

编者按：*标注的单词认识理解即可。

Unit 1 Happy Holiday

第一课时 Section A (1a~1d)



扫一扫，听录音

重点单词

- ancient *adj.* 古代的；古老的
- camp *n.* 度假营；营地 *v.* 露营；宿营
- landscape *n.* 风景；景色
- vacation *n.* 假期；度假

词形变化

- strange *adj.* 奇怪的；陌生的
→stranger *n.* 陌生人

重点语块

- take music lessons 上音乐课
- visit some ancient buildings 参观一些古建筑
- go to the mountains 去山里

知识清单

- go to a strawberry festival 参加草莓节
- go to a summer camp 去夏令营
- go on holiday / vacation 去度假

重点句式

- How was your vacation?
——你的假期过得怎么样?
—It was great.
——好极了。
- Where did you go on holiday / vacation?
——你去哪里度假了?
—I went back to the US with my mum and sister.
——我和我妈妈、妹妹一起回美国了。

要点讲练

原句：The landscape there was amazing. (P2) 那里的风景美极了。

1. landscape

landscape的含义
和常用搭配

①含义：

- *表示陆地上的自然风景，既是可数名词又是不可数名词。
e.g. The mountains make a beautiful landscape.
- *表示风景画，常作可数名词。
e.g. She is famous for her landscapes.

②常用搭配：

- mountain / desert / countryside landscape 山地/沙漠/乡村风景
- urban landscape 城市景观
- landscape painting 风景画

landscape &
scenery辨析

landscape和scenery都指“风景”，但两者有区别。

- ①landscape 指风景时，既能作可数名词，也能作不可数名词；scenery 是不可数名词。
- ②landscape 侧重于区域的自然特征，包括地形、植被、地貌等；scenery 更加强调整景物的美感和视觉享受。

◆单句写作。

①我喜欢乡村的风景。

I love the _____ of the countryside.

②这幅图展现了那个地区的沙漠地貌。

The painting shows the desert _____ of that area.

原句: Where did you go on holiday? (P93) 你到哪里度假了?

2. on holiday / vacation

介词短语

on holiday / vacation 在度假

介词on表示“处于某种状态或活动中”,
类似表达还有:

on a trip 在旅行, on business 在出差

holiday (英式) = vacation (美式), 但
用法稍有不同:

英式: on holiday, go on holiday

美式: on vacation, take a vacation

英式和美式英语的差异

◆单句写作。

①他们正在度假, 下周回来。

They _____ and will be back next week.

②去年夏天, 我们去西班牙度假了。

Last summer, we _____ to Spain.

第二课时 Section A (Pronunciation & 2a~2f)



扫一扫, 听录音

重点单词

1. fantastic *adj.* 极好的; 吸引人的
2. town *n.* 镇; 商业区
3. anywhere
adv. & pron. 在任何地方; 随便哪个地方
4. nothing *pron.* 没有事; 没有任何东西
5. relaxing *adj.* 轻松的; 令人放松的

词形变化

1. breath *n.* 呼吸的空气; 一口气
→breathe *v.* 呼吸
→breathless
adj. 气喘吁吁的; 上气不接下气的
2. especially *adv.* 尤其; 特别
→especial *adj.* 格外的; 特别的; 特殊的

重点语块

1. for a few days 几天的时间

知识清单

2. take sb's breath away

令人惊叹; 让人叹绝

3. steamed chicken soup

汽锅鸡

4. the old town of Lijiang

丽江古城

5. try some Yunnan dishes 尝试一些云南菜

6. a relaxing and fun holiday

一个轻松愉快的假期

重点句式

1. —Did you go anywhere interesting?

——你去什么有趣的地方了吗?

—Yes, I went to Yunnan.

