

天津中考1600词

五层法 · 17天场景记忆练习册

17天 · 50组 · 1600词 · 学练测答一体

第1层 音义识别	看词、读音、说义；建立第一反应。
第2层 词形拆解	分块观察、半遮拼写、整词默写。
第3层 场景联结	四词一景；想象、画图并贴英文标签。
第4层 词组句境	在搭配和短句中补出目标词。
第5层 主动输出	中译英、限时回忆、口头与书面造句。

姓名：_____ 班级：_____

开始日期：_____ 目标日期：_____

使用方法

每个32词小组按五层顺序完成。先练后看答案；第3层的画面不用画得漂亮，只要能让你看到图就想起英文。建议每组35-45分钟，新学后在当天晚些时候做一次5分钟回想。

层级	动作	达标标准
1 音义识别	读3遍，遮中文说义	32词至少认出28词
2 词形拆解	看分块，完成半遮和默写	拼写正确率不少于80%
3 场景联结	4词一景，画箭头贴标签	看画面能说出4个词
4 词组句境	补全搭配和例句	能解释词在句中的意思
5 主动输出	中译英、限时说、写句子	脱离词表独立提取

17天安排

天	组别与场景	词数
1	01 新学期你好；02 全家福；03 七点之前	96
2	04 房间归位；05 镜中名片；06 三十分钟	96
3	07 厨房节拍；08 今天点什么；09 颜色上身	96
4	10 周末能量；11 校园寻物；12 口令接龙	96
5	13 学科穿梭；14 倒计时；15 冠军回合	96
6	16 四个转弯；17 下一站；18 安全转弯	96
7	19 起飞之前；20 城市一日；21 职业街区	96
8	22 九点会议；23 服务台；24 守住预算	96
9	25 发布之前；26 从头到脚；27 问诊时刻	96
10	28 燃脂赛；29 心里有天气；30 把话说开	96
11	31 开机上线；32 消息接力；33 今日播报	96
12	34 灯光全开；35 向宇宙发射；36 四季电台	96
13	37 丰收节拍；38 追踪脚印；39 山海之间	96
14	40 绿色行动；41 社区地图；42 一分钟应急	96
15	43 公民课堂；44 节日穿越；45 接力行动	96
16	46 时间控制台；47 介词迷宫；48 动作任务链	96
17	49 逻辑擂台；50 向未来升级	64

第1天

今日场景：新学期你好 · 全家福 · 七点之前

组别	场景	词条范围	完成
第01组	新学期你好	1-32	[]
第02组	全家福	33-64	[]
第03组	七点之前	65-96	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第1天 · 第01组「新学期你好」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1	Hello	/həl'əʊ/	你好	☐ ☐ ☐
2	Mrs (Missus)	/'mɪsɪz/	夫人	☐ ☐ ☐
3	Gentleman (gentlemen)	/dʒ'entəlmən/	绅士	☐ ☐ ☐
4	It	/'ɪt/	它	☐ ☐ ☐
5	My	/m'aɪ/	我的	☐ ☐ ☐
6	Age	/'eɪdʒ/	年龄	☐ ☐ ☐
7	A (an)	/'eɪ/	一 (个)	☐ ☐ ☐
8	Hers	/h'ɜ:z/	她的 (东西)	☐ ☐ ☐
9	Hi	/h'aɪ/	你好	☐ ☐ ☐
10	Ms	/,ɛm'ɛs/	女士	☐ ☐ ☐
11	Lady	/'eɪdi/	女士	☐ ☐ ☐
12	Me	/m'i:/	我	☐ ☐ ☐
13	His	/h'ɪz/	他的	☐ ☐ ☐
14	Introduce	/,ɪntrədʒ'u:s/	介绍	☐ ☐ ☐
15	Be (am / is / are)	/b'i:/	是	☐ ☐ ☐
16	Herself	/hɜ:s's'ɛlf/	她自己	☐ ☐ ☐
17	Goodbye (bye)	/gʊdb'aɪ/	再见	☐ ☐ ☐
18	Miss	/m'ɪs/	小姐；老师称谓	☐ ☐ ☐
19	I	/'aɪ/	我	☐ ☐ ☐
20	Him	/h'ɪm/	他	☐ ☐ ☐
21	Our	/'aʊə/	我们的	☐ ☐ ☐
22	Person	/p'ɜ:sən/	人	☐ ☐ ☐
23	Anybody (anyone)	/'ɛnɪb,ɒdi/	任何人	☐ ☐ ☐
24	Mine	/m'aɪn/	我的 (东西)	☐ ☐ ☐
25	Mr (Mister)	/'mɪstə/	先生	☐ ☐ ☐
26	Madam	/m'ædəm/	女士	☐ ☐ ☐
27	He	/'hi/	他	☐ ☐ ☐
28	Her	/h'ɜ:/	她；她的	☐ ☐ ☐
29	Name	/n'eɪm/	名字	☐ ☐ ☐
30	Personal	/p'ɜ:sənəl/	个人的	☐ ☐ ☐
31	Everybody (everyone)	/'ɛvrɪb,ɒdi/	每个人	☐ ☐ ☐
32	When	/w'ɛn/	当……的时候	☐ ☐ ☐

第1天 · 第01组「新学期你好」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1	Hello	H__l o	_____	[]
2	Mrs / Missus	M_s	_____	[]
3	Gen • tle • man / gentlemen	G__t__m_n	_____	[]
4	It	I t	_____	[]
5	My	M y	_____	[]
6	Age	A_e	_____	[]
7	A / an	A	_____	[]
8	Hers	H__s	_____	[]
9	Hi	H i	_____	[]
10	Ms	M s	_____	[]
11	Lady	L__y	_____	[]
12	Me	M e	_____	[]
13	His	H_s	_____	[]
14	Intro • duce	I__r__u_e	_____	[]
15	Be / am / is / are	B e	_____	[]
16	Her • self	H__s__f	_____	[]
17	Goo • dbye / bye	G__d__e	_____	[]
18	Miss	M__s	_____	[]
19	I	I	_____	[]
20	Him	H_m	_____	[]
21	Our	O_r	_____	[]
22	Person	P__s__n	_____	[]
23	Any • body / anyone	A__b__y	_____	[]
24	Mine	M__e	_____	[]
25	Mr / Mister	M r	_____	[]
26	Madam	M__a m	_____	[]
27	He	H e	_____	[]
28	Her	H_r	_____	[]
29	Name	N__e	_____	[]
30	Per • son • al	P__s__a l	_____	[]
31	Eve • ryb • ody / everyone	E__r__o_y	_____	[]
32	When	W__n	_____	[]

第1天 · 第01组「新学期你好」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Hello / Mrs / Gentleman / It 画面元素：你好、夫人、绅士、它 英文标签：_____	场景2 My / Age / A / Hers 画面元素：我的、年龄、一（个）、她的（东西） 英文标签：_____
场景3 Hi / Ms / Lady / Me 画面元素：你好、女士、女士、我 英文标签：_____	场景4 His / Introduce / Be / Herself 画面元素：他的、介绍、是、她自己 英文标签：_____
场景5 Goodbye / Miss / I / Him 画面元素：再见、小姐；老师称谓、我、他 英文标签：_____	场景6 Our / Person / Anybody / Mine 画面元素：我们的、人、任何人、我的（东西） 英文标签：_____
场景7 Mr / Madam / He / Her 画面元素：先生、女士、他、她；她的 英文标签：_____	场景8 Name / Personal / Everybody / When 画面元素：名字、个人的、每个人、当……的时候 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第1天 · 第01组「新学期你好」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1. say _____ _____, nice to meet you. (你好)	17. say _____ We said _____ after school. (再见)
2. _____ Brown _____ Brown is our English teacher. (夫人)	18. _____ Wang _____ Wang is our new teacher. (小姐；老师称谓)
3. ladies and _____ The old _____ smiled at us. (绅士)	19. _____ am _____ am ready for class. (我)
4. _____ is _____ is sunny today. (它)	20. help _____ I helped _____ with his homework. (他)
5. _____ name _____ name is Chen Jie. (我的)	21. _____ school _____ school has a large library. (我们的)
6. at the _____ of She began to swim at the _____ of six. (年龄)	22. in _____ I would like to thank her in _____. (人)
7. _____ student I saw _____ student _____ the gate. (一 (个))	23. _____ else Does _____ know the answer? (任何人)
8. a friend of _____ The red coat is _____. (她的 (东西))	24. a friend of _____ This blue pen is _____. (我的 (东西))
9. say _____ _____, my name is Li Ming. (你好)	25. _____ Li _____ Li teaches us maths. (先生)
10. _____ Green _____ Green works at our school. (女士)	26. Dear _____ “Can I help you, _____?” the waiter asked. (女士)
11. the _____ We talked about the _____ today. (女士)	27. _____ is _____ is good at basketball. (他)
12. help _____ Please help _____ with this box. (我)	28. _____ bag _____ bag is on the desk. (她；她的)
13. _____ bike _____ bike is under the tree. (他的)	29. full _____ Please write your full _____ here. (名字)
14. _____ yourself Please _____ yourself to the class. (介绍)	30. very _____ It looks very _____. (个人的)
15. _____ able to _____ careful when you cross the road. (是)	31. _____ else _____ enjoyed the school trip. (每个人)
16. by _____ She learned English by _____. (她自己)	32. _____ to start Tell me _____ to start. (当……的时候)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第1天 · 第01组「新学期你好」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 当……的时候 _____	2. 她；她的 _____	3. 它 _____	4. 他的 _____
5. 是 _____	6. 我的 _____	7. 每个人 _____	8. 介绍 _____
9. 先生 _____	10. 女士 _____	11. 我 _____	12. 我们的 _____
13. 女士 _____	14. 任何人 _____	15. 女士 _____	16. 他 _____
17. 小姐；老师称谓 _____	18. 人 _____	19. 夫人 _____	20. 名字 _____
21. 你好 _____	22. 一（个） _____	23. 她的（东西） _____	24. 他 _____
25. 年龄 _____	26. 个人的 _____	27. 再见 _____	28. 我的（东西） _____
29. 绅士 _____	30. 她自己 _____	31. 你好 _____	32. 我 _____

B. 四词成句（可改变词形）

1. When / Her / It / His	_____
2. Mr / Ms / I / Our	_____
3. Miss / Person / Mrs / Name	_____
4. Age / Personal / Goodbye / Mine	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第1天 · 第01组「新学期你好」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1. Hello say hello Hello, nice to meet you.	17. Goodbye (bye) say goodbye We said goodbye after school.
2. Mrs (Missus) Mrs Brown Mrs Brown is our English teacher.	18. Miss Miss Wang Miss Wang is our new teacher.
3. Gentleman (gentlemen) ladies and gentlemen The old gentleman smiled at us.	19. I I am I am ready for class.
4. It it is It is sunny today.	20. Him help him I helped him with his homework.
5. My my name My name is Chen Jie.	21. Our our school Our school has a large library.
6. Age at the age of She began to swim at the age of six.	22. Person in person I would like to thank her in person.
7. A (an) a student I saw a student at the gate.	23. Anybody (anyone) anybody else Does anybody know the answer?
8. Hers a friend of hers The red coat is hers.	24. Mine a friend of mine This blue pen is mine.
9. Hi say hi Hi, my name is Li Ming.	25. Mr (Mister) Mr Li Mr Li teaches us maths.
10. Ms Ms Green Ms Green works at our school.	26. Madam Dear Madam “Can I help you, Madam?” the waiter asked.
11. Lady the lady We talked about the lady today.	27. He he is He is good at basketball.
12. Me help me Please help me with this box.	28. Her her bag Her bag is on the desk.
13. His his bike His bike is under the tree.	29. Name full name Please write your full name here.
14. Introduce introduce yourself Please introduce yourself to the class.	30. Personal very personal It looks very personal.
15. Be (am / is / are) be able to Be careful when you cross the road.	31. Everybody (everyone) everybody else Everybody enjoyed the school trip.
16. Herself by herself She learned English by herself.	32. When when to start Tell me when to start.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第1天 · 第02组「全家福」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
33	Family	/f'æmɪli/	家庭	☐ ☐ ☐
34	Girl	/g'ɜ:l/	女孩	☐ ☐ ☐
35	Youth	/j'u:θ/	青年	☐ ☐ ☐
36	Brother	/br'ʌðe/	兄弟	☐ ☐ ☐
37	Husband	/h'ʌsbənd/	丈夫	☐ ☐ ☐
38	Cousin	/k'ʌzən/	堂表兄弟姐妹	☐ ☐ ☐
39	Couple	/k'ʌpəl/	夫妇；一对	☐ ☐ ☐
40	Hometown	/h'əʊmtaʊn/	故乡	☐ ☐ ☐
41	Adult	/'ædʌlt/	成人	☐ ☐ ☐
42	Child (children)	/tʃ'aɪld/	孩子	☐ ☐ ☐
43	Man (men)	/m'æn/	男人	☐ ☐ ☐
44	Sister	/s'ɪste/	姐妹	☐ ☐ ☐
45	Wife (wives)	/w'aɪf/	妻子	☐ ☐ ☐
46	Grandfather (grandpa)	/gr'ændfɑ:ðe/	祖父	☐ ☐ ☐
47	Birth	/b'ɜ:θ/	出生	☐ ☐ ☐
48	Young	/j'ʌŋ/	年轻的	☐ ☐ ☐
49	Baby	/b'eɪbi/	婴孩	☐ ☐ ☐
50	Kid	/k'id/	小孩	☐ ☐ ☐
51	Woman (women)	/w'ʊmən/	女人	☐ ☐ ☐
52	Son	/s'ʌn/	儿子	☐ ☐ ☐
53	Uncle	/'ʌŋkəl/	叔父	☐ ☐ ☐
54	Grandmother (grandma)	/gr'ændmʌðe/	祖母	☐ ☐ ☐
55	Born	/b'ɔ:n/	出生的	☐ ☐ ☐
56	Live	/'laɪv/	生活；居住	☐ ☐ ☐
57	Boy	/b'ɔɪ/	男孩	☐ ☐ ☐
58	Teenage	/t'i:neɪdʒ/	青少年的	☐ ☐ ☐
59	Father (dad)	/f'ɑ:ðe/	父亲	☐ ☐ ☐
60	Daughter	/d'ɔ:te/	女儿	☐ ☐ ☐
61	Aunt	/'ɑ:nt/	阿姨	☐ ☐ ☐
62	Relative	/r'elətɪv/	亲戚	☐ ☐ ☐
63	Marry	/m'æri/	与……结婚	☐ ☐ ☐
64	Whenever	/wɛn'eɪvə/	每当	☐ ☐ ☐

第1天 · 第02组「全家福」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
33	Fami • ly	F__i_y	_____	[]
34	Girl	G__l	_____	[]
35	Youth	Y__t h	_____	[]
36	Broth • er	B__t__r	_____	[]
37	Hus • band	H__b__d	_____	[]
38	Cousin	C__s_n	_____	[]
39	Couple	C__p_e	_____	[]
40	Hom • eto • wn	H__e__wn	_____	[]
41	Adult	A__lt	_____	[]
42	Child / children	C__ld	_____	[]
43	Man / men	M_n	_____	[]
44	Sist • er	S__t_r	_____	[]
45	Wife / wives	W__e	_____	[]
46	Grandfath • er / grandpa	G__n__a__er	_____	[]
47	Birth	B__th	_____	[]
48	Young	Y__ng	_____	[]
49	Baby	B__y	_____	[]
50	Kid	K_d	_____	[]
51	Woman / women	W__an	_____	[]
52	Son	S_n	_____	[]
53	Un • cle	U__le	_____	[]
54	Grandmoth • er / grandma	G__n__o__er	_____	[]
55	Born	B__n	_____	[]
56	Live	L__e	_____	[]
57	Boy	B_y	_____	[]
58	Tee • nage	T__n__e	_____	[]
59	Fath • er / dad	F__h_r	_____	[]
60	Daught • er	D__g__er	_____	[]
61	Aunt	A__t	_____	[]
62	Re • lat • ive	R__a__ve	_____	[]
63	Marry	M__ry	_____	[]
64	Whenev • er	W__n__er	_____	[]

