

话题一 中华优秀传统文化

对接2022课标主题

人与社会：①中外影视、戏剧、音乐、舞蹈、绘画、建筑等艺术形式的文化价值和作品赏析，优秀的艺术家及其艺术成就

②中外文学史上有代表性的作家和作品

③身份认同与文化自信

④世界主要国家的文化习俗与文化景观、节假日与庆祝活动

相关词汇与短语

类型	词汇	含义
中国经典文学和音乐、名胜古迹、传统艺术/美食等	ancient traditional culture spread social music song lyrics rhythm <i>The Book of Songs</i> <i>Journey to the West</i> Monkey King the Palace Museum the Summer Palace the Great Wall Tian'anmen Square Mogao Grottoes Mount Huangshan Mount Qomolangma Mount Taishan The Changjiang River (The Yangtze River)	古代的；古老的 传统的 文化 传播；扩散 社会的 音乐 歌曲 歌词 韵律 《诗经》 《西游记》 美猴王 故宫博物院 颐和园 长城 天安门广场 莫高窟 黄山 珠穆朗玛峰 泰山 长江

	The Yellow River paper cutting/ paper-cut Flower Drum Dance Peking opera/Beijing Opera Shaoxing opera Sichuan opera clay art Chinese knot facial make-up kite Beijing Roast Duck / Peking Duck hot pot zongzi / rice dumpling mooncake tofu noodles steamed bun steamed dumplings spring roll	黄河 剪纸 凤阳花鼓 京剧 越剧 川剧 泥塑艺术 中国结 脸谱 风筝 北京烤鸭 火锅 粽子 月饼 豆腐 面条 馒头 蒸饺 春卷
传统节日	New Year's Eve Spring Festival Lantern Festival Tomb-Sweeping Day Labour Day Dragon Boat Festival Mid-Autumn Festival National Day Double Ninth Festival New Year's Day	除夕 春节 元宵节 清明节 劳动节 端午节 中秋节 国庆节 重阳节 元旦
节日习俗及 庆祝活动	present/gift celebrate the festival red visit relatives and friends red packet/envelope clean and decorate the house lucky money/gift money get together have New Year's Eve dinner	礼物 庆祝节日 走亲访友 红包 打扫和装饰屋子 压岁钱 家人团聚 吃年夜饭

	New Year Customs watch the Spring Festival Gala celebrate the Spring Festival pay a New Year visit/call; give New Year' s greetings put up/paste Spring Festival couplets watch festival lanterns set off firecrackers; let off firecrackers set off fireworks the Spring Festival couplets dragon dance(to expect good weather and good harvests) (play dragon dance) lion dance go to the temple fair eat/have sweet dumplings make dumplings admire/watch the moon watch lantern shows have a spring outing weep the tombs eat <i>zongzi</i> dragon boat races eat mooncakes	新年习俗 看春晚 过年 拜年 贴春联 看花灯 放鞭炮 放烟花 春联 舞龙 舞狮 逛庙会 吃元宵/汤圆 包饺子 赏月 看灯展 踏青/春游 扫墓 吃粽子 龙舟赛 吃月饼
民间传说	HouYi Shoots the Suns Chang'e Flies to the Moon Yu Gong Moves a Mountain Nu Wa Mends the Sky...	后羿射日 嫦娥奔月 愚公移山 女娲补天
其他	Chinese elements the 24 solar terms solar calendar Chinese lunar calendar Confucian culture <i>kung fu</i> <i>wushu</i> /martial arts	中国元素 二十四节气 阳历 农历 儒家文化 功夫 武术

	<i>tai chi</i> <i>qipao</i> The Silk Road the Four Great Inventions of Ancient China gunpowder printing paper-making compass chopsticks Chinese character Traditional Chinese Medicine (TCM)	太极 旗袍 丝绸之路 中国古代四大发明 火药 印刷术 造纸术 指南针 筷子 汉字 中医
传统美德	honest kind/kind-hearted hardworking brave considerate generous responsible modest work hard keep one's promise respect the old honor our parents live in harmony	诚实的 善良的 勤劳的 勇敢的 体贴的 慷慨的 有责任心的 谦虚的 勤劳 守信 敬老 孝敬父母 和睦相处

写作佳句

中国经典文学和 音乐、传统艺术/ 美食等	1. We fall in love with this story because the Monkey King keeps fighting to help the weak and never gives up . 2. Whatever challenges they meet, they always work together to face them bravely.
中华优秀传统文化	1. Traditional Chinese Medicine plays an