——是的, 我去了云南。

2. Everything tasted good, especially the steamed chicken soup. 所有食物尝起来都很不错, 特别是汽锅鸡。

3. I did nothing special. = I didn't do anything special. 我没做什么特别的事情。

要点讲练

原句: Did you go anywhere interesting? (P3) 你去什么有趣的地方了吗?

adv. & pron. 在任何地方; 随便哪个地方, 在否定句或者疑问句中替代somewhere。
有形容词修饰时, 形容词需后置。

e.g. I wanted to go somewhere different this winter vacation.

I didn't want to go anywhere different this winter vacation.

Did you want to go anywhere different this winter vacation?

1. anywhere

拓展: somewhere 在某处, 到某处; 某处, 某个地方

everywhere 到处; 处处

nowhere 任何地方都不 (=not ... anywhere)

◆单句写作/单项选择。

- ①—I'm afraid you can't put your bike at the school gate.
—Sorry, I will put it _____ (别的地方).
- ②() Peter didn't go _____ this weekend. He just stayed at home to read and relax.
A. interesting anywhere B. anywhere interesting C. somewhere interesting
- ③() I don't like hot weather. I want to go _____ for my holiday.
A. somewhere cool B. anywhere cool C. everywhere cool
- 原句: It just took my breath away. (P3) 这让我惊叹不已。

2. breath

常用搭配:
take sb's breath away 令人惊叹; 让人叹绝
take a breath 吸一口气
hold one's breath 屏住呼吸
catch one's breath 喘口气; 恢复呼吸
be out of breath 上气不接下气
e.g. He stopped running to take a breath.
She ran so fast that she was out of breath.

n. 呼吸的空气; 一口气

常用搭配:
breathe in 吸气 breathe out 呼气
e.g. I breathed in the cool air by the sea.

breathe *v.* 呼吸

◆单句写作。

- ①爬山后, 他累得喘不过气来。
After climbing the mountain, he was _____.
- ②鱼离开水不能呼吸。
Fish can't _____ out of water.
- ③昨晚的魔术表演让每个人都惊叹不已!
The magic show last night _____!

原句: Everything tasted good, especially the steamed chicken soup. (P3)
所有食物尝起来都很不错, 特别是汽锅鸡。

3. especially

adv. 尤其; 特别, 用于强调整体中的某一部分或某种情况更为突出, 表达一种特殊性。
e.g. I love fruit, especially strawberries.
She is especially interested in music.

常用搭配: especially when 尤其是当……时
especially if 特别是如果……
e.g. Bring a jacket, especially if / when it rains.

◆单句写作。

- ①我喜欢川菜, 尤其是宫保鸡丁。
I love Sichuan dishes, _____.
- ②这里的冬天非常冷, 尤其是下雪的时候。
It's very cold here in winter, _____ it snows.

第三课时 Section A (Grammar Focus 3a~3c)



扫一扫, 听录音

重点单词

1. guide

n. 导游; 指南; 手册
v. 给某人领路; 指导

知识清单

2. scenery

n. 风景; 景色

3. silk

n. 丝绸; (蚕) 丝

4. ready

adj. 准备好的; 现成的

adv. 已做完; 已完成

5. somewhere *adv.* 在某处；到某处
pron. 某处；某个地方
6. myself *pron.* 我自己
7. hotel *n.* 旅馆；旅社
8. sky *n.* 天；天空
9. towards (=toward) *prep.* 向；朝
10. rainbow *n.* 虹；彩虹

词形变化

1. scarf *n.* 围巾；披巾
 →scarves / scarfs (复数)
2. comfortable *adj.* 使人舒服的；舒适的
 →comfortably
adv. 舒服地；舒适地；安逸地
3. bored *adj.* 厌倦的；烦闷的
 →boring *adj.* 乏味的；令人生厌的
 →bore *v.* (尤指因啰嗦) 使厌烦

重点语块

1. ready to do sth

- 马上要(做某事)；愿意做(某事)
2. nothing but 只有；只是
3. decide to do sth 决定做某事
4. walk towards the window 往窗户边走
5. a beautiful double rainbow in the sky
 天空中一道美丽的双彩虹

