

Unit 1

We laughed into tears!



单元重点梳理

重点单词

ski *v.* 滑雪

beach *n.* 海滩

skate *v.* 滑冰

parent *n.* 父亲或母亲

household *n.* 家,家庭

career *n.* 事业

return *v.* 返回

hesitation *n.* 犹豫

housewife *n.* 家庭主妇

volunteer *v.* 自愿

trip *n.* 出行,旅行

mountain *n.* 山

sail *v.* 乘帆船航行

vacation *n.* 假期

wonderful *adj.* 精彩的

amusing *adj.* 有趣的

daily *adj.* 日常的

slip *v.* 滑倒

typical *adj.* 典型的

chore *n.* 家庭杂务

ham *n.* 火腿

重点短语

go swimming 去游泳

play volleyball 打排球

go shopping 购物

go fishing 去钓鱼

volunteer to do sth. 自愿做某事

go sailing 驾驶(或乘坐)帆船航行

enjoy oneself 玩得痛快

have a great time 玩得高兴

make a snowman 堆雪人

stay in bed 卧床休息

重点句型

Did you have a nice holiday? 你假期过得好吗?

How was your vacation? 你的假期过得怎么样啊?

What was the weather like in that place? 那个地方的天气怎么样?

We all enjoyed the beautiful snow. 我们都喜欢美丽的雪景。

It was wonderful/great/not bad. 很精彩/很棒/不错。

We had great fun. 我们玩得很开心。

Where did your family go? 你们一家去哪儿了?

What did you do there? 你们在那里都干了什么?

My mother is a typical housewife. 我妈妈是一个典型的家庭主妇。



第一课时



学习目标

- (一)熟练掌握词汇 ski, mountain, beach, sail, skate, parent, vacation, wonderful, go swimming, go skiing, play volleyball, go sailing, go skating, go fishing, enjoy oneself, make a snowman 等的用法。
- (二)掌握听力材料中的重点词汇和句型,掌握听力过程中的推断技巧。
- (三)能够就有关假期的话题进行灵活的交流。

重点知识精讲

重点单词

1. ski, 动词,意思是“滑雪”,指的是滑雪这项运动,常用 go skiing。例如:
He can swim well and ski well. 他不仅游泳游得好,而且滑雪也滑得好。
We're going to go skiing together on Thursday morning. 我们周四早上要一起去滑雪。

拓展 ski 还可以作名词,意思是“滑雪板”,复数形式是 skis。例如:
You can't ski without skis! 没有滑雪板,你不能滑雪!

2. sail, 动词,意思是“乘帆船航行”,常用 go sailing。例如:
We sail at 2 p. m. tomorrow. 我们明天下午两点起航。
My wife and I always go sailing on Sundays. 我和妻子经常周日去航海。

拓展 sail 还可以作名词,意思是“帆;乘船航行”。例如:
A white sail moves along the horizon. 一张白帆沿着地平线移动。
We went for a sail. 我们乘船兜了一趟风。

3. parent, 名词,意思是“父亲或母亲”;其复数形式是 parents,意思是“父母”。例如:
He still lives with his parents. 他仍然跟他的父母住在一起。

4. wonderful, 形容词,意思是“精彩的”。例如:
They had a wonderful time last night. 他们昨晚过得非常愉快。

拓展 wonder, 作动词时,意思是“想知道;想弄明白”;作名词时,意思是“惊讶;惊奇;奇迹”。短语 no wonder 意思是“难怪;怪不得”。例如:



I wonder if you can help me. 不知您是否能帮我的忙。

The Great Wall is one of the Seven Wonders of the World. 长城是世界七大奇迹之一。

No wonder you're tired, you've been walking for hours. 难怪你累了,你已经走了好几个小时了。

重点短语

1. go swimming,意思是“去游泳”。例如:

How often do you go swimming? 你多久游一次泳?

2. play volleyball,意思是“打排球”。例如:

I often play volleyball with my friends after school. 我经常放学后跟我的朋友打排球。

拓展 球类前面不加 the,乐器前面要加 the。例如:

He likes playing the piano. 他喜欢弹钢琴。

She always plays basketball on weekends. 她经常周末打篮球。

3. enjoy oneself,意思是“玩得痛快”。例如:

He will enjoy himself this weekend. 这个周末他会玩得很愉快。

拓展 enjoy 作动词时,意思是“享受;欣赏;喜爱;享有”,后跟名词或者动词-ing形式。例如:

People in this country enjoy a high standard of living. 这个国家的人民享有很高的生活水平。

I enjoy playing football. 我喜欢踢足球。

重点句型

1. What was the weather like in that place? 那个地方的天气怎么样?

这是询问天气的表达方式。此外,“What+be+主语+like?”也可以询问某人或者某物如何。询问某人时,既可以询问某人的内在品质也可以询问某人的外在特点。例如:

— What is he like? 他怎么样?

