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广东专版

高中英语

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热考话题 1　中国文化

话题语料背

文化活动与体验

1. 文化集市与展览

【核心短语】

(1)feast one's eyes on 大饱眼福

a feast for one's eyes 一场视觉盛宴

(2)experience/be exposed to traditional Chinese culture first-hand 亲身体验中国传统文化

(3)have a taste of handicrafts/get hands-on experience with handicrafts 体验手工艺品

(4)gain a deeper understanding of/insight into the symbolic meanings of...

更深入地了解……的象征意义

(5)lose/absorb/immerse oneself in ancient crafts

沉浸在古老工艺中

(6)breathe new life into...

为……注入新的活力;让……焕发生机

【高级句式】

(1)**It is** through hands-on experience at the craft fair **that** young people can gain a deeper appreciation for their cultural heritage.(强调句)

正是通过在手工艺品集市上亲身实践,年轻人才得以对自己的文化遗产有更深的了解。

(2)The culture fair features live demonstrations of traditional crafts like embroidery and paper-cutting, **allowing visitors to marvel at the delicate designs and skilful techniques.**(allowing...现在分词短语作状语)

文化集市的特色在于现场展示刺绣、剪纸等传统工艺,让游客惊叹于精美设计与娴熟技艺。

(3)Visiting a handicraft exhibition allows one to gain a deep insight into the symbolism contained in traditional Chinese lanterns, **which often feature patterns symbolizing happiness and prosperity**.(which often feature ... 定语从句;symbolizing...现在分词短语作定语)

参观手工艺品展览能让人深入了解中国传统灯笼所蕴含的象征意义,这些灯笼常以寓意幸福与繁荣的图案为装饰。

2. 文化交流与传播

【核心短语】

(1)deepen/broaden/enhance my understanding of...

深化/拓宽/增强我对……的理解

(2)promote/facilitate cultural exchange 促进文化交流

(3)carry forward/preserve/pass down/hand down traditional culture

弘扬/保护/传承传统文化

(4)arouse/inspire/spark passion for ... 激发/点燃对……的热情

(5)embrace/welcome/celebrate cultural diversity

欣然接受/庆贺文化多样性

(6)build/create/establish a bridge of cultural dialogue

搭建/创造/建立文化对话的桥梁

【高级句式】

(1)Live-streaming traditional arts **not only** preserves cultural heritage **but also** makes them accessible to global audiences, **effectively bringing different cultures closer.**(not only ... but also 并列结构;effectively bringing...现在分词短语补充结果)

直播传统艺术不仅能保护文化遗产,还能让全球观众接触到这些艺术,从而有效拉近不同文化之间的距离。

(2)The Silk Road showcases how trade routes can facilitate cultural exchanges, **which contributes to mutual understanding among diverse cultures.**(非限制性定语从句)

丝绸之路展示了贸易路线如何促进文化交流,这有助于不同文化间的相互理解。

(3)**While embracing cultural diversity from around the world with an open mind**, we should also carry forward our own traditions with pride and confidence.(状语从句的省略)

在以开放心态接受世界文化多样性的同时,我们也应该自豪而自信地弘扬自己的传统。

传统文化元素

1. 工艺、艺术与民俗

【传统工艺】

(1)Chinese knot 中国结
(2)shadow puppetry 皮影戏
(3)porcelain 瓷器
(4)embroidery 刺绣
(5)paper-cutting 剪纸
(6)woodblock printing 木版印刷
(7)weaving 编织

【艺术形式】

(1)traditional Chinese painting 国画
(2)ink and wash painting 水墨画
(3)calligraphy 书法
(4)Peking Opera 京剧
(5)martial arts 武术
(6)traditional opera 传统戏曲
(7)traditional folk music 传统民间音乐

【民俗活动】

(1)*daji*/open-air fair 大集
temple fair 庙会
(2)folk art performance 民俗文艺表演
Chinese folk gong and drum performance 中国民间锣鼓表演
(3)snack street/alley 美食街
local food tasting/taste/enjoy local specialties 地方美食品尝
(4)fireworks display 烟花表演
(5)(intangible) cultural heritage exhibition (非物质)文化遗产展览

【高级句式】

(1) Shadow puppetry, **with a history dating back to the Tang Dynasty**, reflects the wisdom of ancient Chinese craftsmen/craftspeople.(with a history dating back to…插入语的非限制性修饰)
皮影戏的历史可追溯至唐代,反映了中国古代工匠的智慧。

(2) Embroidery, with its thousand-year history, **not only** reflects the exceptional craftsmanship of the Chinese people **but also** conveys deep cultural meanings like harmony and good luck.(not only… but also 并列结构)
刺绣拥有千年历史,不仅反映中国人非凡的工艺,也传达和谐、好运等深刻文化内涵。

(3) **Wandering through the snack streets and enjoying local specialties**, visitors fully immersed themselves in the lively atmosphere of the fair.(现在分词短语作状语)
漫步于美食街、品尝地方美食,游客们完全沉浸在集市热闹的氛围中。

2. 传统节日与习俗

【节日名称】

(1)Spring Festival 春节
(2)Dragon Boat Festival 端午节
(3)Mid-Autumn Festival 中秋节
(4)Lantern Festival 元宵节
(5)Tomb-Sweeping Day 清明节

【节日习俗】

(1)eat *zongzi* 吃粽子
(2)admire the full moon 欣赏满月
(3)sweep graves 扫墓
(4)set off firecrackers 放鞭炮
(5)hand out red envelopes 发红包
(6)make dumplings 包饺子
(7)enjoy dragon boat races 观看龙舟比赛
(8)appreciate lanterns 赏花灯

【高级句式】

(1)During the Spring Festival, families gather for a reunion dinner, **symbolizing/standing for unity and good fortune for the new year**.(symbolizing/standing for…现在分词作状语)
春节期间,家人团聚在一起吃年夜饭,象征新年团圆和好运。

(2)The Mid-Autumn Festival, **which falls on the 15th day of the 8th lunar month**, emphasizes/stresses family reunion and harmony.(非限制性定语从句)
中秋节适逢农历八月十五,强调家庭团聚与和睦。

(3)During the Spring Festival, the character "Fu" is often pasted upside down, as its pronunciation in Chinese sounds like "the arrival of happiness".(主从结构)
春节期间,"福"字经常被倒贴,因为它的中文发音类似于"幸福的到来"。

话题写作背(告知信)

[2026·江苏苏锡常镇四市高三二模]

假定你是李华,你校承办了"国际青少年中华文化体验营"活动。你的英国笔友 Tom 对活动相

关情况颇感兴趣，来信询问。请你给他写一封回信，内容包括：

1. 活动内容；2. 你的感想。

注意：词数 80 个左右。

Dear Tom,

I'm glad you're interested in the International Youth Chinese Culture Experience Camp hosted by our school(过去分词短语作后置定语). Here are some highlights of this unforgettable event(倒装).

