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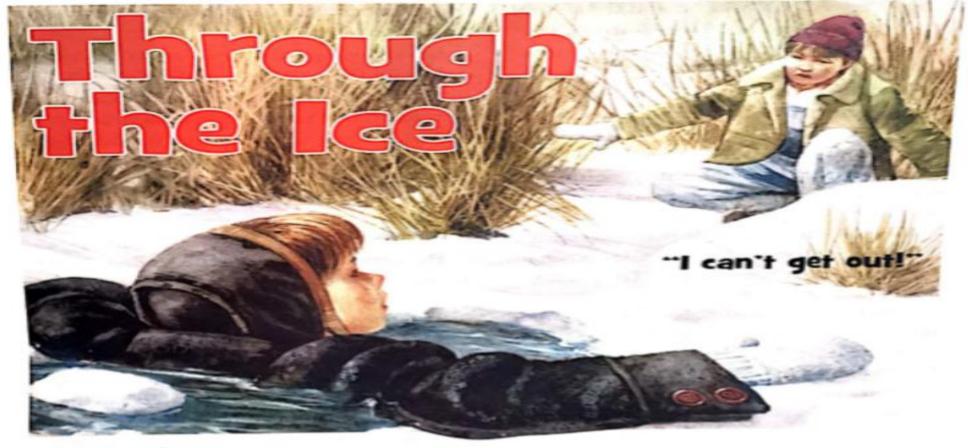








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冰窟惊魂

余杭区树兰高级中学 郭合英

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Step 2

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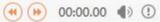
Step 4



Analyse the article 文本解读

Episodic reasoning 情节推理 Thematic sublimation 主题升华





•)=





Never go out of your way to please others and change your original self 永远不要刻意去讨好他人 而改变最初的自己

Step 2 Analyse the article 文本解读 读后续写(满分25分) 阅读下面短文,根据所给情节进行续写,使之构成一个完整的故事。 About a half-mile behind our Minnesota farm lay a pond. In summer, my brother <u>Harry</u> and I would run through a stand of oak trees to skip stones there. The pond wore a collar of black mud. It was not a place for swimming. In late summer, the pond would be covered by a green and bubbly scum(起泡的浮

渣). Sometimes a strong, unpleasant smell rose from it. We stayed away.

When winter came, the pond was once again an inviting place. One day when ice covered it, Harry said to me, "Try walking across."

The ice looked solid. No water showed through it, but I hesitated. "Go ahead." Harry urged. "Try it. You're lighter than I am. If the ice holds, we can run and <u>slide</u> carefully on it. It'll be fun." I wanted to <u>please</u> Harry, and I thought about the fun of a long slide on the ice. I began to slide across the pond.

Step 2 Analyse the article 文本解读

In the middle of the pond, the ice gave way with a <u>sudden</u> crack(裂缝)! I stretched out(伸展) my arms. The next thing I knew I was hanging on to the edge of a hole in the ice by arms outstretched on the ice. From my shoulders down I hung in <u>icy</u> water. I thought of the bottom of the pond. I knew it would be black and awful down there, full of mud and maybe rotting creatures.

I tried to <u>climb</u> out of the hole, but when I got a knee on the ice, it broke like window glass. Again and again I tried to get out. Again and again the ice broke into pieces. The hole widened. I was wearing a <u>coat</u> of heavy material. As it became completely wet, it <u>dragged</u> me down. I was tired of the struggle and rested with my arms stretched out on the ice.

I looked at Harry on shore. He seemed rooted to the spot. "I can't get out!" I screamed when I caught some breath.

Step 2 Analyse the article 文本解读

注意:

- 1. 所续写短文的词数应为150左右;
- 2. 至少使用5个短文中标有下划线的关键词语; WWW-SUILEOIL.COIL
- 3. 续写部分分为两段,每段的开头语已为你写好;
- 4. 续写完成后,请用下划线标出你所使用的关键词语。

Paragraph 1:

Harry turned and ran from the pond. _

Paragraph 2:

The moment I crashed through the kitchen door, sobbing, mum rushed over.

