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# Walk and Run

## 行走与奔跑


- Use accurate particles(小品词) to bring cohesion
- Use vivid verbs to show than tell





## Definition of particles(小品词)

- He dashed **out of** the building to catch the bus.
- We loaded suitcases, camping equipment and a tent **into** the car.
- Then Mac heard quick and loud breathing **behind** him.
- My dad and I got **on** our horses, heading slowly **towards** the mountains.
- When I stepped **off** the plane, Luke was there, waiting **for** me.



A particle is \_\_\_\_\_:

an adverb or preposition that can combine with a verb to make a phrasal verb. 与动词构成短语动词的副词或介词。



## Function of particles

A.

Mac was pedaling hard now. He waved and **yelled at passing cars** but was careful not to **slow down**. He saw **a steep uphill climb before him**. He knew that once he hit the hill, he'd be easily **caught up** and the wolf's teeth would be **tearing into** his flesh.

B.

Mac was pedaling hard now. He waved and yelled but was careful. He saw a steep uphill climb. He knew that once he hit the hill, he'd be easily bitten by the wolf.

小品词对整体意义起修饰作用，使原本无目的性的动词具有了目的性，语义更明确，上下文连接更紧密。



## Types of particles



# Application of particles

Describe the following pictures by using particles.

**up; in; out; on; off; down; away; over; from...**



She bent **down** to hug her dog.



He banged **on** the door trying to wake up Makcik but in vain.

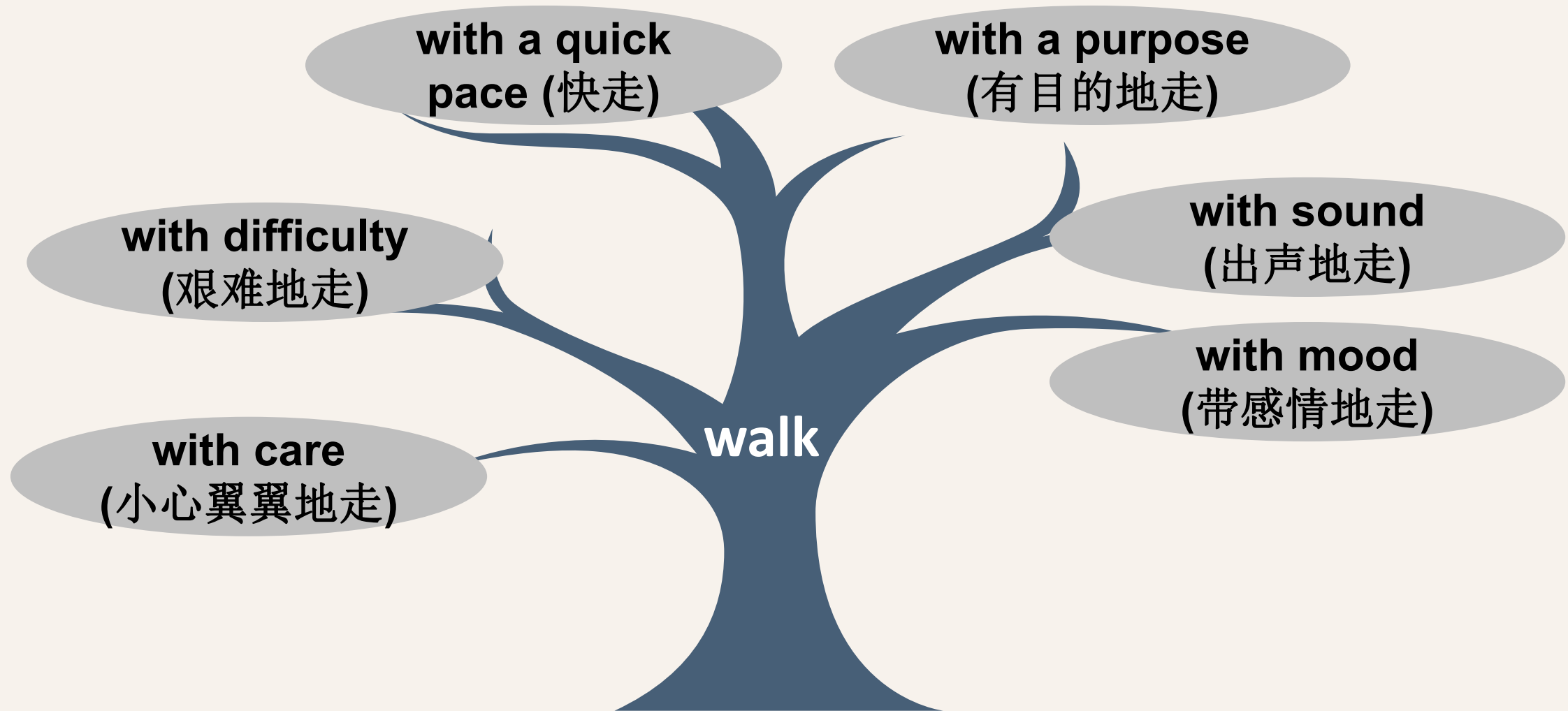


She walked **up**, took **out** a tissue and wiped **away** tears **off** his cheeks .