Guided by local artists(过去分词短语作状语), we tried our hand at Chinese calligraphy and paper-cutting, appreciated classic poems and tea art performances, and even made Chinese knots to exchange with each other. **Additionally**, we visited a nearby traditional courtyard, where we experienced local folk customs first-hand(非限制性定语从句).

All in all, this camp is truly rewarding. Not only have I gained a deeper insight into our traditional culture, but I have also improved my cross-cultural communication skills by interacting with peers from different countries(not only…but also 倒装 + 并列结构). I truly hope you can join us next year and experience it yourself!

Yours sincerely,

Li Hua

写作精准练

（限时：25 分钟）

Ⅰ 话题词块练

1. The art of paper-cutting in China _____ _____ the Han Dynasty, which reflects people's love for life.

中国的剪纸艺术可追溯至汉代，这一艺术形式体现了人们对生活的热爱。

2. Confucian teachings _____ respecting elders, a value still cherished by modern Chinese families.

儒家学说重视尊敬长辈，这一价值观仍为现代中国家庭所珍视。

3. Participating in tea ceremonies allows people to _____ the Chinese pursuit of tranquility and respect.

参与茶道能让人们更深刻地领悟中国人对宁静与尊重的追求。

Ⅱ 话题句式练

1. 强调句：It is + 被强调部分 + that + 句子其他成分.

It is _____ we can truly understand the wisdom of our ancestors.

正是通过实践传统工艺，我们才能真正理解祖先的智慧。

2. with 复合结构

_____,

the cultural fair was filled with laughter and joy.

游客们纷纷尝试剪纸，文化集市上充满欢声笑语。

3. 目的状语从句

Snack streets with various traditional treats are set up during the festival _____ _____ while watching wonderful folk performances. 节日期间搭建摆满各式传统小吃的美食街，让游客一边观赏精彩的民俗表演，一边品尝独具特色的地方佳肴。

4. 倒装句

Chinese calligraphy, the art of beautiful handwriting, has developed over many centuries and has been widely practised in China. _____ _____ Chinese characters, _____ expressing the writer's inner world.

中国书法是一门优美的书写艺术，已经发展了好几个世纪，在中国被广泛练习。它不但展现了汉字的美妙，而且用于昭示书写者的内心世界。

5. *v*.-ing 作定语

The programme covers a wide variety of cultural activities, _____ learning Chinese daily expressions _____ on Chinese history and traditional culture.

此项目涵盖了各种各样的文化活动，从学习汉语日常表达到参加一些关于中国历史和传统文化的讲座。

Ⅲ 应用文写作

写作类型：邀请信

[2026 · 湖南张家界高三二模]

假定你是校学生会主席李华，你校将于下周举办“中华传统节日文化展”活动，请你给外教 Mr Smith 写一封邮件，邀请他参加。内容包括：

1. 活动的时间、地点；
2. 活动的主要内容；
3. 邀请他参加的原因。

注意：写作词数应为 80 个左右。

【范文填空】

Dear Mr Smith,

I'm Li Hua, chairman of the Student Union. I'm writing to invite you to our Traditional Chinese Festival Culture Exhibition, 1. _____ _____ (下周五下午 2 点到 5 点在学校大厅举办).

The exhibition will feature picture displays 2. _____ (介绍各种传统节日), handcraft works such as paper-cutting and lanterns, and even a food-tasting area 3. _____ (您可以在那里品尝节日小吃). These activities are designed to 4. _____ _____ (让我们更深入了解中国文化的魅力).

We would be honoured if you could join us and briefly share your country's festival traditions with the audience, 5. _____ _____ (这必将帮助我们更好地理解文化多样性). We would greatly appreciate your presence and look forward to your favourable reply.

Yours sincerely,

Li Hua

热考话题 2　校园生活

话题语料背

校园活动

【核心短语】

1. 活动目的

(1) with the aim/purpose/intention of/in order to do/aiming to do/aimed at doing 为了

(2) enrich students' campus life/after-school life 丰富同学们的校园/课余生活

(3) add colour/a new dimension to students' campus life 给同学们的校园生活增添色彩/新的内容

(4) offer students a platform to showcase their talents 给同学们提供一个展示才华的平台

2. 活动描述

(1) join in/take part in/participate in/engage in/get involved in... 参与，参加

(2) sign up for... 报名参加

(3) a wide range of... = a variety of... 各种各样的……

(4) range from... to... 从……到……不等

(5) under the guidance of... 在……的指导下

(6) hands-on experiences 实践体验

(7) be scheduled to take place/be set to be held 计划举行

校园活动的意义及评价

【核心短语】

1. 活动意义

(1) broaden one's horizons/mind 拓宽视野

(2) gain hands-on experience 获得实践经验

(3) relieve academic pressure/ease study stress 缓解学业压力

(4) develop a sense of teamwork/teamwork spirit 培养团队精神

(5) stimulate/arouse/boost/spark our interest in/enthusiasm/passion for... 激发我们对……的兴趣/热情

(6) gain a deeper insight into/a better understanding of... 对……有一个更深的见解/更好的了解

(7) build/create/develop a good/harmonious relationship with... 与……建立良好的/和谐的关系

(8) shape one's healthy personality 塑造健全人格

(9) strike a balance between study and relaxation/balance study and relaxation 平衡学习与娱乐