第1天 · 第02组「全家福」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Family / Girl / Youth / Brother 画面元素：家庭、女孩、青年、兄弟 英文标签：_____	场景2 Husband / Cousin / Couple / Hometown 画面元素：丈夫、堂表兄弟姐妹、夫妇；一对、故乡 英文标签：_____
场景3 Adult / Child / Man / Sister 画面元素：成人、孩子、男人、姐妹 英文标签：_____	场景4 Wife / Grandfather / Birth / Young 画面元素：妻子、祖父、出生、年轻的 英文标签：_____
场景5 Baby / Kid / Woman / Son 画面元素：婴孩、小孩、女人、儿子 英文标签：_____	场景6 Uncle / Grandmother / Born / Live 画面元素：叔父、祖母、出生的、生活；居住 英文标签：_____
场景7 Boy / Teenage / Father / Daughter 画面元素：男孩、青少年的、父亲、女儿 英文标签：_____	场景8 Aunt / Relative / Marry / Whenever 画面元素：阿姨、亲戚、与……结婚、每当 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第1天 · 第02组「全家福」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
33. _____ member There are four people in my _____. (家庭)	49. the _____ We talked about the _____ today. (婴孩)
34. the _____ We talked about the _____ today. (女孩)	50. the _____ We talked about the _____ today. (小孩)
35. the _____ We talked about the _____ today. (青年)	51. the _____ We talked about the _____ today. (女人)
36. the _____ We talked about the _____ today. (兄弟)	52. the _____ We talked about the _____ today. (儿子)
37. the _____ We talked about the _____ today. (丈夫)	53. the _____ We talked about the _____ today. (叔父)
38. the _____ We talked about the _____ today. (堂表兄弟姐妹)	54. the _____ We talked about the _____ today. (祖母)
39. the _____ We talked about the _____ today. (夫妇；一对)	55. be _____ My brother was _____ in Tianjin. (出生的)
40. in my _____ There is a beautiful river in my _____. (故乡)	56. _____ carefully Please _____ carefully. (生活；居住)
41. the _____ We talked about the _____ today. (成人)	57. the _____ We talked about the _____ today. (男孩)
42. the _____ We talked about the _____ today. (孩子)	58. _____ student The club is popular with _____ students. (青少年的)
43. the _____ We talked about the _____ today. (男人)	59. the _____ We talked about the _____ today. (父亲)
44. the _____ We talked about the _____ today. (姐妹)	60. the _____ We talked about the _____ today. (女儿)
45. the _____ We talked about the _____ today. (妻子)	61. the _____ We talked about the _____ today. (阿姨)
46. the _____ We talked about the _____ today. (祖父)	62. the _____ We talked about the _____ today. (亲戚)
47. the _____ We talked about the _____ today. (出生)	63. _____ it Please _____ it carefully. (与……结婚)
48. very _____ It looks very _____. (年轻的)	64. _____ you need Call me _____ you need help. (每当)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第1天 · 第02组「全家福」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 年轻的 _____	2. 父亲 _____	3. 男孩 _____	4. 丈夫 _____
5. 夫妇；一对 _____	6. 姐妹 _____	7. 堂表兄弟姐妹 _____	8. 女儿 _____
9. 亲戚 _____	10. 青少年的 _____	11. 出生 _____	12. 儿子 _____
13. 与……结婚 _____	14. 每当 _____	15. 男人 _____	16. 生活；居住 _____
17. 青年 _____	18. 女人 _____	19. 女孩 _____	20. 阿姨 _____
21. 故乡 _____	22. 出生的 _____	23. 小孩 _____	24. 祖父 _____
25. 兄弟 _____	26. 孩子 _____	27. 婴孩 _____	28. 祖母 _____
29. 叔父 _____	30. 妻子 _____	31. 家庭 _____	32. 成人 _____

B. 四词成句（可改变词形）

1. Young / Father / Boy / Husband	_____
2. Relative / Teenage / Birth / Son	_____
3. Youth / Woman / Girl / Aunt	_____
4. Brother / Child / Baby / Grandmother	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第1天 · 第02组「全家福」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
33. Family family member There are four people in my family.	49. Baby the baby We talked about the baby today.
34. Girl the girl We talked about the girl today.	50. Kid the kid We talked about the kid today.
35. Youth the youth We talked about the youth today.	51. Woman (women) the woman We talked about the woman today.
36. Brother the brother We talked about the brother today.	52. Son the son We talked about the son today.
37. Husband the husband We talked about the husband today.	53. Uncle the uncle We talked about the uncle today.
38. Cousin the cousin We talked about the cousin today.	54. Grandmother (grandma) the grandmother We talked about the grandmother today.
39. Couple the couple We talked about the couple today.	55. Born be born My brother was born in Tianjin.
40. Hometown in my hometown There is a beautiful river in my hometown.	56. Live live carefully Please live carefully.
41. Adult the adult We talked about the adult today.	57. Boy the boy We talked about the boy today.
42. Child (children) the child We talked about the child today.	58. Teenage teenage student The club is popular with teenage students.
43. Man (men) the man We talked about the man today.	59. Father (dad) the father We talked about the father today.
44. Sister the sister We talked about the sister today.	60. Daughter the daughter We talked about the daughter today.
45. Wife (wives) the wife We talked about the wife today.	61. Aunt the aunt We talked about the aunt today.
46. Grandfather (grandpa) the grandfather We talked about the grandfather today.	62. Relative the relative We talked about the relative today.
47. Birth the birth We talked about the birth today.	63. Marry marry it Please marry it carefully.
48. Young very young It looks very young.	64. Whenever whenever you need Call me whenever you need help.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第1天 · 第03组「七点之前」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
65	Wake	/w'eɪk/	醒来	☐ ☐ ☐
66	Morning	/m'ɔ:nɪŋ/	早晨	☐ ☐ ☐
67	Evening	/'i:vniŋ/	傍晚	☐ ☐ ☐
68	Everyday	/'εvrɪd,eɪ/	日常的	☐ ☐ ☐
69	Never	/n'eve/	从不	☐ ☐ ☐
70	After	/'ɑ:fte/	在……之后	☐ ☐ ☐
71	Wear	/'weɪr/	穿	☐ ☐ ☐
72	Habit	/h'æbɪt/	习惯	☐ ☐ ☐
73	Awake	/ew'eɪk/	醒着的	☐ ☐ ☐
74	A.M.	/,eɪ'εm/	上午	☐ ☐ ☐
75	P.M.	/'pi'εm/	下午	☐ ☐ ☐
76	Always	/'ɔ:lweɪz/	总是	☐ ☐ ☐
77	Early	/'ɜ:li/	早	☐ ☐ ☐
78	Breakfast	/br'εkfəst/	早餐	☐ ☐ ☐
79	Leave	/'li:v/	离开	☐ ☐ ☐
80	Already	/ɔ:lɪ'r'edi/	已经	☐ ☐ ☐
81	Sleep	/sl'i:p/	睡觉	☐ ☐ ☐
82	Afternoon	/,æftɜ-'nʌn/	下午	☐ ☐ ☐
83	Night	/n'aɪt/	夜晚	☐ ☐ ☐
84	Often	/'ɒfən/	经常	☐ ☐ ☐
85	Late	/'leɪt/	迟	☐ ☐ ☐
86	Wash	/w'ɒʃ/	洗	☐ ☐ ☐
87	Go	/g'əʊ/	去	☐ ☐ ☐
88	Bring	/br'ɪŋ/	带来	☐ ☐ ☐
89	Bed	/b'ɛd/	床	☐ ☐ ☐
90	Noon	/n'u:n/	中午	☐ ☐ ☐
91	Daily	/d'eɪli/	每日的	☐ ☐ ☐
92	Seldom	/s'ɛldəm/	很少	☐ ☐ ☐
93	Before	/bɪf'ɔ:/	在……之前	☐ ☐ ☐
94	Brush	/br'ʌʃ/	刷	☐ ☐ ☐
95	Arrive	/er'aɪv/	到达	☐ ☐ ☐
96	Yours	/'j'ɔ:z/	你的东西	☐ ☐ ☐

第1天 · 第03组「七点之前」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
65	Wake	W__e	_____	[]
66	Morn • ing	M__n__g	_____	[]
67	Even • ing	E__n__g	_____	[]
68	Eve • ryd • ay	E__r__ay	_____	[]
69	Nev • er	N__er	_____	[]
70	Aft • er	A__er	_____	[]
71	Wear	W__r	_____	[]
72	Habit	H__it	_____	[]
73	Awake	A__ke	_____	[]
74	AM	A.M.	_____	[]
75	PM	P.M.	_____	[]
76	Always	A__a_s	_____	[]
77	Ear • ly	E__ly	_____	[]
78	Bre • akf • ast	B__a__a_t	_____	[]
79	Leave	L__ve	_____	[]
80	Alr • eady	A__e__y	_____	[]
81	Sleep	S__ep	_____	[]
82	Aft • ern • oon	A__e__o_n	_____	[]
83	Night	N__ht	_____	[]
84	Often	O__en	_____	[]
85	Late	L__e	_____	[]
86	Wash	W__h	_____	[]
87	Go	Go	_____	[]
88	Bring	B__ng	_____	[]
89	Bed	B_d	_____	[]
90	Noon	N__n	_____	[]
91	Dai • ly	D__ly	_____	[]
92	Seldom	S__d_m	_____	[]
93	Before	B__o_e	_____	[]
94	Brush	B__sh	_____	[]
95	Arr • ive	A__i_e	_____	[]
96	Yours	Y__rs	_____	[]

第1天 · 第03组「七点之前」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Wake / Morning / Evening / Everyday 画面元素：醒来、早晨、傍晚、日常的 英文标签：_____	场景2 Never / After / Wear / Habit 画面元素：从不、在……之后、穿、习惯 英文标签：_____
场景3 Awake / A.M. / P.M. / Always 画面元素：醒着的、上午、下午、总是 英文标签：_____	场景4 Early / Breakfast / Leave / Already 画面元素：早、早餐、离开、已经 英文标签：_____
场景5 Sleep / Afternoon / Night / Often 画面元素：睡觉、下午、夜晚、经常 英文标签：_____	场景6 Late / Wash / Go / Bring 画面元素：迟、洗、去、带来 英文标签：_____
场景7 Bed / Noon / Daily / Seldom 画面元素：床、中午、每日的、很少 英文标签：_____	场景8 Before / Brush / Arrive / Yours 画面元素：在……之前、刷、到达、你的东西 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第1天 · 第03组「七点之前」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
65. _____ up I _____ up at seven every morning.〔醒来〕	81. _____ carefully Please _____ carefully.〔睡觉〕
66. the _____ We talked about the _____ today.〔早晨〕	82. the _____ We talked about the _____ today.〔下午〕
67. the _____ We talked about the _____ today.〔傍晚〕	83. the _____ We talked about the _____ today.〔夜晚〕
68. _____ life English is useful in _____ life.〔日常的〕	84. _____ play We _____ play basketball after school.〔经常〕
69. _____ give up _____ give up on your dream.〔从不〕	85. be _____ for Do not be _____ for school.〔迟〕
70. _____ school We play football _____ school.〔在……之后〕	86. _____ it Please _____ it carefully.〔洗〕
71. _____ carefully Please _____ carefully.〔穿〕	87. _____ home Let us _____ home together.〔去〕
72. the _____ We talked about the _____ today.〔习惯〕	88. _____ it Please _____ it carefully.〔带来〕
73. stay _____ The loud noise kept me _____.〔醒着的〕	89. the _____ We talked about the _____ today.〔床〕
74. _____ (上午) _____ (上午)〔上午〕	90. the _____ We talked about the _____ today.〔中午〕
75. _____ (下午) _____ (下午)〔下午〕	91. _____ life Walking is part of my _____ life.〔每日的〕
76. _____ remember _____ remember to be kind.〔总是〕	92. _____ go I _____ go to bed late.〔很少〕
77. _____ in the morning I got up _____ this morning.〔早〕	93. _____ class Please arrive _____ class begins.〔在……之前〕
78. the _____ We talked about the _____ today.〔早餐〕	94. _____ one's teeth I _____ my teeth every morning.〔刷〕
79. _____ carefully Please _____ carefully.〔离开〕	95. _____ it Please _____ it carefully.〔到达〕
80. _____ finished I have _____ finished my homework.〔已经〕	96. a friend of _____ Is this ruler _____?〔你的东西〕

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第1天 · 第03组「七点之前」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 夜晚 _____	2. 去 _____	3. 刷 _____	4. 带来 _____
5. 习惯 _____	6. 上午 _____	7. 在……之前 _____	8. 从不 _____
9. 醒来 _____	10. 到达 _____	11. 经常 _____	12. 醒着的 _____
13. 下午 _____	14. 穿 _____	15. 傍晚 _____	16. 你的东西 _____
17. 下午 _____	18. 睡觉 _____	19. 迟 _____	20. 床 _____
21. 早 _____	22. 离开 _____	23. 已经 _____	24. 在……之后 _____
25. 日常的 _____	26. 早晨 _____	27. 早餐 _____	28. 很少 _____
29. 每日的 _____	30. 中午 _____	31. 洗 _____	32. 总是 _____

B. 四词成句（可改变词形）

1. Night / Go / Brush / Bring	_____
2. Wake / Arrive / Often / Awake	_____
3. P.M. / Sleep / Late / Bed	_____
4. Everyday / Morning / Breakfast / Seldom	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第1天 · 第03组「七点之前」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
65. Wake wake up I wake up at seven every morning.	81. Sleep sleep carefully Please sleep carefully.
66. Morning the morning We talked about the morning today.	82. Afternoon the afternoon We talked about the afternoon today.
67. Evening the evening We talked about the evening today.	83. Night the night We talked about the night today.
68. Everyday everyday life English is useful in everyday life.	84. Often often play We often play basketball after school.
69. Never never give up Never give up on your dream.	85. Late be late for Do not be late for school.
70. After after school We play football after school.	86. Wash wash it Please wash it carefully.
71. Wear wear carefully Please wear carefully.	87. Go go home Let us go home together.
72. Habit the habit We talked about the habit today.	88. Bring bring it Please bring it carefully.
73. Awake stay awake The loud noise kept me awake.	89. Bed the bed We talked about the bed today.
74. A.M. at 7 a.m. I get up at 7 a.m.	90. Noon the noon We talked about the noon today.
75. P.M. at 5 p.m. The shop closes at 5 p.m.	91. Daily daily life Walking is part of my daily life.
76. Always always remember Always remember to be kind.	92. Seldom seldom go I seldom go to bed late.
77. Early early in the morning I got up early this morning.	93. Before before class Please arrive before class begins.
78. Breakfast the breakfast We talked about the breakfast today.	94. Brush brush one's teeth I brush my teeth every morning.
79. Leave leave carefully Please leave carefully.	95. Arrive arrive it Please arrive it carefully.
80. Already already finished I have already finished my homework.	96. Yours a friend of yours Is this ruler yours?