化的历史及其意义等	<p>important part in Chinese culture, which has made great contributions to the development of China.</p> <p>2. The Lantern Festival, a traditional festival in China, falls on the fifteenth day of the first lunar month.</p> <p>3. <i>Hanfu</i>, which is the symbol of Chinese culture, is getting more and more popular among the young.</p>
中华优秀传统文化美德	<p>1. Being honest can help you make more and more friends.</p> <p>2. A small thing will make a difference, so never stop helping others when you can do so.</p> <p>3. If you want to get trust from others, you must keep your promises.</p>

开头句

1. Now let me **introduce our traditional culture to** you briefly.
2. I'm very glad to **tell you something about** the Spring Festival.
3. I'm more than pleased to know that **you are eager to** learn Chinese.
4. ... is one of the most important traditional festivals to Chinese people.
5. I'd like to introduce you something about...
6. ... has a long history of more than...

中间句

1. People will come back to get together and have a short rest.
2. The Dragon Boat Festival **falls on lunar May 5th** in honor of the great poet, Qu Yuan.
3. Peking Opera is a national treasure **with a history of** more than 200 years.

4. If you come to China this summer, I'll **show you around** some places of interest.
5. Everyone, young or old, **wears a happy smile on their face**.
6. At night, the whole family eat delicious mooncakes and tell the story of Chang'e while enjoying the bright moon.
7. We usually clean and **decorate our house** carefully before it comes.
8. Everyone goes back home to get together with their family.

结尾句

1. **In a word**, ... is a very important for Chinese people.
2. I hope you can come to China next year and spend the festival with me.
3. I hope all of us can have a pleasant/wonderful vacation.
4. Wish you **greater progress in the study of** Chinese poetry.
5. **Why not** come and enjoy the festival with me?
6. So it is a good choice to learn more about traditional Chinese culture.
7. We should **make an effort to** protect our Chinese culture.

俗语谚语

1. When in Rome, do as the Romans do.
入乡随俗。
2. Friendship cannot stand always on one side.
来而不往非礼也。
3. A single flower does not make a spring.
一花独放不是春。
4. Virtue never grows old.
美德常青。

范文一

“用英语讲述中国故事”活动自荐

Dear Sir/Madam,

I'm excited to hear that our school will hold the activity "telling Chinese stories in English". I really want to take part in it.

It's my great honor to introduce myself. I'm a boy from Class One, Grade Eight. My name is Li Hua and I'm 14 years old. I'm an outgoing boy. I have many hobbies, and reading and telling stories are my favorites. I have read lots of classics on Chinese history since I was young, so I'm familiar with Chinese history and culture. And I know plenty of traditional folk stories, like *Hou Yi Shoots the Suns* and *Yu Gong Moves a Mountain*. I can even tell them in English. And I can get a strong feeling of satisfaction when I see the look of joy on their faces while my classmates are listening to me.

In my point of view, this activity is meaningful. We can not only increase our interest in learning English but also improve our spoken English through the activity. As a Chinese student, it's our duty to make more people know about our history and culture! I'm proud of it! Only in this way can I make it!

I expect that you can give me this chance to show myself and I'm looking forward to your reply.

Yours,

Li Hua

范文二

Dragon Boat Festival

Dear Jack,

How's it going? I am very glad to introduce the Dragon Boat Festival to you. It is **one of the Chinese traditional festivals** which has about two thousand years of history. The festival is celebrated to **honor the great poet Qu Yuan**. On that day, people often **get together** with their family to eat *zongzi* and other delicious food in southern parts of China.

What's more, people often have the Dragon Boat races. **It is so exciting to watch** this activity on TV. **Besides**, we also have a 3-day holiday during the festival. Hence, we can have a short journey to relax ourselves. How interesting the Dragon Boat Festival is and I like it very much.

Best wishes!

Yours,
Li Hua

写作练兵

假设你是Tina，你的英国朋友Helen就要过生日了，你想将亲手做的中国结送给她，表达你的美好祝愿。请给Helen写一封电子邮件祝福她，并简单介绍一下中国结，要点如下表：

A symbol of China --- the Chinese knot		
Material	rope (粗绳) and string (细绳)	
Meaning	unity (团结); friendship, love and good luck	
Uses	give it to friends; hang it in the houses or cars	

要求：1. 短文应包括表格中的要点，行文连贯，可适当发挥；
2. 80-100词左右（开头和结尾已给出，不计入总词数）。

Dear Helen,

Your birthday is coming. I've got a present for you. _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

With best wishes for a happy birthday.

