



新高一暑期英语学习计划

恭喜你们完成初中学业，即将步入高中。高中英语在词汇量、语篇理解和思维深度上都有更高要求。这个暑假是“弯道超车”的黄金期，这份任务清单将帮大家从听、说、读、写四个方面做好准备。建议以周为单位，每周一至周五推进，周末休息或补缺，每天保证1-1.5小时有效学习：

一、周一（词汇与语法）：

1.词汇：根据个人情况，基础薄弱学生主攻初中课本词汇。熟读并掌握每本书最后wordlist所有词汇，做到音、形、义均过关。基础扎实的学生，提前下载人教版必修一电子课本及相关音频（见压缩包），预习前两个单元：即Welcome Unit和Unit1的单词及其用法。（30min）

2.语法：梳理初中语法点（如时态、语态、定语从句等）（20min）。重点预习人教版必修一前两个单元：Welcome Unit和Unit1的Discovering Useful Structures（语法），学习并强化句子成分分析。

二、周二（听力与口语）：

1.精听：完成1段高考/中考真题听力（盲听→逐句复述→对照原文）。（15min）

2.口语：坚持每天朗读15分钟。朗读人教版高中英语必修一课文或跟读人教版高中英语必修一课文录音音频，并力求背诵课文中带生词的句子。此外，也可模仿英语电影片段。（15min）

三、周三（阅读）：

微信公众号搜索《21世纪学生英文报》，免费精读一篇文章，用荧光笔标出观点句和连接词，或搜索《中国日报》英文版，免费精读一篇。（30min）

四、周四（写作与综合）：

1.书写：临摹衡水体字帖15-20分钟。

2.写作：根据个人情况，从以下三个任务中任选其一：

- （1）书写英文日记；
- （2）学习人教版高中英语必修一课本中的课文，然后任选一个单元的课文，梳理文章脉络，完成一篇英语小文章；
- （3）练习书写应用文（如建议信），再尝试书写读后感或观后评论，注意使用连接词。（30min）

五、周五（复习与拓展）：

1.复习本周词汇及语法。（20min）

2.泛听/泛读：看英文纪录片或听英语播客（B站）。（30min）

📖 其他相关准备资料如下：

- 1.根据个人情况需要，可考虑提前准备最新版牛津高阶英汉双解词典。
- 2.业余时间可阅读英文原版名著和观看英文电影

总之，语言学习贵在坚持。请把这个暑假当作一次与英语的亲密接触，享受过程，期待开学见到更自信的你们！



河北外国语学院附属中学

初高衔接暑期英语重点知识点梳理

及即时演练

I. 核心单词检测

Welcome Unit

1. _____ vt.&vi.登记；注册→_____ n.登记；注册；挂号
2. _____ adj.女（性）的；雌的 n.雌性动（植）物；女子→_____ adj.男（性）的；雄的 n.雄性动（植）物；男子
3. _____ n.国籍；民族→n.国家；民族；国民→_____ adj.国家的；国民的；民族的
4. _____ n.设计；设计方案 vt.设计；筹划
5. _____ adj.正式的；正规的→_____ adv.正式地；正规地
6. _____ adj.焦虑的；不安的→_____ adv.焦虑地；忧虑地
7. _____ vt.使恼怒；打扰→_____ adj.怒的；生气的→_____ adj.令人恼怒的；令人生气的
8. _____ adj.惊吓的；害怕的→_____ adj.引起恐惧的；令人恐惧的
→_____ v.使惊吓；使惊恐
9. _____ n.印象；感想→_____ vt.使钦佩；给.....留下深刻的好印象 vi.留下印象；引人注目
10. _____ vi.&vt.集中（注意力）；聚精会神
11. _____ vt.&vi.探索；勘探
12. _____ n.信心；信任→_____ adj.自信的；有把握的
13. _____ n.组织；团体；机构→_____ vt.组织；筹备；安排；组建 vi.组建；成立
14. _____ adj.好奇的；求知欲强的→_____ adv.好奇地；令人不解地
15. _____ n.性格；个性→_____ adj.个人的；私人的→_____ n.人；个人
16. _____ vt.&vi.修改；修订；复习