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第2天

今日场景： 房间归位 · 镜中名片 · 三十分钟

组别	场景	词条范围	完成
第04组	房间归位	97-128	[]
第05组	镜中名片	129-160	[]
第06组	三十分钟	161-192	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标： _____

昨日错词： _____

完成时间： _____ 今日状态： [1] [2] [3] [4] [5]

第2天 · 第04组「房间归位」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
97	Apartment	/ep'a:tmənt/	公寓	☐ ☐ ☐
98	Bedroom	/b'ɛdru:m/	卧室	☐ ☐ ☐
99	Floor	/fl'ɔ:/	地板	☐ ☐ ☐
100	Garden	/g'a:dən/	花园	☐ ☐ ☐
101	Chair	/tʃ'eə/	椅子	☐ ☐ ☐
102	Shelf (shelves)	/ʃ'ɛlf/	架子	☐ ☐ ☐
103	Housework	/h'aʊswɜ:k/	家事	☐ ☐ ☐
104	Object	/'ɒbdʒɛkt/	物体；对象	☐ ☐ ☐
105	House	/'haʊs/	房子	☐ ☐ ☐
106	Bathroom	/b'a:θru:m/	浴室	☐ ☐ ☐
107	Door	/d'ɔ:/	门	☐ ☐ ☐
108	Yard	/j'a:d/	院子	☐ ☐ ☐
109	Desk	/d'ɛsk/	书桌	☐ ☐ ☐
110	Bin	/b'in/	垃圾桶	☐ ☐ ☐
111	Chore	/tʃ'ɔ:/	家务	☐ ☐ ☐
112	Shower	/'ʃaʊə/	淋浴	☐ ☐ ☐
113	Home	/h'əʊm/	家	☐ ☐ ☐
114	Kitchen	/k'ɪtʃən/	厨房	☐ ☐ ☐
115	Window	/w'ɪndəʊ/	窗户	☐ ☐ ☐
116	Sofa	/s'əʊfə/	沙发	☐ ☐ ☐
117	Lamp	/l'æmp/	灯	☐ ☐ ☐
118	Tidy	/t'aɪdi/	整洁的	☐ ☐ ☐
119	Toilet	/t'ɔɪlət/	厕所	☐ ☐ ☐
120	Probably	/pr'ɒbəbli/	大概	☐ ☐ ☐
121	Room	/r'u:m/	房间	☐ ☐ ☐
122	Dining	/d'aɪnɪŋ/	用餐	☐ ☐ ☐
123	Wall	/w'ɔ:l/	墙	☐ ☐ ☐
124	Table	/t'eɪbəl/	桌子	☐ ☐ ☐
125	Mirror	/m'ɪrə/	镜子	☐ ☐ ☐
126	Sweep	/sw'i:p/	扫除	☐ ☐ ☐
127	Empty	/'ɛmpti/	空的	☐ ☐ ☐
128	Understand	/,ʌndəst'ænd/	理解	☐ ☐ ☐

第2天 · 第04组「房间归位」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
97	Apart • ment	A__r__e_t	_____	[]
98	Bed • room	B__r__m	_____	[]
99	Flo • or	F__or	_____	[]
100	Garden	G__d_n	_____	[]
101	Chair	C__ir	_____	[]
102	Shelf / shelves	S__lf	_____	[]
103	Hou • sew • ork	H__s__o_k	_____	[]
104	Object	O__e_t	_____	[]
105	House	H__se	_____	[]
106	Bat • hro • om	B__h__om	_____	[]
107	Door	D__r	_____	[]
108	Yard	Y__d	_____	[]
109	Desk	D__k	_____	[]
110	Bin	B_n	_____	[]
111	Chore	C__re	_____	[]
112	Show • er	S__w_r	_____	[]
113	Home	H__e	_____	[]
114	Kit • chen	K__c__n	_____	[]
115	Window	W__d_w	_____	[]
116	Sofa	S__a	_____	[]
117	Lamp	L__p	_____	[]
118	Tidy	T__y	_____	[]
119	Toilet	T__l_t	_____	[]
120	Probab • ly	P__b__ly	_____	[]
121	Room	R__m	_____	[]
122	Din • ing	D__i_g	_____	[]
123	Wall	W__l	_____	[]
124	Table	T__le	_____	[]
125	Mirr • or	M__r_r	_____	[]
126	Sweep	S__ep	_____	[]
127	Empty	E__ty	_____	[]
128	Under • stand	U__e__t__d	_____	[]

第2天 · 第04组「房间归位」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Apartment / Bedroom / Floor / Garden 画面元素：公寓、卧室、地板、花园 英文标签：_____	场景2 Chair / Shelf / Housework / Object 画面元素：椅子、架子、家事、物体；对象 英文标签：_____
场景3 House / Bathroom / Door / Yard 画面元素：房子、浴室、门、院子 英文标签：_____	场景4 Desk / Bin / Chore / Shower 画面元素：书桌、垃圾桶、家务、淋浴 英文标签：_____
场景5 Home / Kitchen / Window / Sofa 画面元素：家、厨房、窗户、沙发 英文标签：_____	场景6 Lamp / Tidy / Toilet / Probably 画面元素：灯、整洁的、厕所、大概 英文标签：_____
场景7 Room / Dining / Wall / Table 画面元素：房间、用餐、墙、桌子 英文标签：_____	场景8 Mirror / Sweep / Empty / Understand 画面元素：镜子、扫除、空的、理解 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第2天 · 第04组「房间归位」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
97. the _____ We talked about the _____ today. [公寓]	113. go _____ I usually go _____ at five. [家]
98. the _____ We talked about the _____ today. [卧室]	114. the _____ We talked about the _____ today. [厨房]
99. the _____ We talked about the _____ today. [地板]	115. the _____ We talked about the _____ today. [窗户]
100. _____ it Please _____ it carefully. [花园]	116. the _____ We talked about the _____ today. [沙发]
101. the _____ We talked about the _____ today. [椅子]	117. the _____ We talked about the _____ today. [灯]
102. the _____ We talked about the _____ today. [架子]	118. very _____ It looks very _____. [整洁的]
103. the _____ We talked about the _____ today. [家事]	119. the _____ We talked about the _____ today. [厕所]
104. the _____ We talked about the _____ today. [物体；对象]	120. will _____ It will _____ rain this afternoon. [大概]
105. the _____ We talked about the _____ today. [房子]	121. the _____ We talked about the _____ today. [房间]
106. the _____ We talked about the _____ today. [浴室]	122. the _____ We talked about the _____ today. [用餐]
107. the _____ We talked about the _____ today. [门]	123. the _____ We talked about the _____ today. [墙]
108. the _____ We talked about the _____ today. [院子]	124. the _____ We talked about the _____ today. [桌子]
109. the _____ We talked about the _____ today. [书桌]	125. the _____ We talked about the _____ today. [镜子]
110. the _____ We talked about the _____ today. [垃圾桶]	126. _____ the floor Please _____ the floor after class. [扫除]
111. the _____ We talked about the _____ today. [家务]	127. very _____ It looks very _____. [空的]
112. the _____ We talked about the _____ today. [淋浴]	128. _____ it Please _____ it carefully. [理解]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第2天 · 第04组「房间归位」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 厨房 _____	2. 物体；对象 _____	3. 用餐 _____	4. 家事 _____
5. 门 _____	6. 墙 _____	7. 浴室 _____	8. 扫除 _____
9. 家 _____	10. 公寓 _____	11. 桌子 _____	12. 空的 _____
13. 家务 _____	14. 沙发 _____	15. 整洁的 _____	16. 淋浴 _____
17. 垃圾桶 _____	18. 架子 _____	19. 镜子 _____	20. 书桌 _____
21. 地板 _____	22. 椅子 _____	23. 房子 _____	24. 房间 _____
25. 院子 _____	26. 灯 _____	27. 理解 _____	28. 卧室 _____
29. 大概 _____	30. 窗户 _____	31. 厕所 _____	32. 花园 _____

B. 四词成句（可改变词形）

1. Kitchen / Object / Dining / Housework	_____
2. Home / Apartment / Table / Empty	_____
3. Bin / Shelf / Mirror / Desk	_____
4. Yard / Lamp / Understand / Bedroom	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第2天 · 第04组「房间归位」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
97. Apartment the apartment We talked about the apartment today.	113. Home go home I usually go home at five.
98. Bedroom the bedroom We talked about the bedroom today.	114. Kitchen the kitchen We talked about the kitchen today.
99. Floor the floor We talked about the floor today.	115. Window the window We talked about the window today.
100. Garden garden it Please garden it carefully.	116. Sofa the sofa We talked about the sofa today.
101. Chair the chair We talked about the chair today.	117. Lamp the lamp We talked about the lamp today.
102. Shelf (shelves) the shelf We talked about the shelf today.	118. Tidy very tidy It looks very tidy.
103. Housework the housework We talked about the housework today.	119. Toilet the toilet We talked about the toilet today.
104. Object the object We talked about the object today.	120. Probably will probably It will probably rain this afternoon.
105. House the house We talked about the house today.	121. Room the room We talked about the room today.
106. Bathroom the bathroom We talked about the bathroom today.	122. Dining the dining We talked about the dining today.
107. Door the door We talked about the door today.	123. Wall the wall We talked about the wall today.
108. Yard the yard We talked about the yard today.	124. Table the table We talked about the table today.
109. Desk the desk We talked about the desk today.	125. Mirror the mirror We talked about the mirror today.
110. Bin the bin We talked about the bin today.	126. Sweep sweep the floor Please sweep the floor after class.
111. Chore the chore We talked about the chore today.	127. Empty very empty It looks very empty.
112. Shower the shower We talked about the shower today.	128. Understand understand it Please understand it carefully.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第2天 · 第05组「镜中名片」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
129	Hair	/h'eə/	头发	☐ ☐ ☐
130	Thin	/θ'in/	瘦的；薄的	☐ ☐ ☐
131	Pretty	/pr'ɪti/	漂亮的	☐ ☐ ☐
132	Polite	/pəl'aɪt/	有礼貌的	☐ ☐ ☐
133	Brave	/br'eɪv/	勇敢的	☐ ☐ ☐
134	Funny	/f'ʌni/	好笑的	☐ ☐ ☐
135	Confidence	/k'ɒnfɪdəns/	信心	☐ ☐ ☐
136	Nice	/'naɪs/	美好的	☐ ☐ ☐
137	Tall	/t'ɔ:l/	高的	☐ ☐ ☐
138	Slim	/sl'im/	瘦的	☐ ☐ ☐
139	Ugly	/'ʌgli/	丑陋的	☐ ☐ ☐
140	Clever	/kl'ɛve/	聪明的	☐ ☐ ☐
141	Serious	/s'ɪərɪəs/	严肃的	☐ ☐ ☐
142	Manner	/m'æne/	举止；方式	☐ ☐ ☐
143	Bad	/b'æd/	坏的	☐ ☐ ☐
144	Silly	/s'ɪli/	愚蠢的	☐ ☐ ☐
145	Short	/ʃ'ɔ:t/	短的	☐ ☐ ☐
146	Handsome	/h'ændsʌm/	英俊的	☐ ☐ ☐
147	Old	/'əʊld/	年老的	☐ ☐ ☐
148	Smart	/sm'a:t/	聪明的	☐ ☐ ☐
149	Lively	/'aɪvli/	活泼的	☐ ☐ ☐
150	Character	/k'ærɪktə/	个性	☐ ☐ ☐
151	Fool	/f'u:l/	傻瓜	☐ ☐ ☐
152	Little	/'ɪtəl/	小的；少量	☐ ☐ ☐
153	Fat	/f'æt/	胖的	☐ ☐ ☐
154	Beautiful	/bj'u:tɪfəl/	美丽的	☐ ☐ ☐
155	Honest	/'ɒnɪst/	诚实的	☐ ☐ ☐
156	Lazy	/'eɪzi/	懒惰的	☐ ☐ ☐
157	Lovely	/'ʌvli/	可爱的	☐ ☐ ☐
158	Characteristic	/k,ærɪktər'ɪstɪk/	特性	☐ ☐ ☐
159	Humour (humor)	/hj'u:me/	幽默	☐ ☐ ☐
160	Their	/ð'eə/	他们的	☐ ☐ ☐

第2天 · 第05组「镜中名片」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
129	Hair	H__r	_____	[]
130	Thin	T__n	_____	[]
131	Pre • tty	P__t_y	_____	[]
132	Polite	P__i_e	_____	[]
133	Brave	B__ve	_____	[]
134	Funny	F__ny	_____	[]
135	Con • fid • ence	C__f__e__e	_____	[]
136	Nice	N__e	_____	[]
137	Tall	T__l	_____	[]
138	Slim	S__m	_____	[]
139	Ugly	U__y	_____	[]
140	Clev • er	C__v_r	_____	[]
141	Seri • ous	S__i__s	_____	[]
142	Mann • er	M__n_r	_____	[]
143	Bad	B_d	_____	[]
144	Sil • ly	S__ly	_____	[]
145	Short	S__rt	_____	[]
146	Han • dso • me	H__d__me	_____	[]
147	Old	O_d	_____	[]
148	Smart	S__rt	_____	[]
149	Live • ly	L__e_y	_____	[]
150	Charact • er	C__r__t_r	_____	[]
151	Fool	F__l	_____	[]
152	Little	L__t_e	_____	[]
153	Fat	F_t	_____	[]
154	Beauti • ful	B__u__f_l	_____	[]
155	Honest	H__e_t	_____	[]
156	Lazy	L__y	_____	[]
157	Love • ly	L__e_y	_____	[]
158	Cha • rac • ter • ist • ic	C__r__t__i__ic	_____	[]
159	Humour / humor	H__o_r	_____	[]
160	Their	T__ir	_____	[]

第2天 · 第05组「镜中名片」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Hair / Thin / Pretty / Polite 画面元素：头发、瘦的；薄的、漂亮的、有礼貌的 英文标签：_____	场景2 Brave / Funny / Confidence / Nice 画面元素：勇敢的、好笑的、信心、美好的 英文标签：_____
场景3 Tall / Slim / Ugly / Clever 画面元素：高的、瘦的、丑陋的、聪明的 英文标签：_____	场景4 Serious / Manner / Bad / Silly 画面元素：严肃的、举止；方式、坏的、愚蠢的 英文标签：_____
场景5 Short / Handsome / Old / Smart 画面元素：短的、英俊的、年老的、聪明的 英文标签：_____	场景6 Lively / Character / Fool / Little 画面元素：活泼的、个性、傻瓜、小的；少量 英文标签：_____
场景7 Fat / Beautiful / Honest / Lazy 画面元素：胖的、美丽的、诚实的、懒惰的 英文标签：_____	场景8 Lovely / Characteristic / Humour / Their 画面元素：可爱的、特性、幽默、他们的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第2天 · 第05组「镜中名片」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
129. the _____ We talked about the _____ today. [头发]	145. very _____ It looks very _____. [短的]
130. very _____ It looks very _____. [瘦的；薄的]	146. very _____ It looks very _____. [英俊的]
131. very _____ It looks very _____. [漂亮的]	147. very _____ It looks very _____. [年老的]
132. very _____ It looks very _____. [有礼貌的]	148. very _____ It looks very _____. [聪明的]
133. very _____ It looks very _____. [勇敢的]	149. very _____ It looks very _____. [活泼的]
134. very _____ It looks very _____. [好笑的]	150. talk about _____ We talked about _____ in class. [个性]
135. talk about _____ We talked about _____ in class. [信心]	151. the _____ We talked about the _____ today. [傻瓜]
136. very _____ It looks very _____. [美好的]	152. a _____ Add a _____ salt to the soup. [小的；少量]
137. very _____ It looks very _____. [高的]	153. very _____ It looks very _____. [胖的]
138. very _____ It looks very _____. [瘦的]	154. very _____ It looks very _____. [美丽的]
139. very _____ It looks very _____. [丑陋的]	155. very _____ It looks very _____. [诚实的]
140. very _____ It looks very _____. [聪明的]	156. very _____ It looks very _____. [懒惰的]
141. very _____ It looks very _____. [严肃的]	157. very _____ It looks very _____. [可爱的]
142. talk about _____ We talked about _____ in class. [举止；方式]	158. talk about _____ We talked about _____ in class. [特性]
143. very _____ It looks very _____. [坏的]	159. the _____ We talked about the _____ today. [幽默]
144. very _____ It looks very _____. [愚蠢的]	160. _____ classroom _____ classroom is next to ours. [他们的]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第2天 · 第05组「镜中名片」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 信心 _____	2. 举止；方式 _____	3. 聪明的 _____	4. 严肃的 _____
5. 高的 _____	6. 短的 _____	7. 愚蠢的 _____	8. 小的；少量 _____
9. 个性 _____	10. 年老的 _____	11. 懒惰的 _____	12. 特性 _____
13. 傻瓜 _____	14. 瘦的；薄的 _____	15. 好笑的 _____	16. 瘦的 _____
17. 聪明的 _____	18. 丑陋的 _____	19. 幽默 _____	20. 漂亮的 _____
21. 可爱的 _____	22. 美好的 _____	23. 活泼的 _____	24. 英俊的 _____
25. 诚实的 _____	26. 有礼貌的 _____	27. 他们的 _____	28. 胖的 _____
29. 勇敢的 _____	30. 美丽的 _____	31. 头发 _____	32. 坏的 _____

