

主
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第二次修订

精讲精练

君子曰：学不可以已。青，取之于蓝而青于蓝；冰，水为之而寒于水。木直中绳，揉以为轮，其曲中规，虽有槁暴，不复挺者，揉使之然也。故木受绳则直，金就砺则利，君子博学而日参省乎己，则知明而行无过矣。

吾尝终日而思矣，不如须臾之所学也；吾尝跂而望矣，不如登高之博见也。登高而招，臂非加长也，而见者远；顺风而呼，声非加疾也，而闻者彰。假舆马者，非利足也，而致千里；假舟楫者，非能水也，而绝江河。君子生非异也，善假于物也。

积土成山，风雨兴焉；

小流，无以成江海。

牙之利，筋骨之

RJ

学生用书



宁夏出版传媒集团
宁夏人民出版社

必修1

高中英语

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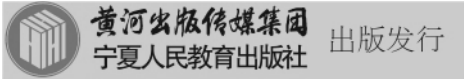
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Unit 1

Friendship

Warming Up & Reading

课标词汇

熟记单词

1. _____ *adj.* 心烦意乱的; 不安的; 不适的
vt. 使不安; 使心烦

2. _____ *vt. & vi.* (使) 平静; (使) 镇定
adj. 平静的; 镇静的; 沉着的

3. _____ *adj.* 松的; 松开的

4. _____ *n.* 连续; 系列
5. _____ *adv.* 在户外; 在野外

6. _____ *n.* 黄昏; 傍晚

7. _____ *vi.* 打雷; 雷鸣 *n.* 雷; 雷声

8. _____ *n.* 窗帘; 门帘; 幕布

9. _____ *n.* 伙伴; 合作者; 合伙人

词形变化

1. _____ *vt.* 不理睬; 忽视→ _____ *n.* 无知→ _____ *adj.* 无知的; 因无知而产生的

2. _____ *vt.* (使) 担忧; 涉及; 关系到→ _____ *adj.* 担心的; 挂念的→ _____ *prep.* 涉及, 关于

3. _____ *adj.* 整个的; 完全的; 全部的→ _____ *adv.* 完全地; 全然地; 整个地

4. _____ *n.* 能力; 力量; 权力→ _____ *adj.* 有权势的; 有影响力的

5. _____ *n.* 灰尘→ _____ *adj.* 积满灰尘的

必会短语

1. 合计 _____

2. (使) 平静下来; (使) 镇定下来 _____

3. 关心; 挂念 _____

4. 经历; 经受 _____

5. 记下; 放下; 登记 _____

6. 一连串的; 一系列; 一套 _____
7. 故意 _____

8. 为了…… _____

9. 在黄昏时刻 _____

10. 面对面地 _____

11. 不再…… _____

知识精讲

一、**upset** *adj.* 心烦意乱的; 不安的; 不适的
vt. 使不安; 使心烦

原句 Your friend comes to school very upset. (P1)

你的朋友来上学时心情很不好。

She was upset that he had left without saying goodbye.

他的不辞而别让她感到不安。

This decision is likely to upset a lot of people.

这项决定可能使很多人感到不安。

辨析 **upset, nervous 与 anxious**

upset 指由于某事的发生而心烦意乱。

nervous 指在做某事的过程中紧张害怕的感觉。

anxious 指因担心某事的发生而焦虑不安。

Losing the gold watch made him upset.

丢失了金表使他很不安。

I'm always nervous when I make a speech in public.

当众演讲时我总是很紧张。

Your mother will be anxious until she knows you're safe.

你妈妈知道你平安了才会不着急。

习题精选 1. He said that the super typhoon made many people along the coast very _____.

- A. unfair
- B. tiring
- C. pleasant
- D. upset

二、**ignore** *vt.* 不理睬; 忽视

原句 You will ignore the bell and go somewhere quiet to calm your friend down. (P1)

你会不顾铃声而去某个安静的地方安慰你的朋友。

The government had ignored his views on the subject.

政府没有理睬他对这一问题的看法。

Even the best of men ignored that simple rule.

甚至连最优秀的人也忽略了那条简单的规则。

拓展

be in ignorance of 对……无知

out of ignorance 出于无知

be ignorant of 对……不了解

She was kept in ignorance of her husband's activities.

关于她丈夫的活动,她一直蒙在鼓里。

At that time I was ignorant of what's going on.