Unit 1

1. _____ n. (13 至 19 岁之间的)青少年→_____ adj.十几岁的(指 13 至 19 岁); 青少年的
2. _____ vt.较喜欢
3. _____ n.动作；运动；活动→_____ v.移动；(使)改变位置；搬家
4. _____ adj.合适的；适用的
5. _____ adv.事实上；的确→_____ adj. 真实的；实际的
6. _____ n.挑战；艰巨任务 vt.怀疑；向.....挑战
7. _____ adj.糊涂的；迷惑的→_____ adj.难以理解的；不清楚的→_____ vt. 使糊涂；使迷惑
8. _____ adj. (尤指外语)流利的；熟练的→_____ adv.流利地,流畅地
9. _____ vi.&vt.毕业；获得学位 n.毕业生
10. _____ vt.建议；推荐；介绍
11. _____ n.前进；发展 vi. 前进；发展 vt.发展；促进→_____ adj.高级的；高等的；先进的
12. _____ adv.显然；明显地→_____ adj.明显的；显然的



13. _____ adj.负责的; 有责任的→_____ adv.明事理地; 认真负责地; 可信
 赖地→_____ n. 责任; 义务
 14. _____ n.解决办法; 答案
 15. _____ n.主编; 编辑; 编者
 16. _____ n.冒险; 奇遇
 17. _____ n.行为; 举止
 18. _____ vt.吸引; 引起.....的注意(或兴趣)
 19. _____ adj.有瘾的; 上瘾的; 入迷的→_____ n.对.....入迷的人; 吸毒成瘾的人

II. 熟读必修一课本 P4、P14 阅读, 完成下列各题。

1. Complete the passage with the correct forms of the words and phrases below.

explore impression feel confident
 senior experiment concentrate on

Tian Hua is a new student at a school in America. She is studying at an American high school for one year. In China, Tian Hua was in Grade 1 at _____ high school, but in America, she is in Grade 10! She did not _____ at all when she arrived. Her first _____ was that English was difficult and people spoke too quickly, but soon she found that if she _____ the ideas, not the single words, she could understand! She also made friends and began to _____ the city with them. Her new friends were happy to explain things to her after class. Her favourite class is chemistry because the teacher lets the students do cool _____. Tian Hua is not sure how well she will do at school this year, but she is not nervous any more. She is excited!

2. Complete the sentences with the correct forms of the new words below.

recommend challenge confuse sign
 improve graduate responsible quit

- ① I'm good at maths, so my teacher _____ that I should choose advanced maths in my first year.
 ② Finding time for both studies and extra-curricular activities is a big _____, so I need to make a workable schedule.
 ③ It's a little _____ to choose suitable courses. I hope that my adviser can help me make a good decision.
 ④ We can try a course for two weeks after we _____ up for it. After that, we cannot change it.
 ⑤ The main purpose of the course is to help _____ each student's reading ability.
 ⑥ Some of the students want to become writers or editors after they _____, so the teacher advised them to start a writing club.
 ⑦ The school is _____ for the safety of all the students.
 ⑧ Whenever I'm facing a difficulty, I always tell myself, "Don't let anything stop you." Don't ever _____.

III. 课文背诵默写

Ann, 15

Lakeside High School

USA

My name is Ann Wells and I'm a Grade 10 student at Lakeside High School. I'm an active person and I love sports. _____.



Thando, 16
South Hill High School
South Africa

I'm Thando Gowon. I'm 16 this year. I come from South Africa. I'm a Grade 10 student at South Hill High School.

IV. 应用文写作

Please use the elements that have given to you and use what you have learned to write your own student profile. No more than 80 words.

