

中学英语

300

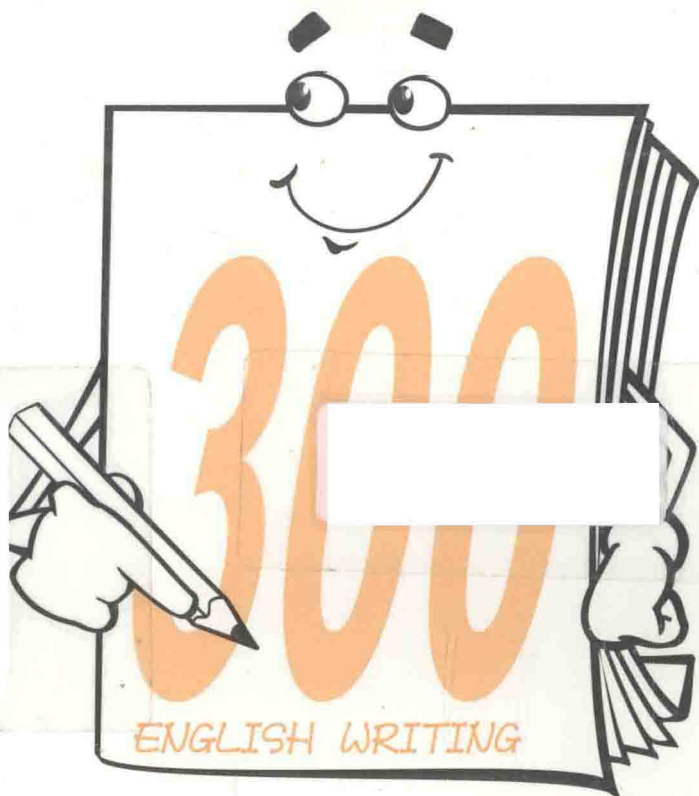
训练系列

十年畅销

全新拓展

郭凤高◎编著

高中英语高分作文



上海交通大学出版社
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内 容 提 要

本书是“中学英语 300 训练系列(拓展版)”之一,是根据历年英语高考作文题型和题材要求,专门为准备参加高考的考生编写的高分作文书。作者模拟高考要求设计常考作文话题,精心编写了 160 篇经典范文和 14 篇上海高考作文题参考范文,覆盖了英语高考常见题型和题材,堪为高考考生英语写作效仿之范本。

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前 言

本书是根据历年英语高考作文题型和题材要求,专门为准备参加高考的考生编写的高分写作训练书。全书由以下5大板块组成:

1. 记叙文和描写文(Narrative and Descriptive Writing 20篇)
2. 应用文(Practical Writing 20篇)
3. 看图作文(Picture Guided Writing 10篇)
4. 议论文(Argumentative Writing 10篇)
5. 上海高考英语作文题原创范文(1999年-2012年14篇)

每篇范文分5个部分:

● 题目要求

模拟高考要求设计易考作文话题。作者精心创作的60篇经典范文和14篇上海高考作文题原创范文,覆盖了英语高考的常见题型和题材。

● 范文赏析

认真阅读每篇范文右栏提供的解析,考生可以学会如何针对题目要求进行审题、谋篇,使文章围绕主题,结构清晰,布局合理,详略得当。范文中精彩的词汇和句子均以黑体显示,以引起注意。每篇文章都有字数统计。根据作者的经验,尽管高考作文字数要求为120—150词,但是实际字数以160-180词左右为最佳。

● 亮点词汇

一篇有文采的文章，必须有精彩的短语和句子，才能给人留下深刻的印象。“亮点词汇”就是把文章中最精彩的短语列出来，以引起考生的重视。

● 佳句欣赏

文章中的佳句往往被认为是比一般文章精彩的惊喜之笔，也是得高分的依据，考生在阅读和模仿时应加倍留意并仔细体会。本书对文章中的佳句提供准确流畅的译文，以帮助考生深入理解这些佳句的含义。

● 实践与提高

本栏目分“词汇拓展”和“句型模仿”两种形式。认真阅读其中某些经典词汇和重要句型的示例，考生一定能体会到，只要能掌握合乎惯用法的词汇搭配，只要能熟练套用英语的句型，就一定能写出地道、优美的英语句子来。

提高英语写作水平虽然是一个漫长的过程，但是熟读并模仿一些精品佳作可以缩短这一过程，本书堪为效仿之范本。

参加本书编写的还有李岳云、勇炽昌、陆振明、周瑞芬、蒋钧南、张静、张露茜等老师，在此表示衷心感谢。

郭凤高

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中学英语

300

训练系列

记叙文和描写文

300

ENGLISH WRITING

9

A Memorable Day

难忘的一天

● 题目要求:

Directions: Write an English Composition in 120-150 words according to the instructions given below in Chinese:

生活中常常会发生一些令人难忘的事。请以“难忘的一天”为题写一篇短文,说说某一天发生的让你难忘的事。

● 范文赏析(字数统计:187)

The memorable days are to be gathered like grapes, to be trodden and bottled into wine and kept for age to sip at ease. A memorable day in my life was when I learned that I **was admitted to** the senior high school three years ago.