(10) explore one's hidden potential 挖掘自身潜能

2. 活动评价

(1) a huge success 一个巨大的成功

(2) think/speak highly of... 对……高度评价

(3) enjoy widespread popularity among/be well-received by students 在学生中广受欢迎

(4) leave a deep impression on every participant 给每位参与者留下深刻印象

(5) be of great significance/importance/benefit to sb = be greatly significant/important/beneficial to sb 对某人意义重大、大有裨益

(6)be worthwhile/rewarding/meaningful/valuable 值得做的/有益的/有意义的/有价值的

【高级句式】

1. The upcoming speech contest, **featuring engaging/attractive topics and drawing/attracting students from all grades**, serves as a lively stage to enhance English communication skills.(现在分词作定语)

即将到来的演讲比赛以吸引人的主题为特色,吸引各年级学生,是提高英语沟通能力的活力舞台。

2. **With the intention of improving students' physical fitness and creating a sports atmosphere**, our school held an activity/launched a campaign "Sunshine Fun Run".(介词短语作状语)

为了提高学生的身体素质,营造运动氛围,我校发起"阳光欢乐跑"活动。

3. **Deeply fascinated by diverse campus activities**, most students speak highly of them and **agree that** they produce positive effects on character building.(过去分词作状语;宾语从句)

丰富多彩的校园活动深深吸引着大多数学生,他们都对此给予高度评价,并认为这些活动对人格塑造有着积极作用。

校园设施&线上学习

【核心短语】

1. reserve/book the self-study rooms 预约自习室
2. make full use of/take full advantage of well-equipped multimedia classrooms for interactive learning

充分利用设备完善的多媒体教室开展互动学习

3. explore various online learning platforms to take a wide variety of courses

探索各类线上学习平台以学习各种各样的课程

4. access open educational resources to gain free learning materials

访问开放教育资源以获取免费学习资料

5. log in the campus online learning system

登录校园线上学习系统

6. work out in the gym 在体育馆锻炼

【补充学习配套短语】

1. study independently 自主学习
2. group discussion 小组讨论
3. after-class tutoring 课后辅导
4. physical exercise 体育锻炼

【高级句式】

1. Open educational resources provide us with abundant free learning materials, **which can significantly reduce/cut down our expenses on books**.(定语从句)

开放教育资源为我们提供海量免费学习资料,大幅节省购书开支。

2. We can reserve self-study rooms in advance **so that we can study quietly without disturbance**.(so that 引导目的状语从句)

我们可以提前预约自习室,以便安静学习、不受打扰。

3. Interactive digital learning materials can make our study more appealing and efficient.

交互式数字化学习素材能让我们的学习更有吸引力、更高效。

话题写作背1(短文投稿)

[2026·湖北孝感高三二模]

假定你是李华,上周五你观看了校英语俱乐部举办的以"中国经典故事"为主题的英语短剧大赛。请你就本次活动写一篇短文,向校英文报投稿。内容包括:

1. 活动概况;
2. 你最喜欢的一个节目及理由。

注意:1. 写作词数应为 80 个左右;2. 可适当增加细节,以使行文连贯。

Chinese classic stories in English

Last Friday witnessed an inspiring English short play contest hosted by our school English club in the school hall(无灵主语;过去分词短语作后置定语), with the theme of "Chinese classic stories in English". Over ten groups participated, presenting well-known tales in creative ways(现在分词短语作状语).

Among all the performances, what impressed me most(主语从句) was the play *Hua Mulan*. The leading actress not only **delivered her lines** with fluent English but also vividly portrayed Mulan's courage and sense of duty, which drew thunderous applause from the audience(非限制性定语从句). The combination of traditional costumes and modern stage effects made the story **more accessible to** everyone present.

This contest gave us a platform to practise English and deepen our understanding of Chinese

culture. I left the hall entertained and inspired, realizing our cultural treasures shine brighter in a different language(现在分词短语作状语).

【亮点句型练(一)】

句型练:现在分词短语作状语

For another, we tend to avoid communication with our parents, especially about our academic work, _____.

另一方面,我们往往不愿与父母交流,尤其是关于我们的学业,这使得他们更加急于知道我们学得怎么样。

话题写作背2(告知信)

[2026·湖南高三三模]

假定你是李华,上周你班图书角举行了"好书漂流(Book Crossing)"活动。请你给英国朋友Mario写一封邮件分享这次经历,内容包括:

1. 活动过程;
2. 你的感想。

注意:1. 写作词数应为80个左右;2. 可适当增加细节,以使行文连贯。

Dear Mario,

I'm writing to share with you an exciting event we held last week(定语从句)—"Book Crossing" at our class book corner.

Everyone brought a favourite book and wrote a short recommendation card. We then placed all the books on our class bookshelf, and during the break, we gathered around, looking through the books freely and picking the ones that appealed to us most(现在分词短语作状语;定语从句). I ended up with a science fiction novel—the card on it read, "This book will take you to another world." and it really did! I even shared a few pages right away.

The experience was fantastic. Not only did I discover great new reads(not only置于句首倒装), but I also felt the joy of sharing stories with classmates, which truly made reading more fun and meaningful(非限制性定语从句). Do you have any book-sharing activities at school? Looking forward to your reply.

Yours,
Li Hua

【亮点句型练(二)】

句型练1:现在分词短语作状语

_____,

I always stay energetic and passionate every single day.

以积极的心态对待学习和生活,我每一天都保持活力与热忱。

句型练2:非限制性定语从句

I truly enjoy listening to gentle music during breaks, _____.

休息时我十分喜欢听轻柔的音乐,它不仅能平复我的思绪,还能有效缓解日常的学习压力。

写作精准练

(限时:25分钟)

Ⅰ 话题词块练

1. _____ in the school auditorium next month, the graduation ceremony will offer teachers and students a precious chance to look back on their three-year journey together.

毕业典礼定于下月在学校礼堂举行,将为师生们提供一个宝贵的机会,共同回顾他们度过的三年时光。

2. The upcoming science fair will not only showcase students' innovative projects, but also cover _____ fields, from eco-friendly devices to advanced AI models.

这场即将开展的科技博览会不仅会展出同学们的创新项目,涵盖领域还十分广泛,从环保设备到先进人工智能模型应有尽有。

3. Eager to improve/sharpen their public speaking skills, Senior Three students actively _____ the annual English speech contest last Friday.

