引导定语从句, 修饰名词 things。 I like reading books of all kinds. I have a top 10 reading list and I try to [11] keep it updated^{④1}. Meanwhile^{④2}, I'm an active member of my school's long-distance^{④3} running team and volunteering^{④4} club. It always [12] makes me excited to work hard and achieve a team goal together. [11] 画线部分为“keep + 宾语 + 宾语补足语”结构, 过去分词 updated 作宾语补足语。 [12] 画线部分为“make + 宾语 + 宾语补足语”结构, 形容词 excited 作宾语补足语	是否是真朋友, 这是危险的。 妈妈一直让我和学校的朋友们出去玩(而不是在网上和朋友聊天)。也许她是对的。时不时与朋友见面是很重要的, 不能只是利用社交媒体交流。事实上, 我非常清楚有时我需要通过强迫自己不上网, 特别是因为现实生活也可以一样有趣。 我是一名……积极进取的人! 我是李颖。我喜欢为自己设定目标。我是一个积极进取的人——当我着手做一件事时, 我会尽全力去实现它。 高中是一个新的开始。学习当然是我生活中的一个重要部分。我倾向于在每学期开始时为每个科目设定一个目标。这个学期, 我的目标是把每一门学科都学好。生物是我最喜欢的学科, 我的目标是为获得大学生物学学位做好准备。我总是在所有课上专心听讲、积极思考, 以便放学后我就能有更多空闲时间做其他我感兴趣的事。 我喜欢读各种各样的书。我有一份阅读清单, 上面列着十本计划要读的书, 并且我尽力更新这份清单。同时, 我也是学校长跑队和志愿者俱乐部的积极成员。全力以赴, 一起实现团队目标, 总是让我兴奋不已

词汇助读	课文	翻译助读
④⑤spare <i>adj.</i> 空闲的; 空余的; 闲置的; 备用的 spare time 业余时间	[13]To achieve all I want, I must use my time well. At school, I do my homework when I have spare time ^④ . After school, I try to use any possible time [14]to revise ^⑤ the things [15]I have learnt during the day. For example, [16]it usually takes me 20 minutes to get home by bus. I often use the time to review ^⑥ English words. [17]As the popular saying ^⑦ goes, “Every minute counts ^⑧ !”	为了实现我想要的一切,我必 须好好利用时间。在学校,我 利用空闲时间做作业。放学 后,我尽可能利用所有时间温 习白天所学。例如,我坐公交 车回家通常需要 20 分钟。我 经常利用这个时间复习英语单 词。常言道:“分秒必争!” 设定目标并取得进步!
④⑥revise <i>vi. & vt.</i> 复习		
④⑦review <i>vt.</i> 温习, 复习		
④⑧saying <i>n.</i> 格言, 谚语	[13]不定式短语在句中作目的状语; I want 为定语从句, 修饰代词 all, 从句省略关系代词 that。 [14]不定式短语在句中作目的状语。 [15]画线部分为定语从句, 修饰名词 things, 从句省略关系代词 that 或 which。 [16]it 作形式主语, 不定式短语 to get home by bus 作真正的主语。 [17]as 引导非限制性定语从句, as 意为“正如”。 Set a goal and get ahead ^⑨ !	
④⑨count <i>vi.</i> 重要		
⑤⑩ahead <i>adv.</i> 在前面; 向前 get ahead 取得进步, 获得成功		

Step 1 Fast reading



Step 2 Careful reading

()1. Why does Joe like to shop online?

- A. He is too busy with his studies.
- B. He can get better service online.
- C. He can make friends with those online shop owners.
- D. He can buy goods online of high quality at a low price.

()2. What are Joe's parents worried about?

- A. Joe is addicted to the digital world.
- B. Joe does not have enough physical exercise.
- C. Joe seldom has time for activities with his family.
- D. Joe spends too much money shopping online.

()3. What makes Li Ying excited according to the text?

- A. Joining the volunteering club.
- B. Becoming a member of the long-distance running team.
- C. Achieving her goal by working hard together with her teammates.
- D. Being praised for her achievements in study.

()4. What does Li Ying do on her way home?

- A. Updating her reading list.
- B. Going over what she has learnt at school.
- C. Chatting with other passengers on the bus.
- D. Reading the e-books on her mobile phone.

Step 3 Summary

Joe and Li Ying are both students in senior secondary school. However, they have completely 1. _____ (differ) lifestyles.

Joe is a “digital native”, 2. _____ spends lots of time sitting before the screen. He does 3. _____ wide range of things online and he enjoys the 4. _____ (convenient) of online shopping. His parents are worried 5. _____ his lifestyle and Joe also knows he needs to drag 6. _____

(he) away from the online world and enjoy real life.

