



I like reading very much and reading always makes me happy.

When I was in Grade Seven, I was not good at Chinese. I didn't get good grades in Chinese exams. That made me very worried. One day, my Chinese teacher, Mr. Wang asked me to go to his office after school. He told me some ways to learn Chinese well. He said the best way was reading. After that, I began reading all kinds of books and magazines. Reading made me happy. It also helped me become better at Chinese.

**【详解】** [总体分析]

①题材：本文是一篇材料作文；

②时态：时态以“一般现在时”和“一般过去时”为主；

③提示：写作要点已给出，考生应注意不要遗漏提示，并适当添加细节，注意字母大小写以及标点符号。

[写作步骤]

第一步、补全标题，介绍让自己感受到幸福和快乐的是什么事情；

第二步、讲述自己是怎样喜欢上这件事的；

第三步、介绍这件事给自己带来什么影响。

[亮点词汇]

①be good at 擅长

②ask sb. to do sth. 要求某人做某事

③all kinds of 各种各样的

④help sb. do sth. 帮某人做某事

[高分句型]

When I was in Grade Seven, I was not good at Chinese. (when 引导时间状语从句)

2. 每年的8月8日是“全民健身日”，为了让这项活动更加深入人心，某英文杂志的“运动与健康”栏目正在以 Let's Do Exercise Together 为题，向广大中学生征文。

运动的重要性	运动的时间与方式
<ul style="list-style-type: none"><li>● 保持健康</li><li>● 培养个人的性格</li><li>● .....</li></ul>	<ul style="list-style-type: none"><li>● 上学时步行或骑自行车</li><li>● 上体育课时做各种锻炼（跑步、打篮球.....）</li><li>● 周末与朋友去爬山、游泳等</li><li>● .....</li></ul>

**Let's Do Exercise Together** It's very important for us to do exercise.

---

---

---

---

---

---

---

---

---

---

---

---

**【答案】** One possible version:

### **Let's Do Exercise Together**

It's very important for us to do exercise. Doing exercise can not only help us keep fit, but also help to train a person's character. What's more, doing exercise helps us to study better.

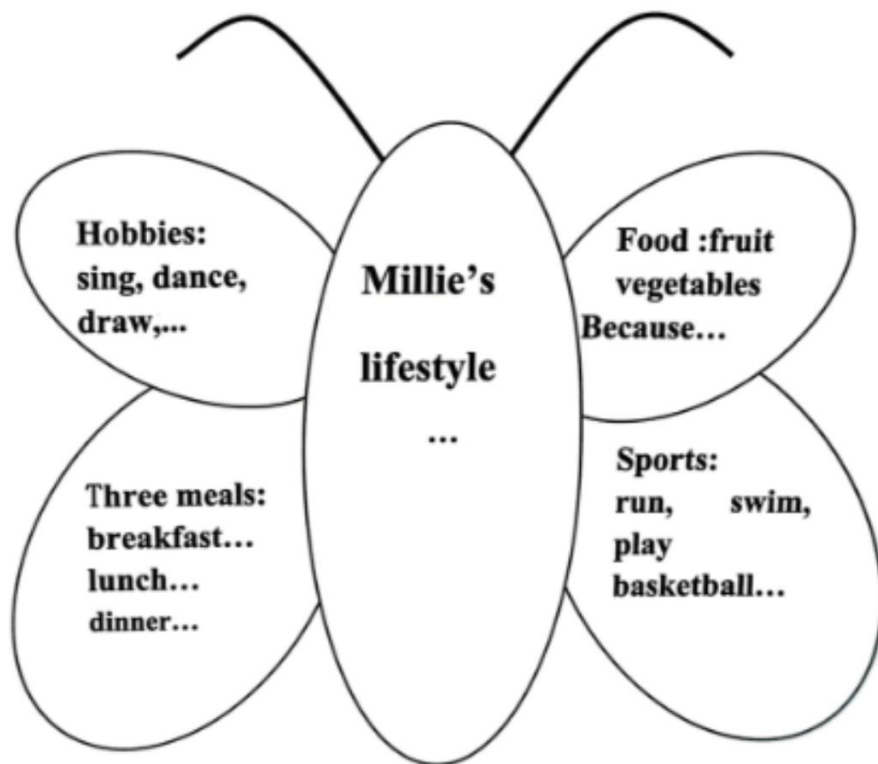
We can do exercise whenever we want. It is good for us to go to school on foot or by bike. In PE classes, we can do all kinds of exercise, such as running, jumping, playing basketball and so on. On weekends, we can climb mountains or go swimming with our friends. Also, we can go hiking during vacations.