Yours,
Tina

话题二 健康与安全

对接2022课标主题

人与自我：身心健康、抗挫能力、珍爱生命的意识

人与社会：①公共秩序与法律法规

②个人信息安全与国家安全意识

相关词汇与短语

类型	词汇	含义
如何保持健康	catch a cold take medicine ask a doctor for help keep healthy/fit physical and mental health build up one's strength exercise regularly have a balanced diet have enough sleep get rid of bad habits maintain an active lifestyle	感冒 吃药 看医生 保持健康 身心健康 强身健体 规律锻炼 均衡饮食 拥有充足睡眠 改掉坏习惯 保持积极的生活方式
如何保护自身安全	safety comes first keep away from danger ask Sb. for help keep calm keep alert raise the safety awareness improve self-protection ability follow traffic rules be careful with electricity don't swim alone protect personal information	安全第一 远离危险 寻求帮助 保持冷静 保持警觉 提高安全意识 提高自我保护能力 遵守交通规则 小心用电 禁止单独游泳 保护个人隐私

写作佳句

<p>如何保持健康</p>	<p>1.Health is so valuable that we should take it seriously and develop a good lifestyle.</p> <p>2.Having a balanced diet plays an important role in keeping yourself healthy.</p> <p>3.Only when we have a healthy body, can we study better and live a happier life.</p> <p>4.Early to bed and early to rise makes us healthy,wealthy and wise.</p>
<p>如何保护自身安全</p>	<p>1.We are supposed to keep in mind that safety comes first.</p> <p>2.Remember to ask the police for help when you are in danger.</p> <p>3.Self-protection is an important skill for us, because it is good for our safety and health.</p> <p>4.Make sure to be safe when we are doing sports and try not to get hurt.</p>

开头句

● 关于健康

1. As we all know, **it's important for us to keep** healthy.
2. Nowadays, more and more people are **paying attention to** the importance of being healthy.

- 关于安全

1. As the old saying goes, “**safety comes first.**”
2. **It's necessary for us to know** how to keep ourselves safe.

中间句

- 关于健康

1. Good habits are the key to all success.
2. **It's common sense that** everyone needs at least 8 hours' sleep every day.
3. To keep healthy, I **go to bed and get up early** every day.
4. We should try hard to **avoid using mobile phones or computers** for a long time.

- 关于安全

1. If we learn some safety knowledge, we may **have the chance to** save ourselves when in danger.
2. **Make sure that** we always pay attention to the traffic on our way to school or home. （道路安全）
3. We **are supposed to be careful** when we make friends, especially online. （交友安全）
4. We shouldn't run in the hallways or fight with classmates. （校园安全）
5. We mustn't go swimming by the river, it's necessary for us to **be accompanied** by those who are skilled in swimming. （防溺水）

结尾句

● 关于健康

1. If you can follow the advice above, you'll be sure to **be in good health.**
2. I hope that all of us can pay attention to our health and **become happier and healthier.**

● 关于安全

1. **As long as** we pay much attention, we can protect ourselves well.
2. If we can be more careful in our life, we'll be able to **keep ourselves away from danger.**

俗语谚语

● 关于健康

1. An apple a day keeps the doctor away.
一日一苹果，医生远离我。
2. Good health is over wealth.
健康是最大的财富。
3. Happiness lies first of all in health.
幸福首先在于健康。

● 关于安全

1. Safety comes first.
安全第一
2. Better safe than sorry.

防患于未然

3. Caution is the parent of safety.

小心驶得万年船

范文一

How to Keep Healthy

Health is the base of everything. Then how can we keep healthy?

The following tips may help you.

First of all, eat healthily and regularly, which means having a balanced diet with different kinds of foods and eat on fixed time without missing one of the meals. **Besides**, you are supposed to take exercise which can help you grow strong and keep illnesses away. **In addition**, you should have enough sleep because one may easily get sick without enough sleep. **At last**, maintaining mental health is so important. If you're under great pressure on study, try listening to music or taking a walk in the park.

If you can **follow the advice** above, you will surely be in good health.

范文二

Keep away from the danger!