Li Ying is a “go-getter”. She sets a goal for herself at the beginning of each term and then does her best 7. _____ (achieve) it. To her, every minute 8. _____ (count). So she spends her time 9. _____ (wise) and makes good use of every minute. Besides working hard at all her 10. _____ (subject), she is an active member of her school’s long-distance running team and volunteering club.

语言知识梳理

直击重点 突破考点

词汇点睛

1. range *n.* 一系列; 范围; 山脉 *v.* (在一定的范围内) 变化

(教材 P8) I do a wide **range** of things online.
我在网上做很多事情。

- (1) a wide range of 种类繁多的; 广泛的
in/within range 在可及的范围以内
beyond/out of range 超出范围; 在范围以外
(2) range from... to... = range between... and...
在……到……之间变化

【活学活用】

(1) 一词多义

① It is reported that the economic losses caused by the flood **range** between \$ 1 million and \$ 2 million.

② It offers a **range** of exciting courses to develop your skills. _____

(2) 写作金句

① (书面表达之学校生活) As scheduled, various activities will be available in our school club, which _____ to English song performances.

按照计划, 学校俱乐部将提供各种活动, 从英语演讲到英语歌曲表演。

② (书面表达之建议信) I suggest that we should regularly take part in _____ so that we can become well-rounded.

我建议我们经常参加各种各样的活动, 这样我们才能全面发展。

2. various *adj.* 各种各样的; 多种(类型)的
(教材 P8) ...I also shop for **various** things online,

such as books, computer hardware and other necessities.

……我还在网上买各种各样的东西, 如书籍、电脑硬件和其他必需品。

- (1) vary with... 随……而变化
vary in... 在……方面变化
vary from... to... / between... and... 在……和……之间变化
(2) variety *n.* 变化; 多样化
a variety of = varieties of 各种各样的

【温馨提示】 various 和 varied 都可以表示各种各样的, varied 还可以强调多变的, 不同的。如:

With its varied climate, the country attracts both winter and summer sports enthusiasts.

该国气候多变, 吸引了冬季和夏季运动爱好者。

【活学活用】

(1) 单句填空

① [2025 · 北京卷] Join us for TransForm, the interactive summer camp that helps you teens find your passion by participating in _____ (vary) activities and connecting with others.

② Though Lucy and Lily are twins, they vary _____ character and hobbies.

(2) 词汇升级

(书面表达之饮食文化) The restaurant offers **all kinds of** cuisines, including Chinese, Italian, Mexican, and Indian.

→ The restaurant offers _____ cuisines, including Chinese, Italian, Mexican, and Indian.

3. **convenient** *adj.* 方便的, 便利的

(教材 P8) It's so **convenient** to be able to compare the quality and prices from different online shops before I buy.

买东西前, 能够比较不同网络商店的质量和价格是非常方便的。

- (1) It is/was convenient for sb to do sth.
做某事对某人来说很方便。
(2) convenience *n.* 便利, 方便
at one's convenience 在某人方便时
for convenience 为方便起见
(3) conveniently *adv.* 方便地, 便利地

【温馨提示】convenient 作表语时, 不可用人作主语, 而要用物作主语或用 it 作形式主语; “当你方便的时候”应译成 when it is convenient for you, 而不是 when you are convenient.

【活学活用】

(1) 单句填空

I keep my reference books near my desk for _____ (convenient).

(2) 写作金句

① (书面表达之邀请信) _____, I would like to invite you to attend my birthday party.

如果你方便的话, 我想邀请你参加我的生日聚会。

② (书面表达之申请信) I would be very grateful if you could inform me of your decisions _____. (介词短语)

如果您能在方便的时候告知我您的决定, 我将不胜感激。

4. **addict** *n.* 对……着迷的人; 瘾君子

(教材 P8) My parents are worried that I may become an “Internet **addict**”.

父母担心我会成为一个网迷。

- (1) addicted *adj.* 上瘾的; 沉迷于某种嗜好的
be/become/get addicted to
沉迷于 (to 为介词)
(2) addiction *n.* 瘾, 入迷, 嗜好 (常与介词 to 连用)

【活学活用】

(1) 单句填空

① [2025 · 浙江 1 月考] Manuela Ribeiro has a healthy _____ (addict). It's cooking.

② Many young people are addicted to _____

(use) social media apps on their smartphones, which has a negative impact on their study and daily life.

(2) 写作金句

(书面表达之网络) I believe students lacking self-discipline _____

short videos, thus affecting their study and life. 我认为缺乏自律的学生容易沉迷于观看短视频, 从而影响他们的学习和生活。

5. **tend to do sth** 易于做某事; 往往会/倾向于做某事

(教材 P9) I **tend to set** a goal for every subject at the beginning of each term.