Name:	Age:	Personality:
Grade:	School:	Favourite subject:
Learning style:	Hobbies	Future plans and dreams:

V. 语法知识清单

一、被动语态

☆ 构成：助动词 be+（及物动词的）过去分词。

语态是动词的一种形式，表示主语和谓语间的关系。英语动词有主动语态和被动语态两种语态。主动语态表示主语是动词的执行者，被动语态表示主语是动作的承受者。例如：

Many people speak English.

English is spoken by many people.

English is not spoken here.

其人称、数和时态的变化通过 be 的变化表现出来的。以实义动词 do 为例，在常见时态中，其被动语态的基本形式如下：

(一) 谓语动词的被动语态

时态	被动（否定）	例句
1.一般现在时	am/is/are (not) done	Computer is used in our life.
2.一般过去时	was/were (not) done	The computer was bought last year.
3.一般将来时	will / be (not) going	Lost time will never be found again.



	to be done	The meeting will be held tomorrow.
4.现在进行时	am/is/are (not) being done	What is being done to the machine? The plan is being discussed now.
5.过去进行时	was/were (not) being done	The door was being painted when I arrived there.
6.现在完成时	have/has (not) been done	The room has been cleaned up. You can take a break now.
7.过去完成时	had (not) been done	She said the boy had never been seen to go to school before she went there.
8.将来完成时	will (not) have been done	The bridge will have been finished by the end of this year.
9.过去将来时	would (not) be done	It's said that his new novel would be published the next month.
10.过去将来完成时	Would (not) have been done	He promised that his debt would have been paid off by his birthday.
11.情态动词的被动语态	情态动词(not) +be done/have been done	You should be praised for what you have done.
12.关于 get	get/got done	I got separated from my parents when shopping yesterday.

注: **get/got done** 是一种特殊的被动语态, 表示的是某种结果或状态, 本身并不强调动作被执行。常见短语: get lost/ married/ paid/ hurt/ burnt/ broken/ drunk/ killed drowned/ cheated/ separated/dressed/ injured 等等。如:

How did you get lost in the mountain?

They got married two months after their first sight.

(二) 非谓语动词的被动语态

主动	被动	例句
to do	to be done	I'm proud to be chosen.
to have done	to have been done	He is said to have been fired.
v-ing	being done	The book is worthy of being read.
having done	having been done	Having been kept waiting for half an hour, I began to get angry.

☆主动语态表被动意义的情况:

①感官动词, 系动词 feel, look, taste, smell, sound, **prove**, **turn out**等动词; 动词 read, write, sell, wash, clean, lock, dry, wear 等表主语的属性特征; 表示开始, 结束, 运动的动词 begin, finish, start, open, close, stop, end, shut, run, move 等;



用作谓语时，句子**主语**含有**被动关系**，但并不表示动作被执行，故不需被动语态。如：

What he said **proved** to be reasonable.

The water in winter **feels** cold.

Whatever my mother cooks **tastes** delicious.

Your hairstyle **looks** very fashionable.

This pen **writes** well.

The door **won't lock**.

The red coat of mine **washes** well.

The shop **closes** at 10 o'clock every morning.

The meeting **ended** in a friendly atmosphere.

②**sb./sth. + be+ adj. to do**，此句中不定式 to do 与主语 sb./sth.构成逻辑上的**动宾**关系。

T The text is easy **to understand**. (The text is **easily to be understood**.)

T The water here isn't fit **to drink**.

③少数动词如 print, build, cook, hang, make 等，用于**进行时**，主动形式表被动。如：

The book is **printing**. 这本书正在排印中。

The meat is **cooking**. 肉正在煮。

④不定式 to do 做**后置定语**，若该动作的**执行者**与**句子主语**一致，则可用主动表被动。如：

So many things **to deal with**, **I'm** very busy now.

So many things **to be dealt with**, **the task** seems harder and harder.

"Do you have something **to be typed**?" The secretary asked her boss.

"Do you have something **to type**?" The secretary asked the typist.

There are still many problems **to deal with**.

⑤ need, require, want, demand, **deserve** (应得到，应受到), be (well) worth doing 中，doing 主动表被动。如：

My hair **needs washing**.

Your right **deserves protecting**.

