

第一部分 教材知识研究

七年级(上) Units 1~4

教材词汇语境练

此部分单独成册,便于学生默、背。本课时详见 16K《教材词汇语境练》册 P1~P5。

练讲重难点

考点 1 be good at 的用法 (P8) (2018.48)

考点抢测

- Bob does well in _____ (swim), and he wants to join the city swimming team.
- I am good at _____ (paint). My dream is to be a good artist when I grow up.

延伸训练

- Shared bikes are good _____ our environment and we all like them.
A. at B. with C. to D. for
- Nowadays many animals are in danger, so we should be good _____ them and protect them.
A. with B. at C. to D. for
- Linda is good _____ children, so she wants to be a teacher when she grows up.
A. with B. at C. to D. for

满分点拨

be good at 意为“擅长”,也可表示“在……方面做得好”。其后接名词、代词或动名词(*v. -ing*)形式(2018.48)作宾语,相当于 do well in。

拓展

- be good for 对……有好处(反义词组 be bad for)
- be good to 对……友好(= be kind/friendly to)
- be good with 善于应付……;对……有办法

一言辨异

Lucy **is good at** communicating with others. Meanwhile, she **is good to** people around her. So she can usually **be good with** others. She thinks that a good relationship **is good for** her life and study. 露西很擅长与他人交流。同时,她对她周围的人很友好。因此通常她可以和他人相处得很好。她认为一个良好的人际关系对她的生活和学习有好处。

考点 2 enjoy 的用法 (P19) (2020.53)

考点抢测

- My brother enjoys _____ stamps. He has about five hundred stamps now.
A. to collect B. collecting
C. collected D. collect
- Tom, join us and I'm sure you will enjoy _____ (you) tonight.

延伸训练

- The time I spent at my grandma's last summer vacation was the most _____ (enjoy) and interesting time for me.

满分点拨

enjoy sth 喜欢某物,后接名词或代词作宾语

enjoy vt. 享受……的乐趣;欣赏;喜爱

enjoy doing sth 喜欢做某事,后接动名词作宾语(2020.53)

enjoy oneself 玩得高兴,相当于 have a good time/have fun

拓展 enjoy 的形容词形式为 enjoyable, 意为“令人愉快的,有乐趣的”,用来修饰事或物。

考点 3 辨析 come true, achieve 与 realize (P20) (2019.57)

考点抢测

come true achieve realized

- Mary hopes her dream of going to Peking University will _____ in the near future.

满分点拨

词汇	含义及用法
come true	意为“变为现实,成为事实”。用法:理想、愿望和目标等 + come true。无被动语态。

10. Nowadays more and more people have _____ the importance of having a healthy lifestyle.
11. Having good habits and never giving up will help you _____ your goals.

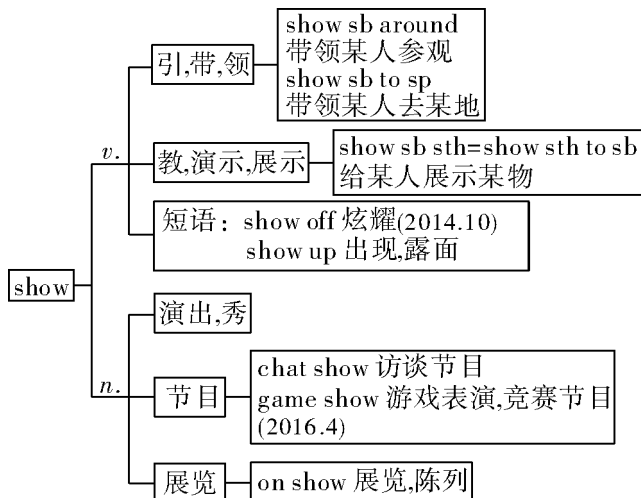
achieve	意为“实现,达到”。用法:achieve + 目标、梦想等。有被动语态。
realize (2019.57)	意为“意识到;实现”。用法:realize + 伟大理想、道理、规律等。有被动语态。

考点 4 show 的用法 (P32) (2016.4, 2014.10)

考点抢测

12. I was really moved when the children showed their presents made by themselves _____ me.
A. on B. from C. to D. with
13. When the famous actor _____ in our class, everyone shouted with excitement.
on show show off showed up
14. We should not _____ what we already have, but should continue to work hard and achieve higher goals.
15. Famous paintings will be put _____ in a new building especially built for the collection.
16. One of my friends will come to Xuzhou. I'd like to show him a _____ our city.

满分点拨

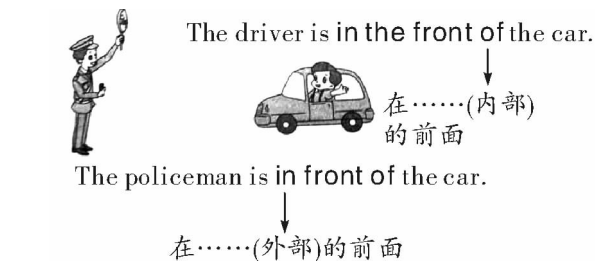


考点 5 辨析 in front of 与 in the front of (P32) (2019 任务型阅读涉及)

考点抢测

17. We must keep calm _____ success, consider everything well and think out the best way to success.
in front of in the front of
18. Nick was made to stand _____ the classroom to introduce himself to his classmates.
19. Lisa is brave enough now and she can make speeches _____ the whole class.
20. The boy sitting _____ the bus is Joe and he is a new student in our school.