Hello! Everyone. I'm Li Hua. The danger is around us. So we have to learn how to keep away from the danger. **Here are some points that** we

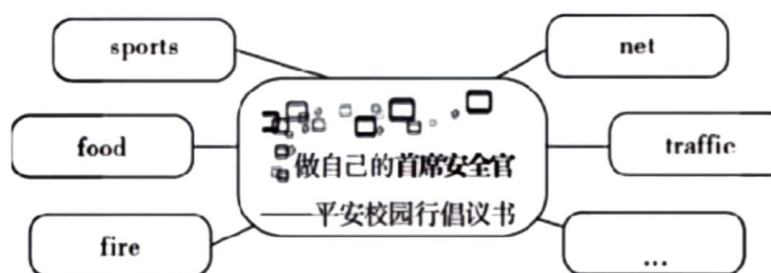
should pay attention to.

First, we **mustn't go swimming by the river**. And we are supposed to choose a proper swimming pool to go to. Second, we should **walk on the pavement** when crossing the road. Third, do not go out alone at night. Fourth, don't run in the hallways or fight with classmates. Instead, we should **get on well with** them. If we are threatened by others, call our teachers or parents for help.

In a word, we must try our best to keep away from the danger!

写作练兵

为了增强学生们的安全意识，学校发出“做自己的首席安全官——平安校园”倡议。你校英文社正以“Keep Safety in Mind”为题举行征文活动。请根据以下提示，任选几个方面，用英文写一篇征文。



要求：

1. 词数80-100词，开头结尾已给出，不计入总词数；
2. 意思清楚，表达准确，行文连贯，书写规范；
3. 请勿在文中使用真实的姓名，校名及提示信息以外的地名。

Keep Safety in Mind

Safety is very important in our life. We should always keep safety
mind. _____

话题三 环保意识及行动

对接2022课标主题

人与自然：①热爱与敬畏自然，与自然和谐共生

②环境污染及原因，环保意识和行为

相关词汇与短语

类型	词汇	含义
目前的环境问题及不良行为	air/noise/water pollution plastic bags in danger waste water cut down many trees walk on grass be bad for/be harmful to... a lot of black smoke too much noise pollute the environment become worse and worse throw rubbish here and there	空气/噪音/水污染 塑料袋 处于危险中 废水 砍伐许多树 踩踏草坪 对...有害 大量黑烟 太多噪音 污染环境 变得越来越糟糕 到处扔垃圾
环保行为	turn off the lights save the earth on foot take action save water plant more trees clean up reduce pollution protect the environment stop/prevent sb from doing sth	关灯 保护地球 步行 采取行动 节约水 种植更多树 清扫 减少污染 保护环境 阻止某人做某事
自然灾害	earthquake fire	地震 火灾

	tornado flood sandstorm	龙卷风 洪水 沙尘暴
保护环境的 意义	be good for health play an important role in... make a difference greener and greener	对健康有益 在..起重要作用 影响 越来越环保

写作佳句

目前的环境问题	<p>1. Our environment is changing for the worse, so it is time for us to go green.</p> <p>2. It is serious that air pollution and water pollution are becoming worse and worse.</p>
如何保护环境	<p>1. I believe as long as we take one small step in environmental protection, the environment of the earth will take a big step.</p> <p>2. To cut down air pollution, we should take the bus or subway instead of driving.</p>
保护环境的意义	<p>1. Nature is our greatest treasure. We depend on its rich resources to live, so it is important for us to protect it wisely.</p> <p>2. Everyone can make a difference to environmental saving, so people should try to do small things in our daily life.</p>
介绍关于环保的	<p>1. The color of the toy is green and it is made of</p>

作品	<p>waste paper.</p> <p>2. There will also be new technologies everywhere in the library.</p>
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开头句

1. **It is clear that** the environmental problem is becoming more serious all over the world.
2. **It's our duty to** pay attention to the changes of the environment.
3. To solve the environment problem, we all should **take measures to** stop the pollution around us.

中间句

1. **We'd better not** buy or use one-off chopsticks and cups.
2. **We are supposed to** reuse the plastic bags when shopping.
3. We can leave old books for the younger students because it can **not only** save money, **but also** protect the environment.
4. The government should **make laws to prevent** factories **from** pouring waste water into the river.
5. **It's better to** put rubbish into rubbish bins so that we can keep our city clean.