B. 四词成句（可改变词形）

1. Confidence / Manner / Clever / Serious	_____
2. Character / Old / Lazy / Characteristic	_____
3. Smart / Ugly / Humour / Pretty	_____
4. Honest / Polite / Their / Fat	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第2天 · 第05组「镜中名片」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
129. Hair the hair We talked about the hair today.	145. Short very short It looks very short.
130. Thin very thin It looks very thin.	146. Handsome very handsome It looks very handsome.
131. Pretty very pretty It looks very pretty.	147. Old very old It looks very old.
132. Polite very polite It looks very polite.	148. Smart very smart It looks very smart.
133. Brave very brave It looks very brave.	149. Lively very lively It looks very lively.
134. Funny very funny It looks very funny.	150. Character talk about character We talked about character in class.
135. Confidence talk about confidence We talked about confidence in class.	151. Fool the fool We talked about the fool today.
136. Nice very nice It looks very nice.	152. Little a little Add a little salt to the soup.
137. Tall very tall It looks very tall.	153. Fat very fat It looks very fat.
138. Slim very slim It looks very slim.	154. Beautiful very beautiful It looks very beautiful.
139. Ugly very ugly It looks very ugly.	155. Honest very honest It looks very honest.
140. Clever very clever It looks very clever.	156. Lazy very lazy It looks very lazy.
141. Serious very serious It looks very serious.	157. Lovely very lovely It looks very lovely.
142. Manner talk about manner We talked about manner in class.	158. Characteristic talk about characteristic We talked about characteristic in class.
143. Bad very bad It looks very bad.	159. Humour (humor) the humour We talked about the humour today.
144. Silly very silly It looks very silly.	160. Their their classroom Their classroom is next to ours.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第2天 · 第06组「三十分钟」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
161	Mall	/m'æl/	商场	☐ ☐ ☐
162	Packet	/p'ækɪt/	小包	☐ ☐ ☐
163	Price	/pr'aɪs/	价格	☐ ☐ ☐
164	Kilo (kilogram)	/k'i:ləʊ/	千克	☐ ☐ ☐
165	Vegetable	/v'edʒɪtəbəl/	蔬菜	☐ ☐ ☐
166	Small	/sm'ɔ:l/	小的	☐ ☐ ☐
167	Compare	/kəmp'eə/	比较	☐ ☐ ☐
168	Might	/m'aɪt/	可能	☐ ☐ ☐
169	Store	/st'ɔ:/	商店	☐ ☐ ☐
170	Bottle	/b'ɒtəl/	瓶子	☐ ☐ ☐
171	Pay	/p'eɪ/	付款	☐ ☐ ☐
172	Wallet	/w'ɒlɪt/	皮夹	☐ ☐ ☐
173	Orange	/'ɒrɪndʒ/	柑橘	☐ ☐ ☐
174	Large	/l'a:dʒ/	大的	☐ ☐ ☐
175	Biscuit	/b'ɪskɪt/	饼干	☐ ☐ ☐
176	Maybe	/m'eɪbi:/	也许	☐ ☐ ☐
177	Basket	/b'a:skɪt/	篮	☐ ☐ ☐
178	Box	/b'ɒks/	盒子	☐ ☐ ☐
179	Choose	/tʃ'u:z/	选择	☐ ☐ ☐
180	Weigh	/w'eɪ/	称……重量	☐ ☐ ☐
181	Lemon	/l'ɛmən/	柠檬	☐ ☐ ☐
182	Full	/f'ʊl/	满的	☐ ☐ ☐
183	Few	/fj'u:/	很少的	☐ ☐ ☐
184	Worse	/w'ɜ:s/	更糟的	☐ ☐ ☐
185	Bag	/b'æg/	袋子	☐ ☐ ☐
186	Cash	/k'æʃ/	现金	☐ ☐ ☐
187	List	/l'ɪst/	清单	☐ ☐ ☐
188	Fruit	/fr'u:t/	水果	☐ ☐ ☐
189	Big	/b'ɪg/	大的	☐ ☐ ☐
190	Ton	/t'ʌn/	吨	☐ ☐ ☐
191	Snack	/sn'æk/	小吃	☐ ☐ ☐
192	Something	/s'ʌmθɪŋ/	某事；某物	☐ ☐ ☐

第2天 · 第06组「三十分钟」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
161	Mall	M__l	_____	[]
162	Packet	P__k_t	_____	[]
163	Price	P__c e	_____	[]
164	Kilo / kilogram	K__o	_____	[]
165	Veget • able	V__e__b_e	_____	[]
166	Small	S__ll	_____	[]
167	Com • pare	C__p__e	_____	[]
168	Might	M__ht	_____	[]
169	Store	S__re	_____	[]
170	Bottle	B__t_e	_____	[]
171	Pay	P_y	_____	[]
172	Wallet	W__l_t	_____	[]
173	Orange	O__n_e	_____	[]
174	Large	L__ge	_____	[]
175	Bis • cuit	B__c__t	_____	[]
176	Maybe	M__be	_____	[]
177	Basket	B__k_t	_____	[]
178	Box	B_x	_____	[]
179	Choose	C__o_e	_____	[]
180	Weigh	W__gh	_____	[]
181	Lemon	L__on	_____	[]
182	Full	F__l	_____	[]
183	Few	F_w	_____	[]
184	Worse	W__se	_____	[]
185	Bag	B_g	_____	[]
186	Cash	C__h	_____	[]
187	List	L__t	_____	[]
188	Fruit	F__it	_____	[]
189	Big	B_g	_____	[]
190	Ton	T_n	_____	[]
191	Snack	S__c k	_____	[]
192	Someth • ing	S__e__i_g	_____	[]

第2天 · 第06组「三十分钟」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Mall / Packet / Price / Kilo 画面元素：商场、小包、价格、千克 英文标签：_____	场景2 Vegetable / Small / Compare / Might 画面元素：蔬菜、小的、比较、可能 英文标签：_____
场景3 Store / Bottle / Pay / Wallet 画面元素：商店、瓶子、付款、皮夹 英文标签：_____	场景4 Orange / Large / Biscuit / Maybe 画面元素：柑橘、大的、饼干、也许 英文标签：_____
场景5 Basket / Box / Choose / Weigh 画面元素：篮、盒子、选择、称……重量 英文标签：_____	场景6 Lemon / Full / Few / Worse 画面元素：柠檬、满的、很少的、更糟的 英文标签：_____
场景7 Bag / Cash / List / Fruit 画面元素：袋子、现金、清单、水果 英文标签：_____	场景8 Big / Ton / Snack / Something 画面元素：大的、吨、小吃、某事；某物 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第2天 · 第06组「三十分钟」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
161. the _____ We talked about the _____ today. [商场]	177. the _____ We talked about the _____ today. [篮]
162. the _____ We talked about the _____ today. [小包]	178. the _____ We talked about the _____ today. [盒子]
163. the _____ We talked about the _____ today. [价格]	179. _____ it Please _____ it carefully. [选择]
164. the _____ We talked about the _____ today. [千克]	180. _____ it Please _____ it carefully. [称……重量]
165. the _____ We talked about the _____ today. [蔬菜]	181. the _____ We talked about the _____ today. [柠檬]
166. very _____ It looks very _____. [小的]	182. very _____ It looks very _____. [满的]
167. _____ A with B _____ your answer with mine. [比较]	183. a _____ I have a _____ questions. [很少的]
168. _____ be He _____ be at home now. [可能]	184. get _____ The weather became _____ in the afternoon. [更糟的]
169. the _____ We talked about the _____ today. [商店]	185. the _____ We talked about the _____ today. [袋子]
170. the _____ We talked about the _____ today. [瓶子]	186. the _____ We talked about the _____ today. [现金]
171. _____ for _____ (付款) [付款]	187. the _____ We talked about the _____ today. [清单]
172. the _____ We talked about the _____ today. [皮夹]	188. the _____ We talked about the _____ today. [水果]
173. _____ juice His coat is _____. [柑橘]	189. very _____ It looks very _____. [大的]
174. very _____ It looks very _____. [大的]	190. the _____ We talked about the _____ today. [吨]
175. the _____ We talked about the _____ today. [饼干]	191. _____ it Please _____ it carefully. [小吃]
176. _____ next time _____ we can go there tomorrow. [也许]	192. _____ important I have _____ important to tell you. [某事；某物]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第2天 · 第06组「三十分钟」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 满的 _____	2. 商店 _____	3. 可能 _____	4. 称……重量 _____
5. 选择 _____	6. 小的 _____	7. 付款 _____	8. 柠檬 _____
9. 大的 _____	10. 吨 _____	11. 柑橘 _____	12. 很少的 _____
13. 皮夹 _____	14. 瓶子 _____	15. 饼干 _____	16. 更糟的 _____
17. 蔬菜 _____	18. 小吃 _____	19. 现金 _____	20. 袋子 _____
21. 盒子 _____	22. 某事；某物 _____	23. 商场 _____	24. 比较 _____
25. 价格 _____	26. 大的 _____	27. 也许 _____	28. 小包 _____
29. 水果 _____	30. 清单 _____	31. 千克 _____	32. 篮 _____

B. 四词成句（可改变词形）

1. Full / Store / Might / Weigh	_____
2. Large / Ton / Orange / Few	_____
3. Vegetable / Snack / Cash / Bag	_____
4. Price / Big / Maybe / Packet	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第2天 · 第06组「三十分钟」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
161. Mall the mall We talked about the mall today.	177. Basket the basket We talked about the basket today.
162. Packet the packet We talked about the packet today.	178. Box the box We talked about the box today.
163. Price the price We talked about the price today.	179. Choose choose it Please choose it carefully.
164. Kilo (kilogram) the kilo We talked about the kilo today.	180. Weigh weigh it Please weigh it carefully.
165. Vegetable the vegetable We talked about the vegetable today.	181. Lemon the lemon We talked about the lemon today.
166. Small very small It looks very small.	182. Full very full It looks very full.
167. Compare compare A with B Compare your answer with mine.	183. Few a few I have a few questions.
168. Might might be He might be at home now.	184. Worse get worse The weather became worse in the afternoon.
169. Store the store We talked about the store today.	185. Bag the bag We talked about the bag today.
170. Bottle the bottle We talked about the bottle today.	186. Cash the cash We talked about the cash today.
171. Pay pay for I paid for the book by phone.	187. List the list We talked about the list today.
172. Wallet the wallet We talked about the wallet today.	188. Fruit the fruit We talked about the fruit today.
173. Orange orange juice His coat is orange.	189. Big very big It looks very big.
174. Large very large It looks very large.	190. Ton the ton We talked about the ton today.
175. Biscuit the biscuit We talked about the biscuit today.	191. Snack snack it Please snack it carefully.
176. Maybe maybe next time Maybe we can go there tomorrow.	192. Something something important I have something important to tell you.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第3天

今日场景：厨房节拍 · 今天点什么 · 颜色上身

组别	场景	词条范围	完成
第07组	厨房节拍	193-224	[]
第08组	今天点什么	225-256	[]
第09组	颜色上身	257-288	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第3天 · 第07组「厨房节拍」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
193	Cook	/k'ʊk/	烹饪	☐ ☐ ☐
194	Cup	/k'ʌp/	杯子	☐ ☐ ☐
195	Spoon	/sp'u:n/	勺子	☐ ☐ ☐
196	Mix	/m'iks/	混合	☐ ☐ ☐
197	Heat	/h'i:t/	热；加热	☐ ☐ ☐
198	Oil	/'ɔɪl/	油	☐ ☐ ☐
199	Cheese	/tʃ'i:z/	乳酪	☐ ☐ ☐
200	Rice	/r'aɪs/	米饭	☐ ☐ ☐
201	Fridge (refrigerator)	/fr'ɪdʒ/	电冰箱	☐ ☐ ☐
202	Glass	/gl'a:s/	玻璃杯	☐ ☐ ☐
203	Chopsticks	/tʃ'ɒpstɪks/	筷子	☐ ☐ ☐
204	Pour	/p'ɔ:/	倒	☐ ☐ ☐
205	Dish	/d'ɪʃ/	菜肴；盘子	☐ ☐ ☐
206	Egg	/'ɛɡ/	蛋	☐ ☐ ☐
207	Meat	/m'i:t/	肉	☐ ☐ ☐
208	Salad	/s'æləd/	色拉	☐ ☐ ☐
209	Pot	/p'ɒt/	锅	☐ ☐ ☐
210	Knife (knives)	/n'aɪf/	小刀	☐ ☐ ☐
211	Boil	/b'ɔɪl/	煮沸	☐ ☐ ☐
212	Add	/'æd/	增加	☐ ☐ ☐
213	Salt	/s'ɒlt/	盐	☐ ☐ ☐
214	Butter	/b'ʌtə/	黄油	☐ ☐ ☐
215	Lay	/'eɪ/	放置	☐ ☐ ☐
216	Soup	/s'u:p/	汤	☐ ☐ ☐
217	Bowl	/b'əʊl/	碗	☐ ☐ ☐
218	Fork	/f'ɔ:k/	叉子	☐ ☐ ☐
219	Cut	/k'ʌt/	切	☐ ☐ ☐
220	Fill	/f'ɪl/	装满	☐ ☐ ☐
221	Sugar	/ʃ'ʊɡə/	糖	☐ ☐ ☐
222	Smell	/sm'el/	气味；闻	☐ ☐ ☐
223	Pork	/p'ɔ:k/	猪肉	☐ ☐ ☐
224	Who	/h'u:/	谁	☐ ☐ ☐

第3天 · 第07组「厨房节拍」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
193	Cook	C__k	_____	[]
194	Cup	C_p	_____	[]
195	Spoon	S__o n	_____	[]
196	Mix	M_x	_____	[]
197	Heat	H__t	_____	[]
198	Oil	O_l	_____	[]
199	Cheese	C__e_e	_____	[]
200	Rice	R__e	_____	[]
201	Fridge / refrigerator	F__d_e	_____	[]
202	Glass	G__s s	_____	[]
203	Cho • pst • icks	C__p__i__s	_____	[]
204	Pour	P__r	_____	[]
205	Dish	D__h	_____	[]
206	Egg	E_g	_____	[]
207	Meat	M__t	_____	[]
208	Salad	S__a d	_____	[]
209	Pot	P_t	_____	[]
210	Knife / knives	K__f e	_____	[]
211	Boil	B__l	_____	[]
212	Add	A_d	_____	[]
213	Salt	S__t	_____	[]
214	Butt • er	B__t_r	_____	[]
215	Lay	L_y	_____	[]
216	Soup	S__p	_____	[]
217	Bowl	B__l	_____	[]
218	Fork	F__k	_____	[]
219	Cut	C_t	_____	[]
220	Fill	F__l	_____	[]
221	Sugar	S__a r	_____	[]
222	Smell	S__l l	_____	[]
223	Pork	P__k	_____	[]
224	Who	W_o	_____	[]

第3天 · 第07组「厨房节拍」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Cook / Cup / Spoon / Mix 画面元素：烹饪、杯子、勺子、混合 英文标签：_____	场景2 Heat / Oil / Cheese / Rice 画面元素：热；加热、油、乳酪、米饭 英文标签：_____
场景3 Fridge / Glass / Chopsticks / Pour 画面元素：电冰箱、玻璃杯、筷子、倒 英文标签：_____	场景4 Dish / Egg / Meat / Salad 画面元素：菜肴；盘子、蛋、肉、色拉 英文标签：_____
场景5 Pot / Knife / Boil / Add 画面元素：锅、小刀、煮沸、增加 英文标签：_____	场景6 Salt / Butter / Lay / Soup 画面元素：盐、黄油、放置、汤 英文标签：_____
场景7 Bowl / Fork / Cut / Fill 画面元素：碗、叉子、切、装满 英文标签：_____	场景8 Sugar / Smell / Pork / Who 画面元素：糖、气味；闻、猪肉、谁 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第3天 · 第07组「厨房节拍」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
193. _____ it Please _____ it carefully. (烹饪)	209. the _____ We talked about the _____ today. (锅)
194. the _____ We talked about the _____ today. (杯子)	210. the _____ We talked about the _____ today. (小刀)
195. the _____ We talked about the _____ today. (勺子)	211. _____ water _____ the water before making tea. (煮沸)
196. _____ it Please _____ it carefully. (混合)	212. _____ it Please _____ it carefully. (增加)
197. _____ up Please _____ up the soup. (热；加热)	213. the _____ We talked about the _____ today. (盐)
198. the _____ We talked about the _____ today. (油)	214. the _____ We talked about the _____ today. (黄油)
199. the _____ We talked about the _____ today. (乳酪)	215. _____ it Please _____ it carefully. (放置)
200. the _____ We talked about the _____ today. (米饭)	216. the _____ We talked about the _____ today. (汤)
201. the _____ We talked about the _____ today. (电冰箱)	217. the _____ We talked about the _____ today. (碗)
202. the _____ We talked about the _____ today. (玻璃杯)	218. the _____ We talked about the _____ today. (叉子)
203. use “_____” We often use “_____” in English. (筷子)	219. _____ it Please _____ it carefully. (切)
204. _____ it Please _____ it carefully. (倒)	220. _____...with Please _____ the bottle with water. (装满)
205. the _____ We talked about the _____ today. (菜肴；盘子)	221. the _____ We talked about the _____ today. (糖)
206. the _____ We talked about the _____ today. (蛋)	222. _____ it Please _____ it carefully. (气味；闻)
207. the _____ We talked about the _____ today. (肉)	223. the _____ We talked about the _____ today. (猪肉)
208. the _____ We talked about the _____ today. (色拉)	224. _____ is _____ is the boy by the door? (谁)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第3天 · 第07组「厨房节拍」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 黄油 _____	2. 糖 _____	3. 锅 _____	4. 倒 _____
5. 增加 _____	6. 盐 _____	7. 装满 _____	8. 煮沸 _____
9. 猪肉 _____	10. 叉子 _____	11. 小刀 _____	12. 切 _____
13. 肉 _____	14. 菜肴；盘子 _____	15. 汤 _____	16. 碗 _____
17. 乳酪 _____	18. 筷子 _____	19. 热；加热 _____	20. 色拉 _____
21. 玻璃杯 _____	22. 烹饪 _____	23. 电冰箱 _____	24. 米饭 _____
25. 混合 _____	26. 勺子 _____	27. 气味；闻 _____	28. 蛋 _____
29. 谁 _____	30. 油 _____	31. 放置 _____	32. 杯子 _____