渴望提升公开演讲技巧,高三学生们上周五积极参加了年度英语演讲比赛。

Ⅱ 话题句式练

1. 现在分词作定语

The lecture, _____, attracted a large number of students interested in health.

这场聚焦中医的讲座,吸引了许多对健康感兴趣的学生。

2. 非限制性定语从句

The Reading Salon, _____, has become a symbol of campus culture.

阅读沙龙每周吸引 200 多名学生,已成为校园文化的象征。

3. 倒装句

Only by _____ balance study and extracurricular activities.

只有通过有效管理时间,我们才能平衡学习与课外活动。

4. 现在分词作状语

The science innovation fair attracted thousands of visitors, _____.

科技创新展吸引了数千名参观者,展示了学生们的创意项目。

Ⅲ 应用文写作

写作类型:告知信 + 邀请信

[2026 · 陕西宝鸡高三三模]

假定你是李华,你校英文报现招聘一名编辑,请给你的留学生朋友 Peter 写封邮件告知此事,并邀请他应聘。

内容包括:1. 报纸栏目;2. 工作时间;3. 你的建议。

注意:词数 80 个左右。

【范文填空】

Dear Peter,

How are you? I'm writing to share some good news. Our school English newspaper is looking for a new editor, and I firmly believe 1. _____ _____(你是这个职位最合适的人选).

The paper covers various popular columns, including campus daily news, original English stories and Chinese culture sharing sections. It 2. _____(在全体师生中享有广泛的欢迎度). As for working hours, you only need to devote two hours every Wednesday afternoon after class, 3. _____ _____(这不会占用你太多学习时间).

I'd like to offer you a small tip. 4. _____ _____(当提交申请时), you should 5. _____ _____(突出你的母语优势) and rich overseas cultural experience. I'm convinced that 6. _____ _____(负责的老师们会留下深刻印象).

Yours,

Li Hua

热考话题 3　运动与健康

话题语料背

健康生活方式

【核心短语】

1. maintain a healthy lifestyle 保持健康的生活方式
2. form good habits 养成好习惯
3. cut down on sweets 少吃甜食
4. eat more fresh vegetables 多吃新鲜蔬菜
5. abandon unhealthy living habits 摒弃不良生活习惯
6. skip regular meals 不吃正餐
7. stick to an exercise plan 坚持锻炼计划
8. combine regular exercise with a well-balanced diet

将规律运动与均衡膳食相结合

9. set aside time for relaxation 留出放松休息时间
10. keep/maintain a regular sleep schedule 保持规律作息
11. stay away from junk food 远离垃圾食品
12. build up one's body/strength 强身健体
13. stay up 熬夜

【高级句式】

1. Many students skip meals and stay up late, **which harms their physical and mental health**.(非限制性定语从句)

许多学生不吃饭、熬夜,这危害了他们的身心健康。

2. With the Gaokao drawing near, many students give up physical training, **while a minority stick to regular workouts, fully aware that** good fitness boosts learning efficiency.(while 引导对比并列分句;形容词作状语)

随着高考临近,许多学生放弃体育锻炼,而少数人坚持定期锻炼,充分意识到良好的体能有助于提高学习效率。

3. **By making exercise a natural part of our daily life**, we can **not only** build up our bodies and stay in good shape, **but also** develop self-discipline and hold an optimistic attitude towards life.(by doing 结构作状语;not only…but also 并列结构)

通过把锻炼当作日常生活中自然而然的一部分,我们既能强身健体、保持良好体形,又能培养自律意识,以积极乐观的心态面对生活。

体育活动

【核心短语】

1. maintain a good state of mind through exercise 通过锻炼保持良好心态

2. develop a positive attitude/mindset towards life 培养积极生活态度

3. relieve stress and anxiety 缓解压力和焦虑

4. enhance learning/academic efficiency 提高学习效率

5. strive for/pursue excellence/greater achievements 追求卓越/更好的成绩

6. enhance teamwork/cooperation 促进团队合作

【高级句式】

1. Our school's annual sports meeting, **featuring events from relay races to the long jump**, serves as a platform to showcase athletic talent and relieve academic stress.(featuring…现在分词短语作定语)

我们学校一年一度的运动会,涵盖从接力赛到跳远等项目,为展示运动才能和缓解学业压力提供了一个平台。

2. **Launched by our school**, the "Sunshine Fun Run" advocates regular physical activity and closes with an awards ceremony for outstanding participants, **aiming to boost students' fitness and make the campus sports atmosphere more lively**.(过去分词短语作状语;现在分词短语作状语)

我校发起的"阳光欢乐跑"倡导日常运动,活动尾声会为优秀参与者举办颁奖仪式,旨在增强学生体质,让校园运动氛围更活跃。

3. **Not only can regular sports** improve physical health and academic efficiency, but they also ease pressure and help us stay optimistic when we are faced with difficulties.(not only 置于句首)

规律运动不仅能强身健体、提升学习效率,还能缓解压力,帮助我们在遭遇困境时保持乐观。

话题写作背1(短文投稿)

[2026·湖北襄阳四校联考高三一模]

假定你是李华,你校英语校报正在举办以"Sports: a path to health"为主题的征文活动,旨在鼓励学生分享运动体验与感悟。请你撰写一篇稿件投稿,内容须包括:

1. 你常参与的运动介绍;
2. 运动感受。

注意:写作词数应为80个左右。

Sports: a path to health

My favourite sport is jogging, which I stick to every morning on our school track(定语从句).

This simple exercise brings me many great benefits. Physically, it builds up my strength and keeps me energetic all day long, allowing me to stay focused in class(现在分词作状语). Mentally, it also relieves my study stress. As I keep moving forward(时间状语从句), my anxiety over piles of homework and exams gradually disappears. Besides, jogging develops my perseverance. There are moments when I feel exhausted(定语从句), yet I never choose to quit halfway.

From my experience, sports do good to both body and mind. Truly, sports are a reliable path to lifelong health.

【亮点句型练(一)】

句型练1:现在分词作状语

The vast wetland supplies abundant food to water birds, _____ for these wild creatures.

这片广袤的湿地给水鸟提供充足食物,使之成为这些野生动物的理想栖息地。

句型练2:定语从句

The 800-metre race _____ taught me the true meaning of persistence.