满分点拨



一言辨异

I am sitting right **in the front of** the cinema but Maria sits **in front of** me, so I can't see anything. 我坐在电影院的前面,但玛利亚坐在我的前面,所以我什么都看不见。

考点 6 辨析 borrow, lend 与 keep (P38)

考点抢测

21. I can't understand the meaning of these new words. I have to _____ a dictionary to look them up.
A. lend B. keep C. borrow D. sell
22. —Excuse me, Sir. Can I _____ these CDs for a week?
—Of course you can. But remember to return them on time.
A. keep B. borrow C. lend D. buy
23. I plan to borrow some books about Zhu Ziqing _____ the school library to know more about him.
A. in B. from C. for D. to

满分点拨

词汇	含义	用法
borrow	借,借用 ⇐	非延续性动词,表示向别人借东西,常用结构:borrow sth from sb 或 borrow sb sth。
lend	借给 ⇒	非延续性动词,表示把东西借给别人,常用结构:lend sb sth 或 lend sth to sb。
keep	留着,不归还	延续性动词,表示“借某物多长时间”,可以与“for + 一段时间”或 how long 连用。

考点7 辨析 a few, few, a little 与 little (P40) (2018 完形涉及)

考点抢测

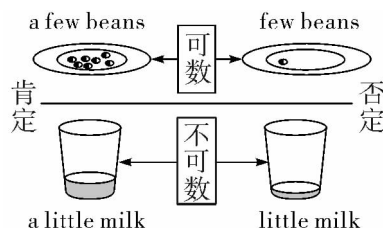
a few few a little little

24. Mark has learned Korean for four months, and he can speak _____ Korean now.
25. The math problem was so difficult that _____ students could work it out.
26. Mary is a book lover. She has read _____ different kinds of books.
27. Now teenagers are very busy with their schoolwork and they have _____ time to do sports.

满分点拨

肯定意义	否定意义	所跟名词
a few 一些,几个	few 几乎没有	可数名词复数
a little 一点儿	little 几乎没有	不可数名词

图解助记



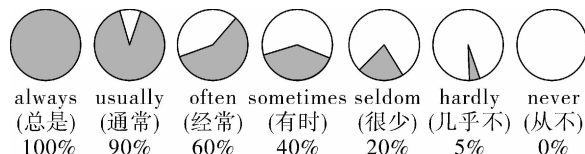
考点8 常见频度副词的用法 (P42) (2020. 64, 2018. 5, 45, 2013. 11)

考点抢测

28. Though Luke is busy working as an engineer, he _____ forgets to give his mom a phone call every day.
A. often B. never
C. usually D. sometimes
29. A true friend _____ supports you whenever you are in trouble.
A. sometimes B. often
C. never D. always
30. Children under 1.2 meters _____ don't need to pay for the tickets when taking a train.
A. seldom B. hardly C. never D. usually
31. Joe is good at singing and dancing. He is _____ invited to perform in our school's talent shows.
A. often B. never C. hardly D. seldom

满分点拨

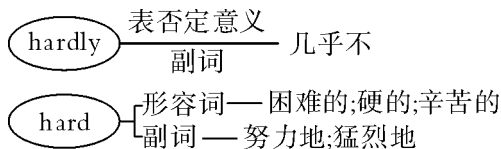
常见频度副词的频率大小依次为:



注意

①频度副词一般位于 be 动词、助动词或情态动词之后,实义动词之前。sometimes 比较灵活,还可位于句首或句尾。对频度副词的提问用 how often。

②hardly 并非 hard 的副词形式:



考点9 would like 的用法 (P47)

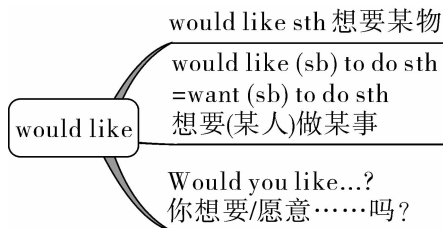
考点抢测

32. Helen said she would like _____ (go) to the science museum again some time because it was so interesting.

延伸训练

33. —Would you like to come to my birthday party next Monday?
—_____.
A. I don't know B. Sure, I'd love to
C. Excuse me D. Yes, I do
34. —Would you like to go to the old people's home this weekend?
—_____. I have to take care of my grandmother.
A. No, I don't B. I'm afraid not
C. It's a pity D. My pleasure

满分点拨



拓展

①Would you like to do sth? 是委婉地提出建议的一种常用句型,其肯定回答为: Yes, I'd love to. / Yes, I'd like to. ;其否定回答为: No, thanks. / I'd love to, but... 。 Would you like sth? 的肯定回答是 Yes, please. ; 否定回答是 No, thanks. 。

②在 would like 的疑问句中,常希望对方给予肯定回答,句中的 some/something 不能变成 any/anything。

◆ 语法链接 ◆

1. 一般现在时(P81)

2. 人称代词(P101)

3. 时间介词(in/on/at)(P111)

4. 频度副词(P95)

核心词汇随堂测

(限时:10~15分钟)



词语运用 B)

一、基础训练

- John likes taking part in outdoor _____ (activity).
He will climb the mountain this weekend.
- In order to be a painter, Tom practises _____
(draw) every day.
- Spring is the _____ (good) time to go out and enjoy
the natural world.
- Jim _____ (usual) goes to school on foot, but some-
times he also rides a bike.
- My uncle has been to Suzhou _____ (two). He
knows places of interest in Suzhou quite well.

二、(2020 新变化)语篇提升

School is an important place for all of us. We spend
hours, days and years of our lives 1. _____ (learn) at
school. Imagine you could design a dream school of
2. _____ (you) own. What would it be like?