Let's do exercise and have a healthy lifestyle together!

**【详解】** 1. 题干解读：本文是一篇材料作文，题干要求以“Let's Do Exercise Together”为题结合所给材料写一篇倡导运动以及提建议的一篇文章。

2. 写作指导：人称主要采用第一人称，时态用一般现在时。写作内容围绕运动的重要性以及针对运动的时间和方式提出相关建议。写作时注意主谓一致，无语法和标点错误。

3. 学校举办校园健康小达人活动，要求参加者在表演节目前用英语介绍自己。Millie 想要参加这次活动，假如你是 Millie，请你用下面的思维导图写一篇演讲稿。



要求:

1. 文章必须包含思维导图中所有信息，并作适当发挥；
2. 文中不得出现真实的人名和校名；
3. 词数 80 词左右，文章的开头和结尾已经写好，不计入总词数。

Good afternoon, my dear friends! I'm glad to be here with you.

---

That's all! Thank you!

**【答案】** One possible version:

Good afternoon, my dear friends! I am glad to be here with you.

I have a healthy lifestyle. First, I enjoy many hobbies, including singing, dancing, and drawing. I also like shopping at weekends.

Second, I have a balanced diet, and I especially love fruit and vegetables because they are good for my health. To keep fit, I eat three meals a day: breakfast, lunch and dinner. I always have milk and bread for breakfast. For lunch and dinner, I usually eat fish and vegetables. I seldom eat cakes or sweets. They have too much sugar and are bad for my teeth.

Last but not the least, I also do some exercise such as running, swimming, and playing basketball. These activities give me energy for the whole day.

That is all, Thank you!

**【详解】** [总体分析]

- ① 本文是一篇演讲稿。
- ② 时态：时态主要为“一般现在时”。
- ③ 提示：写作要点已给出，考生应注意不要遗漏要点。注意行文连贯，逻辑清晰，无拼写和语法错误。承接给出的开头结尾。

[写作步骤]

第一步，承接已经给出的开头，另起一段介绍自己的爱好；

第二步，介绍自己均衡的饮食；

第三步，介绍自己做的运动。

[亮点词汇]

- ① a healthy lifestyle 健康的生活方式
- ② a balanced diet 均衡的饮食
- ③ have milk and bread for breakfast 早餐喝牛奶，吃面包
- ④ Last but not the least 最后但并非不重要

[高分句型]

- ① Second, I have a balanced diet, and I especially love fruit and vegetables because they are good for my health. (because 引导的原因状语从句)
- ② To keep fit, I eat three meals a day: breakfast, lunch and dinner. (To do 不定式表目的)

4. 题目：My Understanding of Happiness

要求：

- 1. 语言表达准确，语意通顺、连贯；
- 2. 书写工整、规范；
- 3. 根据所给题目，写一篇不少于 80 词的短文，谈谈你对幸福的理解，可结合自身经历或事例。

My Understanding of Happiness

---

---

---

---

---

---

---

---

---

**【答案】** 例文

**My Understanding of Happiness**      Happiness is a feeling that comes from within, and it means different things to different people.

To me, happiness is not about having a lot of money or material things, but about enjoying the simple moments in life. For example, spending time with my family, sharing laughter with friends, or achieving a small goal can bring me great joy. I remember when I worked hard to prepare for a school competition and won a prize. The sense of accomplishment made me feel truly happy. Happiness is also about being grateful for what I have and staying positive even during tough times.

In short, happiness is a state of mind that we can create by appreciating the little things and cherishing the people around us.