我倾向于在每学期开始时为每个科目设定一个目标。

- (1) tend *v.* 照顾; 照料
vi. 倾向; 趋于
tend (to) sb/sth 照料; 护理
(2) tendency *n.* 倾向, 趋势
have a tendency to do sth
有做某事的倾向
There is a tendency for sb to do sth.
某人有做某事的趋势。/
某人往往会做某事。

【活学活用】

(1) 单句填空/熟词生义

① On social media sites, people tend _____ (post) only positive updates that make them appear happy and friendly.

② People who are stressed out have a _____ (tend) to eat junk food as a way to comfort themselves.

③ My sister is responsible for **tending** to our pet cat, making sure it has enough food and water every day. _____

(2) 写作金句

(书面表达之语言学习) There is _____ when they face difficulties in learning a new language.

初学者在学习新语言遇到困难时往往会放弃。

6. **aim** *n.* 意图, 目的 *v.* 力求达到; 瞄准, 对准

(教材 P9) My **aim** is to do well in every subject this term.

这个学期, 我的目标是把每一门学科都学好。

- (1) achieve one's aim 达到某人的目的
with the aim of... 有……的目的
- (2) aim to do/for sth 目标是(做)……, 旨在(做)……
aim at... 朝……瞄准; 力求达到
- be aimed at (doing) sth 目的是/旨在(做)某事
- (3) aimless *adj.* 无目的的
- (4) aimlessly *adv.* 漫无目的地

【活学活用】

(1) 单句填空

①[沪教版必修二 U4] You can't win every race, but you can always aim _____ (be) better than last time.

②After several hours of _____ (aim) search for their lost belongings, they finally gave up.

(2) 写作金句/一句多译

①(书面表达之学校生活) The school's speech contest is _____ students' public speaking skills.

学校的演讲比赛旨在提高学生的公众演讲技能。

②(书面表达之传统文化) 旨在弘扬中国传统文化, 我市将举办一次剪纸展。

→ A paper-cutting exhibition will be held in our city _____ promoting traditional Chinese culture. (用介词短语)

→ A paper-cutting exhibition will be held in our city, _____ to promote traditional Chinese culture. (用定语从句)

7. distance *n.* 距离, 间距 *v.* 使与……保持距离, 撇清和……的关系

(教材 P9) Meanwhile, I'm an active member of my school's long-distance running team and volunteering club.

同时, 我也是学校长跑队和志愿者俱乐部的积极成员。

- (1) in the distance 在远方; 在远处
at a distance of... 在……远的地方; 相隔……
- (2) distance oneself from...
使疏远……; 拉开距离
- (3) distant *adj.* 遥远的; 冷淡的

【活学活用】

(1) 单句填空/熟词生义

①[人教版选必二 U4] Later, they took a pleasant

hike in a forest just a short _____ (distant) away.

②From her voice I could tell that she was cold and **distant**. _____

(2) 写作金句

(书面表达之推荐信) Rome is one of the most ancient cities in the world and is full of wonderful relics from its _____.

罗马是世界上最古老的城市之一, 充满了来自其遥远过去的奇妙遗迹。

句型透视

1. (教材 P8) Actually, I do know I need to drag myself away from the online world sometimes, especially because real life can be just as interesting. 事实上, 我非常清楚有时我需要强迫自己不上网, 特别是因为现实生活也可以一样有趣。

句型公式

强调谓语

【句法分析】

(1) 在英语中, 常用 do 的适当形式来强调谓语动词, 意为“的确, 真的”。

(2) 谓语动词只有两种时态能强调, 即一般现在时和一般过去时。在一般现在时中, 主语为第三人称单数时用 does 强调谓语动词, 其余人称用 do 强调谓语动词; 在一般过去时中, 用 did 强调谓语动词。

【活学活用】

(1) 句式改写: 强调句中的谓语

①She told me her address but I forgot all about it.

→She _____ me her address but I forgot all about it.

②She likes listening to pop songs in her free time.

→She _____ listening to pop songs in her free time.

③I remember the first time I heard the sweetest voice in the wide world.

→I _____ the first time I heard the sweetest voice in the wide world.

(2) 写作金句

(书面表达之生活与学习) _____ such a meaningful class 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. (教材 P9) **I am always attentive in all classes and think actively, so that I can have more free time to do other things that I'm interested in after school.** 我总是在所有课上专心听讲、积极思考,以便放学后我就能有更多空闲时间做其他我感兴趣的事。

句型公式

so that 引导目的状语从句

【句法分析】

句中 so that 用作连词,意思是“以便,为了”,引导表示目的状语从句,从句中常使用 can/could/may/might/will/would/should 等情态动词。so that

还可引导结果状语从句。

【活学活用】

写作金句(so that 引导状语从句)

① (书面表达之倡议书) We should work together _____.