B. 四词成句（可改变词形）

1. Butter / Sugar / Pot / Pour	_____
2. Pork / Fork / Knife / Cut	_____
3. Cheese / Chopsticks / Heat / Salad	_____
4. Mix / Spoon / Smell / Egg	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第3天 · 第07组「厨房节拍」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
193. Cook cook it Please cook it carefully.	209. Pot the pot We talked about the pot today.
194. Cup the cup We talked about the cup today.	210. Knife (knives) the knife We talked about the knife today.
195. Spoon the spoon We talked about the spoon today.	211. Boil boil water Boil the water before making tea.
196. Mix mix it Please mix it carefully.	212. Add add it Please add it carefully.
197. Heat heat up Please heat up the soup.	213. Salt the salt We talked about the salt today.
198. Oil the oil We talked about the oil today.	214. Butter the butter We talked about the butter today.
199. Cheese the cheese We talked about the cheese today.	215. Lay lay it Please lay it carefully.
200. Rice the rice We talked about the rice today.	216. Soup the soup We talked about the soup today.
201. Fridge (refrigerator) the fridge We talked about the fridge today.	217. Bowl the bowl We talked about the bowl today.
202. Glass the glass We talked about the glass today.	218. Fork the fork We talked about the fork today.
203. Chopsticks use “chopsticks” We often use “chopsticks” in English.	219. Cut cut it Please cut it carefully.
204. Pour pour it Please pour it carefully.	220. Fill fill...with Please fill the bottle with water.
205. Dish the dish We talked about the dish today.	221. Sugar the sugar We talked about the sugar today.
206. Egg the egg We talked about the egg today.	222. Smell smell it Please smell it carefully.
207. Meat the meat We talked about the meat today.	223. Pork the pork We talked about the pork today.
208. Salad the salad We talked about the salad today.	224. Who who is Who is the boy by the door?

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第3天 · 第08组「今天点什么」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
225	Restaurant	/r'ɛstrɒnt/	餐馆	☐ ☐ ☐
226	Thirsty	/θ'ɜ:sti/	口渴的	☐ ☐ ☐
227	Noodle	/n'u:dəl/	面条	☐ ☐ ☐
228	Tofu	/t'əʊfu:/	豆腐	☐ ☐ ☐
229	Juice	/dʒ'u:s/	果汁	☐ ☐ ☐
230	Chocolate	/tʃ'ɒklət/	巧克力	☐ ☐ ☐
231	Pancake	/p'ænkeɪk/	薄烤饼	☐ ☐ ☐
232	Eat	/'i:t/	吃	☐ ☐ ☐
233	Dinner	/d'ɪne/	晚餐	☐ ☐ ☐
234	Sandwich	/s'ændwɪtʃ/	三明治	☐ ☐ ☐
235	Beef	/b'i:f/	牛肉	☐ ☐ ☐
236	Porridge	/p'ɒrɪdʒ/	粥	☐ ☐ ☐
237	Milk	/m'ɪlk/	奶	☐ ☐ ☐
238	Cookie	/k'ʊki/	饼干	☐ ☐ ☐
239	Pie	/p'aɪ/	馅饼	☐ ☐ ☐
240	Drink	/dr'ɪŋk/	喝；饮料	☐ ☐ ☐
241	Delicious	/dɪl'ɪʃəs/	美味的	☐ ☐ ☐
242	Pizza	/p'i:tse/	比萨饼	☐ ☐ ☐
243	Mutton	/m'ʌtən/	羊肉	☐ ☐ ☐
244	Tea	/'i:/	茶	☐ ☐ ☐
245	Yogurt	/j'ɒgɜ:t/	酸奶	☐ ☐ ☐
246	Honey	/h'ʌni/	蜂蜜	☐ ☐ ☐
247	Sweet	/sw'i:t/	甜的	☐ ☐ ☐
248	Taste	/t'eɪst/	味道；品尝	☐ ☐ ☐
249	Hungry	/h'ʌŋɡri/	饥饿的	☐ ☐ ☐
250	Hamburger	/h'æmbɜ:ge/	汉堡包	☐ ☐ ☐
251	Dumpling	/d'ʌmplɪŋ/	饺子	☐ ☐ ☐
252	Coffee	/k'ɒfi/	咖啡	☐ ☐ ☐
253	Candy	/k'ændi/	糖果	☐ ☐ ☐
254	Ice cream	/'aɪs kri:m/	冰淇淋	☐ ☐ ☐
255	Bread	/br'ɛd/	面包	☐ ☐ ☐
256	What	/w'ɒt/	什么	☐ ☐ ☐

第3天 · 第08组「今天点什么」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
225	Re • staurant	R__t__r__t	_____	[]
226	Thi • rsty	T__r__y	_____	[]
227	Noodle	N__d_e	_____	[]
228	Tofu	T__u	_____	[]
229	Juice	J__ce	_____	[]
230	Cho • col • ate	C__c__a_e	_____	[]
231	Pan • cake	P__c__e	_____	[]
232	Eat	E_t	_____	[]
233	Dinn • er	D__n_r	_____	[]
234	San • dwi • ch	S__d__ch	_____	[]
235	Beef	B__f	_____	[]
236	Por • rid • ge	P__r__ge	_____	[]
237	Milk	M__k	_____	[]
238	Cookie	C__k_e	_____	[]
239	Pie	P_e	_____	[]
240	Drink	D__nk	_____	[]
241	Delici • ous	D__i__o_s	_____	[]
242	Pizza	P__za	_____	[]
243	Mutton	M__t_n	_____	[]
244	Tea	T_a	_____	[]
245	Yogurt	Y__u_t	_____	[]
246	Honey	H__ey	_____	[]
247	Sweet	S__et	_____	[]
248	Taste	T__te	_____	[]
249	Hungry	H__g_y	_____	[]
250	Hamburg • er	H__b__g_r	_____	[]
251	Dumpl • ing	D__p__ng	_____	[]
252	Coffee	C__f_e	_____	[]
253	Candy	C__dy	_____	[]
254	Ice • cre • am	I__c__am	_____	[]
255	Bread	B__ad	_____	[]
256	What	W__t	_____	[]

第3天 · 第08组「今天点什么」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Restaurant / Thirsty / Noodle / Tofu 画面元素：餐馆、口渴的、面条、豆腐 英文标签：_____	场景2 Juice / Chocolate / Pancake / Eat 画面元素：果汁、巧克力、薄烤饼、吃 英文标签：_____
场景3 Dinner / Sandwich / Beef / Porridge 画面元素：晚餐、三明治、牛肉、粥 英文标签：_____	场景4 Milk / Cookie / Pie / Drink 画面元素：奶、饼干、馅饼、喝；饮料 英文标签：_____
场景5 Delicious / Pizza / Mutton / Tea 画面元素：美味的、比萨饼、羊肉、茶 英文标签：_____	场景6 Yogurt / Honey / Sweet / Taste 画面元素：酸奶、蜂蜜、甜的、味道；品尝 英文标签：_____
场景7 Hungry / Hamburger / Dumpling / Coffee 画面元素：饥饿的、汉堡包、饺子、咖啡 英文标签：_____	场景8 Candy / Ice cream / Bread / What 画面元素：糖果、冰淇淋、面包、什么 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第3天 · 第08组「今天点什么」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
225. the _____ We talked about the _____ today. [餐馆]	241. very _____ It looks very _____. [美味的]
226. very _____ It looks very _____. [口渴的]	242. the _____ We talked about the _____ today. [比萨饼]
227. the _____ We talked about the _____ today. [面条]	243. the _____ We talked about the _____ today. [羊肉]
228. the _____ We talked about the _____ today. [豆腐]	244. the _____ We talked about the _____ today. [茶]
229. the _____ We talked about the _____ today. [果汁]	245. the _____ We talked about the _____ today. [酸奶]
230. talk about _____ We talked about _____ in class. [巧克力]	246. the _____ We talked about the _____ today. [蜂蜜]
231. the _____ We talked about the _____ today. [薄烤饼]	247. very _____ It looks very _____. [甜的]
232. _____ it Please _____ it carefully. [吃]	248. _____ it Please _____ it carefully. [味道；品尝]
233. the _____ We talked about the _____ today. [晚餐]	249. very _____ It looks very _____. [饥饿的]
234. the _____ We talked about the _____ today. [三明治]	250. the _____ We talked about the _____ today. [汉堡包]
235. the _____ We talked about the _____ today. [牛肉]	251. the _____ We talked about the _____ today. [饺子]
236. the _____ We talked about the _____ today. [粥]	252. the _____ We talked about the _____ today. [咖啡]
237. the _____ We talked about the _____ today. [奶]	253. the _____ We talked about the _____ today. [糖果]
238. the _____ We talked about the _____ today. [饼干]	254. an _____ We ate _____ after lunch. [冰淇淋]
239. the _____ We talked about the _____ today. [馅饼]	255. the _____ We talked about the _____ today. [面包]
240. _____ it Please _____ it carefully. [喝；饮料]	256. _____ time _____ time does the class begin? [什么]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第3天 · 第08组「今天点什么」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 饼干 _____	2. 味道；品尝 _____	3. 馅饼 _____	4. 口渴的 _____
5. 粥 _____	6. 汉堡包 _____	7. 晚餐 _____	8. 羊肉 _____
9. 糖果 _____	10. 面条 _____	11. 豆腐 _____	12. 冰淇淋 _____
13. 奶 _____	14. 面包 _____	15. 饥饿的 _____	16. 果汁 _____
17. 餐馆 _____	18. 美味的 _____	19. 酸奶 _____	20. 蜂蜜 _____
21. 薄烤饼 _____	22. 甜的 _____	23. 咖啡 _____	24. 巧克力 _____
25. 喝；饮料 _____	26. 茶 _____	27. 比萨饼 _____	28. 什么 _____
29. 吃 _____	30. 牛肉 _____	31. 饺子 _____	32. 三明治 _____

B. 四词成句（可改变词形）

1. Cookie / Taste / Pie / Thirsty	_____
2. Candy / Noodle / Tofu / Ice cream	_____
3. Restaurant / Delicious / Yogurt / Honey	_____
4. Drink / Tea / Pizza / What	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第3天 · 第08组「今天点什么」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
225. Restaurant the restaurant We talked about the restaurant today.	241. Delicious very delicious It looks very delicious.
226. Thirsty very thirsty It looks very thirsty.	242. Pizza the pizza We talked about the pizza today.
227. Noodle the noodle We talked about the noodle today.	243. Mutton the mutton We talked about the mutton today.
228. Tofu the tofu We talked about the tofu today.	244. Tea the tea We talked about the tea today.
229. Juice the juice We talked about the juice today.	245. Yogurt the yogurt We talked about the yogurt today.
230. Chocolate talk about chocolate We talked about chocolate in class.	246. Honey the honey We talked about the honey today.
231. Pancake the pancake We talked about the pancake today.	247. Sweet very sweet It looks very sweet.
232. Eat eat it Please eat it carefully.	248. Taste taste it Please taste it carefully.
233. Dinner the dinner We talked about the dinner today.	249. Hungry very hungry It looks very hungry.
234. Sandwich the sandwich We talked about the sandwich today.	250. Hamburger the hamburger We talked about the hamburger today.
235. Beef the beef We talked about the beef today.	251. Dumpling the dumpling We talked about the dumpling today.
236. Porridge the porridge We talked about the porridge today.	252. Coffee the coffee We talked about the coffee today.
237. Milk the milk We talked about the milk today.	253. Candy the candy We talked about the candy today.
238. Cookie the cookie We talked about the cookie today.	254. Ice cream an ice cream We ate ice cream after lunch.
239. Pie the pie We talked about the pie today.	255. Bread the bread We talked about the bread today.
240. Drink drink it Please drink it carefully.	256. What what time What time does the class begin?

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第3天 · 第09组「颜色上身」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
257	Clothes	/kl'əʊðz/	衣服	☐ ☐ ☐
258	Blouse	/bl'aʊz/	宽松的上衣	☐ ☐ ☐
259	Jeans	/dʒ'i:nz/	牛仔裤	☐ ☐ ☐
260	Cap	/k'æp/	帽子	☐ ☐ ☐
261	Pocket	/p'ɒkɪt/	口袋	☐ ☐ ☐
262	Pair	/p'eə/	一双	☐ ☐ ☐
263	Brown	/br'aʊn/	褐色	☐ ☐ ☐
264	Purple	/p'ɜ:pəl/	紫色	☐ ☐ ☐
265	Coat	/k'əʊt/	外套	☐ ☐ ☐
266	Dress	/dr'ɛs/	连衣裙；穿衣	☐ ☐ ☐
267	Suit	/s'u:t/	套装	☐ ☐ ☐
268	Hat	/h'æt/	帽子	☐ ☐ ☐
269	Silk	/s'ɪlk/	丝	☐ ☐ ☐
270	Black	/bl'æk/	黑色	☐ ☐ ☐
271	Green	/gr'i:n/	绿色	☐ ☐ ☐
272	Yellow	/j'eləʊ/	黄色	☐ ☐ ☐
273	Jacket	/dʒ'ækɪt/	夹克	☐ ☐ ☐
274	Skirt	/sk'ɜ:t/	裙子	☐ ☐ ☐
275	Shoe	/ʃ'u:/	鞋	☐ ☐ ☐
276	Scarf	/sk'a:f/	围巾	☐ ☐ ☐
277	Cotton	/k'ɒtən/	棉花	☐ ☐ ☐
278	White	/w'aɪt/	白色	☐ ☐ ☐
279	Grey (gray)	/gr'eɪ/	灰色	☐ ☐ ☐
280	Soft	/s'ɒft/	软的	☐ ☐ ☐
281	Shirt	/ʃ'ɜ:t/	衬衫	☐ ☐ ☐
282	Shorts	/ʃ'ɔ:ts/	短裤	☐ ☐ ☐
283	Sock	/s'ɒk/	短袜	☐ ☐ ☐
284	Glove	/gl'ʌv/	手套	☐ ☐ ☐
285	Style	/st'aɪl/	风格	☐ ☐ ☐
286	Blue	/bl'u:/	蓝色	☐ ☐ ☐
287	Pink	/p'ɪŋk/	粉红色	☐ ☐ ☐
288	Tiny	/t'aɪni/	极小的	☐ ☐ ☐

第3天 · 第09组「颜色上身」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
257	Clo • thes	C__t__s	_____	[]
258	Blouse	B__u_e	_____	[]
259	Jeans	J__n s	_____	[]
260	Cap	C_p	_____	[]
261	Pocket	P__k_t	_____	[]
262	Pair	P__r	_____	[]
263	Brown	B__w n	_____	[]
264	Purple	P__p_e	_____	[]
265	Coat	C__t	_____	[]
266	Dress	D__s s	_____	[]
267	Suit	S__t	_____	[]
268	Hat	H_t	_____	[]
269	Silk	S__k	_____	[]
270	Black	B__c k	_____	[]
271	Green	G__e n	_____	[]
272	Yellow	Y__l_w	_____	[]
273	Jacket	J__k_t	_____	[]
274	Skirt	S__r t	_____	[]
275	Shoe	S__e	_____	[]
276	Scarf	S__r f	_____	[]
277	Cotton	C__t_n	_____	[]
278	White	W__t_e	_____	[]
279	Grey / gray	G__y	_____	[]
280	Soft	S__t	_____	[]
281	Shirt	S__r t	_____	[]
282	Shorts	S__r_s	_____	[]
283	Sock	S__k	_____	[]
284	Glove	G__v_e	_____	[]
285	Style	S__l_e	_____	[]
286	Blue	B__e	_____	[]
287	Pink	P__k	_____	[]
288	Tiny	T__y	_____	[]