vivid verb+accurate particle



## vivid verbs--“walk”+particles





# walk with difficulty

## show

➤ The injured man **staggered** to his feet. (to walk with weak unsteady steps 蹒跚)

➤ Jane **stumbled** in the dark, looking for a shelter. (to walk in an unsteady way 蹒跚)

➤ She **plodded** her way through the rain. (-**dd**-: to walk slowly with heavy steps 艰难地走)

➤ **Wading** down to the school, I met Joe. (to walk with an effort, especially water or mud. 涉水/泥 费力前进)

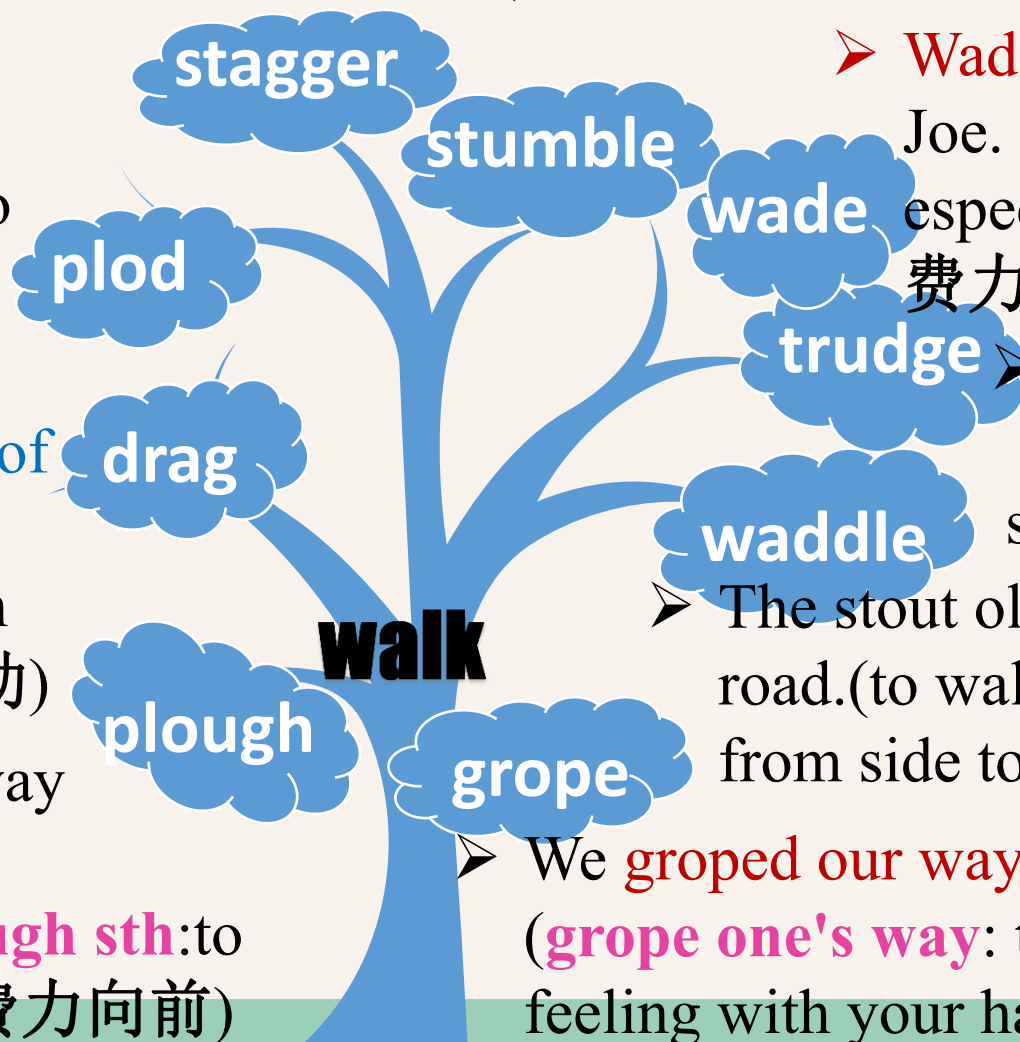
➤ She **dragged** herself out of the bed. (-**gg**-: to move yourself slowly and with effort 缓慢而费力地移动)

➤ He **trudged** back to school. (to walk slowly with heavy steps 因疲劳或负重缓慢地走)

➤ They **ploughed** their way through deep snow. (**plough one's way through sth**: to force a way through sth 费力向前)

➤ The stout old man **waddled** across the road. (to walk with short steps, swinging from side to side. 蹒跚行走)

➤ We **groped** our way along the dark corridor. (**grobe one's way**: to reach a place by feeling with your hands 摸索前行)





## walk with care

## show

➤ Mum **glided into** the room.  
(to move smoothly and quietly  
悄悄溜/走进)