That day dawned nice and bright. I got up early and **was just going to** wash my face **when** I heard a knock at the door. I hastily opened it, my heart pounding rapidly. Standing before me was a postman, with a bright red envelope in his hand. The words "Admission Notice" on it **caught my eyes**. I opened it, and to my great joy, I learned that I succeeded in entering the senior high school, one of the key schools in our district. My parents came to **share in my success and joy**. The house **was suddenly filled with delight and great rejoicing**.

After three years of hard study I have **laid a solid foundation** for my future study. Now I will soon graduate from the senior high school, facing new choice and challenge. I promise I will not let you down.

知道被录取的那一天是难忘的日子,它像葡萄酿成的酒,可以细细品尝。

详细地描写了知道自己被录取的那一刻。通过某些细节的描写:从听到敲门声,心跳,看到红色信封,到全家一片欢腾等,十分生动地表达了至今仍历历在目的场面,的确令人难忘。

三年过去了,至今又面临新的挑战,作者以“不会让大家失望”结束全文。

● 亮点词汇

- 1) to be trodden 被捣碎
- 2) to sip at ease 一小口一小口悠闲地喝
- 3) be admitted to 被录取到
- 4) catch one's eyes 映入眼帘;引起注意
- 5) share in one's success and joy 分享某人的成功与欢乐
- 6) not let you down 不会让你们失望

● 佳句欣赏

- 1) The memorable days are to be gathered like grapes, to be trodden and bottled into wine and kept for age to sip at ease. 令人难忘的日子应该像葡萄一样收集在一起,捣碎后装入瓶子,酿成美酒,留着日后细细品尝。
- 2) That day dawned nice and bright. 那天一大早就阳光明媚。
- 3) Standing before me was a postman, with a bright red envelope in his hand. 站在我眼前的是一位邮递员,手中拿着一只鲜艳的红色信封。

● 句型模仿

be just going to ... when ... “正要…时,突然…”

- 1) He was just going to speak when the bell rang. 他正要说话,这时铃响了。
- 2) I was just going to leave the restaurant when another traveler came in. 我刚打算要离开这家饭馆时,突然另一位旅客进来了。
- 3) I was just going to tell you when you interrupted. 我正要告诉你,你突然把话打断了。
- 4) They were just going to get on when suddenly there was a loud noise behind them. 就在他们准备上车时,突然从他们后面传来一声巨响。



A Big Decision 一项重大决定

● 题目要求:

Directions: Write an English Composition in 120-150 words according to the instructions given below in Chinese:

生活中常有一些时候要做出艰难的决定。请以“A Big Decision”为题,写一篇短文。内容应该包括:

1) 做了什么重大决定。2) 做这一重大决定的过程。3) 你的体会。

● 范文赏析(字数统计:183)

The biggest decision I ever made was to forgive my neighbor who once annoyed me. And it turned out to be the best decision of my life.

My next door neighbor had a daughter who was learning to play the piano. Every morning at about 5 o'clock I was constantly woken up by the noise of her piano practice. I wanted to argue with them about it, but **on second thoughts** we might have to be neighbors for many years. Since their piano was actually against my bed-head, we **shifted our furniture**. **The relief seemed appreciable**. I also changed my time schedule and got up a bit earlier to do morning reading.

Now I have formed the habit of early rising, expecting to hear her piano while preparing my lessons. I benefited a lot.

Forgiveness is a gift we give to ourselves. It is not something we do for someone else. It challenges us to give up our destructive thoughts and to believe in the possibility of a better future. It builds confidence that we can survive the trouble and grow from it.

我的重大决定:原谅别人。

事情的经过。隔壁邻居的钢琴声给我带来的麻烦。希望成为好邻居。改变自己的生活习惯以适应新的情况。

现在已经适应,并从中得益。

文章总结了做出这一决定(原谅别人)的深刻体会。

● 亮点词汇

- 1) on second thoughts 经再三思考
- 2) shift our furniture 移动了我们的家具
- 3) The relief seemed appreciable. 这样一来似乎有些效果。
- 4) give up our destructive thoughts 放弃我们去伤害别人的想法
- 5) build confidence 建立信心
- 6) survive the trouble 渡过难关

● 佳句欣赏

- 1) The biggest decision I ever made was to forgive my neighbor who once annoyed me. 我做过的最大的决定就是原谅了曾经让我恼火的邻居。
- 2) Forgiveness is a gift we give to ourselves. It is not something we do for someone else. 宽恕是给自己的一份礼物。这不是我们为别人做事。
- 3) It challenges us to give up our destructive thoughts and to believe in the possibility of a better future. 它激励我们放弃伤害别人的想法,相信这样做会有更美好的未来。
- 4) It builds confidence that we can survive the trouble and grow from it. 它让我们树立信心,度过令人困扰的难关并从中成长。