The movie is well worth **watching** again.

⑥介词 in, on, under...+ n., 表被动意义。如：

The house is **in the possession of** Mr. Li.

The question is **under discussion**.

The big fire wasn't **under control** until the firefighters arrived.

The goods are **on sale** at a low price than it was because of consumers' day.

The big fire wasn't **under control** until the firefighters arrived.

The goods are **on sale** at a low price than it was because of consumers' day.

☆使用被动语态的注意事项：

①**vi.+介** 构成的固定短语相当于一个 **vt.**，在被动句中，切记保留介词。如：

Fan Bingbing, **is referred to as** one of the most beautiful women in China's show business.

The little girl is always **taken care of** by her neighbors.

Our time should **be made use of** to learn English well.

Go Good use should **be made of** to learn English well.

②使役动词 **make, let, have**, 及感官动词 **see, watch, observe, look at, notice**



hear, listen to, feel 等可接省 to 的动词不定式做宾语补足语，变为被动句要带上 **to**.

Th The workers were made **to work** for the boss .

Th The girl was seen **to cross** the street.

【即时演练】

- Our house _____,
A. is getting paint B. is getting painted
C. is got painted D. has got to paint
- He arrived in Beijing, where he _____ his friend.
A. was met by B. was met
C. was meeting D. met by
- The war _____ in 1937
A. was broken out B. had been broken out
C. has broken out D. broke out
- The mistakes in the exercises will _____ the teacher.
A. cross B. be crossing
C. be crossed by D. cross by
- My brother and I have _____ her birthday party.
A. been invited B. been invited for
C. invited to D. been invited to
- It _____ this way
A. is had to do B. is had to be done
D. had to be done D. has to do
- It _____ this way.
A. used to do B. used to be done
C. is used to do D. is used to doing
- _____ Chaplin.
A. The child's name was called
B. The child's name calls
C. The child calls
D. The child is named
- The sports meeting _____.
A. is put off B. is to put off
C. is to be put off D. puts off

二、五大基本句型结构

1. 句型 1: Subject (主语) + Verb (谓语)

这种句型中的动词大多是不及物动词，所谓不及物动词，就是这种动词后不可以直接接宾语。

常见的动词如: **work, sing, swim, fish, jump, arrive, come, die, disappear, cry, happen** 等。如:

- Li Ming works very hard. 李明学习很努力。
- The accident happened yesterday afternoon. 事故是昨天下午发生的。
- Spring is coming.

2. 句型 2: Subject (主语) + Link. V(系动词) + Predicate(表语)



这种句型主要用来表示主语的特点、身份等。其系动词一般可分为下列两类：

(1)表示状态。这样的词有：**be, look, seem, smell, taste, sound, keep** 等。如：

1) This kind of food tastes delicious. 这种食物吃起来很可口。

2) He looked worried just now. 刚才他看上去有些焦急。

(2)表示变化。这类系动词有：**become, turn, get, grow, go** 等。如：

1) Spring comes. It is getting warmer and warmer. 春天到了，天气变得越来越暖和。

2) The tree has grown much taller than before. 这棵树比以前长得高多了。

3. 句型 3: Subject(主语) + Verb(谓语) + Object(宾语)

这种句型中的动词一般为及物动词，所谓及物动词，就是这种动词后可以直接接宾语，其宾语通常由名词、代词、动词不定式、动名词或从句等来充当。例：

1) He took his bag and left. (名词) 他拿着书包离开了。

2) Li Lei always helps me when I have difficulties. (代词) 当我遇到困难时，李雷总能给我帮助。

3) She plans to travel in the coming May Day. (不定式) 她打算在即将到来的“五一”外出旅游。

4) I don't know what I should do next. (从句) 我不知道下一步该干什么。

4. 句型 4: Subject(主语)+Verb(谓语)+ Indirect object(间接宾语)+Direct object (直接宾语)

这种句型中，直接宾语为主要宾语，表示动作是对谁做的或为谁做的，在句中不可或缺，常常由表示“物”的名词来充当；间接宾语也被称之为第二宾语，去掉之后，对整个句子的影响不大，多由指“人”的名词或代词承担。引导这类双宾语的常见动词有：**buy, pass, lend, give, tell, teach, show, bring, send** 等。如：

1) Her father bought her a dictionary as a birthday present.