➤ She **tiptoed to** the bedside  
of the sleeping child.  
(to walk using the front parts  
of your feet, so that other  
people can't hear you.  
踮着脚走)

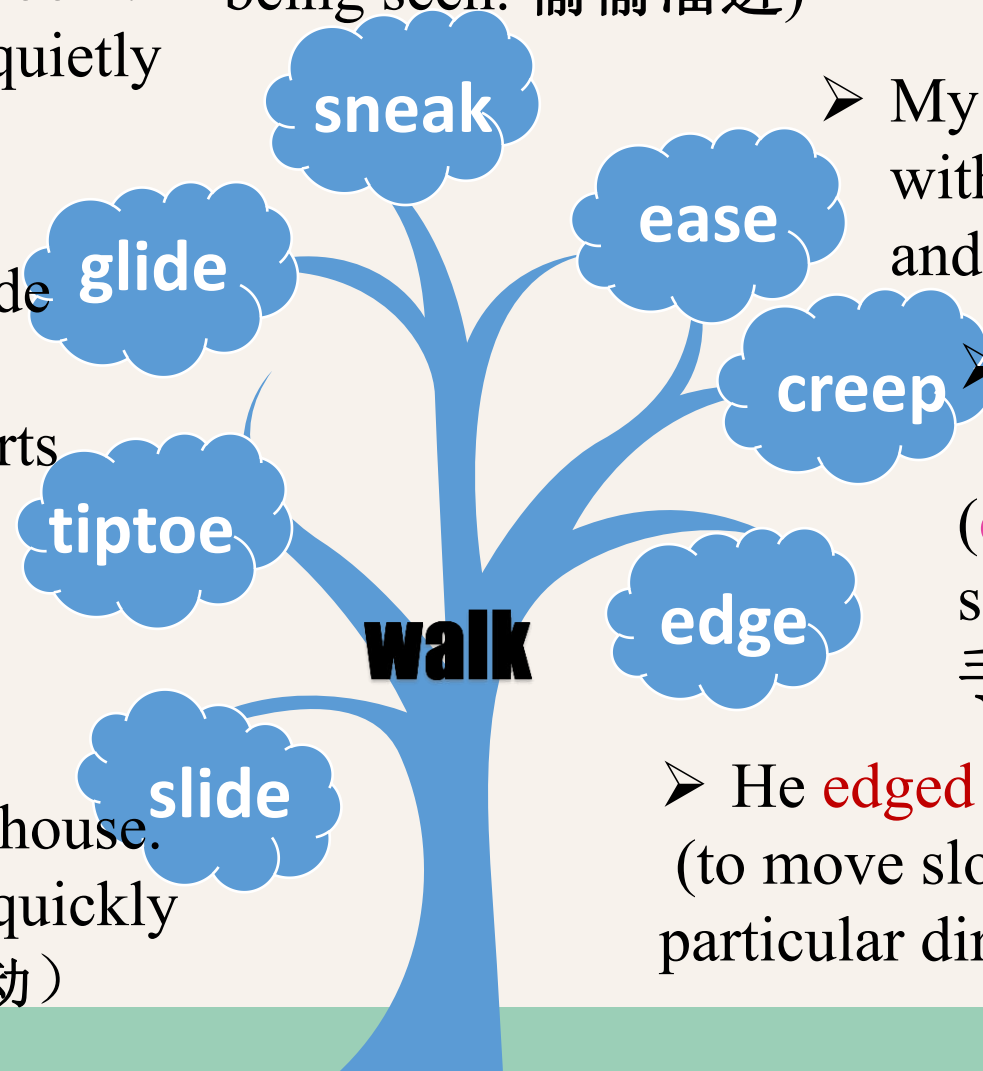
➤ The thief **slid into** the house.  
(**slide slid slid**: to move quickly  
and quietly.快而悄声地移动)

➤ The burglars **sneaked into** the zoo.  
(to go somewhere secretly, trying to avoid  
being seen. 偷偷溜进)

➤ My mother **eases into** the room  
with a smile.(to move slowly  
and carefully小心缓缓地移动)

➤ I crept up the stairs, trying  
not to wake my parents.  
(**creep crept crept**: to move  
slowly, quietly and carefully蹑  
手蹑脚地移动)

➤ He **edged closer to** them with great care.  
(to move slowly and carefully in a  
particular direction慢慢移动)



# walk with a quick pace

## show



➤ He smiled and **bustled** off towards the door.

(to move somewhere in a hurried way 匆忙地走)

➤ He **swept** across the hall to the staircase. (**sweep swept swept**: to move quickly or smoothly 快走)

➤ He **dashed** into the house.

(**dash**: to go somewhere quickly 猛冲)

➤ He **rushed** to the hospital.  
(**rush**: to move or to do sth with great speed, often too fast 迅速移动)

## walk

bustle

whiz

sweep

dash

rush

stride

hurry

➤ She called out his lap time as he **whizzed** by.  
(**-zz-**: to move fast 嗖嗖地快速移动)

➤ She **strode** forward to greet me.