第3天 · 第09组「颜色上身」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Clothes / Blouse / Jeans / Cap 画面元素：衣服、宽松的上衣、牛仔裤、帽子 英文标签：_____	场景2 Pocket / Pair / Brown / Purple 画面元素：口袋、一双、褐色、紫色 英文标签：_____
场景3 Coat / Dress / Suit / Hat 画面元素：外套、连衣裙；穿衣、套装、帽子 英文标签：_____	场景4 Silk / Black / Green / Yellow 画面元素：丝、黑色、绿色、黄色 英文标签：_____
场景5 Jacket / Skirt / Shoe / Scarf 画面元素：夹克、裙子、鞋、围巾 英文标签：_____	场景6 Cotton / White / Grey / Soft 画面元素：棉花、白色、灰色、软的 英文标签：_____
场景7 Shirt / Shorts / Sock / Glove 画面元素：衬衫、短裤、短袜、手套 英文标签：_____	场景8 Style / Blue / Pink / Tiny 画面元素：风格、蓝色、粉红色、极小的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第3天 · 第09组「颜色上身」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
257. the _____ We talked about the _____ today. [衣服]	273. the _____ We talked about the _____ today. [夹克]
258. the _____ We talked about the _____ today. [宽松的上衣]	274. the _____ We talked about the _____ today. [裙子]
259. the _____ We talked about the _____ today. [牛仔裤]	275. the _____ We talked about the _____ today. [鞋]
260. the _____ We talked about the _____ today. [帽子]	276. the _____ We talked about the _____ today. [围巾]
261. the _____ We talked about the _____ today. [口袋]	277. _____ it Please _____ it carefully. [棉花]
262. the _____ We talked about the _____ today. [一双]	278. black and _____ Snow is _____. [白色]
263. dark _____ Her new bag is dark _____. [褐色]	279. dark _____ The sky became _____ before the rain. [灰色]
264. light _____ She is wearing a _____ dress. [紫色]	280. very _____ It looks very _____. [软的]
265. the _____ We talked about the _____ today. [外套]	281. the _____ We talked about the _____ today. [衬衫]
266. _____ it Please _____ it carefully. [连衣裙；穿衣]	282. the _____ We talked about the _____ today. [短裤]
267. the _____ We talked about the _____ today. [套装]	283. the _____ We talked about the _____ today. [短袜]
268. the _____ We talked about the _____ today. [帽子]	284. the _____ We talked about the _____ today. [手套]
269. the _____ We talked about the _____ today. [丝]	285. the _____ We talked about the _____ today. [风格]
270. _____ and white He wrote the answer in _____ ink. [黑色]	286. dark _____ The sea looks _____ today. [蓝色]
271. turn _____ The leaves turn _____ in spring. [绿色]	287. light _____ She chose a light _____ shirt. [粉红色]
272. bright _____ The bus is bright _____. [黄色]	288. very _____ It looks very _____. [极小的]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第3天 · 第09组「颜色上身」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 蓝色 _____	2. 灰色 _____	3. 套装 _____	4. 围巾 _____
5. 口袋 _____	6. 衬衫 _____	7. 褐色 _____	8. 衣服 _____
9. 白色 _____	10. 棉花 _____	11. 粉红色 _____	12. 一双 _____
13. 短袜 _____	14. 裙子 _____	15. 黄色 _____	16. 软的 _____
17. 外套 _____	18. 宽松的上衣 _____	19. 绿色 _____	20. 短裤 _____
21. 风格 _____	22. 丝 _____	23. 黑色 _____	24. 手套 _____
25. 夹克 _____	26. 帽子 _____	27. 紫色 _____	28. 牛仔裤 _____
29. 帽子 _____	30. 连衣裙；穿衣 _____	31. 鞋 _____	32. 极小的 _____

B. 四词成句（可改变词形）

1. Blue / Grey / Suit / Scarf	_____
2. White / Cotton / Pink / Pair	_____
3. Coat / Blouse / Green / Shorts	_____
4. Jacket / Hat / Purple / Jeans	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第3天 · 第09组「颜色上身」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
257. Clothes the clothes We talked about the clothes today.	273. Jacket the jacket We talked about the jacket today.
258. Blouse the blouse We talked about the blouse today.	274. Skirt the skirt We talked about the skirt today.
259. Jeans the jeans We talked about the jeans today.	275. Shoe the shoe We talked about the shoe today.
260. Cap the cap We talked about the cap today.	276. Scarf the scarf We talked about the scarf today.
261. Pocket the pocket We talked about the pocket today.	277. Cotton cotton it Please cotton it carefully.
262. Pair the pair We talked about the pair today.	278. White black and white Snow is white.
263. Brown dark brown Her new bag is dark brown.	279. Grey (gray) dark grey The sky became grey before the rain.
264. Purple light purple She is wearing a purple dress.	280. Soft very soft It looks very soft.
265. Coat the coat We talked about the coat today.	281. Shirt the shirt We talked about the shirt today.
266. Dress dress it Please dress it carefully.	282. Shorts the shorts We talked about the shorts today.
267. Suit the suit We talked about the suit today.	283. Sock the sock We talked about the sock today.
268. Hat the hat We talked about the hat today.	284. Glove the glove We talked about the glove today.
269. Silk the silk We talked about the silk today.	285. Style the style We talked about the style today.
270. Black black and white He wrote the answer in black ink.	286. Blue dark blue The sea looks blue today.
271. Green turn green The leaves turn green in spring.	287. Pink light pink She chose a light pink shirt.
272. Yellow bright yellow The bus is bright yellow.	288. Tiny very tiny It looks very tiny.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第4天

今日场景：周末能量 · 校园寻物 · 口令接龙

组别	场景	词条范围	完成
第10组	周末能量	289-320	[]
第11组	校园寻物	321-352	[]
第12组	口令接龙	353-384	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第4天 · 第10组「周末能量」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
289	Hobby	/h'ɒbi/	爱好	☐ ☐ ☐
290	Chess	/tʃ'ɛs/	国际象棋	☐ ☐ ☐
291	Collect	/kə'lekt/	收集	☐ ☐ ☐
292	Relax	/rɪl'æks/	放松	☐ ☐ ☐
293	Cartoon	/kɑ:t'u:n/	动画片；漫画	☐ ☐ ☐
294	Toy	/t'ɔɪ/	玩具	☐ ☐ ☐
295	Novel	/n'ɒvəl/	小说	☐ ☐ ☐
296	Fantastic	/fɑ:nt'æstɪk/	奇妙的	☐ ☐ ☐
297	Fun	/f'ʌn/	乐趣	☐ ☐ ☐
298	Kite	/k'aɪt/	风筝	☐ ☐ ☐
299	Picnic	/p'ɪknɪk/	野餐	☐ ☐ ☐
300	Enjoy	/ɛndʒ'ɔɪ/	享受	☐ ☐ ☐
301	Magic	/m'ædʒɪk/	魔术	☐ ☐ ☐
302	Vacation	/veɪk'eɪʃən/	假期	☐ ☐ ☐
303	Tent	/t'ɛnt/	帐篷	☐ ☐ ☐
304	Favourite (favorite)	/f'eɪvrɪt/	最喜欢的	☐ ☐ ☐
305	Game	/g'eɪm/	游戏	☐ ☐ ☐
306	Draw	/dr'ɔ:/	画	☐ ☐ ☐
307	Camp	/k'æmp/	露营	☐ ☐ ☐
308	Interest	/'ɪnrəst/	兴趣	☐ ☐ ☐
309	Pet	/p'ɛt/	宠物	☐ ☐ ☐
310	Weekend	/wi:k'ɛnd/	周末	☐ ☐ ☐
311	Amazing	/em'eɪzɪŋ/	令人惊异的	☐ ☐ ☐
312	Boring	/b'ɔ:ɪŋ/	无聊的	☐ ☐ ☐
313	Play	/pl'eɪ/	玩；比赛	☐ ☐ ☐
314	Paint	/p'eɪnt/	画；涂	☐ ☐ ☐
315	Hike	/h'aɪk/	徒步旅行	☐ ☐ ☐
316	Interesting	/'ɪnrəstɪŋ/	有趣的	☐ ☐ ☐
317	Doll	/d'ɒl/	洋娃娃	☐ ☐ ☐
318	Diary	/d'aɪəri/	日记	☐ ☐ ☐
319	Exciting	/ɛks'aɪtɪŋ/	令人兴奋的	☐ ☐ ☐
320	They	/ð'eɪ/	他们	☐ ☐ ☐

第4天 · 第10组「周末能量」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
289	Hobby	H__by	_____	[]
290	Chess	C__ss	_____	[]
291	Col • lect	C__l__t	_____	[]
292	Re • lax	R__ax	_____	[]
293	Car • toon	C__t__n	_____	[]
294	Toy	T_y	_____	[]
295	Novel	N__el	_____	[]
296	Fan • tas • tic	F__t__t_c	_____	[]
297	Fun	F_n	_____	[]
298	Kite	K__e	_____	[]
299	Picnic	P__n_c	_____	[]
300	Enjoy	E__oy	_____	[]
301	Magic	M__ic	_____	[]
302	Vac • ation	V__a__on	_____	[]
303	Tent	T__t	_____	[]
304	Fav • our • ite / favorite	F__o__i_e	_____	[]
305	Game	G__e	_____	[]
306	Draw	D__w	_____	[]
307	Camp	C__p	_____	[]
308	Inter • est	I__e__st	_____	[]
309	Pet	P_t	_____	[]
310	Wee • kend	W__k__d	_____	[]
311	Amaz • ing	A__z__g	_____	[]
312	Bor • ing	B__i_g	_____	[]
313	Play	P__y	_____	[]
314	Paint	P__nt	_____	[]
315	Hike	H__e	_____	[]
316	Inter • est • ing	I__e__s__ng	_____	[]
317	Doll	D__l	_____	[]
318	Diary	D__ry	_____	[]
319	Excit • ing	E__i__ng	_____	[]
320	They	T__y	_____	[]

第4天 · 第10组「周末能量」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Hobby / Chess / Collect / Relax 画面元素：爱好、国际象棋、收集、放松 英文标签：_____	场景2 Cartoon / Toy / Novel / Fantastic 画面元素：动画片；漫画、玩具、小说、奇妙的 英文标签：_____
场景3 Fun / Kite / Picnic / Enjoy 画面元素：乐趣、风筝、野餐、享受 英文标签：_____	场景4 Magic / Vacation / Tent / Favourite 画面元素：魔术、假期、帐篷、最喜欢的 英文标签：_____
场景5 Game / Draw / Camp / Interest 画面元素：游戏、画、露营、兴趣 英文标签：_____	场景6 Pet / Weekend / Amazing / Boring 画面元素：宠物、周末、令人惊异的、无聊的 英文标签：_____
场景7 Play / Paint / Hike / Interesting 画面元素：玩；比赛、画；涂、徒步旅行、有趣的 英文标签：_____	场景8 Doll / Diary / Exciting / They 画面元素：洋娃娃、日记、令人兴奋的、他们 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第4天 · 第10组「周末能量」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
289. have a _____ Reading is my favourite _____. (爱好)	305. _____ it Please _____ it carefully. (游戏)
290. the _____ We talked about the _____ today. (国际象棋)	306. _____ it Please _____ it carefully. (画)
291. _____ it Please _____ it carefully. (收集)	307. _____ carefully Please _____ carefully. (露营)
292. _____ carefully Please _____ carefully. (放松)	308. talk about _____ We talked about _____ in class. (兴趣)
293. _____ it Please _____ it carefully. (动画片；漫画)	309. the _____ We talked about the _____ today. (宠物)
294. _____ carefully Please _____ carefully. (玩具)	310. the _____ We talked about the _____ today. (周末)
295. read a _____ She is reading a short _____. (小说)	311. very _____ It looks very _____. (令人惊异的)
296. very _____ It looks very _____. (奇妙的)	312. very _____ It looks very _____. (无聊的)
297. the _____ We talked about the _____ today. (乐趣)	313. _____ it Please _____ it carefully. (玩；比赛)
298. the _____ We talked about the _____ today. (风筝)	314. _____ it Please _____ it carefully. (画；涂)
299. the _____ We talked about the _____ today. (野餐)	315. _____ it Please _____ it carefully. (徒步旅行)
300. _____ it Please _____ it carefully. (享受)	316. very _____ It looks very _____. (有趣的)
301. the _____ We talked about the _____ today. (魔术)	317. the _____ We talked about the _____ today. (洋娃娃)
302. the _____ We talked about the _____ today. (假期)	318. the _____ We talked about the _____ today. (日记)
303. the _____ We talked about the _____ today. (帐篷)	319. very _____ It looks very _____. (令人兴奋的)
304. _____ subject English is my _____ subject. (最喜欢的)	320. _____ are _____ are waiting for the bus. (他们)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第4天 · 第10组「周末能量」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 无聊的 _____	2. 令人惊异的 _____	3. 令人兴奋的 _____	4. 有趣的 _____
5. 国际象棋 _____	6. 日记 _____	7. 游戏 _____	8. 爱好 _____
9. 周末 _____	10. 野餐 _____	11. 他们 _____	12. 收集 _____
13. 玩；比赛 _____	14. 画；涂 _____	15. 最喜欢的 _____	16. 画 _____
17. 假期 _____	18. 魔术 _____	19. 小说 _____	20. 风筝 _____
21. 享受 _____	22. 洋娃娃 _____	23. 兴趣 _____	24. 放松 _____
25. 乐趣 _____	26. 玩具 _____	27. 帐篷 _____	28. 宠物 _____
29. 奇妙的 _____	30. 徒步旅行 _____	31. 露营 _____	32. 动画片；漫画 _____

B. 四词成句（可改变词形）

1. Boring / Amazing / Exciting / Interesting	_____
2. Weekend / Picnic / They / Collect	_____
3. Vacation / Magic / Novel / Kite	_____
4. Fun / Toy / Tent / Pet	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第4天 · 第10组「周末能量」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
289. Hobby have a hobby Reading is my favourite hobby.	305. Game game it Please game it carefully.
290. Chess the chess We talked about the chess today.	306. Draw draw it Please draw it carefully.
291. Collect collect it Please collect it carefully.	307. Camp camp carefully Please camp carefully.
292. Relax relax carefully Please relax carefully.	308. Interest talk about interest We talked about interest in class.
293. Cartoon cartoon it Please cartoon it carefully.	309. Pet the pet We talked about the pet today.
294. Toy toy carefully Please toy carefully.	310. Weekend the weekend We talked about the weekend today.
295. Novel read a novel She is reading a short novel.	311. Amazing very amazing It looks very amazing.
296. Fantastic very fantastic It looks very fantastic.	312. Boring very boring It looks very boring.
297. Fun the fun We talked about the fun today.	313. Play play it Please play it carefully.
298. Kite the kite We talked about the kite today.	314. Paint paint it Please paint it carefully.
299. Picnic the picnic We talked about the picnic today.	315. Hike hike it Please hike it carefully.
300. Enjoy enjoy it Please enjoy it carefully.	316. Interesting very interesting It looks very interesting.
301. Magic the magic We talked about the magic today.	317. Doll the doll We talked about the doll today.
302. Vacation the vacation We talked about the vacation today.	318. Diary the diary We talked about the diary today.
303. Tent the tent We talked about the tent today.	319. Exciting very exciting It looks very exciting.
304. Favourite (favorite) favourite subject English is my favourite subject.	320. They they are They are waiting for the bus.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第4天 · 第11组「校园寻物」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
321	School	/sk'u:l/	学校	☐ ☐ ☐
322	Student	/stj'u:dənt/	学生	☐ ☐ ☐
323	Chalk	/tʃ'ɔ:k/	粉笔	☐ ☐ ☐
324	Eraser	/ɪr'eɪzə/	橡皮	☐ ☐ ☐
325	Page	/p'eɪdʒ/	页	☐ ☐ ☐
326	Grade	/gr'eɪd/	年级；分数	☐ ☐ ☐
327	University	/j,u:nɪv'ɜ:sɪt,i/	大学	☐ ☐ ☐
328	Cheat	/tʃ'i:t/	欺骗	☐ ☐ ☐
329	Classroom	/kl'a:sru:m/	教室	☐ ☐ ☐
330	Teacher	/t'i:tʃə/	教师	☐ ☐ ☐
331	Notebook	/n'əʊtbʊk/	笔记本	☐ ☐ ☐
332	Ruler	/r'u:lə/	尺子	☐ ☐ ☐
333	Playground	/pl'eɪgraʊnd/	运动场	☐ ☐ ☐
334	Junior	/dʒ'u:njə/	初级的；低年级学生	☐ ☐ ☐
335	Education	/,ɛdʒu:k'eɪʃən/	教育	☐ ☐ ☐
336	Lend	/l'ɛnd/	借	☐ ☐ ☐
337	Class	/kl'a:s/	班级	☐ ☐ ☐
338	Schoolbag	/sku:lbæg/	书包	☐ ☐ ☐
339	Pen	/p'ɛn/	钢笔	☐ ☐ ☐
340	Scissors	/s'ɪsəz/	剪刀	☐ ☐ ☐
341	Bell	/b'ɛl/	铃	☐ ☐ ☐
342	Primary	/pr'aɪməri/	小学的；主要的	☐ ☐ ☐
343	Board	/b'ɔ:d/	板；黑板	☐ ☐ ☐
344	Uniform	/j'u:nɪf,ɔ:m/	制服	☐ ☐ ☐
345	Classmate	/kl'a:smeɪt/	同班同学	☐ ☐ ☐
346	Blackboard	/bl'ækbɔ:d/	黑板	☐ ☐ ☐
347	Pencil	/p'ɛnsəl/	铅笔	☐ ☐ ☐
348	Glue	/gl'u:/	胶	☐ ☐ ☐
349	Lesson	/l'ɛsən/	课	☐ ☐ ☐
350	College	/k'ɒlɪdʒ/	学院	☐ ☐ ☐
351	Bully	/b'ʊli/	欺负	☐ ☐ ☐
352	Therefore	/ð'eəfɔ:/	因此	☐ ☐ ☐