重点句式

1. —Did you do anything interesting on your holiday?
 ——你假期做什么有趣的事情了吗?
 —No, nothing special. But I met someone interesting.
 ——没有，没什么特别的。但我遇见了有趣的人。
2. —Did you go with anyone?
 ——有人跟你一起去吗?
 — Yes, I went with my family.
 ——是的，我和我的家人一起去了。

《《 要点讲练 》》

1. 复合不定代词

(1) 构成：由 some、any、every、no 加上 -body、-one、-thing 构成。

词根	-body (指人)	-one (指人)	-thing (指物)
some	somebody	someone	something
any	anybody	anyone	anything
every	everybody	everyone	everything
no	nobody	no one	nothing

(2) 用法：

some-不定代词常用于肯定句。

e.g. There is something under the table.

any-不定代词在否定句、疑问句中替代 some-不定代词；若直接用于肯定句，表示“任何东西/任何人”。

e.g. I didn't see anything in the room.

If anyone sees Lisa, ask her to call me.

every-不定代词可用于肯定句、否定句和疑问句；在否定句中表示部分否定。

e.g. Everyone in the village is friendly.

Everyone doesn't like the movie. = Not everyone likes the movie.

no-不定代词表示否定含义。

e.g. There is nothing to do in our village.

***注意:**

①在表示请求或提议等的疑问句中，问话者期待肯定答复时，常用 **some-**不定代词。

e.g. Would you like something to eat?

②形容词修饰复合不定代词时需后置。

e.g. Did you hear anything strange outside?

③复合不定代词作主语时，谓语动词用单数。

e.g. Everything in the museum is interesting.

◆选词填空/语法填空/单句写作。

①_____ left the bag in the classroom. Is it yours? (someone / anyone)

②She didn't tell _____ about her information. (someone / anyone)

③Everybody in our class _____ (work) hard.

④昨天我在书中读到了一些有趣的东西。

I read _____ in the book yesterday.

⑤如果你听到任何关于新图书馆的重要情况，打电话给我。

Call me if you hear _____ about the new library.

原句: I felt bored, so I decided to look for something to read. (P5)
我觉得无聊，于是决定找点东西读。

2. bored

辨析bored & boring
bored *adj.* 感到无聊的，作表语或定语。
常用搭配: be bored with something 对……感到厌倦
e.g. The kids were bored with staying at home all the time.
boring *adj.* 令人无聊的，作表语或定语。
e.g. Jack watched a boring movie last night.
拓展: ①以-ing结尾的形容词通常用来描述某物或某事的特征，意为“令人……的”，
主语通常是物；
②以-ed结尾的形容词通常用来描述人对事物的感受，意为“（感到）……的”，
主语通常是人，但也可以表示由于感到兴奋而发出的声音、露出的表情等。
类似的形容词还有: surprising & surprised; amazing & amazed; relaxing & relaxed;
exciting & excited; interesting & interested; tiring & tired ...

◆语法填空。

①The _____ music made her feel _____ after a day's work. (relax)

②Summer camp activities were _____. The kids felt _____ but happy. (tire)

③The movie was so _____ that the _____ people started leaving early. (bore)

④The _____ news made us all _____. (surprise)

3. 一般过去时复习

(1) 用法

一般过去时用于描述发生在过去且已结束的动作或状态，或者表示过去经常性或习惯性的动作。

(2) 主要构成

动词过去式

(3) 标志词

yesterday, last week, in 2020, an hour ago, just now, in the past, once upon a time ...

◆完成句子。

① She bought a new dress. (改为一般疑问句)

_____ she _____ a new dress?

② They went to the mountains last Sunday. (对划线部分提问)

_____ to the mountains?

③ I was at home yesterday. (改为否定句)

I _____ at home yesterday.