(**stride strode stridden**: to walk with long steps in a particular direction 大步走)

➤ They **hurried** on.



# walk with a purpose

# show

- She **ducked** **behind** her mum as we came in.

(duck: to move somewhere quickly, especially in order to avoid being seen 飞快行走(以免被看见))

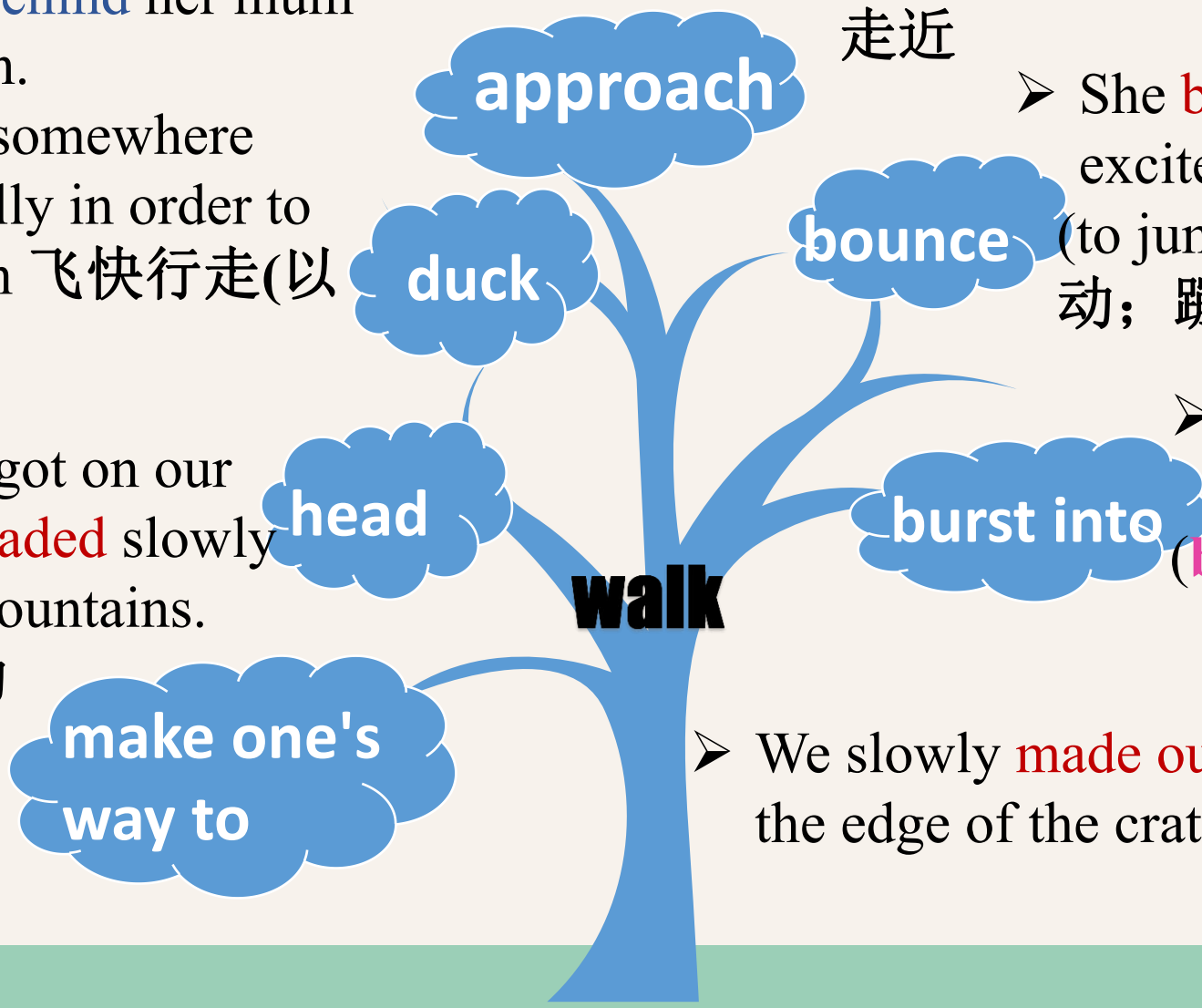
- My dad and I got on our horses, and **headed** slowly **towards** the mountains.  
朝某方面移动

- When I **approached**, they grew silent.  
走近

- She **bounced up and down** excitedly on the bed.  
(to jump up and down on sth. 跳动; 蹦)

- He **burst into** the room without knocking.  
(**burst burst burst** 猛冲进...)