Richard from the USA: First, my dream school would
have 3. _____ (modern) classrooms than before. There
is no waste paper anywhere. 4. _____ (two), it would
also have enough space to make students act freely. So many
5. _____ (building) should be set up. For example, a
supermarket may be more convenient for students to go
6. _____ (shop). What's more, the school should have
more plants.

Sonic from Italy says that he 7. _____ (hope) to
have a room where they can display their talents and works.
“I think we 8. _____ (real) need an exhibition(展览)
room. Our art works 9. _____ (show) there to let more
people know.”

Wu from Beijing: I think it 10. _____ (have)
another day off every week besides the weekend. If that day

was a Friday or a Monday, we would enjoy a long weekend
every week. I also think school should agree to start later,
maybe at 10 o'clock, and finish earlier.



任务型阅读 A)

一、基础训练

- To make a green w _____, everyone is supposed to
cut down air pollution by walking more and driving less.
- We can s _____ from small things to help prevent
pollution, such as throwing rubbish into bins.
- Since Julia is in Junior Three now, she doesn't have
much f _____ time to hang out with friends.
- I'm your guide. I'm here to show you a _____.
- We often speak English to each o _____ in class to
improve our spoken English.

二、(2020 新增题型)语篇提升

Students in our school have an interest in sports.
According to their 1. d _____ aims, they fall into three
groups.

Many students go to the playground when they feel tired
after a few hours of study. They just want to have a
2. r _____ in order to have a clearer and quicker mind.
So they don't actually care whether they can enjoy 3. t _____
on the playground.

The second group are real sports lovers. They join in
the sport that interests them most, and they always
4. p _____ together before a game with great efforts.

The third group are students 5. w _____ often want
to become beautiful through sports. Boys want to become
strong; girls want to be thin. Those who consider sports as
the only way of losing weight are also included in this group.

No matter in which group we are, we all benefit(受
益) from sports.

请完成精练本第 1~2 页习题

七年级(上)
 Units 5 ~ 8

教材词汇语境练

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练讲重难点

考点 1 辨析 dress, wear, put on 与 (be) in (P56) (2018.54)

考点抢测

in wear put on

- Please _____ sunglasses when you are under the sun.
- The little girl is _____ pink today and she looks very lovely.
- On the morning of the Spring Festival, children can't wait to _____ their new clothes.
- David got up and dressed _____ (he) quickly when his alarm clock went off.

满分点拨

词汇	含义及用法
dress (2018.54)	意为“穿着,穿衣”,既表示动作,又表示状态,不与表示衣服的名词连用,常构成搭配 get dressed, dress up 或 dress oneself。
wear	意为“穿着,戴着”,用于穿衣、穿鞋、戴帽子、戴手套、佩戴首饰等,强调穿的状态。
put on	意为“穿上,戴上”,宾语通常是衣服、鞋帽等;强调穿的动作,反义词组为 take off,意为“脱下”。
(be) in	意为“穿着”,多接颜色或衣服,只能作表语或定语。

考点 2 辨析 because 与 because of (P58)

考点抢测

because of because

- Wu Jing, one of the Chinese Kung Fu actors, has become famous _____ his action movies.
- My family moved from Edinburgh to London _____ my father started a new job there.

满分点拨

易混词(组)	用法	共同点
because	从属连词,引导原因状语从句;常用来回答 why 提问的疑问句。	可互相转换,如: He's not here because he is ill. = He's not here because of his illness.
because of	介词短语,后跟名词、代词或动名词。	

考点 3 辨析 question 与 problem (P60) (2019.18)

考点抢测

- Mary, I'm thirsty. Can you bring me a cup of coffee?
—Yeah. _____.
A. Not at all B. Sounds good
C. Good luck D. No problem
- Tony often _____ the teachers' questions in class. He is very active.
A. asks B. answers C. causes D. solves

problems questions

满分点拨

词汇	词性	用法
question (2019.18)	名词	①指需要解答的问题,常与动词 ask 或 answer 搭配。 ②指“一个与……有关的问题”。
	动词	提问;询问;质疑
problem	名词	①指需要解决的问题,常与 cause, solve 或 work out 搭配。 ②No problem. 没问题。

solve _____ instead of doing everything for them.

10. The teacher often encourages us to ask _____ or express our own opinions.

考点 4 辨析 find out, find 与 look for (P63) (2018.7)

考点抢测

look for find find out

11. I can't _____ my ruler anywhere. I don't know where I put it.
12. We can't tell you the result directly, because we need to do some research to _____ the answer.
13. When James arrived at the railway station, he tried to _____ a place to park his car.

考点 5 seem 的用法 (P64) (2017.54)

考点抢测

14. After the earthquake, the village seemed _____ a complete disaster.
A. as B. for C. like D. from
15. —I have no choice but to take my mother's advice.
—It seems _____ the best way to deal with the problem at present.
A. be B. being C. to be D. is
16. —_____ seems that the weather changes every day.
—So it does. One day is hot, but the next is cold.
A. This B. That C. What D. It

考点 6 keep 的用法 (P68) (2019.14,56, 2013.29)

考点抢测

17. Since you've set the goal of becoming a top student, you should keep _____ for it.
A. practice B. practiced
C. practicing D. to practice
18. Mobile phones make our life convenient, but they may also keep us _____ communicating face to face.
A. on B. of C. from D. to
19. Readers are supposed to keep _____ (silence) in the library in case of influencing others.
20. Lisa never stays up late at night or gets up late in the morning. She thinks good living habits keep her _____ (health).
21. Never lose heart, boy! Keep on _____ (try), and you'll achieve your goal at last.