我们应该共同努力,这样我们就能实现我们的目标。

② (书面表达之学校生活) Try to finish it within one day _____

_____ on Sunday.

尽量在一天内完成,这样学生们周日还有一整天的休息时间。

Period Three Lesson 2 Understanding and Coping with Stress

语言知识梳理

直击重点 突破考点

词汇点睛

1. **stress** *n.* 压力;忧虑;紧张;强调 *vt.* 强调,着重

(教材 P12) causes of **stress** 导致压力的原因

(1) under stress 在压力下

lay/put/place stress on/upon sth

强调/重视某物

(2) stress the importance of

强调……的重要性

(3) stressful *adj.* 压力大的;令人紧张的;繁重的

stressed *adj.* 紧张的;感觉有压力的

be stressed out 焦虑不安;心力交瘁

【温馨提示】 stressed 意为“紧张的,感到有压力的”,指人自身感到有压力;stressful 意为“令人紧张的,有压力的”,指事物给人带来压力。

【活学活用】

(1) 单句填空

① [2023·北京卷] It's a joyful and _____ (stress) time of year in the United States for students and their families as they make decisions about where to attend college.

② If you're feeling _____ (stress), listening to some calming music can really help.

(2) 写作金句

① (书面表达之语言学习) English teachers always

_____ reading aloud, which helps students improve their pronunciation and build confidence in speaking English.

英语老师总是强调大声朗读的重要性。这有助于学生改善发音,并建立说英语的信心。

② (书面表达之健康生活) People _____ may experience headaches and sleeping difficulties. (介词短语)

处于压力下的人可能会出现头痛和睡眠困难。

2. **suffer** *vt.* 遭受;蒙受 *vi.* (因疾病、痛苦、悲伤等)受苦

(教材 P12) kinds of people **suffering** from stress 遭受压力的各类人群

(1) suffer from (身体或精神上)遭受……(痛苦),患……病

(2) suffering *n.* [U] (身体或精神的)痛苦;苦难;[pl.]苦恼

(3) sufferer *n.* 受苦者,受难者;患者

【温馨提示】 (1) suffer 用作及物动词时,表示“遭受;蒙受”,其后常跟 pain/loss/punishment/hardship/defeat/hunger/poverty 等名词作宾语,一般不用其被动形式。

(2) suffer 用作不及物动词时,常与介词 from 连用,意为“受……折磨/之苦,患……病”,其后的名词多表示非常具体的不幸或痛苦,如: suffer from a bad cold/headaches/overwork/floods/droughts/a natural disaster.

【活学活用】

(1) 单句填空

① In spite of all these _____ (suffer), he never gives up the hope of living a better life.

② [外研版必修二 U1] ... we'd better not eat too much roast food as it may make us suffer _____ heat inside our bodies...

(2) 写作金句

(书面表达之慰问信) Disturbed to see you _____, I am eager to do something for you.

看到你遭受如此巨大的损失,我很难过,很想为你做点什么。

3. **frank** *adj.* 坦率的, 坦诚的

(教材 P102) ... to be **frank**, everyone suffers from stress at some time in their life...

……坦率地说,每个人都会在生活中的某个时刻承受压力……

- (1) to be frank 坦白说,坦率地说
- (2) frankly *adv.* 坦率地;直率地
frankly speaking 坦率地说
- (3) frankness *n.* 率直,坦率,坦白

【活学活用】

(1) 单句填空

① Many parents _____ (frank) admit that they have trouble bringing up their children.

② Everyone liked the young man for his _____ (frank) and good humour.

(2) 写作金句

(书面表达之文学) _____, the Chinese idiom “Qie Er Bu She” is one of my favourite expressions, which has helped me go through many tough days.

坦率地说,中国成语“锲而不舍”是我最喜欢的词语之一,它帮助我度过了许多艰难的日子。

Period Four Lesson 3 Your Life Is What You Make It (Reading)