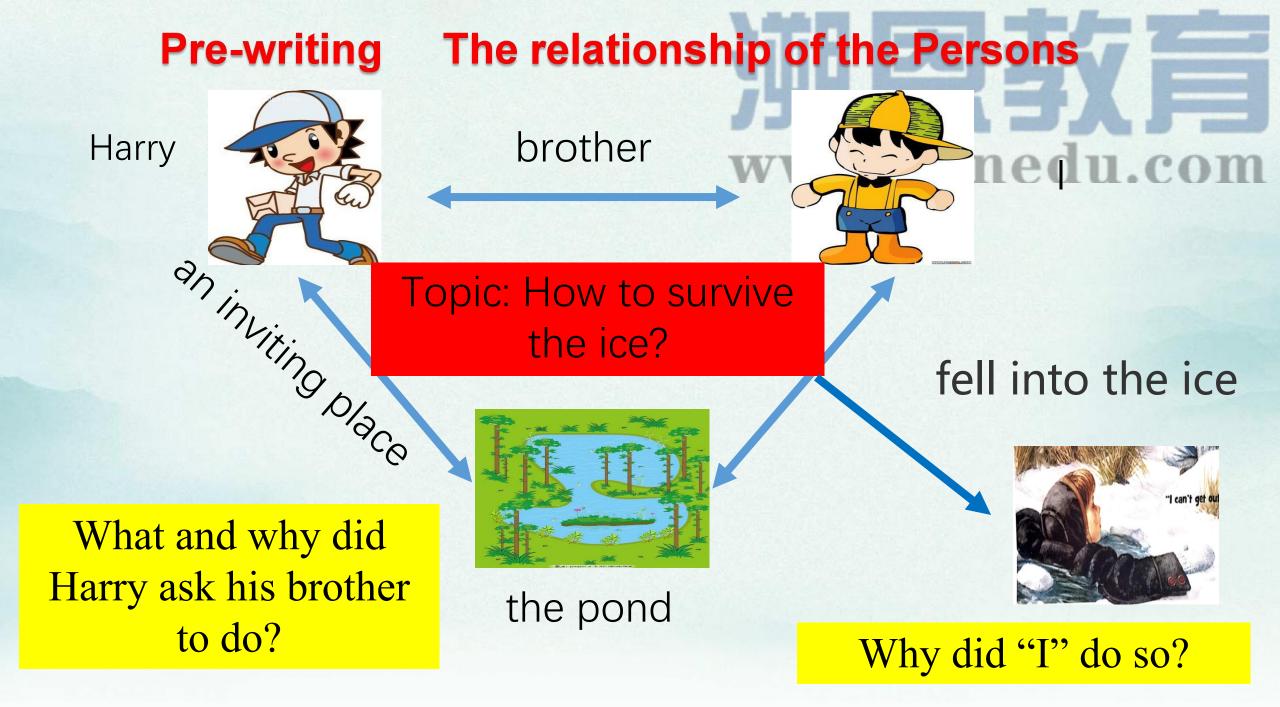
What's the style of the passage? Narration (记叙文) B. Exposition (说明文)

Pre-wrting

C. Argumentation (议论文)

when where what why how

who



A. It can help to remember the "1-10-1 principle".
B. However, if you remain calm, it can save your life.
C. Remove any clothing or heavy objects that are weighting you down. **CO**D. Thus you will remain visible for rescue, even if you pass out.
E. Kick hard and use your arms and hands to climb out of the water.
F. Remember that you should always stay off ice that's only 3 inches.
G. Place your arms over the surface of the ice and remain still.





It can be truly terrifying to fall through ice on a frozen lake. <u>1.</u> In fact, there is more time to help you survive than you think.

As you first hit the freezing water, you will almost breathe quickly at once. Remember to get control of your breathing and not to move aroun A Solution means that it takes about one minute to gain control of your breathing, ten minutes to move before you get too cold. The final one is to remind you that it will take one hour before you become unconscious.

Take that first minute and fully focus on your breathing. Slow it down, and then look around to see if you can locate the thickest area of ice. When you locate the ice, stretch your arms over the surface, and then begin to flutter-kick(上下打水)until your body becomes horizontal with the surface.

It is possible that you can live for several hours after passing out. This, however, does require some planning. You only have about 10 minutes before your muscles and nerves become too cold to work. Besides, what if you feel too weal to go on and you cannot get on G point is to encourage your coat to freeze to the ice, so that if you lose consciousness, you will keep your head out of ice. D



七选五 How to survive the ice?