结尾句

1. If everyone can do something, we'll **make a great contribution to** protecting the environment.

2. Every one of us should **try our best to** protect the environment where we are living.

3. Everyone should **take their own responsibilities to** protect the environment.

俗语谚语

1. Set up environmental protection consciousness from an early age and be the messenger of green life.

从小树立环保意识，做绿色人生使者。

2. On the road to environmental protection, you and I are in the same trade.

环保路上，你我同行。

3. Don't let our tears become the last drop of water on the earth.

不要让我们的眼泪成为地球上的最后一滴水。

4. When the wells dry, we know the worth of water.

井枯才知水宝贵。

范文一

How to Reduce Greenhouse Gases

In order to reduce greenhouse gases, more and more people choose to live a low-carbon life. As students, we can also do something to change the situation.

First, we'd better reduce the amount of water, paper and electricity we use. **It's important to** turn off the lights and computers when we leave

the room. Second, we should take our own bags when we go shopping instead of using plastic bags. Third, we'd better not buy things that are unnecessary. We shouldn't buy or use one-off cups, chopsticks or bowls. What's more, it's good for us to walk or ride bikes to school **instead of** taking cars. Finally, we can also plant more trees to make our environment more beautiful.

Let's take action and live a low-carbon life to protect the environment!

范文二

How to Protect our Environment

Hello, everyone! The earth is our home, so we should protect it well. To do this, we should do the following things in our daily life.

First, save water and electricity. When you wash your hair, **why not turn off** the shower? When you leave the classroom, turn off the lights. Second, I think saving paper and using fewer plastic bags are necessary. All used textbooks should be recycled, so fewer trees will be cut down. Third, don't throw litter everywhere and keep our environment clean. Also, every one of us should learn to recycle waste. Lastly, we can take the bus, ride our bikes or walk when we go to school or go shopping. I believe if everyone **plays a part in** saving our environment, it will be more pleasant. Let's take action to protect our earth!

Thanks for listening!

写作练兵

为配合我市举行的“6·5世界环境日”万人骑自行车城区环游活动，请你根据提示要求写一篇以“Lower Carbon（低碳），Happier Life”为主题的英语短文。