课前自主探究

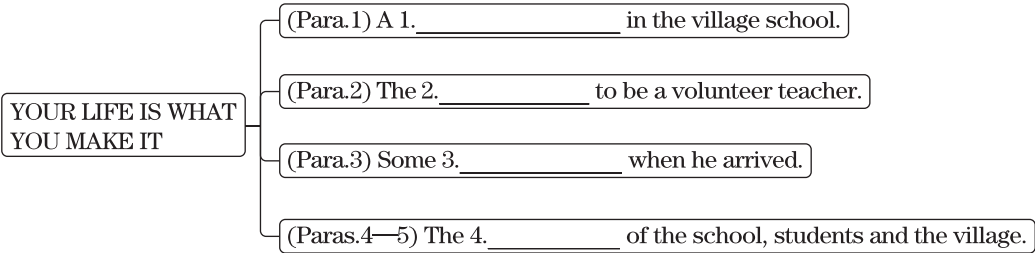
预习新课 研读课文

词汇助读	课文	翻译助读
① typical <i>adj.</i> 平常的,一贯的;典型的	YOUR LIFE IS WHAT YOU MAKE IT After a long day, Zhang Tian finally got back to his small room, [1] <u>feeling tired</u> . He had started working at seven in the morning and it was eight in the evening now. He had to prepare his lessons for the following day. This is a typical ^① day for Zhang Tian. [2] <u>Coming to Guizhou Province</u> ^② to teach has been quite an experience for him.	你的生活你做主 漫长的一天过后,张天疲惫不堪,终于回到了自己的小窝。他从早上七点开始一直在工作,现在已经是晚上八点。他必须为第二天备课。这是张天平常的一天的生活。来贵州省教书对他来说是一次不寻常的体验。
② province <i>n.</i> 省	[1]画线部分为现在分词短语,在句中作状语。 [2]画线部分为动名词短语,在句中作主语。	去年,张天大学毕业并考取了教师资格证。和大多数人一样,他的父母希望他能去一个大城市从事教学工作。同样地,他的朋友也都离开了家乡到上海或北京工作。然而,张天却有不同的想法。他想要开始一种新的生活方式。在上学期初期他遇见了一些来自小村庄的好教师,他被他们所鼓舞,到最需要他的地方去教学。因
③ graduate <i>vi.</i> 毕业	Zhang Tian graduated from ^③ university and got a teacher's certificate ^④ last year. His parents, like most, hoped he would go to a big city to find a teaching job.	
graduate from 从……毕业	Likewise ^⑤ , his friends all left his hometown for work in Shanghai or Beijing. Zhang Tian felt differently, however. He wanted to start a new lifestyle. He had met wonderful teachers from small villages during his early school years and he was inspired ^⑥ by them to go and teach [3] <u>where he was needed the most</u> . For that	
④ certificate <i>n.</i> 合格证书		
⑤ likewise <i>adv.</i> 同样地		
⑥ inspire <i>vt.</i> 鼓励,激励		

词汇助读	课文	翻译助读
⑦apply <i>vi.</i> 申请;请求 ⑧eager <i>adj.</i> 热切的;渴望的 ⑨sort <i>n.</i> 种,类;类型 all sorts of 各种各样的 ⑩independently <i>adv.</i> 独立地,自立地 ⑪live up to 符合(期望);不辜负;遵守(诺言) ⑫dusty <i>adj.</i> 布满灰尘的 ⑬muddy <i>adj.</i> 泥泞的,多泥的 ⑭challenging <i>adj.</i> 有挑战性的 ⑮power <i>n.</i> 电,电力;力量 ⑯supply <i>n.</i> 供应,供给 ⑰unstable <i>adj.</i> 不稳定的 ⑱shower <i>vi.</i> (洗)淋浴 ⑲thought <i>n.</i> 想法 ⑳flash <i>vi. & vt.</i> 闪现,闪过 <i>n.</i> 照相机闪光灯 ㉑give up 放弃 ㉒deal with 对付,应付,处理 ㉓responsible <i>adj.</i> 负责的;有责任心的 be responsible for 对……负责 ㉔subject <i>n.</i> 学科,科目,课程 ㉕surprising <i>adj.</i> 令人惊讶的;出人意料的 ㉖attractive <i>adj.</i> 有吸引力的;好看的,美观的 ㉗as well as ……以及…… ㉘laughter <i>n.</i> 笑;笑声 ㉙over <i>adv.</i> 结束 ㉚tough <i>adj.</i> 困难的,难办的 ㉛confident <i>adj.</i> 自信的	reason he applied^⑦, and became a volunteer teacher in a village school. [4] <u>Bringing with him lots of books, clothes, and two pairs of trainers</u>, Zhang Tian travelled to the village with an eager^⑧ heart. He imagined all sorts of^⑨ exciting things about living independently^⑩ and teaching in a village. [3]where 引导地点状语从句。 [4]画线部分为现在分词短语,在句中作状语。 However, not everything lived up to^⑪ Zhang Tian's hopes. The school was much smaller than he had expected, with only three classrooms. In front of the classrooms, there was a playground [5] <u>which got dusty^⑫ on windy days and muddy^⑬ on rainy days</u>. [6] <u>Living in the village</u> was also more challenging^⑭ than he had thought. The power^⑮ and water supplies^⑯ were unstable^⑰, so he could only shower^⑱ every three or four days, and he had to learn [7] <u>how to cook</u>. The thought^⑲ of leaving once flashed^⑳ through his mind, but he quickly gave up^㉑ the idea and found ways to deal with^㉒ the challenges. [5]which 引导定语从句,修饰名词 playground。 [6]画线部分为动名词短语,在句中作主语。 [7]画线部分为“特殊疑问词+不定式”结构,在句中作宾语。 The school had just three teachers and Zhang Tian was the only English teacher. The other two local teachers were responsible for^㉓ maths and Chinese. [8] <u>To make school life healthier and livelier for his students</u>, Zhang Tian introduced more subjects^㉔ to the school—music, art and PE. [9] <u>It is not surprising^㉕ that PE is the kids' favourite subject!</u> Their school lives are now more attractive^㉖ and interesting, and they enjoy playing football in the playground, as well as^㉗ singing songs [10] <u>they've learnt</u>. The school is now full of laughter^㉘ and music. Zhang Tian is planning to organise the first-ever school concert! Everyone is very excited. [8]画线部分为不定式短语,在句中作目的状语。 [9]it 作形式主语,that 引导的从句作真正的主语。 [10]画线部分为定语从句,修饰名词 songs,从句省略关系代词 that 或 which。 Zhang Tian's first year is almost over^㉙. It has been a tough^㉚ year, but he has enjoyed working with the children. [11] <u>What made him feel satisfied was that his students were able to read, speak and write in English</u>, and they became more confident^㉛ in learning	此,他申请并成了一所乡村学校的志愿教师。张天带着很多书、衣服和两双运动鞋,还有一颗热切的心来到了村庄。他想象着自己在村里独立生活、教书,会发生各种各样令人兴奋的事情。 然而,不是每件事都像张天希望的那样。学校比他想象的小得多,只有三间教室。教室前面有一个操场,刮风时扬尘,下雨时泥泞不堪。住在村子里也比他想象的更具挑战性。电和水的供应不稳定,所以他只能每三四天洗一次澡,他还必须学会做饭。离开的想法曾在脑中闪现,但是他很快放弃了这个念头,并且找到了应对挑战的办法。 学校只有三名老师,张天是唯一的英语老师。另外两名当地教师负责教授数学和语文。为了让学生的校园生活更有益健康和活泼热闹,张天为学校开设了更多的课程——音乐、艺术和体育。毫不意外的是体育是孩子们最喜欢的科目。他们的学校生活现在更有吸引力也更有趣,他们喜欢在操场上踢足球,也喜欢唱学过的歌。校园里现在充满了笑声和音乐。张天正在计划组织第一场学校音乐会! 大家都很高兴。 张天在这儿的第一年就要结束了。这是艰难的一年,但他喜欢和孩子们在一起。让他感到欣慰的是他的学生能够读英语、说英语和写英语,并且在学习上变得更自信