Discussion Jife Straighteedu.com



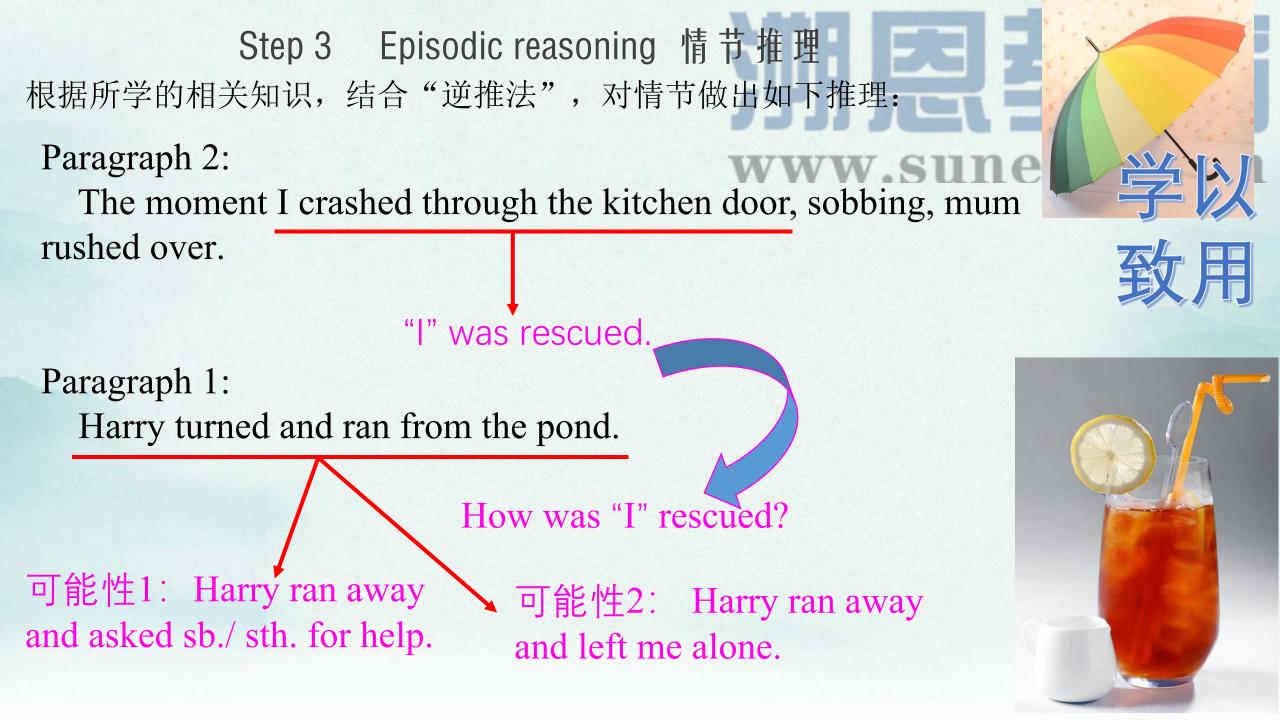
语法填空



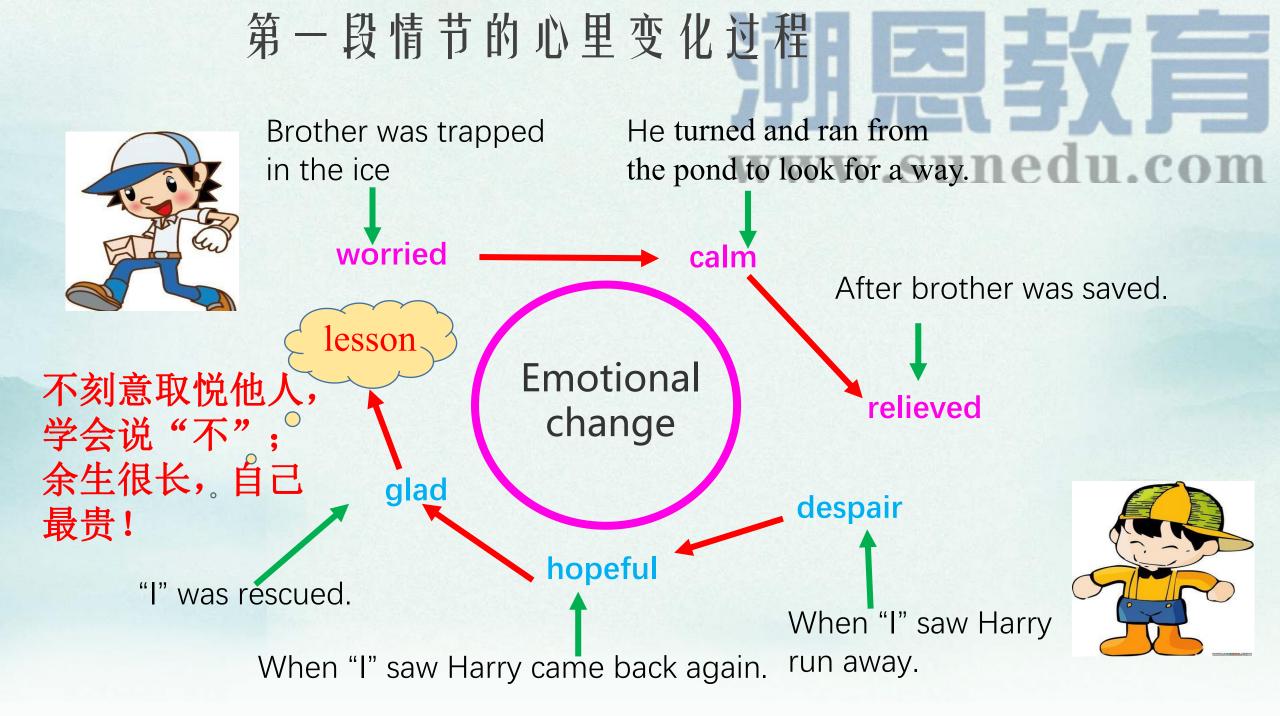
northern (north) climates with lots of lakes and rivers, ice is In common sight during the colder months. The formation of а ice provides the opportunity to enjoy a variety (ary) of winter activities, such as ce fishing, playing hockey and crosscountry skiing. However, unless the ice is thick and can withstand your weight (weigh), there is a danger of falling through the ice into extremely (treme) cold water. Once _ in the water, panic, hypothermia and drowning are all difficult challenge to overcome (overcome Surviving Survive) a fall through the ice is certainly possible, but it <u>takes</u> (take) courage and knowledge of some life-saving tips.