一言辨异

It's just a **question** of time to work out this math **problem**. 解出这道数学题只是时间问题。

满分点拨

词汇	含义及用法	例句
find out	表示“发现”,是经过研究、计算、探寻等“获知,得知”。	Please find out when the train starts. 请查明火车什么时候开。
find	表示“找到”,强调“寻找”的结果。	I have found my watch. 我找到了我的表。
look for (2018.7)	表示“寻找”的过程和动作。	What are you looking for ? 你在找什么?

满分点拨

seem <i>linking</i> v. 好像,似乎,看来	It seems/seemed that + 从句 看起来……
	seem to do sth 似乎要做某事(2017.54)
	seem (to be) + n./adj. 看上去……
	seem like 好像/似乎……

注意

seem to do sth 和 It seems/seemed that/as if + 从句,这两个句型可以互换。如:

Many people all over the world **seem to** drink Chinese tea. = **It seems that** many people all over the world drink Chinese tea. 似乎全世界许多人都喝中国茶。

满分点拨

keep→keeps(单三)→kept(过去式/过去分词)

keep	系动词,意为“保持”	keep+adj. 保持……
	实义动词,意为“保持;持续不断”	keep sb/sth+adj. 使某人/某物保持……(2019.56)
		keep sb/sth doing sth 让某人/某物持续做某事
		keep(on) doing sth 持续不断做某事(2013.29)
		keep sb/sth from doing sth 阻止(防止)某人/某物做某事
	实义动词,意为“养;饲养”	keep pets 饲养宠物(2019.14)

考点 7 感官动词的基本用法 (P76) (2017. 24, 2016. 28)

考点 抢 测

looked taste feels sounds smells

22. That _____ great. Let's go to the concert together.
23. When I finally realized what a stupid mistake I had made, I didn't know what to do and _____ like a fool.
24. Keeping the salad in the fridge for a while can make it _____ nicer.
25. The bread _____ really nice. I can't wait to have a try.
26. For an old man or a little child, if he _____ lonely, a pet will be his good friend.

满 分 点 拨 感官动词后接形容词作表语。

词汇	不同点	常接形容词
sound (2016. 28)	意为“听起来……”, 指听觉。	good, wonderful, interesting, boring
look (2017. 24)	意为“看起来……”, 指相貌、外观, 指视觉。	beautiful, ugly, young, old
taste	意为“尝起来……”, 指味觉。	delicious, salty, sweet, sour
smell	意为“闻起来……”, 指嗅觉。	sweet, nice, fresh
feel	意为“感觉, 摸起来……”, 指触觉。	soft, smooth, comfortable

考点 8 辨析 carry, bring, take 与 get (P81) (2016. 27)





考点 抢 测

27. In fact, saying “hi” or making friends with strangers is not difficult. And the joy it _____ you is really great.
- A. takes B. brings C. carries D. gets

get take bring carry

28. Please _____ me a piece of clean cloth from the kitchen. I need it to wash the cups.
29. It is seriously short of water in the village and the villagers usually have to walk a mile to _____ water.
30. Granny Li, let me help you _____ the big box! It's too heavy for you.
31. I hope you can _____ these flowers to your own room. I can't stand their smell.

满 分 点 拨

词汇	图示	用法
carry 拿; 提; 搬 (2016. 27)	搬动 	不强调方向, 但有“负重”之意
bring (... to ...) 拿来; 带来	带来 	把某物/人从别处带到说话处 (与 take 方向相反)
take (... to ...) 拿去; 带去	带走 	把某物/人从说话处带到别处
get 拿来; 取来	 去取	去别处把某物/人带来, 强调动作的往返 (相当于 fetch)

考点 9 sure 的用法 (P81)

考点 抢 测

32. In order to be sure _____ getting to the place of the meeting on time, she left an hour earlier this morning.
- A. for B. of C. with D. to
33. We cannot be sure _____ our dream will come true, but we believe that our efforts will not be useless.
- A. that B. whether C. how D. what
34. Everyone is sure _____ (have) some unpleasant experiences in life. What is important is that we should learn something from them.

满 分 点 拨

sure <i>adj.</i> 确知, 肯定, 有把握	be sure of/about + 名词/动名词 确信, 对……有把握
	be sure to do sth 必定/必然会/务必/一定做某事 (祈使句)
	be sure + that 确信……
	be not sure whether/if 不确定是否……

如: Since he keeps working hard, he **is sure to** be successful. 因为他一直努力工作, 他必定会成功。


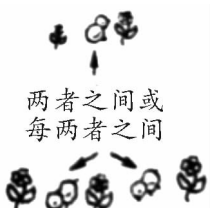
I **am not sure if/whether** Tom will come to my party tomorrow. 我不确定汤姆明天是否会来我的聚会。

考点10 辨析 among 与 between(P94) (2018 任务型阅读涉及)

考点抢测

35. Please pay attention to the differences _____ the two words, or you may make a mistake in your exam.
A. between B. among C. around D. by
36. —What color do you like best, red, black or green?
—I prefer green _____ them.
A. between B. among C. beside D. through
37. There is a photo taken by the River Seine _____ these photos. Can you find it out?
A. with B. between C. among D. from
38. We have three classes in the afternoon and we take a break _____ classes.
A. during B. between C. among D. except

满分点拨

词汇	用法	图示
among	意为“在中间”，用于三者或三者以上的中间	三者或三者以上的中间 
between	指“两者之间”	两者之间或每两者之间 

考点11 辨析 spend, pay, take 与 cost(P92) (2015.45, 54, 2013.54)

考点抢测

39. Before stamps, people didn't pay _____ the letters they sent, but for the letters they received.
A. for B. in C. to D. at
40. The government spent four years _____ this bridge which helped a lot in dealing with traffic problems.
A. build B. built C. building D. to build
- spend takes cost pay
41. Under the influence of COVID-19, many companies had no money to _____ their employees and closed down.
42. The worker had _____ three hours on the project, and he finally came up with some creative methods.
43. I live near the school, so it usually _____ me ten minutes to ride to school.
44. The beautiful sweater I'm wearing is not expensive. It only _____ me 50 yuan.