2) The old man always tells the children stories about the heroes in the Long March.

老人经常给孩子们讲述长征途中那些英雄的故事。上述句子还可以表达为：

1) Her father bought a dictionary for her as a birthday present.

2) The old man always tells stories about the heroes to the children in the Long March.

5. 句型 5: Subject(主语)+Verb(动词)+Object(宾语)+Complement(补语)

这种句型中的“宾语 + 补语”统称为“复合宾语”。宾语补足语的主要作用或者是补充、说明宾语的特点、身份等；或者表示让宾语去完成的动作等。担任补语的常常是名词、形容词、副词、介词短语、分词、动词不定式等。如：

1) You should keep the room clean and tidy. (形容词) 你应该让屋子保持干净整洁。

2) We made him our monitor. (名词) 我们选他当班长。

3) His father told him not to play in the street. (不定式) 他父亲告诉他不要在街上玩。

4) My father likes to watch the boys playing basketball. (现在分词)



5) Yesterday I had a picture taken with two Americans. (过去分词)

- 常见的动词有: **tell, ask, advise, help, want, would like, order, force, allow** 等



二、英语八大时态总结一览表

时态	含义	动词形式	标志词	例句
一般现在时	表示经常，反复发生的动作或存在的状态	主语+动词原形或者第三人称单数-s / es	①always, usually, often, sometimes, seldom, hardly(ever), never 等 频率副词 ②every 系列: every year/month/day/summer ③on + 星期s 如: on Sundays/Mondays	①He goes to school every day. ②I often have lunch at home.
一般过去时	表过去发生的动作或存在的状态	主语+动词过去式 (did 或者 was/ were)	①last 系列, last night/week/month/year ②...ago 系列, a second ago/ten years ago ③yesterday 系列, yesterday morning/afternoon/evening ④just now 意为“刚才” ⑤in+过去年份 如: in 2008 ⑥童话系列, one day/long long ago/once upon a time	①He wrote a letter yesterday. ②I was born in 1979.
一般将来时	表示将要发生的动作或存在的状态	主语+be going to/will/shall+动词原形	①tomorrow 系列, 或 next 系列 ②in +将来年份 如: in 2025	①Are you going to read tomorrow? ②He will come next day.
现在进行时	表示此时此刻正在发生的动作	主语+am/is/are + 动词-ing	①此时此刻; now, at present, at this time /moment ②此时此段; these days ③祈使句; look, listen	①Tom is writing now. ②Look! They are lying on the bed.
过去进行时	表示在过去某时间点、段正在发生的动作或与过去的某个动作同时发生的另一个动作	主语+was / were + 动词-ing	①那时那刻; at that time/moment, just then, at +点+过去, at this time +过去 如: at this time yesterday ②那时那段; those days, the whole.../all the ...+过去 ③连词; 当...时. when, while, (just) as	He was reading at that time last Friday
现在完成时	表示过去的动作到现在已完成或对现在的影响	主语+have / has + 动词过去分词	①直到现在; by now, till now, until now, so far ②次数; never/once/ever ③已经: already/yet ④for+一段时间; since+时间点 ⑤近来的; recently, lately,	①He has slept for two days. ②I have been teaching for 8 years.
过去完成时	表示在过去的时间, 过去的动作发生前, 另一个动作已发生或另一个状态已存在	主语+had+动词过去分词, 多用于复合句中	①by+过去时/by the end of +过去时 after, before, when, ②It was the +序+time that +过完 ③宾语从句或定语从句	We had learnt 2000 words by the end of last year.
过去将来时	站在过去看将来	主语+would + 动词原形, 多用于宾语从句中	①was/were going to +V-原 ②would/should +V-原	He said that he would come here the next day.