- We slowly **made our way to** the edge of the crater 向...走去

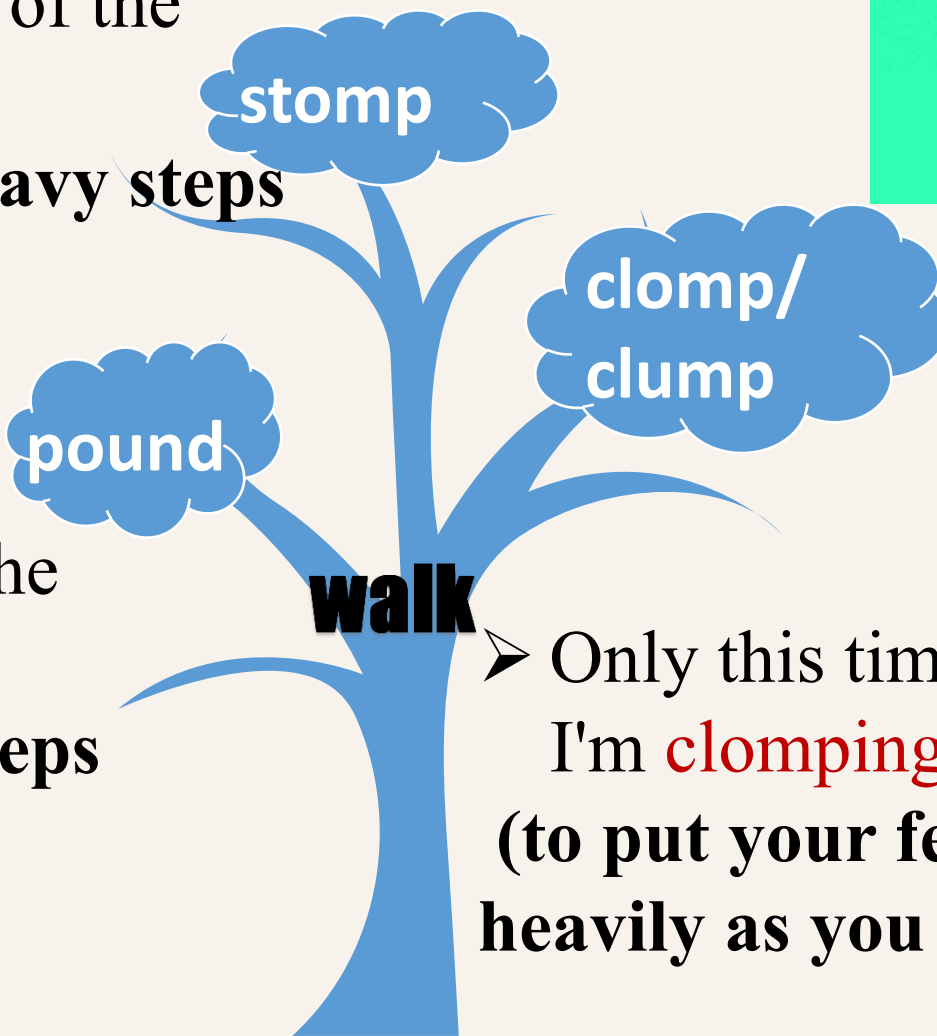


## walk with sound

## show

- She **stomped** angrily out of the office. **咚咚咚地走出**  
(to walk or move with heavy steps  
迈着重重的步子走)

- She **pounded** along the corridor after him.  
(to move with noisy steps  
咚咚地走)



- Only this time, I'm not really running.  
I'm **clomping**.  
(to put your feet down noisily and  
heavily as you walk. 脚步沉重地行走)