关于"worried" 的表达积累:

BrainStorm 1. Keyed Up (俚语):紧张不安的; 焦躁的 讨论并积累 Stop pacing the floor. Relax. Why are you so keyed up? 不要来回走了,放松!你为什么如此不安? 2. Harry felt like a cat on hot bricks.

3. Sally said I should try skydiving, but I had cold feet. 赛丽说叫我试试跳伞,但我退缩了。

"心情"驿站

4. Cross a bridge before one comes to it.(俚语) 事情还没发生就担心起来

的表达积累:

关于"despair" 1. I was thrown into a dark world and sank into hopelessness. 2. She felt seized by a burst of despair and couldn't help

crying bitterly.

3. A flood of despair took hold of me.

4. My heart ached, tears streaming down my cheeks.

5. I felt blue 感到绝望; 感到无精打采

6. I am in a black mood 情绪极差

关于"relieved" 的表达积累:

关于"happy" 的表达积累: 1. My worry gave way to relief. ww.sunedi.com

BrainStorm

讨论并积累

2. A feeling of relief slowly crept up on me.

"心情"驿站

3. It is gratifying that I survived the ice.

His face beamed and his bright smile lit up the room.
 He danced with joy and sweetness. (次欣雀跃)
 I was on the top of the world. 非常幸福、心满意足
 be on cloud nine 高兴极了;异常兴奋;乐不可支
 be walking/floating on air 很开心
 over the moon 欣喜若狂
 have the time of one's life 度过愉快的经历,异常高兴
 be full of the joys of spring= be very happy 非常高兴

关于"afraid"的表达积累:

1. I was scared to death with eyes full of horror. 被吓得要死, 眼睛里充满了恐惧。

"心情"

¥

- 2. I was struck with horror. 我被吓呆了。
- 3. I was choked by fear. 我被吓得透不过气来。
- 4. I felt so scared that my throat tightened and my knees felt weak. (嗓子发紧,膝盖发软)
- 5. I froze with terror, too scared to move an inch. (吓呆了, 不敢动弹)
- 6. I was seized by a strong sense of horror and my palms were sweating. (我被深深地恐惧感所控制, 手心出汗)
- 7. The horrible scene made my blood run cold and struck fear into my heart. 那可怕的场面使我毛骨悚然,使我胆战心惊。
- 8. That made me feel sick and shivery(抖的).
- 9. All sorts of nightmare pictures came into my mind 10. I shook all over in a cold sweat. 我冒冷汗,直哆嗦。



BrainStorm

关于"afraid"的表达积累:

11. A terrible fear took hold of/seized me.

- 12. Fear slowly(quickly) crept upon me 恐惧爬上我的心头
- 13. I didn't have the nerve(没有胆量) to move an inch and I was shaking like I had rubber bones. (软骨头)

情"

14. My face turned pale and I stood there tongue tied. (舌头打结).

15. A flood of fear welled up in me. / Fear flooded over me.

一阵恐惧涌上我的心头。

16. The horrible scene just made my hair stand on end. (令我头发倒立) 17. I was sick with fear, but the thought of the consequences urged me on.