我在运动会上参加的800米赛跑,教会了我坚持的真正意义。

话题写作背2(告知信)

假定你是李华,你校将举行"校园健身操(Campus Aerobics)"活动,外教Felix很感兴趣。

请给 Felix 写一封邮件，内容包括：

1. 活动的内容；

2. 活动的意义。

注意：写作词数应为 80 个左右。

Dear Felix,

I'm writing to share with you our school's upcoming "Campus Aerobics" activity, scheduled for next Friday afternoon from 3:00 to 4:30 on the playground（过去分词短语作定语）. During the activity, all participants will gather together and follow the rhythm of music to perform a series of energetic, well-designed movements.

The activity is designed to encourage us to take an active part in physical exercise, which not only helps us stay healthy and energetic but also offers a great chance to relieve study pressure and lift our spirits（非限制性定语从句；not only ... but also 并列结构）. More importantly, exercising together strengthens our friendships and creates a more lively campus atmosphere.

We would be delighted if you could join us and experience the joy of group exercise together（条件状语从句）. Looking forward to your reply!

Yours,

Li Hua

【亮点句型练(二)】

句型练 1：过去分词短语作定语

The practical advice _____ guides us to form good habits for protecting our natural surroundings.

环保专家给出的切实建议指引我们养成保护自然环境的良好习惯。

句型练 2：非限制性定语从句

I missed the school jogging activity due to a sudden stomachache yesterday, _____ _____.

昨天我突发胃痛错过了校园慢跑活动，这让我没能和同学们一起锻炼。

写作精准练

（限时：25 分钟）

Ⅰ 话题词块练

1. Jogging in the morning, with fresh air filling the lungs, _____ relieving stress and sharpening concentration.

清晨慢跑时，新鲜空气充盈肺部，对缓解压力和提高专注力大有裨益。

2. _____, combined with enough sleep and regular exercise, keeps us fit, which greatly improves our learning efficiency.

保持均衡饮食，搭配充足睡眠与规律锻炼，能让我们保持健康，这会大幅提升学习效率。

3. _____ long-distance running, where one must overcome physical exhaustion, cultivates perseverance that benefits both study and life.

参与长跑时，人们必须克服身体的疲惫，这能培养毅力，而这种毅力对学习和生活都有益处。

Ⅱ 话题句式练

1. 虚拟语气

_____

regular exercise instead of using academic pressure as an excuse.

现在是我们养成定期锻炼习惯的时候了，而不是以学业压力为借口。

2. 非限制性定语从句

The "Sunshine Fun Run" campaign, _____, has become a symbol of campus health culture.

"阳光欢乐跑"活动为推广日常锻炼而发起，现已成为校园健康文化的象征。

3. 倒装句：only + 状语 + 助动词 + 主语

_____

achieve long-term academic success without harming health.

只有通过平衡学习与锻炼，我们才能在不损害健康的前提下取得长期学业成功。

4. 现在分词作状语

_____, the "Healthy Study Campaign" shows how small changes make a big difference.

通过推广 10 分钟课堂锻炼，"健康学习运动"证明了微小改变如何产生重大影响。

Ⅲ 应用文写作

写作类型：邀请信

[2026 · 辽宁名校联盟高三二模]

假定你是李华，你所在的校乒乓球队正在招收新队员。请给你的交换生朋友 Chris 写一封邮件，邀请他加入。内容包括：

1. 球队招新；
2. 乒乓球的益处；
3. 报名方式及截止日期。

注意：写作词数应为 80 个左右。

【范文填空】

Dear Chris,

How's everything going with your study and life here? I'm writing to share good news with you: 1. _____（我们学校乒乓球队正在招收新成员）, and I sincerely invite you to join us.

As a rewarding sport, 2. _____（打乒乓球不仅能让你保持身体健康并提高你的反应能力）[倒装], but it also offers a wonderful opportunity to bond with/make friends with students 3. _____（和你一样热爱运动的）. 4. _____（鉴于你对运动的热爱）, I believe this would be a great chance for you to fit in with our school community.

Should you decide to take part, please sign up at the Sports Centre before March 25th, next Friday. Don't hesitate to contact me 5. _____（如果你在报名方面需要任何帮助）. I truly hope you can join us—it would be fantastic to have you on the team!

Yours,

Li Hua

热考话题 4　劳动（社会实践）

话题语料背

劳动体验与感悟

【核心短语】

1. get down to doing sth 着手做某事
2. organize/arrange/launch a fruit picking activity 组织/安排/发起一次水果采摘活动
3. be equipped with baskets/tools/gloves 配备篮子/工具/手套
4. gain valuable hands-on experience 获得宝贵的实践经验
5. the sense of fulfilment from physical labour/the satisfaction coming from physical labour/the satisfaction of physical labour 体力劳动的满足感
6. a sense of accomplishment/achievement 一种成就感
7. deepen an insight into hard work/gain a deeper understanding of hard work 加深对辛勤劳动的理解
8. spark/arouse passion for labour 激发劳动热情
9. take part in voluntary labour 参与志愿劳动
10. shoulder personal responsibility 承担自身责任
11. overcome physical tiredness 克服身体疲惫

【高级句式】

1. We were scheduled to gather at 8:00 am, **equipped with gloves and tools**.（过去分词作状语）我们按计划于上午 8 点集合，配备了手套和工具。
2. The most challenging part was digging, **which required a lot of physical strength**.（非限制性定语从句）最具挑战性的部分是挖土，需要大量体力。
3. **Seeing the newly refreshed street**, I felt a sense of achievement flood into my heart.（现在分词作状语）看到焕然一新的街道，我感到一股成就感涌上心头。
4. **Tired as we were after hours of hard work**, we gained endless happiness and precious experience from the meaningful labour.（“让步 + 倒装”结构）
尽管数小时的劳作让我们身心疲惫，但我们在这场有意义的劳动中收获了无尽的快乐与珍贵的经验。
5. **It is** labour **that** shapes our perseverance and enables us to grow into responsible teenagers.（强调句）正是劳动塑造了我们的毅力，让我们成长为有担当的青少年。