第四课时 Section B (1a~1d)



扫一扫，听录音

重点单词

- | | |
|---------------|--|
| 1. square | <i>n.</i> 广场；正方形
<i>adj.</i> 正方形的；平方的 |
| 2. during | <i>prep.</i> 在……期间 |
| 3. victory | <i>n.</i> 胜利；成功 |
| 4. against | <i>prep.</i> 反对；与……相反；紧靠 |
| 5. artwork | <i>n.</i> 艺术作品；插图 |
| 6. tear | <i>n.</i> 眼泪；泪水 |
| 7. remind | <i>v.</i> 提醒；使想起 |
| 8. noon | <i>n.</i> 正午；中午 |
| 9. metro | <i>n.</i> 地下铁道系统 |
| 10. station | <i>n.</i> 车站；所；局 |
| 11. palace | <i>n.</i> 王宫；宫殿 |
| 12. accordion | <i>n.</i> 手风琴 |

词形变化

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|------------|--|
| 1. Russian | <i>adj.</i> 俄罗斯的；俄罗斯人的
<i>n.</i> 俄罗斯人；俄语
→Russia <i>n.</i> 俄罗斯 |
| 2. fight | <i>n.</i> 战斗；搏斗；斗争
<i>v.</i> 打仗；打架
→fought (过去式) |
| 3. peace | <i>n.</i> 和平；太平
→peaceful <i>adj.</i> 和平的；安静的；平静的 |
| 4. easily | <i>adv.</i> 容易地；轻易地
→easy <i>adj.</i> 容易的；轻易的 |
| 5. forget | <i>v.</i> 忘记；遗忘
→forgot (过去式)
→forgetful <i>adj.</i> 健忘的；好忘事的 |

知识清单

- | | |
|-----------|---------------------|
| 6. sick | <i>adj.</i> 恶心的；生病的 |
| →sickness | <i>n.</i> 疾病；不健康；恶心 |

重点语块

- | | |
|---------------------------------|--------------|
| 1. holiday / travel experiences | 假期/旅行经历 |
| 2. feel excited to do sth | 做……感到兴奋 |
| 3. fight against sb / sth | 与……作战；与……作斗争 |
| 4. walk through the halls | 走过大厅 |
| 5. tour guide | 导游 |
| 6. thousands of | 数以千计的；成千上万的 |
| 7. feel like doing sth | 想要做某事 |
| 8. feel sick | 感到恶心；感到不舒服 |
| 9. get a good night's sleep | 睡个好觉 |
| 10. fresh and cool | 清新凉爽 |
| 11. travel around | 四处逛逛；到处旅行 |
| 12. metro station | 地铁站 |
| 13. take out | 拿出；取出 |
| 14. get together | 聚会；相聚 |

重点句式

- | | |
|--|-------------------------------------|
| 1. In one hall, I saw an artwork with thousands of glass "tears" falling down. | 在一个展厅里，我看到了一幅作品，上面有成千上万滴玻璃“眼泪”正在落下。 |
| 2. It reminds us that war is terrible and peace does not come easily. | 它提醒我们，战争是可怕的，和平来之不易。 |
| 3. I felt like I was walking inside a palace. | 我觉得我好像走在一座宫殿里。 |

《《 要点讲练 》》

原句: The Russian people built this museum to remember their fight against the Nazis during World War II. (P6) 俄罗斯人民建造这座博物馆, 以纪念他们在第二次世界大战期间抗击纳粹的斗争。

1. fight

n. 战斗; 搏斗; 斗争

v. 打仗; 打架

常用搭配: fight against 与……作斗争; fight for 为……而战/奋斗

◆单句写作。

①他们正在为更好的生活而奋斗。

They are _____ a better life.

②我们应该与坏习惯作斗争。

We should _____ bad habits.

③这是一场为了和平的战斗。

This is a _____ peace.

原句: It reminds us that war is terrible and peace does not come easily. (P6)
它提醒我们, 战争是可怕的, 和平来之不易。

2. remind

v. 提醒

remind sb about sth 提醒某人某事;
remind sb to do sth 提醒某人做某事
e.g. My parents often remind me to study hard.

remind sb+that 从句 提醒某人……
e.g. He reminds me that it is necessary to take some money.

v. 使想起

remind sb of sth / sb 使某人想起某物或某人
e.g. The photo reminds me of my English teacher.