当时我并不了解正在发生的事情。

辨析 **ignore 与 neglect**

ignore 意为“不理睬,忽视”,指有意识地拒绝,故意不理睬。neglect 意为“忽略,忽视”,指因粗心或遗忘而没做某事。

He completely ignored her and left the meeting room.

他(装作)完全没注意到她,离开了会议室。

I thought that he couldn't neglect his duties as an officer.

我原本以为他不会疏忽作为一名军官的职责。

习题精选 2. I wanted to have a word with her, but she _____ me and went away.

- A. told
- B. laughed
- C. ignored
- D. sent

三、**calm** *vt. & vi.* (使)平静;(使)镇定
adj. 平静的;镇静的;沉着的

The children should be taught to keep calm when they get into trouble.

应该教会孩子们在陷入困境时保持冷静。

The storm stopped and the sea was calm again.

暴风雨过后,大海又恢复了平静。

She took a few deep breaths to calm herself down.

她深吸了几口气,使自己平静下来。

辨析 calm, quiet, silent 与 still

calm 平静的, 沉着的; 指无风浪或人的心情不激动。

quiet 宁静的, 安静的; 指不吵闹或心境不烦躁。

silent 沉默的, 寂静的; 指不讲话或没有声音。

still 静止的, 不动的; 指(人体或物体等)处在不动的状态。

The doctor did what he could to make the girl calm.

医生尽全力让那女孩平静下来。

Can't you keep the children quiet?

你就不能让孩子们静一静吗?

You'd better keep silent about this.

你最好对此事只字不提。

Please sit still while I take a photo of you.

我给你拍照时请别动。

习题精选 3. Your brother is too excited and you'd better try to ask him to keep _____.

- A. angry B. pleased
C. ready D. calm

► **四、concern** *vt.* (使) 担忧; 涉及; 关系到
n. 担心; 关注; (利害) 关系

原句 You will tell your friend that you are concerned about him/ her and you will meet after class and talk then. (P1)

你会告诉你的朋友你很关心他/她, 下课后你们会见面再谈。

The boy's poor health concerned his parents.

那男孩健康状况不佳, 这使他的父母亲很担忧。

There is growing concern about violence on television.

人们对电视上的暴力内容日渐担忧。

搭配

be concerned about/for 担心……

as far as I am concerned 在我看来, 就我而言

be concerned with sb./sth. 牵涉到某人/与某事有关

My mother is very old and I am concerned about her health.

我母亲年纪很大了, 我很担心她的健康。

As far as I am concerned, I don't agree with what the man said.

就我而言, 我不同意这个人所说的。

辨析 anxiety, worry, care 与 concern

这些名词均含“焦虑、关心”之意。

anxiety→指对预料中的不祥之事的焦虑。

worry→侧重对未知事态演变的忧虑。

care→强调因出于责任感或顾虑等而产生的不安。

concern→作“关心”讲时, 是 indifference(冷漠)的反义词, 侧重对他人健康、安全等的关心, 也可暗示对困难、危险或失败等的忧虑。

They show great anxiety concerning their future.

他们对自己的未来显得十分焦虑。

His wife Cheryl said she had no worries about his health.

他的妻子谢丽尔说她并不担心他的健康。

Johnson seemed without a care in the world.

约翰逊似乎无忧无虑。

His concern was that people would know that he was responsible.

他所担心的是大家会知道那是他的责任。

习题精选 4. (2011·山东) There's a _____ in our office that when it's somebody's birthday, they bring in a cake for us all to share.

- A. tradition
B. balance
C. concern
D. relationship

► **五、power** *n.* 能力; 力量; 权力

原句 The dark, rainy evening, the wind, the thundering clouds held me entirely in their power; ... (P2)

漆黑的夜晚, 风雨交加, 电闪雷鸣, 我全然被这种力量镇住了……

The ship was helpless against the power of the storm.

那艘船抵挡不住暴风雨的力量。

搭配

come to power 上台

in power 执政, 掌政

be in/within one's power 某人有权/能力

beyond/out of one's power 某人无权/没有能力

lose power 丧失政权

The present has been in power for two years.

这位总统已经执政两年了。

It is not within my power to help you.

我无权帮助你。

辨析 power, energy, strength 与 force

power 用于人时指权力, 力量; 用于物理方面时指动力、电力。

strength 用于人时指体力、力气; 用于物理方面时指强度。

energy 用于人时指精力、活力; 用于物理方面时指能量。

force 指武力、暴力; 或指引起重大变化的人或事物的力量。

Much of the power of the trade union has been lost. Even so, their political influence should be very great.