满分点拨

以下四个单词都有“花费”的意思,具体区别体现在结构上,如下表:

单词	主语	固定结构
spend	人	①sb spend(s)/spent some time/money on sth ②sb spend(s)/spent some time (in) doing sth(2015.54,2013.54)
pay	人	①sb pay(s)/paid some money for sth ②sb pay(s)/paid for sth(2015.45)
take	it	It takes/took sb some time to do sth
cost	物	sth cost(s) sb some money

拓展

cost 也可用作名词,意为“费用,价钱”,常用短语有:high/low cost 高/低价;at a cost of... 以……的价钱;at cost 按成本,照原价

考点12 be made 短语(P96) (2019.53)

考点抢测

by from of into in

45. As is known to all, the gun powder was first made _____ ancient Chinese in the world.
46. I guess this product may be made _____ America. There is a logo on it.
47. To my joy, my favorite novel will be made _____ a film in a year.
48. The wine tastes so sweet. I guess it's made _____ grapes.
49. Your scarf feels very smooth. It must be made _____ silk.

满分点拨

词组	含义	用法
be made of (2019.53)	用……(材料)制成	能看出原材料,或发生的是物理变化
be made from	用……(材料)制成	看不出原材料,或发生的是化学变化
be made in	在……(地点)制成	in 后面接地点,表产地
be made into	被制成……	into 后面接成品
be made by	由……(某人)制作	by 后接制造者/制造方

◆ 语法链接 ◆

1. 特殊疑问句 (P116)
2. 可数名词和不可数名词 (P90)
3. 用 some 和 any 表示数量 (P103)
4. There be 句型 (P117)
5. 现在进行时 (P82)

核心词汇随堂测

(限时:10~15 分钟)



词语运用 B)

一、基础训练

1. My father returned from England. He bought a few _____ (present) for our relatives and friends.
2. Bill looks very cool in the red coat and this pair of shoes _____ (match) the coat well.
3. All of them _____ (keep) silent. It seemed that the question was too difficult.
4. Mr. Smith is used to _____ (lie) on the bed to read newspapers after supper.
5. You can search some information on the Internet to know _____ (much) about the country.

二、(2020 新变化) 语篇提升

Everyone likes delicious food. As for 1. _____ (I), delicious food not only can satisfy my stomach, but also can let me love cooking. When I eat some delicious food, I 2. _____ (think) about how to make it. So I am greatly 3. _____ (interest) in cooking.

I have no idea whether my cooking methods are correct or not. But I once 4. _____ (spend) two hours cooking the food in my own way. Cooking makes my life more exciting.

From cooking, I 5. _____ (collect) some knowledge about health so far. When I look through some cooking websites, I can find quite a lot of healthy knowledge which is of great 6. _____ (important). For example, eating more fruits and vegetables and 7. _____ (little) fat and sugar is good for our health.

Cooking all kinds of foods makes you understand life 8. _____ (different). If you cook 9. _____ (meal) with a good feeling, you will find that life is really beautiful. So when you meet some terrible events, cook some foods. You will be sure 10. _____ (forget) un-

happy experiences. After you finish cooking, you will find the beauty of life again.



任务型阅读 A)

一、基础训练

1. Loss of h _____ is more serious than loss of wealth. Please put your body first.
2. Before moving into the new house, you'd better p _____ the walls and clear off all the things.
3. When I first arrived in America, my host family served a big dinner as a t _____.
4. Although this coffee bar is not big, but it makes customers feel relaxed and c _____ with the light music.
5. Don't lose heart if you fail for the first time. What you should do is to take a _____ chance.

二、(2020 新增题型) 语篇提升 (素材选自 Life Book 5)

爱丁堡边缘艺术节

The Edinburgh Fringe Festival is the world's largest art festival. It takes place every year in August and for the 1. w _____ month the city is taken over by actors, street performers, comedy artists, and musicians. There are enough activities to please everyone. There are over 2, 000 different shows and the tickets don't 2. c _____ much. But since most people try to see a lot of shows, the 3. p _____ can add up. Artists usually gather 4. t _____ and come to perform just for fun, but young performers hope to be discovered. The festival is perhaps best-known for its comedy, and has made some comedians more famous. But the festival is fair enough and there is no difference between famous artists and common people. 5. B _____ unknown and well-known artists compete and all have an equal chance of success or failure.