● 词汇拓展

turn out to be “结果是”

- 1) In their opinion I turned out to be a useful and trustworthy colleague. 他们认为,我变成了一位有用并值得信赖的好同事。
- 2) This is the first time something like this has turned out to be a positive. 像这样的事情向积极的方向发展,这还是第一次。
- 3) And when he got fired at the age of 30 it turned out to be one of the best things that ever happened to him because a few months later he got a better job. 然而就在他 30 岁的时候他被这个公司炒了,而这件事成了他生命中发生的最好的事情之一,因为几个月之后他找到了一份更好的工作。

3

My First Swimming Lesson 我的第一堂游泳课

● 题目要求:

Directions: Write an English Composition in 120-150 words according to the instructions given below in Chinese:

描写第一次学习游泳的经历。内容应该包括:

- ⊙ 学习游泳,接受挑战
- ⊙ 学习游泳的经过
- ⊙ 从学习游泳中得到的启示

● 范文赏析(字数统计:163)

Learning something new can be both scary and interesting. One of the things I wanted to do was to learn how to swim. I was always afraid of the water, but I decided swimming was also a challenge.

New situations always make me a bit nervous, and my first swimming lesson was no exception. After I changed into my bathing suit, I **stood timidly in the pool**, waiting for my friends to teach me. When they saw I was a little afraid, they encouraged me and patiently taught me. I learned hard. **Little by little**, I could float on the water. **It was great fun.**

I was glad that the first time I was in the pool I could already swim a short distance. I was confident that **soon enough** I would be able to swim quite well.

Swimming could help me to become physically stronger. What I didn't realize was that learning to swim would also make me a more confident person.

以“Learning something new can be both scary and interesting.”引入议题,接受挑战。

第二段以第一个句子为主题句,然后围绕该主题句展开。学习游泳的过程:克服了恐惧,从中得到了乐趣。

坚信自己很快就能学会游泳。

游泳得到的启示。

● 亮点词汇

- 1) be both scary and interesting 既可怕又有趣

- 2) stood timidly in the pool 胆怯地站在游泳池里
- 3) little by little 渐渐地
- 4) It was great fun. 真是有趣极了。
- 5) soon enough 很快
- 6) make me a more confident person 让我成为一个更自信的人

● 佳句欣赏

- 1) New situations always make me a bit nervous, and my first swimming lesson was no exception. 新的环境总让我有点紧张, 我的第一堂游泳课也不例外。
- 2) I was glad that the first time I was in the pool I could already swim a short distance. 我很高兴, 第一次来到游泳池我就能游一小段距离。
- 3) Swimming could help me to become physically stronger. What I didn't realize was that learning to swim would also make me a more confident person. 游泳可以使我的身体更为强壮。我没有意识到的是, 学习游泳, 还能让我成为一个更自信的人。

● 句型模仿

... is/was no exception “...也不例外”

- 1) All the major cities had their parades this weekend and San Francisco was no exception. 主要的大城市都有这样的游行, 旧金山也不例外。
- 2) Recent months has seen a torrent of troubling economic news, and last week was no exception. 最近几个月来, 经济麻烦的消息接连不断, 上个星期也不例外。
- 3) He may be a rising superstar and on his way to his first million. But rules are rules and Paul Potts is no exception. 他也许会是一个冉冉升起的巨星, 正行进在销量第一个百万唱片的路上。但是走进这个行业就必须遵循行规, 保罗·珀特斯也不例外。



A Change in Football Position 换位

● 题目要求:

Directions: Write an English Composition in 120-150 words according to the instructions given below in Chinese:

生活中常常有些事情让你受到教育,并给你留下深刻的印象。请以此为主题,描写一件让你受到教育的事情。

● 范文赏析(字数统计:189)

Some people are great in school and ace all the tests. I can't do those things all that well, but I am good at football. From the earliest days, I was the best **center forward on school football team**. Over the years I improved a lot.

Then one day, a newcomer Liu came to our school. He was also good at football. He **showed up at practice** and his skills surprised all of us. **I was glad he was going to be an addition to our team until I heard people say he could be a better center forward.**

That night I walked home feeling bad. **I wanted him gone.**

A week later, when the coach said Liu was to play center forward, Liu answered, "No. Don't let me take his place. Let me play wing forward."

My mouth dropped open. Liu didn't just know how to play, he also cared about how his teammate felt.

"No, Liu should play center forward." I said and co-operated well with him.

I know Liu is a better player than me. Now I am really glad to have him on our team.

我的特长是足球,从小一直擅长踢中锋。

球队里来了一位优秀的运动员,可以成为更好的中锋,故事的矛盾展开。

新队员的反应出乎我的意料。

我受到了教育。从“wanted him gone”转变为“glad to have him on our team”。