这个贸易组织的大部分力量已经失去, 即使这样, 他们的政治影响应该还是很大。

I am very weak so I don't have the strength to lift this box.

我身体很弱, 没有力气提起这个箱子。

To our joy, the old painter seemed to have more energy after his recovery from his serious illness.

让我们高兴的是, 这位老画家在重病康复后似乎精力更加充沛了。

You must use force to open that bottle.

你必须用力打开那个瓶子。

习题精选 5. —You are always full of _____. Can you tell me the secret?

—Taking plenty of exercise every day.

A. power B. strength C. force D. energy

六、add up 合计

原句 Add up your score and see how many points you get. (P1)

累加你的分数, 看你能得多少分。

Our teacher asked you to add up all the numbers.

我们老师要你把所有的数字都加起来。

拓展

add up to 总数是; 结果是

add to 增加

add...to... 把……加到……上

add that... 补充说……

His whole education added up to no more than one year. 他受过的整个教育加起来不超过一年。The heavy rain added to the difficulty in saving the people.

暴雨给营救这些人增加了困难。

The soup is too salty. Please add some more water to it. 这汤太咸了, 请再往里面加些水。**习题精选** 6. You'd better _____ your scores and see if you have passed the exam.

A. add to B. add up

C. add up to D. add to up

七、go through 经历; 经受; 仔细检查

原句 Or are you afraid that your friend would laugh at you, or would not understand what you are going through? (P2)

或者你是不是担心你的朋友会嘲笑你, 会不理解你目前的处境呢?

The old man went through a lot during the earthquake in Yunan in 2012.

这位老人在 2012 年云南地震期间受了很多苦。

Many young people always start the days by going through their e-mails.

很多年轻人每天总是先看邮件。

拓展

go ahead 开始; 发生; 说吧
 go back 返回; 追溯到
 go by 过去, 逝去
 go down 下降
 go off 离开; 爆炸
 go on 继续; 发生
 go over 仔细检查, 复习
 go up 上升; (楼房) 建造起来

Go over your homework before you hand it in.

仔细检查完作业再上交。

A week went by before he answered the letter.

他一周之后才回信。

习题精选 7. (2011 · 四川) To get a better grade, you should

- _____ the notes again before the test.
- A. go over B. get over
 C. turn over D. take over

► 八、set down 记下; 放下; 登记

原句 I don't want to set down a series of facts in a diary as most people do, but I want this diary itself to be my friend, and I shall call my friend Kitty. (P2)

我不愿像大多数人那样在日记中记流水账。我要把这本日记当作我的朋友, 我要把我的这个朋友称作基蒂。

She has set down the names of all the new films including *Guns and Roses*.

她已经记下了包括《黄金大劫案》在内的所有新电影的名字。

拓展

set about doing sth. 开始做某事
 set aside 暂不考虑; 留出, 拨出 (尤指金钱、时间等)
 set back 延缓 (某事的进展), 拖……后腿
 set off 出发; 使爆炸
 set out 动身; 安排; 陈述
 set up 建立; 安装

She set about cleaning the room as soon as she arrived here.

她一到这里就开始打扫房间。

I hope that I can set up my own company one day.

我希望有一天我能建立自己的公司。

习题精选 8. (2012 · 全国II) We _____ to paint the whole house but finished only the front part that day.

- A. set about B. set up
 C. set out D. set down

► 九、a series of 一连串的; 一系列; 一套

A series of accidents had happened in the past weeks, which made the government upset.

过去几周发生了一连串事故, 这使得政府很不安。

The player named Sun Yang has attended a series of games recently.

近来孙杨参加了一系列比赛。

注意: series 的单复数同形; 作主语时, 谓语动词的单复数要根据它表达的具体意思来判断; 但 “a series of + 名词” 作主语时, 谓语动词要用单数。如:

A series of meetings is going to be held to discuss the new plan.

要举行一系列会议来讨论这个新计划。

习题精选 9. We had to stay indoors for the whole holiday because there were _____ rainy days.