词汇助读	课文	翻译助读
③②besides <i>prep.</i> 除……之外	Besides [®] teaching, Zhang Tian also brought changes to the village. He contacted [®] charity [®] organisations [®] about rebuilding [®] the playground and setting up [®] a library, and helped the villagers sell local products online. The contribution [®] [12] <u>he made to the village</u> was great, so he became very popular among the villagers and they treated him as one of them. The village is like his second home now. Although he had only intended [®] to stay for one year, he now feels ready [®] to stay for another year. He feels so happy that he followed his heart when choosing what to do with his life, even though it may not be [13] <u>what others expected of him</u> . [11]what 引导主语从句;that 引导表语从句。 [12]画线部分为定语从句,修饰名词 contribution,从句省略关系代词 that 或 which。 [13]what 引导表语从句	除了教学,张天还为村子带来了其他变化。他联系了慈善组织重修操场并开设图书馆,帮助村民在网上销售当地产品。他为村子做了很大贡献,所以他在村民中很受欢迎,村民也把他当作村子里的一员。这个村子现在就像他的第二个家。虽然他原本只打算待一年,但现在他准备再待一年。他感到很开心,因为在选择如何对待自己的人生时,他跟随了自己的内心,尽管这可能不是别人所期望的
③③contact <i>n.</i> 联系,联络 <i>vt.</i> (写信,打电话)联系 (某人)		
③④charity <i>n.</i> 慈善机构,慈善团体		
③⑤organisation <i>n.</i> 组织,团体,机构		
③⑥rebuild <i>vt.</i> 重建		
③⑦set up 建立;创建		
③⑧contribution <i>n.</i> 贡献		
③⑨intend <i>vt.</i> 计划,打算,想要		
④⑩ready <i>adj.</i> 准备好的		

Step 1 Fast reading



Step 2 Careful reading

- ()1. How did Zhang Tian feel before he arrived at the village?
A. Tired. B. Excited.
C. Nervous. D. Disappointed.
- ()2. What changes did Zhang Tian bring to the village besides teaching?
A. He helped the villagers sell local products online.
B. He introduced new farming methods to the villagers.
C. He collected lots of books and clothes for the villagers.
D. He helped more students go into their dream university.
- ()3. How long has Zhang Tian been working in the school?
A. For nearly a year.
B. For one and a half years.