社会实践与志愿服务

【核心短语】

1. possess excellent interpersonal/cross-cultural communication skills 具备出色的人际/跨文化沟通能力
2. have an outstanding command of English 精通英语
3. have a solid foundation in Chinese history and

culture 对中国历史和文化有扎实的基础

4. apply what we have learned to solving/addressing practical problems

将我们所学的知识应用于解决实际问题

5. be beneficial to/contribute to our physical and mental well-being 有益于我们的身心健康

6. develop a sense of independence/competition/social responsibility

培养独立意识/竞争意识/社会责任感

7. serve as a vital bridge connecting different cultures

作为连接不同文化的重要桥梁

8. deepen/enhance mutual understanding and respect 加深/促进相互理解和尊重

9. step out of one's comfort zone 走出自己的舒适区

10. broaden one's global vision 拓宽国际视野

11. interact with people from diverse cultures 和不同文化背景的人交流

【高级句式】

1. **Having gained rich volunteer experience in various activities**, I am well qualified to provide thoughtful services for others.(现在分词完成式作状语)

在各种活动中积累了丰富的志愿服务经验后,我完全有能力为他人提供细致入微的服务。

2. **Not only does** voluntary work enhance my communication skills, **but** it **also** deepens my understanding of precious traditional cultural heritage.(not only does…, but also 倒装 + 并列结构)

志愿服务不仅提升了我的沟通技巧,也让我对珍贵的传统文化遗产有了更为深刻的认知。

3. **Volunteering in cross-cultural exchange events** offers me/serves as a precious chance to broaden my global vision and improve my ability **to interact with people from diverse cultures**.(动名词作主语;不定式作后置定语)

参与跨文化交流志愿活动,为我拓宽国际视野、提升与不同文化背景的人的交流能力提供了宝贵契机。

话题写作背1(新闻报道)

[2026·江苏省基地大联考高三二模]

假定你是李华,上周末你校组织学生开展"走进社区,践行劳动"社会实践活动。请你为校报英语栏目写一篇报道,内容包括:

1. 活动内容;

2. 你的感受。

注意:写作词数应为 80 个左右。

Last weekend, our school organized a social practice activity, which aimed to encourage us to serve our community through hands-on work(非限制性定语从句).

We **were divided into** groups to carry out different tasks. Some groups cleaned the public areas—picking up litter, sweeping paths, and sorting waste. Others visited the elderly living alone(现在分词短语作后置定语), helping with housework and chatting with them to cheer them up(现在分词短语作状语). We also put up posters around the neighbourhood to spread the value of hard work.

This activity not only made our community cleaner but also gave me a deeper understanding of the value of hard work(not only…but also 并列结构). I realized that even small efforts can bring warmth to others, and the pride I felt from serving my community (定语从句) was more rewarding than any exam score.

【亮点句型练(一)】

句型练 1:非限制性定语从句

On both sides of the street there are some restaurants, _____ _____.

在这条街的两侧有一些餐馆,在那里我们可以品尝到来自中国各地的独一无二的菜肴。

句型练 2:现在分词短语作后置定语

The small garden _____ _____ attracts lots of students in our school.

这座种植各类蔬菜和花卉的小花园吸引了我校许多学生。

话题写作背2(邀请信)

[2026·四川南充高三二模]

假定你是你校劳动教育社团主席李华,得知交换生 Alex 擅长园艺,请给他写一封邮件邀请他加入社团并指导社团活动开展,内容包括:

1. 社团简介;

2. 指导内容。

注意:写作词数应为 80 个左右。

Dear Alex,

I'm Li Hua, head of the Labour Education Club. Having learned that you have a gift for gardening(现在分词短语作状语), I'm writing to invite you to join our club and guide our hands-on activities.

Our club, which is quite popular among students(非限制性定语从句), **focuses on** teaching practical gardening skills and raising our awareness of labour. We hold regular campus activities and grow various plants together. What brings us together(主语从句)is our shared love for nature, and through gardening we truly experience the joy of labour. Could you please teach us practical skills, such as sowing seeds and caring for young plants? **Moreover**, we would appreciate it if you could share your professional gardening experience on eco-friendly gardening methods(条件状语从句).

We really hope you can join us and share your gardening wisdom. Looking forward to your favourable reply!

Yours,
Li Hua

【亮点句型练(二)】

句型练 1:现在分词短语作状语

_____, I fully realize the true value of hard work and the warmth brought by serving others.

参与社区志愿劳动后,我充分体会到辛勤劳动的真正意义以及服务他人带来的温暖。

句型练 2:非限制性定语从句

We spent a whole afternoon cleaning the neighbourhood, _____.

我们花了一下午清扫社区,这件事带给我们强烈的满足感。

写作精准练

(限时:25 分钟)

Ⅰ 话题词块练

1. Participating in household chores, which many students consider unimportant, is rewarding as it develops _____ towards family.

参与家务劳动——许多学生认为这是件不重要的事——是值得的,因为它能培养对家庭的责任感。

2. Having worked in the farmland for three hours under the burning sun, the students were _____, knowing their efforts would produce a good harvest.

在炙热的阳光下的农田里劳作了三个小时后,学生们虽然疲惫不堪,却满怀欣慰,他们知道自己的付出终将换来丰收。

3. Teachers _____ when students _____ labour tasks, ensuring that they learn to improve efficiency and master safety knowledge in the process.

当学生们进行劳动实践时,老师们会提供专业指导,确保他们在这一过程中既学到提高效率的方法,也能掌握安全知识。

Ⅱ 话题句式练

1. 强调句

It _____ I truly understood the value of hard work and the importance of contributing to society.

正是通过一起挥汗如雨,我才真正明白了努力工作的价值以及为社会做贡献的重要性。

2. "介词+关系代词"引导的定语从句

It is definitely a successful experience, _____ but I have also immersed myself in the charm of nature.