- A. good many of
 B. a good deal of
 C. a plenty of
 D. a series of

► 十、on purpose 故意

原句 ... For example, one evening when it was so warm, I stayed awake on purpose until half past eleven in order to have a good look at the moon by myself. (P2)
 ……比如, 有天晚上天气很暖和, 我熬到 11 点半故意不睡觉, 为的是独自好好看看月亮。

The teacher thought that the boy was late for class on purpose.

老师认为男孩是故意上课迟到的。

拓展

for/with the purpose of 为了……/以……为目的
 by accident 偶然地
 by chance 偶然,碰巧
 by design 故意地

Did she come to Beijing for the purpose of seeing your family?

她来北京是为了看望你的家人吗?

I met my old friend by chance in the park that day.

那天我在公园里偶遇了我的老朋友。

习题精选 10. (2011·江苏) We'd better discuss every-
 thing

_____ before we work out the plan.

- A. in detail B. in general
 C. on purpose D. on time

▶ 十一、in order to 为了……

The government has passed some laws in order to make the poor children live better.

为了使这些穷孩子生活得好一些,政府通过了几部法律。

In order to know the world better, my grandfather began to learn to surf the Internet.

为了更好地了解这个世界,我爷爷开始学着上网。

注意: in order to 和 so as to

二者都可表示目的,后接动词原形;其否定式都是在 to 前加 not;区别是 in order to 可位于句首或句中;而 so as to 不能位于句首。如:

为了赶上别人,这个女孩正在努力学习。

The girl is working hard in order to catch up with others.
 =In order to catch up with others, the girl is working hard.

=The girl is working hard so as to catch up with others.

=To catch up with others, the girl is working hard.

=The girl is working hard in order that she can catch up with others.

=The girl is working hard so that she can catch up with others.

习题精选 11. _____ see the design better, the old

man put on his glasses.

- A. So as to
 B. In order to
 C. In order that
 D. So as that

▶ 十二、face to face 面对面地

The two have never met face to face before.

这两个人过去从未见过面。

拓展

face-to-face *adj.* 面对面的

arm in arm 臂挽臂地

back to back 背对背地

hand in hand 手拉手地

heart to heart 坦诚地

side by side 肩并肩地; 并肩(努力); (不同的东西或团体) 并存

step by step 一步步地

shoulder to shoulder 肩并肩地; 齐心协力地

习题精选 12. Thanks to the Internet, many people can talk with each other through it instead of doing it _____.
 _____.

- A. arm in arm
 B. back to back
 C. face to face
 D. side by side

▶ 十三、...but your friend can't go until he/she finishes cleaning his/her bicycle.(P1)

……但是你的朋友洗完自行车后才能去。

语言点 该句为主从复合句, not...until, “直到……才”, 在句中引导时间状语从句, 通常主句为将来时态, until 引导的时间状语用一般现在时。

I didn't tell her about it until the meeting was over.

直到会议结束我才告诉她那件事。

拓展

(1) ...until... 直到……才……

表达的意思是“直至某时某一动作才结束”。主句中动词为延续性动词。

(2) not...until...句型的两种重要用法:

①not until...位于句首时,主句用部分倒装。

②It is not until...that...是强调结构。

I'll wait until my father comes back from work.

我会一直等到爸爸下班回来。

Not until I began to work did I realize how much time I had wasted.

直到开始工作,我才意识到了我已浪费了多少时间。

It was not until she took off her dark glasses that I recognized her.

直到她摘下墨镜我才认出她来。

习题精选 13. (2012 · 辽宁) Not until he retired from teaching three years ago _____ having a holiday abroad.

- A. he had considered B. had he considered
C. he considered D. did he consider

十四、When he/she borrowed it last time, he/she broke it and you had to pay to get it repaired.(P1)

他/她上一次向你借它(照相机)时,把它弄坏了,你只好自己付钱请人把它修好。

语言点 本句中 get it repaired 是“get+宾语+宾补”结构,此处用 repaired 过去分词表被动,因为 repair 与 it 是逻辑上的动宾关系。

You'd better be careful not to get yourself hurt.

你最好小心些,别伤着自己。

I'll try my best to get the work finished in time.

我会尽全力及时完成工作。

拓展

“get+宾语+宾补”结构:

(1) get+宾语+adj.

(2) get+宾语+to do

(3) get+宾语+doing

I am busy now. You can get Tom to help you.

我现在很忙,你可以让汤姆帮你。

Could you get my watch going again?

你能让我的手表接着走吗?

习题精选 14. (2012 · 四川) Before driving into the city, you are required to get your car _____.