- C. For almost two years.
D. For more than two years.
- ()4. What is Zhang Tian likely to do next year?
A. He will find a good job in a big city.
B. He will go back to university for further education.
C. He will set up more schools for the village.
D. He will continue staying in the village as a volunteer teacher.

Step 3 Summary

Zhang Tian has been working 1. _____ a volunteer teacher in a village school in Guizhou Province since he 2. _____ (graduate) from university last year. He travelled to the village with 3. _____ eager heart. However, he was a bit 4. _____ (disappoint) when he saw the village for the first time. The conditions were much 5. _____ (bad) than he had expected.

Instead of giving up, Zhang Tian thought of 6. _____ (way) to improve the situation. He introduced new subjects and activities to the school, 7. _____ (make) the children's school life more attractive and interesting. To his great 8. _____ (satisfy), his students were able to read, speak and write in English and they became

more confident in learning. Besides teaching, Zhang Tian also brought changes to the village. He became so popular among the villagers 9. _____ they treated him as one of them.

Zhang Tian enjoys working in the village and he now intends 10. _____ (stay) for another year.

语言知识梳理

直击重点 突破考点

词汇点睛

1. inspire *vt.* 鼓励;激励;赋予灵感
(教材 P14) He had met wonderful teachers from small villages during his early school years and he was **inspired** by them to go and teach where he was needed the most.
刚上学时他遇见了一些来自小村庄的好教师,他被他们所鼓舞,到最需要他的地方去教学。

- (1)inspire sb to do sth
激励某人做某事
- be inspired by
受到……鼓舞
- (2)inspiring *adj.*
鼓舞人心的,激励的;启发灵感的(常修饰物)
- inspired *adj.*
受到鼓舞的(多修饰人)
- (3)inspiration *n.*
灵感;鼓舞人心的人或事物

【活学活用】

- (1)单句填空
- ① _____ (inspire) by my teacher, I signed up for the competition and made full preparations for it.
- ② [沪教版选必二 U4] In my opinion, there are plenty of _____ (inspire) teens out there and Li Yifan is just one of them.
- ③ Music is a great source of _____ (inspire), which can make you laugh, cry or shout.
- (2)写作金句
- (书面表达之学校生活) It was his teacher's constant encouragement that _____.
- 正是他的老师的不断鼓励激励着他去更加努力地学习。

2. apply *v.* 申请;请求;应用,运用;涂抹,敷
(教材 P14-15) For that reason he **applied**, and became a volunteer teacher in a village school.

因此,他申请并成了一所乡村学校的志愿教师。

- (1)apply ... to ...
把……运用到……中去;
把……涂到……上
- apply (to...) for
(向……)申请,请求
- apply to do ...
申请去做……
- apply oneself to
专心致志于(to 为介词)
- (2)applicant *n.*
申请人
- application *n.*
申请;申请书;应用;应用软件

【活学活用】

- (1)单句填空
- ① Since last year, he has been applying himself to _____ (study) traditional Chinese medicine.
- ② [上外版必修三 U1] At that time none of what I learned about calligraphy seemed to have even a hope of any practical _____ (apply) in my life.
- ③ The position demands that any _____ (apply) should have three years' experience.
- (2)写作金句
- ① (书面表达之申请信) I am writing to _____ of your organization.
我写信是想申请成为你们组织的一名志愿者。
- ② (书面表达之建议信) I suggest you should _____ immediately, in person or by letter.
我建议你立即申请这个职位,当面或写信均可。

3. give up 放弃;停止
(教材 P15) ...but he quickly **gave up** the idea and found ways to deal with the challenges.
……但是他很快放弃了这个念头,并且找到了应对挑战的办法。

- (1)give up (doing) sth
放弃(做)某事
- (2)give in (to sb)
(向某人)让步,屈服

give off	发出(气味、热、光等)
give out	分发;用完;公布;停止运转
give away	颁发, 分发;泄露(秘密);赠送
give way to	向……让步;被……代替
give back	归还;送回;使恢复

【活学活用】

用 give 相关短语的适当形式填空

① Bicycles are environmentally friendly because they won't _____ waste gases.

② [2025·北京卷] Friends laughed a little, and even Mark's parents thought he should just _____.

③ The brave young soldier would rather die than _____ to the enemy.

④ People _____ much more by their gestures than by their words.

⑤ At the end of the race his legs _____ and he collapsed on the ground.

4. responsible *adj.* 负责的;有责任心的

(教材 P15) The other two local teachers were **responsible** for maths and Chinese.

另外两名当地教师负责教授数学和语文。

- (1) be responsible for 对……负责;是造成……的原因
- (2) responsibility *n.* 责任, 职责, 任务
take/shoulder/bear responsibility for 对……负责
It is sb's responsibility to do sth. 做某事是某人的责任。
a sense of responsibility 责任感
- (3) responsibly *adv.* 明事理地;合乎情理地;可信赖地

【活学活用】

(1) 单句填空

① _____ (responsible) is the price every man must pay for freedom.