请完成精练本第 3~4 页习题

七年级(下) Units 1 ~ 2

教材词汇语境练

此部分单独成册,便于学生默、背。本课时详见 16K《教材词汇语境练》册 P11 ~ P13。

练讲重难点

考点 1 辨析 be full of 与 be filled with (P14)

考点抢测

- The little boy standing there looks so sad—his eyes are _____ with tears. We should cheer him up.
A. filled B. filling C. fills D. fill
- Mary thinks her life is full _____ happiness.
—So she does. She always looks at the bright side.
A. to B. of C. with D. in

满分点拨

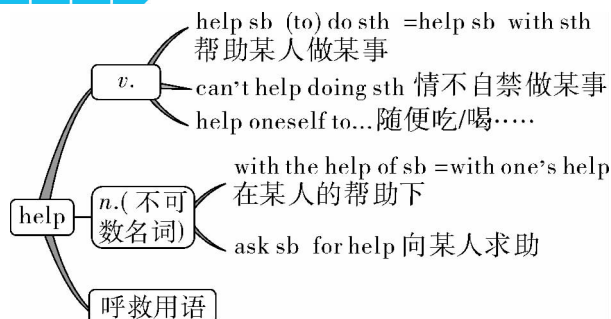
词组	例句
be full of 形容词短语, “充满”,侧重于状态	The bottle is full of water. 瓶子里装满了水。
be filled with 形容词短语, “充满”,侧重于动作和装的东西	The bottle is filled with water. 瓶子被水装满了。

考点 2 help 的用法 (P20)

考点抢测

- In the evening classes, Miss Wang helps her students _____ their English study.
A. of B. with C. to D. for
- Children, help yourselves _____ some fish. You will become cleverer if you always eat fish.
A. for B. of C. to D. with
- The robot can help me _____ the floor. What a smart invention it is!
A. sweep B. sweeping C. swept D. sweeps
- Bob couldn't help _____ (jump) when he heard the news that he had passed the exam.
- Parents are our first teachers. We can ask _____ (they) for help with anything.

满分点拨



如: Dr. Schlaug was surprised to find singing words **helped his patients** finally **speak**. Schlaug 博士惊讶地发现,唱歌帮助他的病人最终开口说话了。[2020 嘉兴 阅读理解]

I **can't help thinking** of the old days whenever I hear the song. 每当我听到这首歌,我就忍不住想起过去的日子。

考点 3 常见交通方式的表达 (P26)

考点抢测

- _____ did you go to Japan, John?
—By plane.
A. How B. When C. What D. Which
- Many people now are used to _____ the subway to work because it is faster than by bike or by bus.
A. riding B. taking C. driving D. flying
- He planned to fly to Beijing, but because of the bad weather, he had to go there _____ train.
A. by B. at C. on D. for

满分点拨

询问交通方式的常用问句: How do/does + sb + go/get (to) ...? “某人如何去……?”, 其常用回答有:

take/drive/ride+ 冠词/形容词性 物主代词+交通 工具名词	take a/the taxi/bus/train...
	drive a/my car
	ride a bike
by+交通工具或 交通路线	by bike/bus/boat/subway...
	by land/air/ water/sea...

11. It's sunny today. _____ our bikes to the park for a picnic is a good choice.

A. Taking B. Walking C. Riding D. Traveling

in/on+冠词/形容词性物主代词+交通工具名词
in a/his car
on the bus/train

动词+to+地点名词
动词+地点副词(here/there/home等)

注意: 步行用 on foot 或 walk。

◆ 语法链接 ◆

1. 基数词(P106)

2. 序数词(P106)

3. 一般将来时(will/shall)(P82)

4. 一般将来时(is going to)(P82)

核心词汇随堂测

(限时:10~15 分钟)



词语运用 B)

一、基础训练

- We all received cards from my teacher with different _____ (message) on them before graduation.
- Being afraid of being late for school, Jack _____ (check) his alarm clock every night before sleeping.
- Mrs. Wang _____ (invite) her old friends for dinner this weekend.
- I joined a two-day club for teenagers last weekend and it was very _____ (help) and changed my life.
- Nowadays, people's life in the countryside is getting _____ (good) than before.

二、(2020 新变化) 语篇提升

On the other side of North America, more than 4,000 kilometers from Vancouver, is the American city of Boston.

If you're interested in history and culture, take a chance

1. _____ (stay) in Boston.

Boston is one of the 2. _____ (old) cities in the United States. It was founded in 1630. Because Boston is such an old city, a lot of 3. _____ (visitor) come here every year.

The best way to see 4. _____ (it) historical places is to follow the Freedom Trail(自由之路). The Freedom Trail is just a red line that 5. _____ (connect) sixteen sights. You just follow the line, and it 6. _____ (bring) you to every place. One of the Freedom Trail's most famous stops is Faneuil Hall. During the American Revolution(美国革命), many famous leaders 7. _____ (meet) there.

Boston is not just one big museum. There are also mod-

ern stores, beautiful parks and 8. _____ (wonder) restaurants. Boston has got great seafood, and its most famous food is lobster(龙虾). You can't help 9. _____ (share) with friends if you get the chance to have a taste of the lobster.

10. _____ (lucky), one of the world's most famous universities, Harvard University, is also in Boston. After you visit it and walk around Harvard Square, you'll love its old shops and interesting restaurants.



任务型阅读 A)

一、基础训练

- With many flowers planted around the house, John's house looks like a beautiful g _____.
- There is something wrong with my computer. I'll ask my brother to f _____ it tomorrow.
- Exercise is very important for people. People who do not exercise are more likely to be tired, unhappy or s _____.
- If you don't know the meaning of the words, you can look at the explanation b _____.

二、(2020 新增题型) 语篇提升

Just Room Enough Island is a small island between the US and Canada. It only includes a house, a couple of trees and a tiny 1. b _____ with a pair of chairs. The island was bought by the Sizeland family in the 1950s, as their 2. o _____ comfortable vacation home. The family planted several trees here because there were no trees before. Sometimes the host will 3. i _____ friends to come and have fun here. But 4. t _____ never expect it to become a tourist attraction. 5. L _____, with the increasing attention of the island, it attracts more and more tourists.