- A. washed B. wash
C. washing D. to wash

十五、While walking the dog, you were careless and it got loose and was hit by a car.(P1)

遛狗的时候,你不小心把狗松开了,它被车撞了。

语言点 本句中的 While walking the dog 是 While you were walking the dog 的省略。在 when, while, if, unless, once, though, although, as 等连词引导的状语从句中,如果从句和主句的主语一致,且从句中含有 be 动词,则从句中的主语和 be 动词可以一起省略。

She fell asleep while (she was) watching TV.

她看电视时睡着了。

The project is hard to stop once (it was) begun.

这项工程一旦开始,就很难停下来。

拓展

如果从句的主语是 it,且谓语动词是 is/was, 则 it 和 is/was 可以一起省略。

If (it is) possible, I'll show my students the film *The king's speech*.

如果可能,我会给我的学生们看看电影《国王的演讲》。

习题精选 15. (2012 · 安徽) When _____ for his views about his teaching job, Philip said he found it very interesting and rewarding.

- A. asking B. asked
C. having asked D. to be asked

十六、You will tell him/her that he/she should have studied...(P1)

你会告诉他/她,他/她本应该好好学习……

语言点 本句中 should have studied 意思是“过去本应该好好学习”,此结构为“should+have+done”,意为“过去本该做某事而未做”,而 shouldn't have done 则

表示“过去本不该做某事而实际上却做了”,两者都含有“责备”的口气。

You should have stayed at home last Sunday, but you didn't.

上周日你本该呆在家里的,但是你没有。

She shouldn't have spent so much time playing games on the Internet.

她本不该花那么多时间玩电脑游戏的。

拓展

can/could have done 本可以做某事而未做
can't/couldn't have done 过去不可能做了某事
must have done 过去一定做了某事
may/might have done 过去或许做了某事
need have done 过去本需要做某事而未做
needn't have done 过去本不需要做某事却做了

习题精选 16. (2012 · 北京) We _____ the difficulty together, but why didn't you tell me?

- A. should face
- B. might face
- C. could have faced
- D. must have faced

十七、I can well remember that there was a time when a deep blue sky, the song of the birds, moonlight and flowers could never have kept me spellbound. (P2)

我记得非常清楚,以前,湛蓝的天空,鸟儿的歌唱、月光和鲜花,从未令我心驰神往过。

语言点 句中的 kept me spellbound 是“keep+宾语+宾补”结构,spellbound 为过去分词,表示被动。

We must keep our teacher informed of what is going on in our class.

我们必须让老师知道班里正在发生的事情。

拓展

“keep+宾语+宾补”结构:
keep+宾语+形容词/副词/介词短语
keep+宾语+现在分词

While sleeping, you'd better not keep the windows open.
睡觉时,你最好不要开着窗子。

I'm sorry to have kept you waiting for a long time.
很抱歉让你等了那么久。

习题精选 17. They use computers to keep the traffic _____ smoothly.

- A. being run
- B. run
- C. to run
- D. running

十八、...it was the first time in a year and a half that I'd seen the night face to face.... (P2)
……这是我一年半以来第一次目睹夜晚……

语言点 本句中的“It is/was+the+序数词+time+that从句”表示:这是某人第……次做某事。

It is the first time that I have attended a wedding party.
这是我第一次参加婚礼宴会。

注意: 如果前面用 is,则 that 从句中用现在完成时;如果前面用 was,则 that 从句中用过去完成时。

It was the second time that she had come to Beijing.
那是她第二次来北京。

拓展

the first time 第一次,用作连词,后接时间状语从句。
for the first time 第一次,是介词短语,作状语,可位于句首或句末。
It is time that sb. did/should do sth. 某人该做某事了。

The first time I came to the city, I felt very excited.
第一次来到这个城市时我非常兴奋。

Brazil will hold the Olympic Games for the first time in 2016.

巴西将在 2016 年第一次举办奥运会。

It is time that you went to see your parents.
你该去看望一下你的父母了。

习题精选 18. It is the second time that he _____ at the meeting.