我吓得要死,但一想到后果,我就只有往前 18. His mind was a haze of fear and confusion. 由于害怕和困惑,他的脑子一片混沌。



BrainStorm

讨论并积累

备胎词汇

- 1. put one's ass on the line. 冒险做某事
- 2. ring a bell. 回忆起某事
- 3. get one's feet wet. 第一次做某事
- 4. After he knew what the problem was, his mind began to race, trying to think of a good solution. (飞速运转)



sunedu.com

"动词荟萃"+"妙语连珠" Cry, sob, weep, blubber 1. He burst out crying. / He burst into tears 2. There was a lump in my throat (因感动、悲伤而哽咽, 喉咙哽住) 3. Harry lifted the lid, tears beginning to blur his vision(眼泪模糊他的双眼) 4. Harry came round later, crying his eyes out, asking me to forgive him 5. I looked up at Harry through red-rimmed eyes. 6. I turned on the waterworks before Mum. (口语)(撒娇)哭出来,(故意)哭起来 7. Tears welled up in her eyes. 8. Her eyes were blurry with tears.

"动词荟萃"+"妙语连珠" push, pull, pinch, catch, seize, grip, cast, drag, tear, raise, cast, stretch, wave, snap, scratch, point, flip, hand, carry, pass...edu.com

clap one's hands 拍手 put one's hands on 找到 hold sth. tight in one's hand 手里紧紧拽着 slap sb. on the back 拍某人的背 signal/ wave sb. to be quiet 示意某人安静 be on one's hands and knees 四肢着地 hug sb. tightly 紧紧抱住某人 fumble for 摸索着找 follow his pointing finger 顺着他指着的方向看过去 He patted my head. He was squeezing my wrist so hard that it ached. 紧紧地捏着我的手腕,疼得厉害。



"动词荟萃"+"妙语连珠"
 "动词荟萃"+"妙语连珠"
 "动词荟萃"+"妙语连珠"
 "ddel(蹒跚行走), stagger(摇摇晃晃),
 "trudge(步履艰难), walk on tiptoe(蹑手蹑脚),
 sit cross-legged(盘腿坐), squat(蹲着),
 hop(单脚跳), stand on one leg(单脚站立), skip, trip, slip,
 fall, limp, crawl, kneel, chase, jog, dash, race, parade, jump

stamp one's feet 跺脚 jump/ bounce/ leap up and down 上蹿下跳 sneak/slip/ steal into 偷偷溜进 stagger/ struggle/rise/ jump to one's feet 站起来 kneel down 跪下 A hot pain shot through my leg. 一阵剧痛急速穿过我的腿。



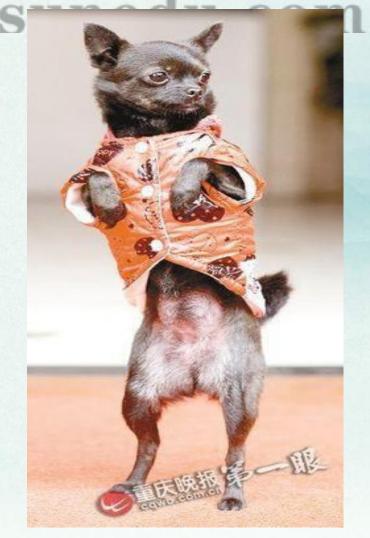
stand, be on one's feetwww.

"动词荟萃"+"妙语连珠

- They all just stood there staring at me, motionless. (不动地)
- 2. She planted her feet firmly in front of me. 她坚定地站在我面前。

站

- 3. For a moment I just stood there, paralyzed (呆若木鸡)
- 4. I stood rooted to the ground, my mind going blank. 我站在那里一动不动,脑子一片空白



推测第二段情节、计目目目目

Paragraph 2:

The moment I crashed through the kitchen door, sobbing, mum rushed over.

- What was Mum's reaction when she saw me wet
 through the body?
 2. What did Mum do and say?
 - 3. What was Harry's reaction?
 - 4. What did that teach "me"?

你若盛开,蝴蝶自来,取悦别人,不如丰富自己,;余生很长,自己最贵,从现在开始,学 会拒绝!





"心情" 驿站 BrainStorm 讨论并积累 关于"angry"的表达积累:

- 1. He was seized by anger that he stormed out of the room, slamming the door furiously behind him.(怒气冲冲地冲出房间;狠狠摔门)
- 2. Boiling/Fuming with rage. he shook his fist at me.(怒火中烧;挥舞拳头)
- 3. Filled with fury/Flying into a rage, my mother was unable to utter a single word. (充满愤怒;说不出话)
- 4. He was breathing fire and fury.他充满着怒火
- 5. His face clouded with anger.他气得脸色阴沉,
- 6. All at once a feeling of anger swept through him.
- 7. His green eyes were shining with irritation/anger, and his voice trembled with anger.
- 8. He was sweating and burning with rage.(满头大行,怒火中烧) / He glared at me with burning eyes.
- 9. Harry's reply fueled(激起了) Mother's anger and she erupted like a volcano.
- 10. He ran out of the room in a burst of anger.