② When he saw the crash, the young boy acted _____ (responsible) and called the police.

(2) 写作金句/一句多译

① (书面表达之环境保护) While we are enjoying the breathtaking beauty of nature, _____ we leave no garbage, protecting the environment from being polluted.

在欣赏大自然的惊人美景时,我们有责任确保不留下任何垃圾,保护环境免受污染。

② 我们每个人都必须对自己的行为负责。

→ Each of us must _____ our own acts. (*adj.*)

→ Each of us must _____ our own acts. (*n.*)

5. contribution *n.* 贡献;捐献,捐助

(教材 P15) The **contribution** he made to the village was great...

他为村子做了很大贡献……

- (1) make a contribution/contributions to 为……做出贡献(to 为介词)
- (2) contribute *v.* 促成,造成;贡献;撰稿;捐献/捐助;有助于;是……的原因之一;增加,添加
contribute... to... 向……捐献……/撰稿
contribute to... 为……做出贡献;有助于,增进;导致;给……投稿

【活学活用】

(1) 单句填空/熟词生义

① In my opinion, reading the English newspaper regularly does contribute to _____ (improve) my English.

② He made a very positive _____ (contribute) to the success of the project.

③ Students are encouraged to **contribute** articles to the university magazine. _____

(2) 一句多译

(书面表达之人物介绍) 我最敬佩的人是袁隆平,他为解决全球粮食问题做了巨大的贡献。

→ The person I admire most is Yuan Longping, who _____ solving the global food problem. (*n.*)

→ The person I admire most is Yuan Longping, who _____ solving the global food problem. (*v.*)

6. intend *vt.* 计划,打算,想要

(教材 P15) Although he had only **intended** to stay for one year, he now feels ready to stay for another year.

虽然他原本只打算待一年,但现在他准备再待一年。

(1) intend to do/doing sth 打算做某事
 intend sb to do sth 打算让某人做某事
 had intended to do = intended to have done 本来打算做但没能做
 (2) intended *adj.* 意欲达到的; 打算的, 计划的
 be intended for = be meant for 专供……使用
 (3) intention *n.* 意图; 目的
 with the intention of (doing) sth 带着(做)某事的目的
 (4) intentional *adj.* 故意的
 intentionally *adv.* 故意地

【活学活用】

(1) 单句填空

- ① I _____ (intend) to call on you yesterday, but I had an unexpected visitor.
 ② [2025·全国一卷] She has every _____ (intend) of staying and continuing doing what she loves.

(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 (书面表达之建议信) In my opinion, Beijing Language and Culture University, which enjoys excellent reputation for its language and culture courses _____, is your right choice.

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专为国际学生开设,享有很高的声誉。

句型透视

1. (教材 P14) **Coming to Guizhou Province to teach has been quite an experience for him.**
 来贵州省教书对他来说是一次不寻常的体验。

句型公式

动名词(短语)作主语

【句法分析】

- (1) 动名词(短语)作主语往往表示比较笼统的、一

般的或习惯性的动作,谓语动词用单数形式。

- (2) 动名词(短语)作主语时,有时用 it 作形式主语,而把动名词(短语)后置,常见结构: It is useless/no use/no good/a waste of time + doing sth. 做某事是无用的/没有好处的/浪费时间的。

- (3) 动名词(短语)作主语时可以有自己的逻辑主语,“逻辑主语 + 动名词”叫作动名词的复合结构,当逻辑主语有生命时,常用名词所有格和形容词性物主代词,如:

Mary's/Your being late made me very angry.
 玛丽/你的迟到让我很生气。

【活学活用】

(1) 单句填空

- ① [2025·北京卷] _____ (consider) the stories we tell about ourselves can help us to change our minds for better.
 ② Focusing instead on the fact that they have something unique to wear _____ (be) what customers care about.
 ③ It is no use _____ (try) to advise him to give up smoking, for he has been addicted to it.

(2) 写作金句

(书面表达之演讲稿) _____ doubles the joy and lightens the burdens of others.
 分享快乐使喜悦加倍并减轻他人的负担。

2. (教材 P15) **However, not everything lived up to Zhang Tian's hopes.**

然而,不是每件事都像张天希望的那样。

句型公式

not everything 表示部分否定

【句法分析】

- (1) 该句为不完全否定(部分否定)。当 not 与 all, every, everyone, everything, both, always 等连用时,表示不完全否定,not 可以直接放在该类词之前,也可与谓语动词连用。

- (2) 如要对上述的 all, both, everyone, always 等词进行完全否定,那就分别要用与之相对应的完全否定词,如 none, neither, no one, never 等。

【活学活用】

写作金句

- ① It is _____ easy to know right from wrong.
 分辨是非并不总是容易的。