提示:1、在6月5日自己骑自行车上学，父母骑自行车上班；

2、在家使用节能灯；减少洗澡淋浴时间；

3、将用过的课本留给下届学生；

4、请你就此话题补充1-2点个人做法。

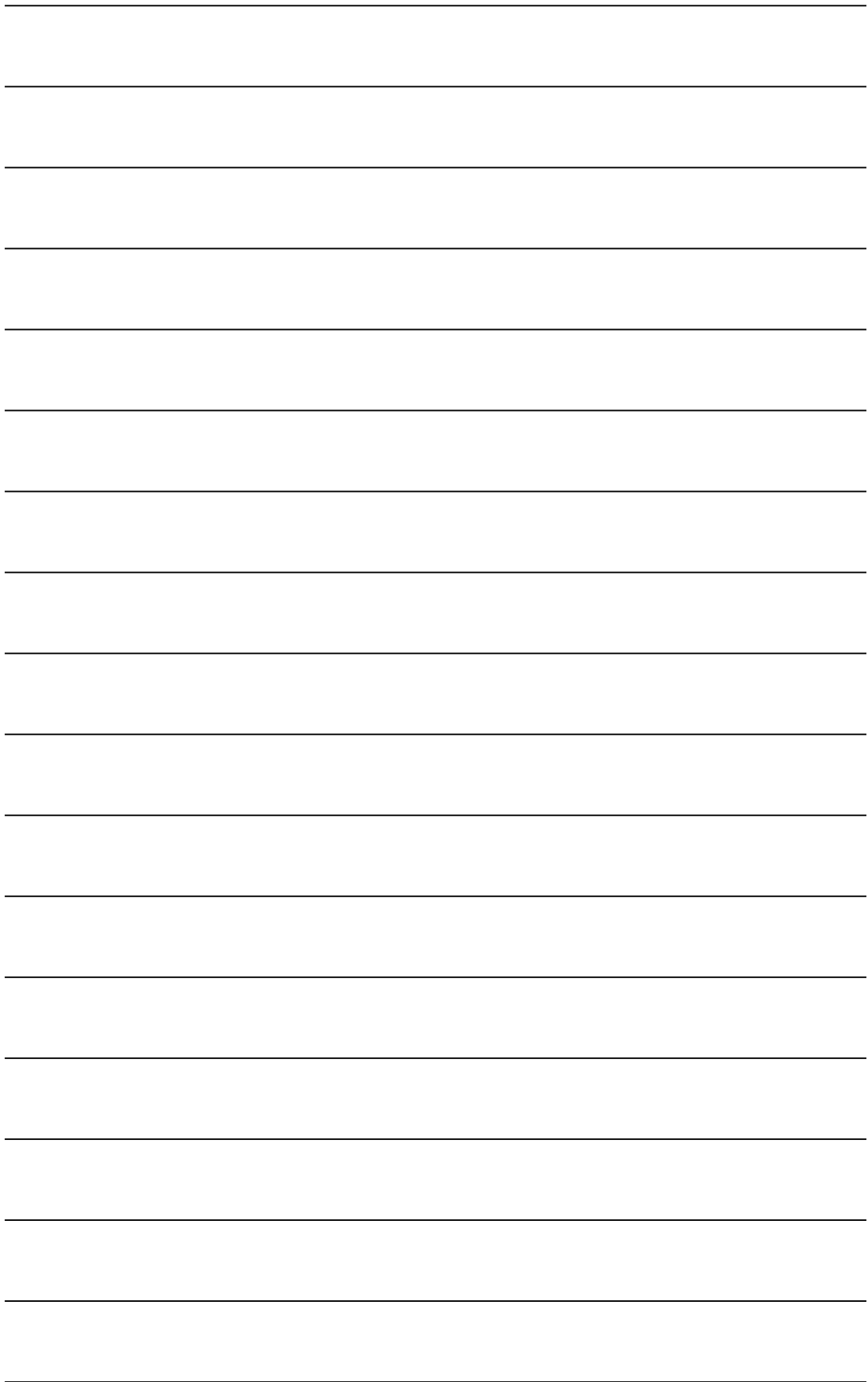
要求:1、不要逐词翻译；

2、在文中不要提及真实的校名和姓名；

3、词数80-100词左右；短文标题和首尾句已给出，不计入词数。

参考词汇：节能灯energy-saving lamp，用过的used, 下届lower grades

Lower Carbon, Happier Life



话题四 经历与感受

对接2022课标主题

- 人与自我：1. 丰富、充实、积极向上的生活
2. 多彩、安全、有意义的学校生活
3. 自我认识，自我管理，自我提升
4. 勤于动手，乐于实践，敢于创新

- 人与社会：1. 良好的人际关系与人际交往；
2. 交流与合作，团队精神；
3. 家乡和社会的变迁，历史的发展，对未来的畅想

相关词汇与短语

类型	词汇	含义
日常活动 与经历	wake up get dressed have a break/rest do exercise take a shower turn off the light do housework sweep the floor take out the rubbish make one's bed go boating/camping/hiking see a movie/ watch a film have fun/have a good/great time/enjoy oneself	醒来 穿衣服 休息 做锻炼 洗澡 关灯 做家务 扫地 倒垃圾 整理床铺 划船/露营/远足 看电影 玩得开心
感受与情绪	feeling touched/moved enjoyable relaxed surprised pleased satisfied proud excited	感受 感动的 愉快的 放松的 感觉意外的 高兴的 满足的 骄傲的 激动的，兴奋的

	worried crazy be afraid to do sth.	担心的 不理智的，疯狂的 害怕做某事
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写作佳句

描述自己的经历 与感受	<p>3. The next day, Peter went to soccer practice with courage rather than fear in his heart.</p> <p>4. Hearing the news that I was asked to give a speech on behalf of our class, I felt very nervous because I was afraid that I might not do it well.</p>
他人经历对自己的影响	<p>1. His experience of helping others was so moving that it made me learn to help others and spread love in life.</p> <p>2. It was the girl who <u>set a good example</u> for us and I should learn to be a helpful person from her.</p> <p>3. Thanks to my English teacher, I have made great progress in spoken English. I'll never forget her.</p>

开头句

1. **As time goes by**, everyone has changed a lot during his or her growth.
2. Life **is full of ups and downs**, so I want to talk about my progress in recent years.
3. **What impressed me most is that** she helped me patiently.

4. It's hard to learn a foreign language. I'd like to share some tips.
5. I'll tell you some secrets on learning English.