第4天 · 第11组「校园寻物」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
321	School	S__o_l	_____	[]
322	Stu • dent	S__d__t	_____	[]
323	Chalk	C__lk	_____	[]
324	Eras • er	E__s_r	_____	[]
325	Page	P__e	_____	[]
326	Grade	G__de	_____	[]
327	Un • ivers • ity	U__v__s__y	_____	[]
328	Cheat	C__at	_____	[]
329	Cla • ssr • oom	C__s__o_m	_____	[]
330	Teach • er	T__c__r	_____	[]
331	Not • ebo • ok	N__e__ok	_____	[]
332	Rul • er	R__er	_____	[]
333	Pla • ygr • ound	P__y__o__d	_____	[]
334	Juni • or	J__i_r	_____	[]
335	Educ • ation	E__c__i_n	_____	[]
336	Lend	L__d	_____	[]
337	Class	C__ss	_____	[]
338	Sch • ool • bag	S__o__b_g	_____	[]
339	Pen	P_n	_____	[]
340	Sci • sso • rs	S__s__rs	_____	[]
341	Bell	B__l	_____	[]
342	Pri • mary	P__m__y	_____	[]
343	Board	B__rd	_____	[]
344	Un • iform	U__f__m	_____	[]
345	Cla • ssm • ate	C__s__a_e	_____	[]
346	Bla • ckb • oard	B__c__o__d	_____	[]
347	Pencil	P__c_l	_____	[]
348	Glue	G__e	_____	[]
349	Lesson	L__s_n	_____	[]
350	Col • lege	C__l__e	_____	[]
351	Bul • ly	B__ly	_____	[]
352	The • ref • ore	T__r__o_e	_____	[]

第4天 · 第11组「校园寻物」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 School / Student / Chalk / Eraser 画面元素：学校、学生、粉笔、橡皮 英文标签：_____	场景2 Page / Grade / University / Cheat 画面元素：页、年级；分数、大学、欺骗 英文标签：_____
场景3 Classroom / Teacher / Notebook / Ruler 画面元素：教室、教师、笔记本、尺子 英文标签：_____	场景4 Playground / Junior / Education / Lend 画面元素：运动场、初级的；低年级学生、教育、借 英文标签：_____
场景5 Class / Schoolbag / Pen / Scissors 画面元素：班级、书包、钢笔、剪刀 英文标签：_____	场景6 Bell / Primary / Board / Uniform 画面元素：铃、小学的；主要的、板；黑板、制服 英文标签：_____
场景7 Classmate / Blackboard / Pencil / Glue 画面元素：同班同学、黑板、铅笔、胶 英文标签：_____	场景8 Lesson / College / Bully / Therefore 画面元素：课、学院、欺负、因此 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第4天 · 第11组「校园寻物」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
321. the _____ We talked about the _____ today. [学校]	337. the _____ We talked about the _____ today. [班级]
322. the _____ We talked about the _____ today. [学生]	338. pack a _____ My _____ is under the chair. [书包]
323. the _____ We talked about the _____ today. [粉笔]	339. the _____ We talked about the _____ today. [钢笔]
324. the _____ We talked about the _____ today. [橡皮]	340. the _____ We talked about the _____ today. [剪刀]
325. the _____ We talked about the _____ today. [页]	341. the _____ We talked about the _____ today. [铃]
326. the _____ We talked about the _____ today. [年级；分数]	342. very _____ It looks very _____. [小学的；主要的]
327. the _____ We talked about the _____ today. [大学]	343. the _____ We talked about the _____ today. [板；黑板]
328. _____ it Please _____ it carefully. [欺骗]	344. the _____ We talked about the _____ today. [制服]
329. the _____ We talked about the _____ today. [教室]	345. the _____ We talked about the _____ today. [同班同学]
330. the _____ We talked about the _____ today. [教师]	346. the _____ We talked about the _____ today. [黑板]
331. the _____ We talked about the _____ today. [笔记本]	347. the _____ We talked about the _____ today. [铅笔]
332. the _____ We talked about the _____ today. [尺子]	348. the _____ We talked about the _____ today. [胶]
333. talk about _____ We talked about _____ in class. [运动场]	349. the _____ We talked about the _____ today. [课]
334. _____ high school He is a _____ high school student. [初级的；低年级学生]	350. the _____ We talked about the _____ today. [学院]
335. talk about _____ We talked about _____ in class. [教育]	351. _____ carefully Please _____ carefully. [欺负]
336. _____...to Please _____ your ruler to me. [借]	352. and _____ It was raining; _____, we stayed inside. [因此]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第4天 · 第11组「校园寻物」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 学生 _____	2. 教室 _____	3. 板；黑板 _____	4. 尺子 _____
5. 书包 _____	6. 铅笔 _____	7. 运动场 _____	8. 剪刀 _____
9. 借 _____	10. 学校 _____	11. 学院 _____	12. 粉笔 _____
13. 钢笔 _____	14. 制服 _____	15. 胶 _____	16. 欺骗 _____
17. 班级 _____	18. 页 _____	19. 欺负 _____	20. 笔记本 _____
21. 橡皮 _____	22. 课 _____	23. 大学 _____	24. 初级的；低年级学生 _____
25. 小学的；主要的 _____	26. 年级；分数 _____	27. 同班同学 _____	28. 铃 _____
29. 教师 _____	30. 教育 _____	31. 黑板 _____	32. 因此 _____

B. 四词成句（可改变词形）

1. Student / Classroom / Board / Ruler	_____
2. Lend / School / College / Chalk	_____
3. Class / Page / Bully / Notebook	_____
4. Primary / Grade / Classmate / Bell	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第4天 · 第11组「校园寻物」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
321. School the school We talked about the school today.	337. Class the class We talked about the class today.
322. Student the student We talked about the student today.	338. Schoolbag pack a schoolbag My schoolbag is under the chair.
323. Chalk the chalk We talked about the chalk today.	339. Pen the pen We talked about the pen today.
324. Eraser the eraser We talked about the eraser today.	340. Scissors the scissors We talked about the scissors today.
325. Page the page We talked about the page today.	341. Bell the bell We talked about the bell today.
326. Grade the grade We talked about the grade today.	342. Primary very primary It looks very primary.
327. University the university We talked about the university today.	343. Board the board We talked about the board today.
328. Cheat cheat it Please cheat it carefully.	344. Uniform the uniform We talked about the uniform today.
329. Classroom the classroom We talked about the classroom today.	345. Classmate the classmate We talked about the classmate today.
330. Teacher the teacher We talked about the teacher today.	346. Blackboard the blackboard We talked about the blackboard today.
331. Notebook the notebook We talked about the notebook today.	347. Pencil the pencil We talked about the pencil today.
332. Ruler the ruler We talked about the ruler today.	348. Glue the glue We talked about the glue today.
333. Playground talk about playground We talked about playground in class.	349. Lesson the lesson We talked about the lesson today.
334. Junior junior high school He is a junior high school student.	350. College the college We talked about the college today.
335. Education talk about education We talked about education in class.	351. Bully bully carefully Please bully carefully.
336. Lend lend...to Please lend your ruler to me.	352. Therefore and therefore It was raining; therefore, we stayed inside.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第4天 · 第12组「口令接龙」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
353	Ask	/ˈɑːsk/	问	☐ ☐ ☐
354	Repeat	/rɪpˈiːt/	重复	☐ ☐ ☐
355	Translate	/trænsɪˈleɪt/	翻译	☐ ☐ ☐
356	Teach	/tʰiːtʃ/	教	☐ ☐ ☐
357	Note	/nəʊt/	笔记；注意	☐ ☐ ☐
358	Passage	/pˈæsɪdʒ/	文章；段落	☐ ☐ ☐
359	Language	/ˈlæŋɡwɪdʒ/	语言	☐ ☐ ☐
360	Dictionary	/dɪˈkʃənəri/	字典	☐ ☐ ☐
361	Question	/kwˈestʃən/	问题	☐ ☐ ☐
362	Read	/ˈred/	读	☐ ☐ ☐
363	Explain	/ɛksplˈeɪn/	解释	☐ ☐ ☐
364	Study	/stˈʌdi/	学习	☐ ☐ ☐
365	Sentence	/sˈɛntəns/	句子	☐ ☐ ☐
366	Word	/wɜːd/	单词	☐ ☐ ☐
367	English	/ˈɪŋɡlɪʃ/	英语	☐ ☐ ☐
368	Speech	/spˈiːtʃ/	演讲	☐ ☐ ☐
369	Listen	/lɪˈsən/	听	☐ ☐ ☐
370	Spell	/spˈɛl/	拼写	☐ ☐ ☐
371	Remember	/rɪmˈɛmbə/	记得	☐ ☐ ☐
372	Practice	/prˈæktɪs/	练习	☐ ☐ ☐
373	Paragraph	/pˈærəgræf/	段落	☐ ☐ ☐
374	Meaning	/mˈiːnɪŋ/	意义	☐ ☐ ☐
375	Instruction	/ɪnstrˈʌkʃən/	指令	☐ ☐ ☐
376	Shout	/ʃˈaʊt/	呼喊	☐ ☐ ☐
377	Say	/sˈeɪ/	说	☐ ☐ ☐
378	Pronounce	/prənˈaʊns/	发音	☐ ☐ ☐
379	Forget	/fəɡˈet/	忘记	☐ ☐ ☐
380	Copy	/kˈɒpi/	抄写；复制	☐ ☐ ☐
381	Text	/tˈɛkst/	文本	☐ ☐ ☐
382	Grammar	/ɡrˈæmə/	语法	☐ ☐ ☐
383	Aloud	/elˈaʊd/	出声地	☐ ☐ ☐
384	That	/ðˈæt/	那	☐ ☐ ☐

第4天 · 第12组「口令接龙」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
353	Ask	A_k	_____	[]
354	Re • peat	R_e_t	_____	[]
355	Trans • late	T_n_a_e	_____	[]
356	Teach	T_ch	_____	[]
357	Note	N_e	_____	[]
358	Pas • sage	P_s_e	_____	[]
359	Lan • gua • ge	L_g_g_e	_____	[]
360	Dic • tio • nary	D_t_n_y	_____	[]
361	Ques • tion	Q_s_o_n	_____	[]
362	Read	R_d	_____	[]
363	Exp • lain	E_l_n	_____	[]
364	Study	S_dy	_____	[]
365	Sen • ten • ce	S_t_c_e	_____	[]
366	Word	W_d	_____	[]
367	Eng • lish	E_l_h	_____	[]
368	Speech	S_e_h	_____	[]
369	Listen	L_t_n	_____	[]
370	Spell	S_ll	_____	[]
371	Re • memb • er	R_e__er	_____	[]
372	Pra • cti • ce	P__c__ce	_____	[]
373	Par • agr • aph	P__a__a_h	_____	[]
374	Mean • ing	M__n__g	_____	[]
375	Instruc • tion	I__t__c__o_n	_____	[]
376	Shout	S__u_t	_____	[]
377	Say	S_y	_____	[]
378	Pro • nou • nce	P__n__n_e	_____	[]
379	Forget	F__g_t	_____	[]
380	Copy	C__y	_____	[]
381	Text	T__t	_____	[]
382	Gra • mmar	G__m__r	_____	[]
383	Aloud	A__u_d	_____	[]
384	That	T__t	_____	[]

第4天 · 第12组「口令接龙」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Ask / Repeat / Translate / Teach 画面元素：问、重复、翻译、教 英文标签：_____	场景2 Note / Passage / Language / Dictionary 画面元素：笔记；注意、文章；段落、语言、字典 英文标签：_____
场景3 Question / Read / Explain / Study 画面元素：问题、读、解释、学习 英文标签：_____	场景4 Sentence / Word / English / Speech 画面元素：句子、单词、英语、演讲 英文标签：_____
场景5 Listen / Spell / Remember / Practice 画面元素：听、拼写、记得、练习 英文标签：_____	场景6 Paragraph / Meaning / Instruction / Shout 画面元素：段落、意义、指令、呼喊 英文标签：_____
场景7 Say / Pronounce / Forget / Copy 画面元素：说、发音、忘记、抄写；复制 英文标签：_____	场景8 Text / Grammar / Aloud / That 画面元素：文本、语法、出声地、那 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第4天 · 第12组「口令接龙」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
353. _____ for You can _____ the teacher for help. (问)	369. _____ it Please _____ it carefully. (听)
354. _____ it Please _____ it carefully. (重复)	370. _____ it Please _____ it carefully. (拼写)
355. _____ it Please _____ it carefully. (翻译)	371. _____ it Please _____ it carefully. (记得)
356. _____ it Please _____ it carefully. (教)	372. _____ it Please _____ it carefully. (练习)
357. _____ it Please _____ it carefully. (笔记；注意)	373. the _____ We talked about the _____ today. (段落)
358. the _____ We talked about the _____ today. (文章；段落)	374. talk about _____ We talked about _____ in class. (意义)
359. the _____ We talked about the _____ today. (语言)	375. the _____ We talked about the _____ today. (指令)
360. the _____ We talked about the _____ today. (字典)	376. _____ it Please _____ it carefully. (呼喊)
361. _____ it Please _____ it carefully. (问题)	377. _____ it Please _____ it carefully. (说)
362. _____ it Please _____ it carefully. (读)	378. _____ it Please _____ it carefully. (发音)
363. _____ it Please _____ it carefully. (解释)	379. _____ it Please _____ it carefully. (忘记)
364. _____ it Please _____ it carefully. (学习)	380. _____ it Please _____ it carefully. (抄写；复制)
365. the _____ We talked about the _____ today. (句子)	381. the _____ We talked about the _____ today. (文本)
366. the _____ We talked about the _____ today. (单词)	382. talk about _____ We talked about _____ in class. (语法)
367. the _____ We talked about the _____ today. (英语)	383. read _____ Please read the sentence _____. (出声地)
368. the _____ We talked about the _____ today. (演讲)	384. _____ day _____ is our new classroom. (那)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第4天 · 第12组「口令接龙」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 字典 _____	2. 听 _____	3. 句子 _____	4. 说 _____
5. 段落 _____	6. 语法 _____	7. 教 _____	8. 笔记；注意 _____
9. 忘记 _____	10. 重复 _____	11. 抄写；复制 _____	12. 读 _____
13. 翻译 _____	14. 单词 _____	15. 意义 _____	16. 演讲 _____
17. 拼写 _____	18. 语言 _____	19. 记得 _____	20. 出声地 _____
21. 学习 _____	22. 呼喊 _____	23. 文本 _____	24. 解释 _____
25. 那 _____	26. 文章；段落 _____	27. 指令 _____	28. 问 _____
29. 英语 _____	30. 问题 _____	31. 发音 _____	32. 练习 _____

B. 四词成句（可改变词形）

1. Dictionary / Listen / Sentence / Say	_____
2. Forget / Repeat / Copy / Read	_____
3. Spell / Language / Remember / Aloud	_____
4. That / Passage / Instruction / Ask	_____