关于"ashamed" 的表达积累:



1. She felt so ashamed that she could feel her face burning.

BrainStorm

讨论并积累

liner

(脸上滚烫) 2. So ashamed was she that she could feel the blood rush to her face. (血液涌上脸颊)

鲜站

"心情"

3. So ashamed did he feel that she was close to tears.

(快哭了)

blame, scold, criticize, accuse, condemn, consure, denounce, reprimand, rebuke, reprove, chide, tell off, dress down(俚语)

1. He never listened to us when we told him off. 我们的斥责他从来就听不进去。

2. The headmaster called the boys into his study and administered a stern rebuke.

校长把男孩子们叫到他的书房进行了严厉斥责。

"动词荟萃"+"妙语连珠

3. My mother denounced Harry in the face of me. 母亲当着我的面训斥了Harry.

4. The teacher gave John a good dressing down for being tardy to class three days in a row. Jonn—连三天迟到, 那位老师把John责备—通 "动词荟萃"+"妙语连珠" strike fear into sb, be fear-ridden, be terror-stricken, be prostrated with fear, tremble with fear, be thrown into panic, chilled with fear, panic-struck, shake/shiver in one's boots, be all of a jump, be thrown into panic, give sb. the jumps, all of a jump, feel alarmed

1. The bombing attack struck fear into their hearts. 原子弹的袭击使我万分恐慌。

胆战

2. I knew that something was going to happen and I was fear-ridden. 我知道有事情要发生,这是我胆战心惊。



破游戏,让我心惊胆 战的

 Jane's gone rock climbing with her boyfriend once or twice. she says that it makes her hair stand on end when she looks down at hundreds of feet of empty air.
 简和她的男朋友作过一两次攀岩。她说当她在数百英尺高处朝下望时,只见脚下 空荡荡的,吓得她胆战心惊。

a possible version

Para. 1

He turned and ran from the pond. At that moment, there was only one belief in his mind that he must save his own brother. He knew if his brother stayed in the water too long, he would die. Harry felt like a cat on hot bricks. He must think of a solution to make his brother climb out of the icy water. To search for objects that could help his brother, he ran to the oak trees like an arrow that left spring. For me, staring at his familiar figure out of sight, my mind went blank. My heart ached, tears streaming down my cheeks. I worked my fingers to the bones to crawl out by myself, but nothing came of it. I was thrown into a black world, crying desperately. It was at this moment that I saw Harry ran towards to me with a large, black, V-shaped oak branch. My worry gave way to relief in no time. He lay on his stomach, pushing the branch before him and wound his way towards me. I grabbed the branch with care and was ultimately dragged out of the icy water by Harry. What a narrow escape! We staggered shiveringly home, with my wet clothes dripping and my shoes squishing and squirting water.

Para. 1

He turned and ran from the pond. Watching him walk out on me, I was seized by a strong sense of horror, feeling I was thrown into a dark world and sank into hopelessness. The icy water made me shiver with coldness and fear, and I cannot resist crying with my eyes closed, reckoning that I would die . However, survival instinct made me compose myself. Failed as I had many times, my mind began to race, trying to think of a good solution. With my arms still stretching out on the ice, I discreetly fumbled for something that is hard with my foot under the ice. All of a sudden, a hard thing touched my foot, maybe a stone, many tortoise shells (the tortoises died in summer) or something. A feeling of hope slowly crept up on me. Supported by hard objects, I moved inch by inch. As if a century had passed, Ultimately, I crawled out of the ice hole. Staying flat on the ice, I rolled on it and survived. My face beamed and my bright smile lit up the whole sky. At this time, Harry came back with a oak limb in his hand. Looking at me rolling on the ice safe and sound, he rooted on the ground with his mouth opened.

"欧亨利式结尾"小尝试

a possible version

Para. 2:

I crashed through the kitchen door, sobbing, mum rushed over. Looking at me shivering with cold, She asked in surprise, "what had happened?" Before I answered, she quickly took off my wet coat and gave me a hot bath. After then, she asked me to rest on the bed. I sobbed out my grievances to her. Furning with rage, she told Harry off. His head drooping, Harry was fear-ridden, saying nothing. So ashamed was he that he could feel the blood rush to his face. Scolded as he was, he didn't change himself thoroughly, I changed myself root and branch. After that, the pond put a brand in my heart that I could never erase. It was "the pond" that made me understand at times we should say "No" to others in the first place. I didn't try to please others any more to put my ass on the line. For the rest of my life, I myself am the most expensive.