中间句

描述事情的经过:

1. There were lots of unforgettable experiences when I was in junior high school.
2. The biggest personal change I've ever had is that I have fallen in love with reading.
3. During the past three years, I have made great progress in my study.
4. Most important of all, I think you should develop an interest in it.
5. You are supposed to join a Chinese club to practice your spoken Chinese.

表达自己的感受:

1. No matter good or bad, we will have to accept the changes and live along with them.
2. I learned a lot from these experiences and I will use the knowledge in many other fields as well.
3. I was so thankful that I decided to help others from then on.
4. I have learned from the experience that I'll never know how good I am without taking the chance to try.

结尾句

1. I've been so grateful to him that I made a decision to help others from

hen on.

2. I will never forget the class because it taught me an important lesson.
3. In short, this experience will be kept in my mind forever.
4. All in all, it's important for us to improve our listening and writing skills.
5. I think if you put your heart into what you are learning , you'll be able to make great progress.

俗语谚语

1. Every little helps.积少成多。
2. Many hands make light work. 众人拾柴火焰高。
3. A fall into the pit, a gain in your wit.吃一堑，长一智。
4. Failure is the mother of success.失败是成功之母。
5. No pains, no gains.没有付出，就没有收获。

范文一

How to Learn English Well

As we all know, English is used very widely in the world. It is important for everyone to learn it well. If we can speak English well, we can make friends with foreigners and learn more western cultures and customs from them. Also it will be useful for our future job.

When I first started learning English, I had trouble in listening and writing. Then I practiced listening to English programs. It is helpful to my listening and pronunciation. And I keep writing English diaries. By doing this, my English writing has improved a lot.

To learn English well, I think we should do the followings. First, we

should develop a good study habit. Second, we'd better speak English in class as much as possible. Don't be afraid of making mistakes. Last but not least, we should keep trying and never give up.

I hope we all learn English well and we all can be good English learners.

范文二

The Person Who Has Changed Me

In my life, the person who has changed me is my English teacher. She gave me a beautiful memory. She is short and has short hair. And she always wears beautiful smile. When I was in Grade Seven, my English was poor and I never dared to speak English in public. At that time, my English teacher often encouraged me in the class. She asked me to be brave to solve the problem. With her help, I became much more confident.

From her I learned not only knowledge but also how to be a brave man. I also want to be a teacher in the future to help those who need help.

写作练习

假如你是李辉，你所在的学校开展以“成长的故事”为主题的征文活动，请你根据你的经历，以“My Story about Growing Up”为题，写一篇英语短文进行投稿。要点如下：

1. 你在成长中共遇到的困难；
2. 你是如何应对困难的；
3. 你的收获。

注意：1. 词数80-100词；

2. 可适当增加细节，以使行文连贯；
3. 文中不能出现真实姓名及学校名称；
4. 文章标题和开头已给出，不计入总词数。

My Story about Growing Up

Everyone meets problems when they grow up. _____

[illegible]

话题五 五育并举

对接2022课标主题

人与自我：①丰富、充实、积极向上的生活

②多彩、安全、有意义的校园生活

③自我认识、自我管理、自我提升

④劳动实践、劳动品质与工匠精神

⑤勤于动手、乐于实践、敢于创新

人与社会：①和谐家庭与社会生活

②日常体育活动，重大体育赛事，体育精神

相关词汇与短语

类型	词汇	含义
劳动教育	set up manual course labor education basic life skills the importance of	设立 手工课程 劳动教育 基本生活技能 ...的重要性
体育运动	sport baseball football skiing cycling weight fat do exercise keep fit/healthy spirit have a balanced diet get enough sleep	运动 棒球 足球 滑雪 骑自行车 体重 胖的 锻炼 保持健康 精神 均衡饮食 有充足的睡眠

美育知识	beauty enjoy book culture open up one's eyes and minds have a better understanding bring something new	美；美丽 享受；喜爱 书 文化 开阔某人的眼界和思想 有更好的理解 带来一些新的东西
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写作佳句

坚持全面发展， 做全面发展的优 秀中学生	1. We should be honest with the people around us and keep our promises . 2. What's more , we should take an active part in all kinds of activities in or out of school, such as cleaning up the classroom or the city park.
树立劳动观念， 进行实践活动	1. It is important for children to learn how to do chores and help their parents with housework. 2. Doing housework can not only help me grow but also bring happiness to my family.
参加体育运动， 倡导健康理念	1. Nowadays, doing sports is becoming more and more popular. 2. It's good to relax by using the Internet or watching game shows, but we think the best way to relax is through exercise.
渗透美育知识，	1. In his free time , he studies English. He also

提升审美情趣

enjoys listening to music.