请完成精练本第5~6页习题

七年级(下) Units 3 ~ 4

教材词汇语境练

此部分单独成册,便于学生默、背。本课时详见 16K《教材词汇语境练》册 P14 ~ P16。

练讲重难点

考点 1 辨析 raise 与 rise (P40)

考点抢测

- Our school plans to _____ money for the people in trouble.
A. raise B. rise C. save D. spend
- The price of the house has _____ a lot in recent years. Many people can't afford one.
A. raised B. risen C. added D. grown

raise rose
- It's polite to _____ your hands when you answer the teacher's questions.
- Tom got up very early. So he reached the top of the mountain before the sun _____.

满分点拨

词汇	含义及用法	举例
raise(及物动词, raised, raised)	使升高,强调“某人把某物举起来”	raise weight 举重 raise one's hand 举手
	增加	raise salaries 提高薪资
	筹集(资金);征集(人员)	raise money 筹钱
	饲养,抚养,养育	raise pets 养宠物
rise(不及物动词, rose, risen)	上升,升起,强调“某人/某物自己站/升起来”	The sun rises. 太阳升起。
	增长	The price rises. 价格上涨。

考点 2 辨析 cross, across, through, over 与 past (P44) (2017.3)

考点抢测

across through cross over past

- When people walk _____ the bread store, they can smell the delicious bread.
- The birds' sound came into my room _____ the window. How sweet it was!
- A bridge was built _____ the river. It made local people's life more convenient.
- We shouldn't go _____ the road when the traffic light is red. It's very dangerous.
- It's good manners to help the elders and children _____ the street.

满分点拨



考点 3 remember 的用法 (P44)

考点抢测

- It will be windy tonight. So please remember _____ the window when you leave the classroom.
A. closed B. close
C. closing D. to close
- It's important to remember _____ everyone of us is different. We can't make all the people agree with us.
A. that B. which C. what D. when

满分点拨



12. I remember _____ (put) the dictionary on my desk, but I can't find it anywhere now.

延伸训练

13. We regret _____ (tell) you that the flight to Beijing has been canceled because of the bad weather.
14. I have forgotten _____ (borrow) a book from the library. I must return it as soon as possible.
15. Please stop _____ (lie) in bed dreaming. Any great goal can be achieved through hard work.

拓展 常见此类用法的单词还有 **forget, stop, regret**

- { forget to do sth 忘记去做某事
- { forget doing sth 忘记曾经做过某事
- { stop to do sth 停下来去做另一件事
- { stop doing sth 停止正在做的事
- { regret to do sth 对做某事感到遗憾
- { regret doing sth 后悔做了某事

语法链接

- 1. 名词所有格(P91)
- 2. 形容词性物主代词和名词性物主代词(P101)
- 3. 冠词(a/an/the)(P108)
- 4. 方位介词(P110)

核心词汇随堂测

(限时:10~15分钟)



词语运用 B)

一、基础训练

1. The teacher left her _____ (key) in the classroom. She had to return to get them.
2. In order to protect the environment, my father goes to work on foot instead of _____ (drive) a car.
3. Some children _____ (row) the boat on the lake while others are flying kites on the grass.
4. The couple like to live in the countryside, because it is much _____ (quiet) and more peaceful.

二、(2020 新变化)语篇提升

Do you know something about the holiday camps in Hong Kong? The students in Hong Kong used 1. _____ (take) part in an English holiday camp in their holidays. And their parents 2. _____ (not follow) them though they were very young.

Now they still enjoy taking part in such 3. _____ (activity) without their parents. Many parents let their children take part in some types of holiday camps alone in order to learn some 4. _____ (use) knowledge in their life. Before the camp, they will be busy 5. _____ (prepare) things needed. During the camp, no one 6. _____ (laugh) at others. By working together, they will deal with all the problems and learn some knowledge about life skills and science. The most important thing for the children is to learn to look after 7. _____ (they) and be safe. Because some outdoor events can be 8. _____ (dangerous) than indoor ones.

Holiday camps in Hong Kong are not so expensive. Most of the children 9. _____ (send) there for further

study. It's good for making their bodies strong and getting them improved. Perhaps these kinds of holiday camps make a 10. _____ (different). Parents think it is really worth doing.



任务型阅读 A)

一、基础训练

1. Walk along the road and then turn left. You can see the post office in the c _____.
2. My friend Amy helped me r _____ my little cat when I was on business in Hainan.
3. Every Monday morning, I climb the mountain with my father to enjoy the f _____ air.
4. In order to get well s _____, you should follow the doctor's advice and take the medicine as the instructions.

二、(2020 新增题型)语篇提升(素材选自 *English in Mind Book 1*)

希腊旅行的经历

I am Anna. I was very lucky to have a pleasant time in Greece, a place you really couldn't 1. m _____. The only problem was that time went so quickly. Mum and dad took us to the 2. f _____ island where *Mamma Mia* was filmed—it was so amazing! We stayed there for half a month and enjoyed 3. o _____. During that time, we went around the island and visited the castle where Sam and Donna got married—it was so cool! We chose the place among many places carefully before coming here. The island is 4. q _____ amazing so it's easy to understand why many visitors spend their holidays here. In a word, it was a wonderful 5. t _____ with my family and I will never forget it.