# walk with mood

tell

show

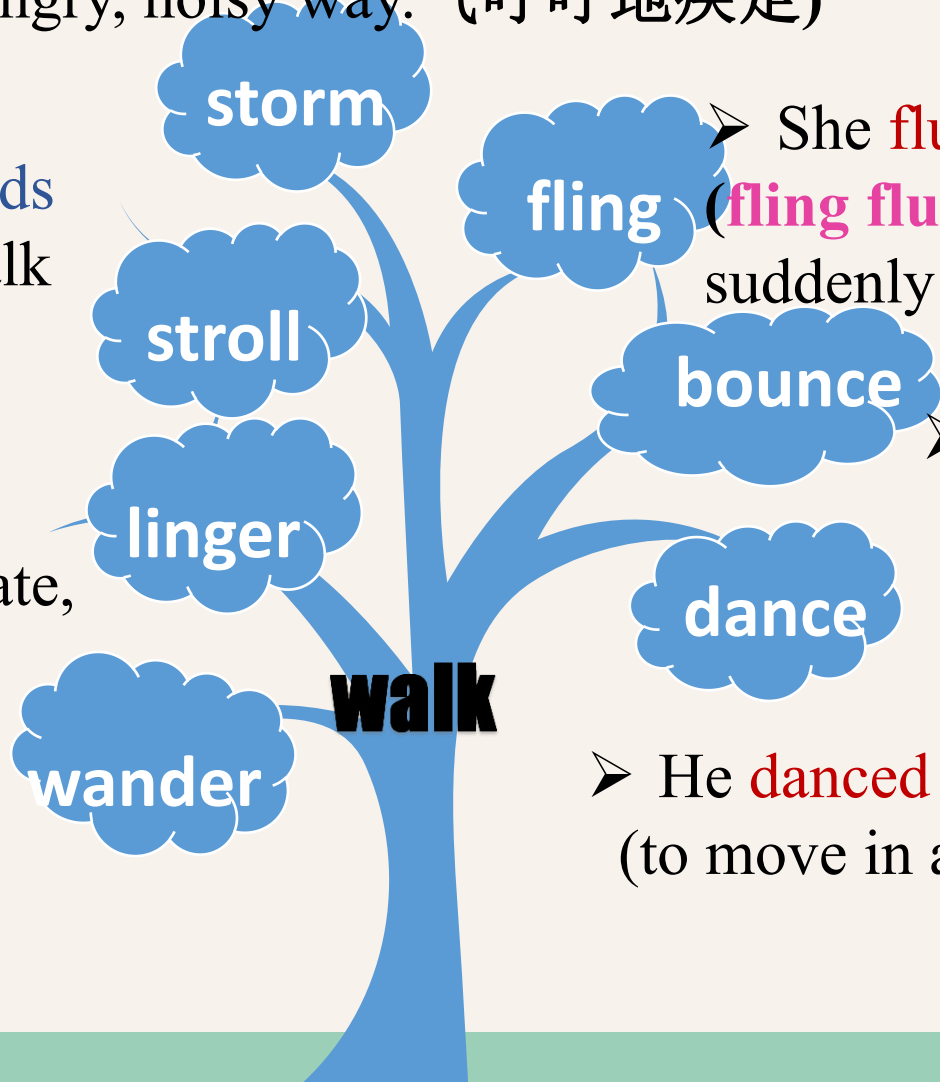


- She burst into tears and **stormed** off. (to go somewhere quickly and in an angry, noisy way. 气呼呼地疾走)

- Ms. Rucker **strolls** towards us down the aisle. (to walk somewhere in a slow relaxed way 散步, 闲逛)

- **Lingering** at the front gate, I hesitate about walking inside. 徘徊

- She **wandered** in the forest aimlessly. 漫游



- She **flung** out of the room. (**fling flung flung**: to move somewhere suddenly with a lot of force. 突然移动)

- He **bounced** across the room to greet them. (to jump up and down 兴奋地走)

- He **danced** around the room. (to move in a lively way 轻快地移动)

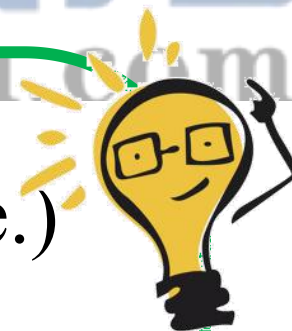


## 用形象的“走”加准确的小品词来展现人物情感

情境： The darkness was gathering as she **wobbled** **in** high heels along the side of the highway. The car had come to an unexpected stop, and like a normal teenager she did the only thing she could think of...get out and **walk**.

It was cold and late, and home was far away. This could be a long night. If only someone would stop and offer her a ride. She prayed for help and **dragged** herself **forward**.

passage.)



## 用形象的“走”加准确的小品词来推动情节发展



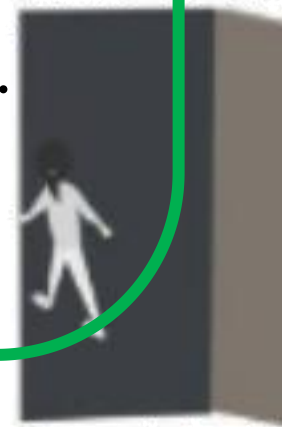
Mini-writing(use vivid verbs of walk to continue the story.)

Setting:

It was a rainy November morning. Overcome with anger I knew if I didn't leave the house soon I would lose my temper with my husband, Joe. As rain came down in sheets, Joe offered to take me to work. I struggled into my jacket, seized my bag and teaching plans and ignored him. \_\_\_\_\_

(What would I do next?)

- In great anger, I **stormed out**, not giving him a chance to explain.
- I **flung out** of the room, diving into the rain without kissing him good-bye.







human

Run

animal



...

...



# vivid verbs--“run” (human)+particles

show

➤ Jack **zoomed** **round** and he didn't feel out of breath. 快速移动

➤ They **dashed** **over** to school. 跑

➤ Paul **rushed** **out** the door. 迅速移动

➤ He **darted** blindly **into** the gloom. 飞奔

➤ She **raced** **outside**. 快速移动

➤ He **trotted/scuttled** **into** the room. (碎步)小跑

➤ He **jogged** **down** the road, panting and puffing. 慢跑

zoom

dash

whiz

rush

charge

zip

sprint

shoot

bolt

bound

dart

race

trot/scuttle

jog

run

➤ She called out his lap time as he **whizzed** **by**. 嗖嗖地快速移动

➤ Beadle **charged** **off**. 猛冲

➤ Kevin **zipped** **across** the road. 呼啸而过

➤ He **sprinted** **for** the finishing line. 冲刺

➤ He flung the door open and **shot** **down** the stairs. 冲

➤ Upon seeing the police, he **bolted** **down** an alley. 逃跑

➤ The dog **bounded** **ahead**. 跳跃着跑

## vivid verbs--“run” (animal)+particles

gallop

eg. The horse **galloped** and tossed its rider. 马飞奔  
eg. Jo **galloped across** the field. 骑马飞奔

thunder

to move very fast and with a loud deep noise. 轰隆隆地快速移动  
eg. They **thundered across** our field.

bolt

a horse suddenly runs away because it's frightened. (尤指马突然或受惊) 狂奔  
eg. The horse reared up and **bolted forward**.

dart

eg. The pony **darted back** into the stable.