2. When I visited the National Museum, I had **a strong feeling of** pride in my heart **because of** the cultural history of our country.

开头句

1. It is very necessary and important to **stress the importance of hardworking spirit education.**
2. Now I will **tell you something about** sports in our school.
3. **In my opinion**, high school entrance exams should include fine art testing.

中间句

1. I think labor education **can be better carried out** from the following aspects.
2. **First of all**, we should cultivate students to establish a correct concept of labor.
3. **It is said that** basketball, volleyball and soccer will be added to the test.
4. Nowadays, **more and more** students at school just ask for grades but forget the importance of health.
5. First, middle school students **not only** need to master the basic knowledge, such as Chinese, maths and English, **but also** need to know about some knowledge of fine art.

结尾句

1. **It's a skill that lasts a lifetime.** Please take action and do more housework.
2. I **advise the government to carry on the plan** to make sure it can improve students' poor physical situations.
3. In my opinion, music and art **can be taken as selective courses.**
Students who don't need them can use them to relax themselves.

俗语谚语

1. Life should be like a candle, burning from the top to the end, is always bright.
人生应该如蜡烛一样，从顶燃到底，一直都是磊落的。
2. Labor is often the father of pleasure.
勤劳常为快乐之源。
3. Labor can arouse people's creativity.
劳动能唤起人的创造力。
4. The wall depends on the foundation, and the body depends on exercise.
墙靠基础坚，身体靠锻炼。

范文一

30-minute break

The school activities during the 30-minute break help make teenagers healthier and stronger.

In our school, we usually do running during the 30-minute break. When the bell rings, students walk out of the classroom to the playground. Then we **are lined up** and run together. I think it is quite boring. **In my opinion**, we need different kinds of activities at break, **such as** shuttlecock exercises (毽子操), rope skipping and so on. Through these activities, we can really relax ourselves and experience the joy of sports. Also, we will be more energetic in class.

Different kinds of activities at break time will surely benefit us a lot. I really hope our school can organize more of them to ensure the overall development of us students.

范文二

The importance of hardworking spirit education

It's very necessary and important to stress the importance of hardworking spirit education because it can make students realize that it is actually a kind of happiness to sit in the classroom and study without having to endure the wind and rain. Labor makes students grateful to their parents and school teachers. Moderate labor can also exercise. As children, we can do some simple housework. For example, we can set up bowls and chopsticks. As a middle school student, we should do something to help parents. **For example**, we can help wash clothes. We should do things for our parents as many as possible.

I think labor education can be better carried out from the following two aspects. **First of all**, we should cultivate students to establish a correct concept of labor. Such as speaking under the national flag at ordinary times, theme class meetings and other activities to strengthen labor education for students. Labor is the most glorious. No matter what students, good or bad grades, are likely to become learning models in labor. Teachers should encourage students to actively participate in labor.

范文三

Whether art and music should be added to the high school entrance exam

Now people are talking about adding Art and Music to the entrance examination.

Many people have different opinions. Some **are for it** and others **are against it**. **On one hand**, some people think that music and art can bring happiness to teenagers and promote their all-round development.

On the other hand, others think that music and art **are unfair to** those who have no artistic talent. Besides, children are **too busy preparing for** these exams to enjoy the beauty of music and art.

In my opinion, music and art can be taken as selective courses. Students who need it can learn it. Students who don't need them can also use them to relax themselves.

写作练兵

“双减”政策推行之后，中学生的学习及生活发生了很大的变化，为了达成“五育并举”的培养目标，你校开展了丰富的延时服务课程并鼓励学生参与志愿服务。某报社想了解这方面的情况。假如你是李辉，请你根据以下提示写一封英文邮件进行简单介绍。

延时服务	参加各种各样的课程，比如音乐，篮球等； …（你的情况）
志愿服务	帮助他人解决问题，比如做劳动…； …（举例说明）
你的收获	提升能力，更加自信； …（补充1~2点）

注意事项：

- （1）词数80-100词左右，开头和结尾已给出，不计入总词数；
- （2）文中不得出现真实的地名，校名，人名等信息。

Dear Editor,

I'm glad to tell you something about the after-school services in our school and the voluntary work we do. _____