**【详解】** [总体分析]

- ①题材：本文是一篇话题作文；
- ②时态：时态是一般现在时和一般过去时；
- ③提示：写作要点已给出，考生应注意不要遗漏，适当增加细节，并突出写作重点。

**[写作步骤]**

第一步，开门见山，引出话题。

第二步，具体阐述写作内容，主要围绕“结合自身经历或事例，自己对幸福的理解”展开，适当补充，丰富细节。

第三步，总结。

**[亮点词汇]**

- ①come from 来自
- ②a lot of 许多
- ③For example 例如
- ④spend time with sb 花时间和某人在一起
- ⑤prepare for 为……而准备
- ⑥sense of accomplishment 成就感
- ⑦be grateful for 对……感激
- ⑧In short 简言之

[高分句型]

①Happiness is a feeling that comes from within, and it means different things to different people. (并列句)

②Happiness is also about being grateful for what I have and staying positive even during tough times. (what 引导的宾语从句)

5. 有些人认为幸福很难得到，其实幸福就在我们身边。读书、旅行、分享、助人、微笑等都能让自己高兴。请根据自己的体会和理解，以“Happiness”为题谈谈自己对幸福的看法。60 词左右。

**Happiness**

---

---

---

---

---

---

---

---

**【答案】** 例文

**Happiness**

Some people think happiness is hard to get. I do not quite agree. Happiness is all around us.

Reading a good book makes me happy. Sharing something with friends makes me happy. A pleasant trip makes me happy. Being nice to other people makes me happy. Happiness does not cost a lot of money.

Remember to keep smiling. A smiling face also brings happiness. Happiness is valuable, but it's easy to get.

**【详解】** [总体分析]

① 题材：本文是一篇话题作文；

② 时态：时态为“一般现在时”；

③ 提示：根据所给提示完成写作，可适当发挥，注意标点符号及大小写等问题，不要犯语法错误。注意上下文之间的逻辑关系，语意连贯。

[写作步骤]

第一步，引出话题，说明幸福并不难得到；

第二步，列举幸福的具体来源；

第三步，总结并表达对幸福的看法。

[亮点词汇]

① share...with 和.....分享.....

② remember to do 记得做


③ valuable 有价值的

[高分句型]

① Some people think happiness is hard to get. (宾语从句)

② Reading a good book makes me happy. (动名词短语作主语)

6. 假设你是英国一所中学的初一学生 Peter, 你校足球队正在招募新队员, 你很想加入。请你根据以下提示给负责人 Mr Black 写一封自荐信。

	<b>Join us!</b>
<p>We want to know;</p> <ol style="list-style-type: none"><li>1. Your age and hobby;</li><li>2. Your favourite sport and why you like it;</li><li>3. Your dream</li></ol>	

要求: 1.短文应包含所有给出的信息, 并可适当发挥

2.字数 70 词左右(开头、结尾已给出, 不计入总词数)

Dear Mr Black,

---

---

---

---

---

---

---

---

---

---

Yours,

Peter

**【答案】**例文:

Dear Mr Black,

I'm Peter. I'm 13 years old. I'm tall and strong. I love doing sports. My favourite sport is football. I'm good

at it. I often play football with my friends at weekends. Playing football can keep me healthy and it always makes me happy. My dream is to play football in the World Cup in the future.

Can I be in the school football team? I hope I can. Thanks a lot.

Yours,

Peter

### 【详解】[总体分析]

- ①题材：本文是一篇应用文，为书信作文；
- ②时态：时态为“一般现在时”；
- ③提示：写作要点已给出，注意不要遗漏信息，可适当增加细节。

### [写作步骤]

- 第一步，介绍自己的基本信息，包括姓名、年龄；
- 第二步，介绍自己的爱好及最喜欢的运动，并说明原因；
- 第三步，结束语，希望自己成为校足球队的一员。

### [亮点词汇]

- ①love doing sth. 喜欢做某事
- ②be good at 擅长
- ③keep sb. healthy 使某人保持健康

### [高分句型]

- ①Playing football can keep me healthy and it always makes me happy. (动名词作主语)
- ②My dream is to play football in the World Cup in the future. (不定式作表语)

## 进阶拓展训练 6 篇

7. 健康是最重要的一笔人生财富，而健康的生活方式是我们保持健康的保障，请你以“Good health is over wealth (财富)”为题，结合以下要点写一篇英语短文。

1. 你对该谚语的理解；
2. 介绍一下你的生活方式（饮食、锻炼……）；
3. 谈谈你的感受和想法。

### 注意事项：

1. 短文须包括提示中所有要点内容，要求语句通顺、意思连贯、符合题意；
2. 词数不少于 80 个，短文的标题和开头已给出，不计入总词数。

---

**Good health is over wealth**

*“Good health is over wealth” means*

---

---

---

---

---

**【答案】** One possible version:

**Good health is over wealth**

“Good health is over wealth” means money can buy many things, but it cannot buy health. It’s important for us to have a healthy lifestyle. I’m happy to share my lifestyle with you.