— He is very kind and handsome. 他既帅气又善良。

What is his new bike like? 他的新自行车怎么样?

注意 “What does sb. look like?”更侧重于询问外表。例如:

Monkeys look like men. 猴子看起来像人类。

2. How was your vacation? 你的假期过得怎么样啊?

how 是特殊疑问词,表示手段、方法、状态等,意思是“怎样;如何”。例如:

How do you usually go to school? 你通常怎么去上学?

3. We also made a very big snowman together! 我们还一起堆了一个很大的雪人!

make a snowman 意思是“堆雪人”。例如:

The children were balling up snow to make a snowman. 孩子们正在把雪堆成球状,做





一个雪人。

拓展 跟 make 相关的常见短语有：

make a noise 制造噪音	make a cake 做蛋糕
make a living 谋生	make a difference 有影响, 有关系
make an effort 作出努力	make an appointment 约会; 预约
make a speech 发表演讲	make friends with sb. 跟某人交朋友

典例剖析

例 1 Mr. Li is always strict _____ our studies and never makes fun _____ us.

- A. in; about B. with; of
C. about; about D. about; of

解析 B 考查固定搭配。be strict with 意思是“对……严格”, make fun of 意思是“嘲弄; 取笑”。所以本题选 B。

例 2 I often listen to some old songs I am crazy about _____ myself in my spare time.

- A. enjoy B. enjoyed C. to enjoy D. enjoying

解析 C 考查非谓语动词。句中的 I am crazy about 作定语修饰名词 songs, enjoy myself 是目的, 所以应该用不定式作目的状语。所以本题选 C。

针对性练习

1. 单项选择题。

- _____ was your vacation?
A. Why B. What C. Where D. How
- _____ was the weather like?
— It was cold.
A. Where B. Why C. What D. How
- Jim can't play _____ piano, but he can play _____ football.
A. the; / B. /; the C. the; the D. /; /
- What is John like?
— _____.
A. He is 15 years old. B. He is kind and handsome.
C. He is a student. D. He likes basketball.
- My parents love _____ and I enjoy _____.
A. skating; skiing B. skate; skiing
C. skating; ski D. skate; ski



II. 补全对话。

A: Hello, Jenny! _____ 1 _____

B: Pretty good.

A: Where did you go?

B: _____ 2 _____

A: Great! What did you do there?

B: _____ 3 _____

A: Did you go shopping?

B: Yes, I did. _____ 4 _____

A: Were things cheap?

B: No, they were a little bit expensive. But we had fun going shopping.

A: How about the food?

B: _____ 5 _____ I love French food.

A. I went to Paris with my parents.

B. It was delicious.

C. How do you like it?

D. I had a good vacation.

E. We visited a lot of museums.

F. How was your vacation?

G. But the shops were crowded.

第二课时



学习目标

(一)熟练掌握词汇 household, amusing, career, daily, return, slip, hesitation, typical, housewife, chore, volunteer, ham, help (sb.) with sth., send sb. sth., volunteer to do sth. 等的用法。

(二)能够读懂报刊杂志中的书信内容并提取关键信息。





重点知识精讲

重点单词

1. amusing, 形容词, 意思是“有趣的”。例如:

It's a very amusing game to play. 这种游戏玩起来非常有趣。

拓展 amuse, 动词, 意思是“逗笑; 逗乐”。例如:

They sang songs to amuse themselves during the break. 休息时, 他们一起唱歌, 自娱自乐。

2. career, 名词, 意思是“事业”。例如:

She's at the peak of her career. 她正处在事业的巅峰。

3. hesitation, 名词, 意思是“犹豫”。例如:

He accepted the job offer without hesitation. 他毫不迟疑地接受了这个工作。

拓展 hesitate, 动词, 意思是“(对某事)犹豫, 迟疑不决; 顾虑”。例如:

She hesitated before replying. 她犹豫了一下才回答。

Please do not hesitate to contact me if you have any questions. 如果有问题就请尽管和我联系。

4. typical, 形容词, 意思是“典型的”。例如:

The question is small but typical. 问题虽小, 但很典型。

This meal is typical of local cookery. 这是有当地风味的饭菜。

5. volunteer, 动词, 意思是“自愿”。常用结构为 volunteer to do sth.。例如:

He volunteered his services as a driver. 他自愿服务充当司机。

He volunteered to take care of the children this weekend. 这周末他自愿照顾孩子们。

拓展 volunteer 还可以作名词, 意思是“义务工作者; 志愿者”。例如:

She now helps in a local school as a volunteer three days a week. 她现在作为一名志愿者每周 3 天在当地的一所学校帮忙。

重点短语

1. help (sb.) with sth., 意思是“帮助; 协助; 援助”, 还可以用 help (sb.) in doing sth. 结构。例如:

She always helps with the housework. 她总是帮着做家务。

He needs contacts that could help in finding a job. 他需要能帮他找到工作的社会关系。

2. send sb. sth., 意思是“给某人邮寄/发送某物”, 等同于 send sth. to sb. 结构。例如:

She will send me an English dictionary. = She will send an English dictionary to me. 她将给我邮寄一本英语词典。



拓展 当 sth. 是代词时, 只能用 send sth. to sb. 结构。例如:

I haven't finished reading the novel. I will send it to you next week. 我还没有读完这本小说, 下周寄给你。

重点句型

1. My mother is a career woman, but she never forgets her household duties. 我妈妈是个事业型女人, 但是她绝不会忘记她的家庭责任。

never, 意思是“从不; 绝不”, 是频度副词, 表示做某事的频率。例如:

I never lose my temper. 我从来不乱发脾气。

拓展 常见的频度副词有: always, usually, often, sometimes, seldom 和 never。在句中频度副词通常放在 be 动词、情态动词和助动词之后, 行为动词之前。例如:

She's often ready with advice. 她总是乐于提出建议。

I will always remember you. 我会永远记住你的。

She usually wears long skirts. 她通常穿长裙。

2. When she returned to the house, she slipped and hit her head on the driveway. 她回家时, 滑了一跤, 头部撞到了车道上。

when 引导时间状语时, 表示“当……时候”。从句中既可用延续性动词, 也可用非延续性动词。return to someplace, 意思是“返回某地”; slip, 动词, 意思是“滑倒”。例如:

stop bothering me when I'm studying. 我学习时别来打扰我。

I will call you when I get there. 我到那儿会给你打电话。

When I ran up the stairs, my foot slipped and I fell. 我跑上楼梯时失脚摔倒了。

3. What day is today? 今天星期几?

本句是对星期几的提问方式, 也可以说“What day is it today?”。例如:

— What day is it today? 今天星期几?

— It's Monday. 今天星期一。

拓展 What's the date today? 意思是“今天是几号?”, 是对日期的提问方式。例如:

— What's the date today? 今天几号?

— It's June 1st. 今天6月1号。

典例剖析

例 1 Mary volunteers _____ the sick kids in the hospital.

- A. visiting B. to visit C. visited D. visits

解析 B 考查动词的用法。volunteer to do sth. 意思是“自愿做某事”。句意为: 玛丽自愿看望生病住院的孩子们。所以本题选 B。

例 2 — Do you often go to the swimming pool?

— _____, because I don't like swimming at all.

- A. Never B. Often C. Usually D. Sometimes



解析 A 考查频度副词辨析。never 意思是“绝不,从不”;often 意思是“时常;常常”;usually 意思是“通常”;sometimes 意思是“有时;间或”。根据 because I don't like swimming at all 可知,“我”因为一点也不喜欢游泳,所以从来不去游泳池。故选 A。

针对性练习

I. 单项选择题。

- If it doesn't rain, we will go out _____ a picnic.
A. for
B. at
C. with
D. of
- Seeing a kid falling into the river, Tom jumped into the water without _____.
A. name
B. career
C. hesitation
D. money
- _____ I got home, I saw James listening to music.
A. Before
B. When
C. If
D. What
- If you need the dictionary, I will _____.
A. send you
B. send it to you
C. send you it
D. send to you it
- How was your vacation?
— _____.
A. Not at all
B. I'm glad to hear that
C. It's my pleasure
D. It's terrible

II. 词义配对。

- | | |
|-------------------|----------------|
| 1. amusing | A. 山 |
| 2. go sailing | B. 自愿 |
| 3. hesitation | C. 滑雪 |
| 4. housewife | D. 玩得痛快 |
| 5. mountain | E. 驾驶(或乘坐)帆船航行 |
| 6. wonderful | F. 犹豫 |
| 7. ski | G. 有趣的 |
| 8. volunteer | H. 精彩的 |
| 9. typical | I. 家庭主妇 |
| 10. enjoy oneself | J. 典型的 |



第三课时



学习目标

- (一)熟练掌握词汇 childhood, competition, stay in bed, read aloud, act out, make decisions 等的用法。
- (二)能够根据材料,归纳整理相关信息,写出一件家庭趣事。