这绝对是一次成功的经历,通过这次经历,我不仅增强了毅力,而且沉浸于大自然的魅力中。

3. 状语从句的省略结构

_____ plenty of spare time to voluntary service, we benefit far more than what we have given.

尽管我们投入大量空闲时间做志愿服务,但我们收获的远比付出的多。

4. 过去分词作状语

_____, we transformed a barren land into a garden, which filled us with a sense of achievement.

在农民的指导下,我们将荒地改造成花园,这让我们充满成就感。

5. as/though 引导的让步状语从句

_____, I gained a real sense of satisfaction.

尽管我很累,但我获得了真正的满足感。

Ⅲ 应用文写作

写作类型:告知信

[2026·吉林 G35 联合体高三二模]

假定你是李华,上周你和同学们参观了市里的劳动模范事迹展览。请你给外国网友 Tom 写一封电子邮件,和他分享此事,内容包括:

1. 参观过程;
2. 你的收获。

注意:写作词数应为 80 个左右。

【范文填空】

Dear Tom,

How's everything going? I'm delighted to share with you an inspiring exhibition on the local labour models,1. _____(这个展览是我上周日和同学们一起参观的).

During the visit, we watched documentaries 2. _____(展示了他们的日常工作) and read detailed stories of their extraordinary experiences. These models, 3. _____(他们来自各行各业)—from factory workers to medical staff—4. _____(全身心投入于他们的工作) and 5. _____(为我们城市的发展做出了杰出贡献).

6. _____(最令我印象深刻的) was their great commitment to their duties despite countless challenges. This experience deeply taught me that 7. _____(真正的伟大不在于名利), but in persistent hard work and devotion to one's career. Looking forward to your reply and sharing more thoughts with you!

Yours,

Li Hua

热考话题 5　文学与艺术

话题语料背

文学创作与表达

【核心短语】

1. be set in/be rooted in (故事背景)设定在/根植于
2. bring to life the charm of ancient Chinese literature 让中国古代文学的魅力鲜活起来
3. capture/reflect/mirror people's daily life
捕捉/反映人们的日常生活
offer a window into people's daily life
提供一个了解人们的日常生活的窗口
4. explore the depths of literature 探索文学深度
5. interpret symbolic meanings in art
解读艺术象征意义
6. a vivid/lifelike ink painting 栩栩如生的水墨画
7. a live concert featuring classical music
古典音乐现场音乐会

【高级句式】

1. The novel, **set in the peaceful countryside of China**, fascinates numerous readers with its exciting plots and captures the real struggles and hopes of ordinary people.(过去分词作定语)
这部以中国宁静乡村为背景的小说,以精彩的情节吸引了无数读者,并刻画了普通人真实的奋斗与期许。
2. **Deeply moved by the vivid symbolic images in classic poems**, students find themselves totally drawn into the poet's delicate inner world.(过去分词作状语)
被经典诗歌中生动的象征意象深深打动,学生们发现自己完全被带入了诗人细腻的内心世界。

艺术展与表演

【核心短语】

1. on exhibition/display/show 展出中
2. enrich students' cultural life
丰富学生的文化生活
3. broaden one's horizons 拓宽视野
4. enhance one's ability to appreciate culture 提升文化鉴赏力
5. spark imagination and creativity
激发想象力和创造力
6. bridge cultural differences 弥合文化差异
7. immerse oneself in the artistic atmosphere
沉浸于艺术氛围之中
8. strike a chord with sb
与某人产生共鸣,引起某人的同情
9. draw inspiration from masterpieces 从杰作中汲取灵感
10. leave a lasting impression on the audience
给观众留下持久印象

【高级句式】

1. **At the heart of every great performance lies not only** technical perfection **but also** the genuine emotion **conveyed by the performers**.（完全倒装；not only … but also 并列结构；过去分词作后置定语）

每一场伟大表演的核心，不仅有技术上的完美，还有表演者所传递的真挚情感。

2. Art, **breaking through language barriers**, serves as a universal medium to connect diverse cultures.（现在分词作定语）

艺术突破了语言障碍，成为连接不同文化的通用媒介。

3. **Stepping into the gallery**, visitors immediately find themselves **surrounded by a world where colours, shapes and emotions mix**.（现在分词作状语；过去分词作宾补；定语从句）

步入画廊，参观者立即发现自己置身于一个色彩、形状与情感交织的世界。

话题写作背1（邀请信）

[2026·广东清远高三二模]

假定你是校英语学习社负责人李华，计划开展主题为“Easy steps to better writing”的英语写作工作坊（workshop），请给外教 Mr Wilson 写封邮件邀请他做一个讲座。内容包括：

1. 工作坊简介；
2. 讲座的时间和内容。

注意：写作词数应为 80 个左右。

Dear Mr Wilson,

I'm Li Hua, the head of the English Learning Club at our school. I'm writing to invite you to give a lecture at our upcoming writing workshop, themed “Easy steps to better writing”（过去分词短语作后置定语）. As many club members have trouble organizing their ideas and using proper expressions in English compositions（原因状语从句）, we plan to hold this workshop to offer them practical guidance.

The workshop will take place at 3:00 pm next Friday in Room 201, during which we have arranged a 40-minute lecture（“介词＋关系代词”引导定语从句）followed by a Q&A session（过去分词短语作后置定语）. We'd be greatly honoured if you could share methods to build well-organized paragraphs and enrich writing vocabulary（条件状语从句）. Besides, you can analyse typical mistakes Chinese students tend to make and share useful tips to avoid them.

We would greatly appreciate your participation and look forward to your favourable reply.

Yours,

Li Hua

【亮点句型练（一）】

句型练 1：过去分词短语作定语

The books _____ will be sold at the charity sale to be held next Saturday.

高年级的学生捐赠的书籍将在下周六举办的慈善义卖活动中售卖。

句型练 2：“介词＋关系代词”引导的定语从句

This activity really did us good, _____ _____ and were able to deepen our understanding of our culture too.

这场活动真的让我们受益匪浅，借此我们尽情领略传统艺术，也加深了对本土文化的理解。

话题写作背2（短文投稿）

[2026·河南豫南名校联考模拟预测]

假定你是李华，你校英语报正在进行“人工智能：是实用工具还是对艺术的威胁？”的征文活动。请你给校报写一篇英语短文投稿，内容包括：

1. 你的选择；
2. 你的看法。

注意：1. 写作词数应为 80 个左右；

2. 请按如下格式在相应位置作答。

AI: a helpful tool or a threat to art?

_____

_____

AI: a helpful tool or a threat to art?