- A. smoke
- B. smokes
- C. has smoked
- D. had smoked

过关评测

I. 根据首字母或汉语提示完成单词

- 1 Although she was frightened, she answered in a c _____ voice.
- 2 Most of my friends like eating _____ (在户外) in summer.
- 3 She works too hard and has fallen ill twice recently. Her parents are very c _____ about her health.
- 4 You mustn't tell her anything, for she's got a l _____ tongue.
- 5 It took her an _____ (整个的) year to take care of her little dog.
- 6 The young man jumped into the river to save the boy and i _____ the danger of himself.
- 7 That country has the p _____ to hold the Olympic Games successfully.
- 8 In the last few years the director has made a s _____ of wonderful films.
- 9 The girl hid herself behind the _____ (窗帘) and looked out through the window.
- 10 After the lightning came the t _____.

II. 选用方框中的短语,并用其适当形式填空

at dusk set down on purpose no longer
be concerned about calm down a series of
in order to go through face to face

- 1 I had some difficulty in making her _____ after the accident happened.
- 2 The girl _____ lives here. She has left this city.
- 3 The street lights go on _____ and go off at dawn.
- 4 Please keep quiet _____ hear the teacher clearly.
- 5 If my son goes out at night, I will _____ his safety.

- 6 You'd better try to find a chance to talk to her _____.
- 7 She didn't move the picture _____; it was an accident.
- 8 The student always asks her teacher _____ questions.
- 9 It's good to see my grandfather looking so happy now; after all he _____ many things these years.
- 10 The girl was encouraged to _____ her ideas on a piece of paper.

III. 完成句子

- 1 她经常下班回家后遛狗。
She often _____ after she comes home from work.
- 2 住在法国时,他学会了些法语。
_____ in France, he picked up some French.
- 3 直到她回来我才开始演讲。
I _____ my speech _____ she came back.
- 4 这位老人记下了当时发生的一切事情。
The old man _____ everything that _____ then.
- 5 她的粗心加剧了我们的麻烦。
Her carelessness _____ our trouble.
- 6 你的朋友生气时,你应该尽量让她冷静下来。
When your friend is angry, you should try to _____.
- 7 上周末她本该去看望你的,但是她太忙了。
She _____ to see you last weekend, but she was too busy.
- 8 是在伦敦举办了2012年奥运会。
_____ in London _____ the 2012

Olympic Games took place.

- 9 你的电脑不工作了,你最好尽快让人修一下。

Your computer doesn't work and you'd better _____
_____ as soon as possible.

- 10 直到那时,村民们才意识到保护环境的重要性。

Not until then _____
_____ the importance of protecting the environment.

IV. 单项填空

- 1 She couldn't _____ how to use the new computer until the teacher showed it to her.

A. go through B. figure out
C. come up D. get over

- 2 After the reporter _____ what the old man said, she began to write her report.

A. set up B. set down
C. set about D. set out

- 3 Taking plenty of exercise every day can make you full of _____, I think.

A. power B. strength
C. energy D. force

- 4 We must keep our room clean. Dirt and diseases go _____, you know.

A. face to face
B. hand in hand
C. heart to heart
D. back to back

- 5 Time passed quickly and three months went by _____ we knew it.

A. when B. after
C. before D. till

- 6 The engine of the ship was out of order and the bad weather _____ the helplessness of the crew at sea.

A. added to
B. resulted from
C. turned out
D. made up

- 7 All of us were _____ about his safety when we heard of the accident.

A. careful B. concerned
C. grateful D. normal

- 8 The man was very rich and he had the _____ to make the things unpleasant for the boy.

A. force B. design
C. power D. habit

- 9 You have no idea what I've had to _____ during the last few months.

A. come up B. go through
C. get up D. give out

- 10 I don't think the girl broke the old vase _____; she was just careless.

A. by chance B. by accident
C. on purpose D. by purpose

V. 阅读理解

阅读下列短文,从每题所给的 A、B、C 和 D 项中,选出最佳选项。

Having friends may well keep you healthier and help you deal with stress better. Some studies show that people with close friends have a greater ability to fight disease than people who are alone.

Make friendship a priority. Find the time to be with friends even if it means letting the lawn go unmowed or the dishes unwashed for a while. When you can't get together, use the phone to keep in touch.

Open up to close friends. Maintaining a deep friendship requires a level of "psychological intimacy". Don't be afraid to express your inner fears and disappointments. Listen to your friends when they have problems, but offer advice only when it's wanted. Help reaffirm friends' self-esteem when they are shaken by a job loss, divorce, or other such events.

Have different friends for different activities, such as going to a movie, singing in a choir, and participating in a bowling league.

Don't wait for a friend to ask a favor. When a friend