重点知识精讲

重点单词

1. childhood, 名词,意思是“童年;幼年;孩童时期”。child, 名词,意思是“儿童;小孩”。
例如:

She had a happy childhood. 她有一个幸福的童年。

I feel sorry for that poor child. 我为那个可怜的孩子感到难过。

2. competition, 名词,意思是“竞争;比赛;竞赛”。例如:

Competition is getting hotter day by day. 竞争日趋白热化。

拓展 compete, 动词,意思是“竞争;对抗”,其后常跟介词 with, against, for 等。
例如:

We can't compete with them on price. 我们在价格上无法与他们竞争。

The children compete against each other to reach the other end of the pool.
孩子们比赛看谁先到达游泳池的另一端。

They always compete for food. 它们总是在为食物而竞争。

重点短语

1. stay in bed,意思是“卧床休息”。例如:
The doctor told her to stay in bed. 大夫让她卧床休息。
2. read aloud,意思是“大声朗读”。aloud,副词,意思是“大声地”。例如:
When we were children, our father read aloud to us. 当我们是孩子时,我们的父亲大声地朗读给我们听。
3. act out,意思是“表演”。例如:
They are able to act out the text. 他们能把课文表演出来。
4. make decisions,意思是“做决定”,也可以用 make a decision 来表示。例如:
He found it increasingly difficult to make decisions. 他发现越来越难以作出决定。
Sooner or later you will have to make a decision. 你早晚得拿个主意。





重点写作

假如你是光明中学的学生李华,上周六你去看望邻居张伯伯,发现他生病卧床。请根据以下要点,向某报社投稿,讲述你照顾独居老人所做的事情,并表达自己的感受。

要点:

1. 周六去看望独居的张伯伯,他生病卧床,无人照顾。
2. 我照顾张伯伯并送他去医院看病,给张伯伯买水果、做饭、洗衣服。
3. 父母得知此事表扬了我。
4. 我对这件事的感受。

要求:

1. 词数:80~100词,开头已给出,不计入总词数。
2. 要点齐全,行文连贯,可适当发挥。

Dear Sir/Madam,

When I visited my neighbor, Uncle Zhang last Saturday, _____

Yours,

Li Hua

写作指导

本文是一篇投稿,要求讲述自身的经历,应该用第一人称,时态是一般过去时,要注意包含题目所给的要点,注意行文的连贯及条理清晰。

参考范文

Dear Sir/Madam,

When I visited my neighbor, Uncle Zhang last Saturday, I found him ill in bed. He was so sick that he felt awful all over. Uncle Zhang is an old man who lives alone. Unluckily, his son was away on business, so nobody looked after him. At that moment, I decided to take good care of him. First of all, I sent him to hospital in our community to see the doctor. Then I bought some fruit for him. When we got home, I cooked dinner and washed his clothes.

As soon as my parents knew what I did for Uncle Zhang, they praised me. I think I have grown up and I should provide help for the neighbors in our community.

Yours,

Li Hua



知识拓展

常见的有关描述自身经历的句型:

I had a lot of fun.

We enjoyed ourselves very much.

We went to ... last month.

When I was 9 years old, I ...

I went fishing with my friends last weekend.

Last Sunday I played basketball with my classmates.

I had a terrible time.

典例剖析

例 1 I still remember _____ as a prince in a short play competition. How fantastic it was!

- A. to act B. acting C. act D. acted

解析 B 考查固定搭配。remember to do sth. 意思是“记得做某事”,表示还没有做; remember doing sth. 意思是“记得做过某事”,表示做过了。根据句意可知,“扮演王子”这件事已经做过了,所以本题选 B。

例 2 Jack competed _____ David for the monitor at the meeting yesterday.

- A. on B. in C. with D. at

解析 C 考查介词。compete with sb. 意思是“跟某人竞争”。句意为:杰克昨天在会议上跟大卫竞争班长一职。所以本题选 C。

针对性练习

写作。

一家英文报社正在举办题目为“一次难忘的运动会”的征文活动。请你积极参加。

内容要求:你或你的朋友参加了什么项目,结果怎样,感觉如何?