请完成精练本第7~8页习题

七年级 (下) Units 5 ~ 6

教材词汇语境练

此部分单独成册,便于学生默、背。本课时详见 16K《教材词汇语境练》册 P17 ~ P20。

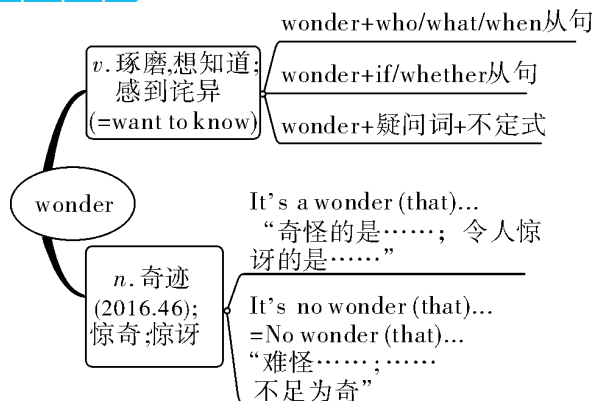
练讲重难点

考点 1 wonder 的用法 (P58) (2016.46)

考点抢测

- I have already finished all my tasks. I wonder what _____ next.
A. do B. to do C. doing D. done
- Tom wonders _____ he can solve the problem by himself. He is not confident.
A. if B. what C. when D. who
- He didn't study hard at all. It's no wonder _____ he failed the exam.
A. which B. that C. what D. because

满分点拨



考点 2 surprise 的用法 (P58) (2019.22, 2016.22)

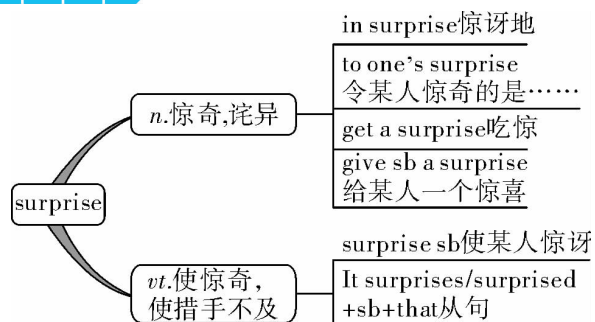
考点抢测

- _____ my surprise, the stranger is my mother's old friend.
A. At B. In C. Of D. To
- When Tim found Lucy's hair was cut, he looked at her _____ surprise.
A. at B. in C. of D. to

延伸训练

- My little brother was surprised _____ the ending of the story.
A. at B. in C. to D. with
- I am _____ (surprise) that my hometown has a new look. It has changed a lot over the years.

满分点拨



拓展

surprising 意为“令人吃惊的,使人惊奇的”,多用来修饰物,既可作表语,也可作定语;surprised 意为“吃惊的,惊讶的”(2019.22,2016.22),用来修饰人,只作表语。常用短语 be surprised at... 对……感到惊讶。

考点 3 decide 的用法 (P78) (2020.59, 2014.12)

考点抢测

- Jack has decided _____ Chinese folk music as a course to learn more about Chinese culture.
A. take B. taken C. taking D. to take
- You have to consider your own character and interest before you make a _____ (decide).
- When he heard about the school's talent show, he decided on _____ (join) it.

满分点拨



核心词汇随堂测

(限时:10~15 分钟)



词语运用 B)

一、基础训练

- Although these _____ (watch) were too expensive, Helen decided to buy one for her father.
- I plan to go _____ (climb) with my friends if it doesn't rain tomorrow.
- Time passed so _____ (quick). We will leave our school in seven days.
- The little girl is too young to lift the bag _____ (her). Let's give her a helping hand.

二、(2020 新变化)语篇提升

On a weekend afternoon, we went to a park to have fun. Some people were painting pictures, some 1. _____ (ride) horses, and some were shooting arrows(箭). I decided to try shooting arrows 2. _____ (my)—it looked fun and challenging.

After 3. _____ (pick) up an arrow, a woman was ready to shoot it. I watched 4. _____ (careful) to see how she did it. But it finally 5. _____ (fall) to the ground. It seemed that she didn't put enough power into her shot. It was my turn to shoot. I focused (集中) my eyes and tried hard 6. _____ (hit) the target(目标). But the arrow missed the target and stuck straight into the grass. I shot three 7. _____ (many) arrows, but all of them missed.

I was upset, but decided to take the 8. _____ (five) time. I took a deep breath and put one foot forward to keep my balance. I focused hard on the target and shot the arrow. This time, I hit the target!

I realized that there are many things that are not as simple as we imagine. There are 9. _____ (challenge)

everywhere. But if we focus on one thing at a time and learn from 10. _____ (fail), we can succeed in the end.



任务型阅读 A)

一、基础训练

- John was blind from b _____, but he lives a happy life through hard work.
- The bus will l _____ in one minute, so I have to rush to it.
- The local food in Africa tasted a bit s _____ first. But after a long time, I got used to it.
- The policemen were brave e _____ to save many people from that big fire.
- Jack enjoys challenging h _____. Maybe this is why he keeps moving forward all the time.

二、(2020 新增题型)语篇提升

Humans, as social animals, enjoy and value long-lasting friendships. This is the 1. s _____ as flamingos(火烈鸟). A new study shows that flamingos form friendships that last for years. The five-year study shows that flamingos often spend time with certain close "friends". They don't live 2. a _____. Researchers 3. n _____ that their friendships include "married" couples, same-sex friendships and even group of three and four close friends. They can't live 4. w _____ friends. And they don't simply find a partner and spend all of their time with them. When they have found partners, they still have other friends. It suggests that long-lasting friendships may be important for survival(生存) in the wild. This 5. f _____ could help zookeepers take better care of flamingos. They can be careful not to separate flamingos that are close with each other.

请完成精练本第9~10页习题