## vivid verbs--“run” (animal)+particles

rush

- The boy pulled the door and **out rushed** Poppy, followed by a puppy. 冲



trot

- Poppy **trotted to** him and got up on his back legs, trying to lick her old friend. 小跑

shoot

- The little dog **shot downstairs** to welcome Daisy. 冲

charge

- The dog **charged towards** me.



## vivid verbs--“run” (animal)+particles

➤ The tiger **crashed through** the jungle.(声音很响地)冲



➤ The lion suddenly **charged at** me.冲

➤ The tiger **dashed through** the bush.冲



➤ The bull **rushed at** me.冲

➤ The bear **trotted forward** a few steps.  
小跑

## vivid verbs--“run” (animal)+particles

dash

- A frightened hare **dashed past**. 猛冲



scamper

- The rabbit **scampered off** when it saw us. (惊惶) 奔跑 (to move quickly with short light steps)

dart

- The hare **darted away** when it saw us.

## vivid verbs--“run” (animal)+particles

hop

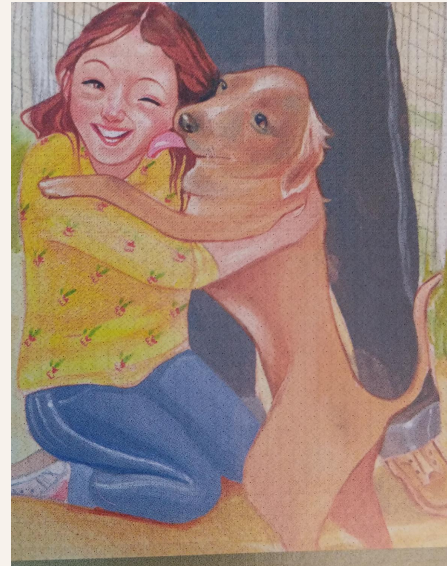


- There she saw Ben Weatherstaff digging and talking to his robin, which was **hopping near** him.  
(**hop hopped hopped**: to move by jumping on one foot. 单脚跳行)



## 用具体的“跑”加小品词叙事传情

**Describe the following pictures by using vivid verbs(run) and accurate particles (2 sentences).**



Suddenly, a furry figure **charged toward** Jane, **flinging** himself **into** her arms. Standing on his back legs, his front paws on her shoulders, he licked her face with plentiful kisses.



## **Exercise**

- particles
- verbs- "walk"
- verbs- "run"

# vivid verbs+accurate particles

**Exercise 1: Describe the following pictures by using one sentence including a vivid verb(run/walk) and accurate particle.**



With all her might, she **charged towards** the finishing line in lightening speed.



The burglar **sneaked into** the house, **scanning** the room **with** great caution for valuable items.



Hearing the cries, Tom **darted down to** the sea, **dived into** the water and **pulled** her **back** to the beach.



**vivid verbs+accurate particles**

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**Exercise2: Using vivid verbs of “walk” & “run” plus accurate particles to describe the actions and emotions of the characters below. (3-5sentences)**

**Characters:** Colin, Mr. Craven

A few days later Archibald Craven returned to Misselthwaite Manor and he went straight to the garden. \_\_\_\_\_

## Possible answer:



A few days later Archibald Craven returned to Misselthwaite Manor and he went straight to the garden. Tracing the giggles, he reached where the secret garden was. He parted the ivy hanging on the wall, pushed back the door and **crept inside**. A figure of a tall, handsome boy **walked into** his view. As he **edged closer**, his heart beat fast, his soul shook in amazement. It was Colin! A sense of unbelieving joy **rushed through** him. "Colin. Colin." his lips framed the words, tears springing into his eyes. Deeply moved, he released one of his hands and stroked the face of his dear son affectionately. There was a moment of silence. Then Colin's face lit up. With great eagerness to show his father the magic of the secret garden, Colin **bustled off**, together with his father, hand in hand.