◆改写句子。

①Don't forget to tell me to bring my book, please.

→Please _____ me _____ my book.

② The song *Yesterday Once More* makes me think of my childhood.

→The song *Yesterday Once More* _____ me _____ my childhood.

原句: We should not forget that. (P6) 我们不应该忘记那一点。

3. forget

v. 忘记; 遗忘, 用法同remember。

常用搭配: forget + *n.* 忘记……

forget to do sth 忘记要做某事 (未做)

forget doing sth 忘记做过某事 (已做)

e.g. We will never forget our experiences in Beijing.

I forgot to turn off the TV, so my mum didn't let me watch it the next day.

I forgot sending the email yesterday, so I sent it twice.

◆单句写作。

①别忘了擦窗户。

_____ the window.

②我忘记带书包了, 只好回家去取。

I _____ my schoolbag, so I had to go back for it.

③我爸爸忘了关灯。灯亮了一整晚。

My dad _____ the light. The light was on all night.

④我们永远不会忘记这次旅行。

We will never _____.

原句: In one hall, I saw an artwork with thousands of glass “tears” falling down. (P6) 在一个展厅里, 我看到了一幅作品, 上面有成千上万滴玻璃“眼泪”正在落下。

4. thousand

num. 一千

与表示具体数目或数量的a, one, two等连用时, 后面不加s。

e.g. Five thousand people visited the town yesterday.

若前面没有数目或数量, 表示概数时, 用thousands of, 意为“数以千计的; 成千上万的”。

e.g. We joined thousands of people celebrating National Day last year.

拓展: hundred (百)、million (百万)的用法与thousand相同。

◆单项选择。

() ① There are about _____ students in our school.

A. two thousands

B. two thousand

C. thousand of

() ② _____ people visited the museum last weekend.

A. Hundred of

B. Five hundreds

C. Hundreds of

原句: ① I didn't feel like eating because I felt sick. (P6)

我不太想吃东西因为觉得不舒服。

② Sometimes I felt like I was walking inside a palace. (P7)

有时候我觉得我好像走在一座宫殿里。

5. feel like doing / feel like +(that) 从句

feel like doing表示“想要做某事”, 强调主观意愿或倾向, 通常用于非正式场合。基本结构为: 主语 + feel like + 动名词 (-ing)。

注意: feel like doing 通常用于即时的、情绪化的愿望。

want to do可用于任何场合, 表达更明确的意愿。

e.g. I feel like eating ice cream right now.

I want to take a vacation to Xizang next year.

feel like +(that)从句表示“感觉像是……”。

e.g. It feels like (that) summer is already here!

◆单句写作。

① 当我看那个视频时, 感觉我像是就置身于新疆。

When I watched that video, I _____ that I was in Xinjiang myself.

② 我想喝点果汁。

I _____ some juice.

第五课时 Section B (2a~2c)



扫一扫, 听录音

《《 知识清单 》》

重点单词

- | | |
|--------------|------------------|
| 1. tower | n. 塔; 塔楼 |
| 2. might | modal v. 可能; 可以 |
| 3. budget | n. 预算 |
| | v. 把……编入预算; 精打细算 |
| 4. passport | n. 护照 |
| 5. forgetful | adj. 健忘的; 好忘事的 |
| 6. faraway | adj. 远方的; 遥远的 |

词形变化

regular adj. 平常的; 有规律的

→regularly

adv. 有规律地

重点语块

- | | |
|---------------------------------|------------|
| 1. in the sun | 在阳光下 |
| 2. go over budget | 超出预算 |
| 3. at peace | 处于平静、安宁的状态 |
| 4. go back to your regular life | 回到你平常的生活状态 |

重点句式

1. The amazing scenery makes them smile and forget their worries. 那令人惊叹的景色让他们露出笑容, 忘却烦恼。

2. However, the most important part of a holiday is to rest your mind and body. 然而，假期最重要的部分在于让身心得到休息。

《《 要点讲练 》》

原句: Don't spend too much on holiday shopping, or you might easily go over budget.(P8) 不要在假期购物上花太多钱, 否则你可能很容易超出预算。

might是may的过去式, 但也可以表示现在或将来的可能性, 语气比 may更弱。
e.g. She might be at home now.