读后续写原文欣赏

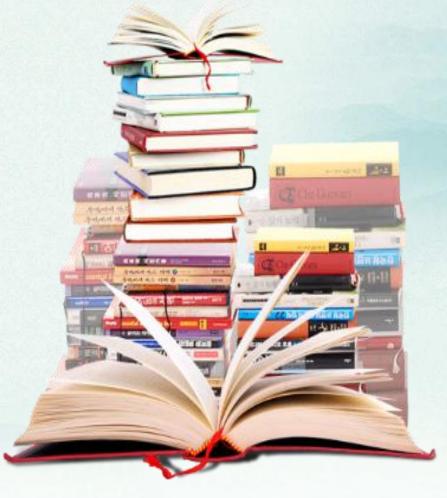
He turned and ran from the pond. As I looked at his back, I wondered: Is he running for help, or is he running away and leaving me to **slip**²¹ to the bottom?

I was surprised to see him **bend**²² and pick up a large, fallen oak **limb**²³. It was black and V-shaped. He ran with it toward the pond. At the edge, he **flopped**²⁴ to his stomach, pushed the limb before him, and **wriggled**²⁵ toward me. When a **slender**²⁶ top branch was within reach, I grabbed for it. It did not break.

Hand over hand²⁷, I pulled myself from the hole. I began to stand. I wanted to run from the pond as fast as I could run. Harry yelled, "Get down! Stay flat on the ice or it'll break again." I obeyed. Harry wriggled backward toward shore, **towing²⁸** the limb. I hung on to a branch and wriggled toward shore on my stomach.

Off the pond, we ran toward the house. My **overshoes**²⁹ **squished**³⁰ and **squirted**³¹ water. My clothes **dripped**³².

期恩载(同) ww.sunedu.com



Near the house Harry said, "I'm making myself scarce³³."

读后续写原文欣赏

I crashed through the kitchen door, sobbing³⁴, "I fell through the ice." Mother rushed over, un-buttoned my coat, and stripped³⁵ my clothes from me. She filled a tub³⁶ with hot water. The bath stopped my teeth-chattering chill³⁷, and I was able to tell her all that had happened.

After the bath, I was given a cup of hot milk to drink and was sent to bed. "I don't want you to get **pneumonia**³⁸," said Mother. I heard Mother call Harry. I heard him come into the kitchen. I heard loud voices. He was being **lectured**³⁹ about getting a younger **sibling**⁴⁰ into trouble. He was sent to bed as punishment.

I do not think it changed him, because when summer came he wanted me to **parachute**⁴¹ from the **loft**⁴² of the big red barn to a small **scattering**⁴³ of hay on the ground. He handed me a **gunnysack**⁴⁴ to use as a parachute.

"You go first," he said. "Try it, Sis. It'll be fun."

But I had changed. I said no, and so got through the rest of my childhood safe of **life** and limb⁴⁵.

Step 4 Thematic sublimation 主题升

If you don't want to do something for somebody, you should manage to say "No." in the first place.

The moment you give in, you've given them the impression that they can use your time as long as they try hard enough.

No "Let me see."

美文欣赏

No "Maybe."

Just "No." and a "Sorry." if you want to be polite.

Or you can ask "How much?" if it suits you.

Time is the most precious thing that we have.

Once you lose a piece of it, you can never get it back.

And you have the freedom to decide how to use each piece of it.

So if someone want a piece of your time, they have to be worth it, either by being someone you truly care about or by providing enough payment. Let me say it once again.

Time is the most precious thing that we have. Learn to refuse when people ask for your time.



人生需要学会拒绝,教你一些花式英文拒绝表达公式 3 普通say no: 文艺式say no: 1. No. = 不。 13. Dream on. = 做梦去吧。 2. Nope. = 不。 14. You wish. = 想得美。 3. No way. = 没门。 15. Like hell. = 打死也不。 4. Not likely. = 不可能。 16. When pigs fly. = 怎么可能。 5. Absolutely not! = 当然不。 17. Not a chance. = 休想。 6. Sorry. = 抱歉,不行。 18. Save your breath. = 省省吧。 7. Forget it. = 算了吧。 19. In a pig's eye. = 才不呢。 2 20. Only in your dreams. = 做梦吧你。 马景涛式say no: 21. Over my dead body. = 除非你从我的尸体上压过去 8. Wrong! =错! 22. Not in a million years. = 再等1百万年吧。 9. Lies! = 骗人! 23. You couldn't pay me to do it. = 给我钱我也不。 10. Bull. = 胡扯。 24. You're lying through your teeth. 11. Baloney. = 胡说。 =你简直就是睁着眼说瞎话。 12. Horsefeathers! = 瞎说!