First, I have healthy eating habits. I like eating vegetables and fruit. It’s good for my health. Second, I often do some exercise to keep fit. I like running and swimming. I think a healthy lifestyle can make us strong and help us study well. We should not only have healthy eating habits, but also have good exercise habits. Also, enough sleep is very important.

**【详解】** [总体分析]

①题材：本文是一篇材料作文；

②时态：时态主要为一般现在时态；

③提示：写作要点已给出，考生应注意不要遗漏要点，注意行文连贯，无拼写和语法错误。

[写作步骤]

第一步，点明主题，总体解释谚语的基本含义，简述个人对健康的理解；

第二步，展开阐述个人平时的生活习惯包括饮食习惯和体育锻炼，并说明饮食和锻炼对身心的益处；

第三步，书写结语，号召大家要有好的饮食习惯，还要有好的锻炼习惯和足够的睡眠。

[亮点词汇]

①be happy to do sth 很高兴去做某事

②be good for 对……有好处

③like doing 喜欢做某事

[高分句型]

①I think a healthy lifestyle can make us strong and help us study well. (宾语从句)

②We should not only have healthy eating habits, but also have good exercise habits. (not only...but also 句型)

8. 请以“运动——健康的秘诀”为主题，用英语写一篇文章，讲述自己在运动中的乐趣，并谈一下

---

自己的感受。

写作要求：

1. 短文中不得出现真实的地名、校名和人名；
  2. 词数 60 — 80 个左右。
- 
- 
- 
- 
- 
- 

**【答案】** 例文：

I like sports very much. There are many kinds of sports that I enjoy, such as running, swimming and playing basketball.

Running makes me feel free. I can enjoy the fresh air and beautiful scenery while running. Swimming is cool, especially in summer. It makes me feel relaxed. Playing basketball is exciting. I can have fun with my friends.

In a word, sports are the key to good health. I love them.

**【详解】** [总体分析]

- ①题材：本文是一篇话题作文；
- ②时态：时态为“一般现在时”；
- ③提示：写作话题已给出，考生应注意按照所给话题适当添加细节，并突出写作重点。

[写作步骤]

- 第一步，简单介绍自己喜欢的运动；
- 第二步，具体阐述运动带给我的好处；
- 第三步，总结运动的好处。

[亮点词汇]

- ①many kinds of 多种……
- ②such as 例如
- ③in a word 总之

[高分句型]

① There are many kinds of sports that I enjoy, such as running, swimming and playing basketball. (there be 句型及 that 引导的定语从句)

② Running makes me feel free. (动名词作主语)

9. 请你以“My Favorite Sport”为题，并根据以下要点和要求用英语写一篇短文，介绍你最喜欢的运动。

要点：

1. 你最喜欢的体育运动是什么；
2. 你喜欢它的理由是什么；
3. 你在做这项运动时要注意什么。

要求：

1. 语句通顺，表达清晰；
2. 词数 80 左右，可适当发挥。

参考词汇：energetic 精力充沛的; do some stretches 做一些伸展运动

### My Favorite Sport

---

---

---

---

【答案】例文

### My Favorite Sport

I'm from Anhui, China. My favorite sport is running.

Running is a great sport. It makes me feel free. This sport can help me stay fit and energetic. Every time I go running, I can feel my body is getting stronger.

Before going for a run, we should remember three things. First, we need to do some stretches to warm up. Second, we shouldn't wear too heavy clothes. Third, we can choose a safe place to run. These can help us stay safe and enjoy running.

I love running. It's so much fun.

【详解】[总体分析]

① 题材：本文是一篇材料作文。

② 时态：全文使用“一般现在时”，因为描述的是个人的兴趣和日常习惯。

③ 提示：文章结构简单明了，按照题目要求，从最喜欢的运动是什么开始，接着说明原因，再列出做这项运动时需要注意的事项。注意要紧扣题目内容，避免偏离主题或遗漏要点。

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/798131050023007050>