From my point of view, AI acts as a beneficial tool rather than a potential threat to art, bringing endless possibilities to artistic creation（现在分词短语作状语）.

To begin with, AI greatly assists creators. It inspires new ideas, helps art beginners grasp basic skills and frees artists from repetitive, time-consuming work. Many designers adopt AI to finish initial drafts, and then polish them with personal styles and sincere emotions. Although

some people fear AI will replace human artists(让步状语从句), AI can never produce real emotional connection, the core soul of art that only human creation owns(定语从句).

In short, AI is a reliable helper. Properly used(过去分词作条件状语,省略了 if it is), it promotes artistic innovation instead of threatening authentic human art.

【亮点句型练(二)】

句型练 1:现在分词短语作状语

_____, we ease mental stress and maintain physical fitness in busy school life.

时常到户外呼吸新鲜空气,我们既能舒缓精神压力,又能在紧张的校园生活中保持良好体魄。

句型练 2:过去分词作条件状语

_____, household waste can be transformed into valuable resources rather than producing harmful pollution to our living surroundings.

如果正确地分类回收,生活垃圾能够转化为宝贵资源,而非给我们的生活环境带来有害污染。

写作精准练

(限时:25 分钟)

Ⅰ 话题词块练

1. Classical Chinese poetry, which has shaped generations' view of life, is famous for its ability _____ even in modern readers.

中国古典诗词塑造了一代又一代人的人生观,因其能够触动读者心灵而闻名,即便在现代读者中也是如此。

2. Readers, having immersed themselves in the novel's plot, are _____ the hero's perseverance, a spirit that inspires many to face life's challenges bravely.

读者们沉浸在小说的情节中,深受主人公坚韧不拔精神的感染,这种精神激励着许多人勇敢面对生活中的挑战。

3. Schools can _____ to showcase masterpieces, such as organizing museum tours or screening documentaries, which help students _____ artistic beauty.

学校可以采用多种方式来展示杰作,比如组织博物馆参观或放映纪录片,这些方式有助于学生更深入地理解艺术之美。

Ⅱ 话题句式练

1. 强调句

It _____ that I understood the lasting power of words.

正是通过阅读经典书籍,我才领悟到文字持久的力量。

2. 非限制性定语从句

We visited an art exhibition, _____ created in the past century.

我们参观了一场艺术展,展览陈列了大量诞生于上个世纪的珍贵艺术作品。

3. 状语从句的省略

_____, readers still shed tears over the sad ending, showing the writer's great talent.

虽然对情节烂熟于心,读者仍会为悲伤结局落泪,尽显作者出众的才华。

4. 过去分词作状语

_____, he wrote a beautiful poem describing its unique natural beauty.

深受这幅名画色彩与线条的启发,他写下一首优美的诗,描绘它独有的自然之美。

5. 过去分词作定语

The art exhibition, _____, showcases over 100 ancient calligraphy works.

由市博物馆组织的艺术展,展出了 100 多幅古代书法作品。

Ⅲ 应用文写作

写作类型:通知

[2026·湖北省楚天协作体高三二模]

假定你是国际学校学生会主席李华。学校将组织一次参观市艺术馆举办的中国古代艺术作品展的活动。请你拟一则通知,发表在校报上。内容包括:

1. 展览的时间与地点;
2. 展出的主要内容;

3. 参观注意事项。

注意：写作词数应为 80 个左右。

参考词汇：瓷器 porcelain

【范文填空】

Notice

1. _____

_____

（为了丰富我们的课后活动，加深我们对传统文化的鉴赏力），we have arranged a visit to the Ancient Chinese Art Exhibition at the City Art Gallery next Saturday.

2. _____

_____（以精美的瓷器、华丽的绘画和精湛的书法为特色），the exhibition will run from 9:00 am to 4:00 pm. It offers a rare glimpse into China's profound historical heritage, 3. _____

（我相信这必将给我们所有人留下深刻印象）.

Those 4. _____（感兴趣的）should gather at the school gate at 8:00 am that day. 5. _____

_____（参与者须遵守美术馆的所有规定），keep quiet, and avoid taking photos with flash during the visit. Please bring your student ID cards for entry.

The Student Union

热考话题 6　自然与环保

话题语料背

环保问题与解决方案

【核心短语】

1. pose a threat to ecosystems 对生态系统构成威胁
2. lead to biodiversity decline/result in the loss of biodiversity 导致生物多样性减少
3. damage ecological balance 破坏生态平衡
4. threaten endangered species/put endangered species at risk 威胁濒危物种
5. adopt sustainable practices 采取可持续做法
6. restore damaged ecosystems 修复受损生态系统
7. establish/create/set up wildlife reserves 建立野生动物保护区
8. promote/advocate renewable energy 推广/倡导可再生能源
9. take/adopt energy-saving measures 采取节能措施

【高级句式】

1. Plastic waste, **which takes centuries to break down**, has become a serious issue, **demanding immediate action from both governments and individuals**.（非限制性定语从句；现在分词作状语）

塑料垃圾需要数个世纪才能分解，已成为一个严重问题，需政府和个人都立即采取行动。

2. **Only by carrying out stricter regulations can we** effectively stop illegal hunting and safeguard endangered species.（倒装句）

只有通过执行更严格的法规，我们才能有效制止非法狩猎，保护濒危物种。

3. Let's work together to reduce plastic use **because every small effort makes a difference to our planet**.（because 引导原因状语从句）

让我们共同努力减少塑料的使用，因为每一份微小的努力都会对地球产生影响。

4. **To raise environmental awareness and develop good habits among students**, we will launch a "plastic-free campus" campaign, **starting with a campus-wide garbage sorting activity next week**.（不定式作目的状语；现在分词作状语）

为了提高学生的环保意识并培养良好习惯，我们将发起"无塑料校园"运动，下周我们将从一场全校范围的垃圾分类活动开始。

环保行动

【核心短语】

1. live in harmony with nature 与自然和谐共处
2. arouse awareness of environmental protection 唤起环保意识
3. reduce the carbon footprint 减少碳足迹
4. keep/maintain/preserve the ecological balance 保持生态平衡
5. participate in/get involved in/engage in tree-planting campaigns 参与植树活动
6. preserve natural resources for future generations 为后代保护自然资源