人生需要学会拒绝,教你一些花式英文拒绝表达公式

4 程序猿say no: 25. It stinks. = 讨厌死了。 26. It sucks. = 太差劲了。 27. It's awful. = 糟糕之极。 28. It's terrible. = 太可怕了。 29. It's ugly. = 烂透了。 30. It's hideous. = 糟透了。 31. It's dreadful. = 糟透了。 32. It's not my style. = 不是我的菜。 33. It's not for me. = 不适合我。 34. It's hell on earth. = 简直就是人间地狱啊。

5 That式say no: 35. That's **insane**. *** 荒唐至极.edu** 36. That's **insane**. *** 荒唐至极.edu** 36. That's unthinkable. = 难以想象。 37. That's not true. = 假的吧。 38. That's not right. = 不对。 39. That's out of the question. = 绝不可能。

6

"I"式say no:
40. I don't like it. = 我不喜欢。
41. I don't think so. = 我不这么想。
42. I hate it. = 我最讨厌这个了。
43. I disagree completely. = 我完全不同意。
44. I couldn't disagree more. = 真心不同意。
45. I can't stand it. = 我受不了了。
46. I don't care for it. = 我才不管呢。

人生需要学会拒绝,教你一些花式英文拒绝表达公式

"You"式say no:
47. You're wrong. = 你错了。
48. You're out of luck. = 你真倒霉。
49. You're way off base. = 大错特错。
50. You don't know what you're talking about. = 你根本不知道自己在说什么。



第一节完形填空(共20小题;每小题1.5分,满分30分) 阅读下面短文,从短文后各题所给的A、B、C和D四个选项中,选出可 以填入空白处的最佳选项。 Homework

Cruz Gent, 11, and Anthony Skopick, 10, couldn't agree. Were the <u>1</u> <u>0</u> out on the ice ducks or geese? There was only one way to find out. So on a

2 January evening last year, the two friends 3 onto the frozen pond near their homes to get a better 4.

First they threw a rock onto the ice to test it. Then they stepped on it. Convinced the ice would __5__ their weight, Anthony took a few steps, then... FOOMP. He crashed through the __6_ frozen surface. Instantly Cruz rushed to help his __7_ friend. FOOMP — the pond swallowed him too.

Cruz 8 to lift himself out of the icy water and onto a more solid section. He then 9 worked his way toward Anthony. But the ice didn't hold, and he fell in again. This time, he couldn't get out.

The boys were up to their necks in the cold water and quickly 10 feeling in their arms and legs. Any chance of their freeing themselves was slipping away. Cruz was sure he was going to 11. Anthony's older sister had seen the boys fall through the ice and 12 screaming for help. John Lavin, a 13 driving nearby on his way to the grocery store, heard her. He quickly 14 . Seeing the boys, he grabbed a nearby buoy (浮标), 15 his shoes, and ran into the icy water, making his way through the ice with his free fist. Finally, Lavin got close to Cruz and Anthony and pulled them back to 16 . They were taken to the hospital, where 17 discovered that their five-minute stay in the water had 18 their body temperature nearly ten degrees. 19, the boys have fully recovered, but they are still impressed by their 20 neighbor. "Just think," says Cruz, "if he hadn't been there, I could have died."



Homework

1. A. birds 2. A. warm 3. A. climbed 4. A. smell 5. A. gain 6. A. firmly 7. A. panicked 8. A. pretended 9. A. gratefully 10. A. making 11. A. disappear 12. A. stopped 13. A. neighbor 14. A. gave in 15. A. put on 16. A. land 17. A. workers 18. A. lowered 19. A. Hopefully 20. A. polite

B. boys B. cloudy B. fell B. look B. keep B. seemingly B. excited B. managed B. quietly B. enjoying B. float B. started B. stranger B. drove off B. kicked off B. earth B. assistants B. controlled B. Unforgettably B. fearless

C. weeds C. freezing C. dropped C. taste C. hold C. strongly C. annoyed C. failed C. cautiously C. getting C. die C. avoided C. relative C. jumped up C. showed off C. water C. doctors C. recorded C. Interestingly C. generous

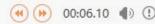
D. plants D. sunny D. stepped D. sound D. measure D. solidly D. surprised D. happened D. lazily D. losing D. survive D. delayed D. classmate D. pulled over D. handed on D. pond D. patients D. raised **D.** Fortunately D. innocent

Homework





IN ASSOCIATION WITH COODMAN BROTHERS & CASP PRODUCTIONS



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