1. 情态动词might

表示给予许可。

e.g. You might go now.

表示委婉的建议或劝告。

e.g. You might try the internet to find more information.

◆ 单句写作。

- ①Tom 喜欢看地理书, 所以他可能知道答案。

Tom likes reading geography books, so he _____ the answer.

- ②他说你或许可以试试这个方法。

He said that you _____ this way.

set a budget 制定预算

e.g. We need to set a budget before starting the work.

n. 预算, 指个人、家庭、公司或政府计划在一定时间内支出的金额。

stay within budget 不超预算

e.g. Let's try to stay within budget this month.

go over budget 超出预算

e.g. They went over budget during the trip.

2. budget

v. 把……编入预算; 精打细算

e.g. We need to budget carefully for our trip.

◆ 单句写作。

- ①在购物前, 明智的做法是为自己的消费设定一个预算。

Before shopping, it's wise to _____ for how much you can spend.

- ②我们学校的旅行超支了, 因为我们在餐饮上花费过多。

Our school trip _____ because we spent too much on food.

- ③如果你想省钱, 就应该尽量不超预算。

If you want to save money, you should try to _____.

- ④她每月为书籍预留 10 美元预算。

She _____ \$10 every month for books.

第六课时&第七课时 Section B (3a~Project & Reflecting)



扫一扫, 听录音

重点单词

countryside

n. 乡村; 农村

词形变化

1. surprised

adj. 惊奇的; 惊讶的

《《 知识清单 》》

→surprise n. 惊奇; 惊讶 v. 使感到意外

→surprising adj. 令人吃惊的; 出人意料的

2. deer n. 鹿
→deer (复数)

3. probably adv. 很可能; 大概

→probable

adj. 很可能发生(或存在等)的

重点语块

1. in the countryside 在乡下
2. beside the house 在房子旁边
3. make a noise 发出噪音；弄出声响
4. turn around 转身；翻转
5. be surprised to do sth 做某事感到惊讶
6. look for 寻找

重点句式

1. Last autumn, my family took a train to Scotland for a holiday. 去年秋天，我们一家乘火车去苏格兰度假了。
2. What a wonderful experience I had! 我拥有了一次多么美妙的经历啊！

《《 要点讲练 》》

1. 辨析 look for & find

动词（短语）	含义	重点
look for	寻找（强调过程）	动作未完成，可能还没找到
find	找到（强调结果）	动作已完成，已经发现目标

◆单句写作。

- ①他正在寻找一份新工作。

He is _____ a new job.

- ②最后，警察找到了那个男孩。

Finally, the police _____ the boy.

原句：What a wonderful experience I had! (P9)
我拥有了一次多么美妙的经历啊！

2. what引导的感叹句

what引导的感叹句，结构为：
What + a/an + 形容词+可数名词单数+（主语）+（谓语）！
What + 形容词+可数名词复数/不可数名词+（主语）+（谓语）！

◆单句写作。

- ①这个男孩多么高啊！

_____ he is!

- ②多么有趣的游戏啊！

_____ interesting game it is!

- ③这些孩子多可爱啊！

_____!

范文背诵

My Unforgettable Holiday

Last summer, my family and I visited Sanya, Hainan. The sunny weather and the blue sea made it a perfect place for a beach holiday. Every morning, we played with the sand and swam in the sea. My sister and I also collected colourful shells. I felt relaxed and happy during the trip.

From this experience, I learnt that spending time in nature is the best way to relax, and a family trip can bring family members closer together. This holiday will always be special to me!



扫一扫，听录音