## vivid verbs+accurate particles

### **Exercise 3: Continue the story by using vivid verbs accurate particles.**

Lying in bed, the boy faintly heard the doctor talking to his mother that he would surely die, --for the terrible fire had destroyed so much flesh in the lower part of his body. But the brave boy didn't want to die. He made up his mind that he would survive. To the doctor's surprise, he made it. When the danger was past, he again heard the doctor whispering to his mother that he would be a lifetime cripple(跛子) because the severe injury made the lower part of his body stop functioning. Once more the brave boy made up his mind: he would not be a cripple. He would walk. Unwilling to be confined to a wheelchair, the little boy\_\_\_\_\_

(write about 3-5 sentences)



## Possible answer:

Unwilling to be confined(受困于) to a wheelchair, the little boy pleaded his mother to massage(按摩) his weak legs and wheel him out into the yard to get a lot more practice. He threw himself from the wheelchair, pulled himself across the grass, dragging his legs behind him. Panicked and fatigued as he was, the little boy stubbornly repeated every movement day by day. With great effort, he managed to make his way to the fence, shuffling along it. After what seemed a century, the boy finally edged step by step around the yard beside the fence. Tears stung his eyes. He was able to walk again!



## vivid verbs+accurate particles

**Exercise 4: Weave the story based on the given plot by using vivid verbs accurate particles.(3-5 sentences)**

Plot: 火灾发生，乔伊折回，勇救邻居小孩。  
Looking at the smoke billowing from the burning houses, Joe took a deep breath and dived in for the boy. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## Possible answer:

Looking at the smoke billowing from the burning houses, Joe took a deep breath and dived in for the boy. **Stung** **by** the thick smoke, he **ploughed on**, **crying** the little boy's name **aloud**. Nearly suffocated, he **groped his way along** the dark corridor, and finally made it to the second floor, where he heard faint cries in the distance. Without hesitation, he **hurried toward** him and reached the room. Thankfully, he found the trembling figure in the corner of the room. He **pulled** him **toward** him and **rushed out**.

# 高考读后续写

考察项目		考情分析					
		2017.6	2017.11	2018.6	2020.1	2020.6	2021.1
话题		狼口脱险	跟妈妈去旅行	跟爸爸骑行, 森林迷路	人犬深情	熊口脱险	万圣节囧事
划线词	名词(词组)	7	6	7	6	7	6
	动词(词组)	3	1	2	2	2	4
	形容词/副词		3	1	2	1	

## 高考真题(2017.6)

On a bright, warm July afternoon, Mac Hollan, a primary school teacher, was cycling from his home to Alaska with his friends. One of his friends had stopped to make a bicycle repair, but they had encouraged Mac to carry on, and they would catch up with him soon. As Mac pedaled (骑行) along alone, he thought fondly of his wife and two young daughters at home. He hoped to show them this beautiful place someday.

Then Mac heard quick and loud breathing behind him. “Man, that's a big dog!” he thought. But when he looked to the side, he saw instantly that it wasn't a dog at all, but a wolf, quickly catching up with him.

Mac's heart jumped. He found out his can of bear spray. With one hand on the bars, he fired the spray at the wolf. A bright red cloud enveloped the animal, and to Mac's relief, it fell back shaking its head. But a minute later, it was by his side again. Then it attacked the back of Mac's bike, tearing open his tent bag. He fired at the wolf a second time, and again, it fell back only to quickly restart the chase.

Mac was pedaling hard now. He waved and yelled at passing cars but was careful not to slow down. He saw a steep uphill climb before him. He knew that once he hit the hill, he'd be easily caught up and the wolf's teeth would be tearing into his flesh.

At this moment, Paul and Beeky were driving their car on their way to Alaska. They didn't think much of it when they saw two cyclists repairing their bike on the side of the road. A bit later, they spotted what they, too, assumed was a dog running alongside a man on a bike. As they got closer, they realized that the dog was a wolf. Mac heard a large vehicle behind him. He pulled in front of it as the wolf was catching up fast, just a dozen yards away now.

Para1:

The car abruptly stopped in front of him.\_\_\_\_\_

Para2:

A few minutes later, the other two cyclists arrived.\_\_\_\_\_







Para.1: *The car abruptly stopped in front of him.* Paul and Becky got out of the car, **rushing to** offer help. But with the bare hands, they didn't dare to fight with the wolf. However, they still **approached to** the wolf bravely. At the same time, the wolf also noticed them and turned its head back, shouting loudly at Paul and Becky. Mac then **jumped off** the bicycle and was ready to fight against the wolf. They reached a complete deadlock (僵局).

Para.2: *A few minutes later, the other two cyclists arrived.* They found the dangerous situation, where three men circled the wolf. Mac's friends also jumped off their bicycles and joined the fight with the wolf. More and more cars stopped. Some drivers took out the sticks from the cars, and some took out the knives, even the guns towards the wolf. In the meanwhile, the wolf might feel the threats from the people, starting to **withdraw**. Soon, it **ran away** off the road and **disappeared in** the distance.

### **Paul & Beckey/two cyclists:**

- rushed/darted/shot/dashed /raced/dashed instantly to give help...

### **Mac:**

- jumped to the car promptly
- stumbled his way to the car
- sprinted crazily for the car...

### **The wolf:**

- hovering around the car
- wandering for a while
- charged towards Mac
- caught up with the car, making fierce attacks
- chased the car tightly...



# The End