提示词:year, take part in, field event (relay race, high jump, long jump), excited, take the first prize





第四课时



学习目标

(一)熟练掌握词汇 trip, have a great time, the day before yesterday, be late for, go on holiday 等的用法。

(二)熟练掌握规则动词的一般过去时的构成及其用法。



重点知识精讲

重点单词

trip, 名词, 意思是“出行, 旅行”。例如:

The bad weather ruined our trip. 天气恶劣, 破坏了我们的旅行。

拓展 trip, travel, tour 和 journey

含义及用法	例句
trip, 意思是“出行, 旅行”。一般指短程往返的旅行。	I am going on a trip to the seaside during the summer vacation. 暑假期间我将去海边旅行。
travel, 意思是“旅行”。尤指长途旅行或出国旅行。与 journey 的不同之处在于不强调某一目的地, 有到各地“游历”的意思。	The novel is based on his travels in India. 这部长篇小说是根据他的印度之行写成的。
tour, 意思是“旅行; 观光”。主要指游览多地的旅行、旅游。	He is making a tour of the world. 他正在周游世界。
journey, 意思是“(尤指长途)旅行”。主要指单程较远距离的旅行。	Mr. Smith made a journey from Paris to New York. 史密斯先生进行了一次从巴黎到纽约的旅行。

重点短语

1. have a great time, 意思是“玩得高兴”。例如:

Did you have a good time in London? 你在伦敦玩得高兴吗?

2. the day before yesterday, 意思是“前天”。例如:

She reached Paris the day before yesterday. 她前天到达的巴黎。



拓展 the day after tomorrow,意思是“后天”。例如:

We are leaving the day after tomorrow. 我们后天离开。

3. be late for,意思是“迟到”。这里的 late 是形容词。例如:

She is always late for school. 她总是上学迟到。

拓展 late 还可以作副词,意思是“迟;晚”。例如:

He likes getting up late on weekends. 他喜欢周末晚起。

4. go on holiday,意思是“去度假”。例如:

I go on holiday every summer. 我每年夏天都去度假。

重点语法

一般过去时 (I)

1. 一般过去时的用法

(1) 一般过去时表示过去某个时间发生的动作或状态,常和 a moment ago, last year, yesterday, at that time, in the past 等表示过去的时间状语连用。例如:

She was a little girl at that time. 那时候她还是个小女孩。

He didn't sleep well last night. 他昨天晚上没有睡好。

(2) 一般过去时也可以表示过去习惯性、经常性的动作。一般过去时不强调动作对现在的影响,只说明过去的事情。例如:

She often took an active part in all the activities when she studied at our school. 在我们学校学习的时候经常积极参加各种活动。

2. 一般过去时的句式结构

(1) be 动词作谓语的一般过去时。

肯定句:主语+was/were+其他。

否定句:主语+was/were+not+其他。

一般疑问句:Was/Were+主语+其他?

肯定回答:Yes, 人称代词主格+was/were.

否定回答:No, 人称代词主格+was/were+not.

(2) 行为动词作谓语的一般过去时。

肯定句:主语+动词的过去式+其他。

否定句:主语+didn't+动词原形+其他。

一般疑问句:Did+主语+动词原形+其他?

肯定回答:Yes, 人称代词主格+did.

否定回答:No, 人称代词主格+didn't.

典例剖析

例 1 The teacher asked me _____ late again.

- A. not be B. was not C. not to be D. to not be

解析 C 考查固定搭配。ask sb. to do sth. 意思是“要求某人做某事”,ask sb. not to



do sth. 意思是“要求某人不要做某事”。句意为：老师让我不要再迟到了。所以本题选 C。

例2 Ken _____ his jacket in the classroom. He has to get it back.

- A. left B. is leaving C. leaves D. was leaving

解析 A 考查一般过去时。leave 有“忘了带；丢下”之意。leave 的过去式是 left。句意为：肯把他的夹克落在教室了。他不得不回去取。所以本题选 A。

针对性练习

I. 单项选择题。

- I _____ my homework at 7:00 yesterday evening.
A. finished B. would finish C. was finishing D. finish
- John _____ to play tennis when he was six years old.
A. starts B. has started C. will start D. started
- Have you ever been to the Great Wall?
— Yes, I _____ there last summer vacation.
A. goes B. go C. went D. will go
- What did you do this Dragon Boat Festival?
— I _____ the boat races on TV and read books.
A. watch B. watched C. am watching D. will watch
- Last Sunday, my brother and I _____ our grandparents.
A. will visit B. visits C. visit D. visited

II. 完成句子。

- 我和朋友们去游泳了。
I _____ with my friends.
- 上周格林一家去了巴黎，他们玩得非常开心。
Last week the Greens went to Paris, and they _____.
- 伦敦的天气怎么样？
What _____ in London?
- 丽萨生病的时候，摩根自告奋勇为她补课。
When Lisa was ill, Morgan _____ help her with her lessons.
- 你今天早饭吃了什么？
What _____ for breakfast this morning?

Books are the food for the soul.

书籍是精神的食粮。