C. 60秒口头回忆：我说出了_____ / 32词。本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第4天 · 第12组「口令接龙」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
353. Ask ask for You can ask the teacher for help.	369. Listen listen it Please listen it carefully.
354. Repeat repeat it Please repeat it carefully.	370. Spell spell it Please spell it carefully.
355. Translate translate it Please translate it carefully.	371. Remember remember it Please remember it carefully.
356. Teach teach it Please teach it carefully.	372. Practice practice it Please practice it carefully.
357. Note note it Please note it carefully.	373. Paragraph the paragraph We talked about the paragraph today.
358. Passage the passage We talked about the passage today.	374. Meaning talk about meaning We talked about meaning in class.
359. Language the language We talked about the language today.	375. Instruction the instruction We talked about the instruction today.
360. Dictionary the dictionary We talked about the dictionary today.	376. Shout shout it Please shout it carefully.
361. Question question it Please question it carefully.	377. Say say it Please say it carefully.
362. Read read it Please read it carefully.	378. Pronounce pronounce it Please pronounce it carefully.
363. Explain explain it Please explain it carefully.	379. Forget forget it Please forget it carefully.
364. Study study it Please study it carefully.	380. Copy copy it Please copy it carefully.
365. Sentence the sentence We talked about the sentence today.	381. Text the text We talked about the text today.
366. Word the word We talked about the word today.	382. Grammar talk about grammar We talked about grammar in class.
367. English the english We talked about the english today.	383. Aloud read aloud Please read the sentence aloud.
368. Speech the speech We talked about the speech today.	384. That that day That is our new classroom.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第5天

今日场景：学科穿梭 · 倒计时 · 冠军回合

组别	场景	词条范围	完成
第13组	学科穿梭	385-416	[]
第14组	倒计时	417-448	[]
第15组	冠军回合	449-480	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第5天 · 第13组「学科穿梭」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
385	Maths (mathematics / math)	/məθs/	数学	☐ ☐ ☐
386	History	/h'ɪstər,i/	历史	☐ ☐ ☐
387	PE (physical education)	/,pi: 'i:/	体育课	☐ ☐ ☐
388	Square	/skw'eə/	正方形	☐ ☐ ☐
389	Metre (meter)	/m'i:te/	公尺	☐ ☐ ☐
390	Example	/egz'a:mpəl/	例子	☐ ☐ ☐
391	Point	/p'ɔɪnt/	点；要点	☐ ☐ ☐
392	Or	/'ɔ:/	或	☐ ☐ ☐
393	Physics	/f'ɪzɪks/	物理学	☐ ☐ ☐
394	Art	/'ɑ:t/	艺术	☐ ☐ ☐
395	Lab (laboratory)	/l'æb/	实验室	☐ ☐ ☐
396	Line	/l'aɪn/	线；队伍	☐ ☐ ☐
397	Temperature	/t'empɪtʃe/	温度	☐ ☐ ☐
398	Subject	/'səbdʒɪkt/	科目	☐ ☐ ☐
399	Simple	/s'ɪmpəl/	简单的	☐ ☐ ☐
400	Some	/s'ʌm/	一些	☐ ☐ ☐
401	Chemistry	/k'emɪstri/	化学	☐ ☐ ☐
402	Music	/mj'u:zɪk/	音乐	☐ ☐ ☐
403	Number	/'nəmbə/	数	☐ ☐ ☐
404	Shape	/ʃ'eɪp/	形状	☐ ☐ ☐
405	Knowledge	/n'ɒlɪdʒ/	知识	☐ ☐ ☐
406	Divide	/dɪv'aɪd/	分开	☐ ☐ ☐
407	Zero	/z'ɪərəʊ/	零	☐ ☐ ☐
408	Likely	/l'aɪkli/	有可能的	☐ ☐ ☐
409	Biology	/baɪ'ɒlədʒi/	生物学	☐ ☐ ☐
410	Literature	/l'ɪtrɪtʃe/	文学	☐ ☐ ☐
411	Circle	/s'ɜ:kəl/	圆；圆圈	☐ ☐ ☐
412	Degree	/dɪgr'i:/	程度	☐ ☐ ☐
413	Survey	/'sʌ,veɪ/	调查	☐ ☐ ☐
414	Level	/l'evəl/	水平	☐ ☐ ☐
415	Difference	/d'ɪfrəns/	不同	☐ ☐ ☐
416	Thing	/θ'ɪŋ/	事物	☐ ☐ ☐

第5天 · 第13组「学科穿梭」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
385	Maths / mathematics / math	M__h s	_____	[]
386	His • tory	H__t__y	_____	[]
387	PE / physical education	P E	_____	[]
388	Square	S__a_e	_____	[]
389	Metre / meter	M__re	_____	[]
390	Exa • mple	E__m__e	_____	[]
391	Point	P__nt	_____	[]
392	Or	O r	_____	[]
393	Phy • sics	P__s__s	_____	[]
394	Art	A_t	_____	[]
395	Lab / laboratory	L_b	_____	[]
396	Line	L__e	_____	[]
397	Tem • per • atu • re	T__p__a__re	_____	[]
398	Sub • ject	S__j__t	_____	[]
399	Simple	S__p_e	_____	[]
400	Some	S__e	_____	[]
401	Che • mis • try	C__m__t_y	_____	[]
402	Music	M__ic	_____	[]
403	Numb • er	N__b_r	_____	[]
404	Shape	S__pe	_____	[]
405	Kno • wle • dge	K__w__d_e	_____	[]
406	Divide	D__i_e	_____	[]
407	Zero	Z__o	_____	[]
408	Like • ly	L__e_y	_____	[]
409	Bio • logy	B__l__y	_____	[]
410	Lit • era • ture	L__e__t__e	_____	[]
411	Circle	C__c_e	_____	[]
412	Degree	D__r_e	_____	[]
413	Survey	S__v_y	_____	[]
414	Level	L__el	_____	[]
415	Dif • fer • ence	D__f__e__e	_____	[]
416	Thing	T__ng	_____	[]

第5天 · 第13组「学科穿梭」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Maths / History / PE / Square 画面元素：数学、历史、体育课、正方形 英文标签：_____	场景2 Metre / Example / Point / Or 画面元素：公尺、例子、点；要点、或 英文标签：_____
场景3 Physics / Art / Lab / Line 画面元素：物理学、艺术、实验室、线；队伍 英文标签：_____	场景4 Temperature / Subject / Simple / Some 画面元素：温度、科目、简单的、一些 英文标签：_____
场景5 Chemistry / Music / Number / Shape 画面元素：化学、音乐、数、形状 英文标签：_____	场景6 Knowledge / Divide / Zero / Likely 画面元素：知识、分开、零、有可能的 英文标签：_____
场景7 Biology / Literature / Circle / Degree 画面元素：生物学、文学、圆；圆圈、程度 英文标签：_____	场景8 Survey / Level / Difference / Thing 画面元素：调查、水平、不同、事物 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第5天 · 第13组「学科穿梭」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
385. study _____ _____ is my favourite subject. [数学]	401. the _____ We talked about the _____ today. [化学]
386. talk about _____ We talked about _____ in class. [历史]	402. talk about _____ We talked about _____ in class. [音乐]
387. have _____ We have _____ on Tuesday afternoon. [体育课]	403. the _____ We talked about the _____ today. [数]
388. the _____ We talked about the _____ today. [正方形]	404. the _____ We talked about the _____ today. [形状]
389. the _____ We talked about the _____ today. [公尺]	405. talk about _____ We talked about _____ in class. [知识]
390. the _____ We talked about the _____ today. [例子]	406. _____ it Please _____ it carefully. [分开]
391. the _____ We talked about the _____ today. [点；要点]	407. the _____ We talked about the _____ today. [零]
392. tea _____ coffee Would you like tea _____ coffee? [或]	408. be _____ to It is _____ to rain this evening. [有可能的]
393. the _____ We talked about the _____ today. [物理学]	409. the _____ We talked about the _____ today. [生物学]
394. the _____ We talked about the _____ today. [艺术]	410. the _____ We talked about the _____ today. [文学]
395. the _____ We talked about the _____ today. [实验室]	411. the _____ We talked about the _____ today. [圆；圆圈]
396. the _____ We talked about the _____ today. [线；队伍]	412. talk about _____ We talked about _____ in class. [程度]
397. talk about _____ We talked about _____ in class. [温度]	413. _____ it Please _____ it carefully. [调查]
398. the _____ We talked about the _____ today. [科目]	414. the _____ We talked about the _____ today. [水平]
399. very _____ It looks very _____. [简单的]	415. the _____ We talked about the _____ today. [不同]
400. _____ water Would you like _____ water? [一些]	416. the _____ We talked about the _____ today. [事物]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第5天 · 第13组「学科穿梭」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 简单的 _____	2. 一些 _____	3. 文学 _____	4. 科目 _____
5. 化学 _____	6. 公尺 _____	7. 数 _____	8. 知识 _____
9. 物理学 _____	10. 生物学 _____	11. 数学 _____	12. 体育课 _____
13. 程度 _____	14. 音乐 _____	15. 正方形 _____	16. 圆；圆圈 _____
17. 形状 _____	18. 有可能的 _____	19. 艺术 _____	20. 温度 _____
21. 事物 _____	22. 实验室 _____	23. 分开 _____	24. 不同 _____
25. 调查 _____	26. 点；要点 _____	27. 线；队伍 _____	28. 水平 _____
29. 例子 _____	30. 或 _____	31. 零 _____	32. 历史 _____

B. 四词成句（可改变词形）

1. Simple / Some / Literature / Subject	_____
2. Physics / Biology / Maths / PE	_____
3. Shape / Likely / Art / Temperature	_____
4. Survey / Point / Line / Level	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第5天 · 第13组「学科穿梭」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
385. Maths (mathematics / math) study maths Maths is my favourite subject.	401. Chemistry the chemistry We talked about the chemistry today.
386. History talk about history We talked about history in class.	402. Music talk about music We talked about music in class.
387. PE (physical education) have PE We have PE on Tuesday afternoon.	403. Number the number We talked about the number today.
388. Square the square We talked about the square today.	404. Shape the shape We talked about the shape today.
389. Metre (meter) the metre We talked about the metre today.	405. Knowledge talk about knowledge We talked about knowledge in class.
390. Example the example We talked about the example today.	406. Divide divide it Please divide it carefully.
391. Point the point We talked about the point today.	407. Zero the zero We talked about the zero today.
392. Or tea or coffee Would you like tea or coffee?	408. Likely be likely to It is likely to rain this evening.
393. Physics the physics We talked about the physics today.	409. Biology the biology We talked about the biology today.
394. Art the art We talked about the art today.	410. Literature the literature We talked about the literature today.
395. Lab (laboratory) the lab We talked about the lab today.	411. Circle the circle We talked about the circle today.
396. Line the line We talked about the line today.	412. Degree talk about degree We talked about degree in class.
397. Temperature talk about temperature We talked about temperature in class.	413. Survey survey it Please survey it carefully.
398. Subject the subject We talked about the subject today.	414. Level the level We talked about the level today.
399. Simple very simple It looks very simple.	415. Difference the difference We talked about the difference today.
400. Some some water Would you like some water?	416. Thing the thing We talked about the thing today.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第5天 · 第14组「倒计时」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
417	Homework	/h'əʊmwɜ:k/	家庭作业	☐ ☐ ☐
418	Mark	/m'a:k/	分数；标记	☐ ☐ ☐
419	Finish	/'fɪnɪʃ/	完成	☐ ☐ ☐
420	Hard	/h'a:d/	困难的；努力地	☐ ☐ ☐
421	Result	/rɪz'ʌlt/	结果	☐ ☐ ☐
422	Attend	/et'end/	参加	☐ ☐ ☐
423	Necessary	/n'ɛsəsəri/	必要的	☐ ☐ ☐
424	Worst	/w'ɜ:st/	最坏	☐ ☐ ☐
425	Exercise	/'ɛksəs,aɪz/	练习；锻炼	☐ ☐ ☐
426	Correct	/kər'ɛkt/	正确的	☐ ☐ ☐
427	Focus	/f'əʊkəs/	专注	☐ ☐ ☐
428	Difficult	/d'ɪfɪkəlt/	困难的	☐ ☐ ☐
429	Review	/,rɪv'ju/	复习；回顾	☐ ☐ ☐
430	Course	/k'ɔ:s/	课程	☐ ☐ ☐
431	Negative	/n'ɛgət,ɪv/	否定的；消极的	☐ ☐ ☐
432	Wrong	/r'ɒŋ/	错误的	☐ ☐ ☐
433	Exam (examination)	/ɛgz'æm/	考试	☐ ☐ ☐
434	Mistake	/mɪst'ek/	错误	☐ ☐ ☐
435	Attention	/et'ɛnfən/	注意	☐ ☐ ☐
436	Easy	/'i:zi/	容易的	☐ ☐ ☐
437	Ready	/r'ɛdi/	准备好的	☐ ☐ ☐
438	Better	/b'ɛtə/	较好的	☐ ☐ ☐
439	Positive	/p'ɒzɪt,ɪv/	肯定的；积极的	☐ ☐ ☐
440	Miss	/m'ɪs/	想念；错过	☐ ☐ ☐
441	Test	/t'ɛst/	测试	☐ ☐ ☐
442	Check	/tʃ'ɛk/	检查	☐ ☐ ☐
443	Effort	/'ɛfət/	努力	☐ ☐ ☐
444	Fail	/f'eɪl/	失败	☐ ☐ ☐
445	Absent	/'æbsənt/	缺席的	☐ ☐ ☐
446	Final	/f'aɪnəl/	期末考试	☐ ☐ ☐
447	Real	/'ril/	真的	☐ ☐ ☐
448	Whatever	/wɒt'ɛve/	无论什么	☐ ☐ ☐

第5天 · 第14组「倒计时」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
417	Hom • ewo • rk	H__e__rk	_____	[]
418	Mark	M__k	_____	[]
419	Finish	F__i_h	_____	[]
420	Hard	H__d	_____	[]
421	Re • sult	R__u_t	_____	[]
422	Attend	A__e_d	_____	[]
423	Nec • ess • ary	N__e__a_y	_____	[]
424	Worst	W__st	_____	[]
425	Exe • rci • se	E__r__se	_____	[]
426	Cor • rect	C__r__t	_____	[]
427	Focus	F__us	_____	[]
428	Dif • fic • ult	D__f__u_t	_____	[]
429	Re • view	R__i_w	_____	[]
430	Course	C__r_e	_____	[]
431	Negat • ive	N__a__ve	_____	[]
432	Wrong	W__ng	_____	[]
433	Exam / examination	E__m	_____	[]
434	Mis • take	M__t__e	_____	[]
435	Atten • tion	A__e__i_n	_____	[]
436	Easy	E__y	_____	[]
437	Re • ady	R__dy	_____	[]
438	Bett • er	B__t_r	_____	[]
439	Posit • ive	P__i__ve	_____	[]
440	Miss	M__s	_____	[]
441	Test	T__t	_____	[]
442	Check	C__ck	_____	[]
443	Effort	E__o_t	_____	[]
444	Fail	F__l	_____	[]
445	Absent	A__e_t	_____	[]
446	Final	F__al	_____	[]
447	Real	R__l	_____	[]
448	Whatev • er	W__t__er	_____	[]

第5天 · 第14组「倒计时」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Homework / Mark / Finish / Hard 画面元素：家庭作业、分数；标记、完成、困难的；努力地 英文标签：_____	场景2 Result / Attend / Necessary / Worst 画面元素：结果、参加、必要的、最坏 英文标签：_____
场景3 Exercise / Correct / Focus / Difficult 画面元素：练习；锻炼、正确的、专注、困难的 英文标签：_____	场景4 Review / Course / Negative / Wrong 画面元素：复习；回顾、课程、否定的；消极的、错误的 英文标签：_____
场景5 Exam / Mistake / Attention / Easy 画面元素：考试、错误、注意、容易的 英文标签：_____	场景6 Ready / Better / Positive / Miss 画面元素：准备好的、较好的、肯定的；积极的、想念；错过 英文标签：_____
场景7 Test / Check / Effort / Fail 画面元素：测试、检查、努力、失败 英文标签：_____	场景8 Absent / Final / Real / Whatever 画面元素：缺席的、期末考试、真的、无论什么 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第5天 · 第14组「倒计时」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
417. do _____ I do my _____ after dinner. [家庭作业]	433. the _____ We talked about the _____ today. [考试]
418. the _____ We talked about the _____ today. [分数；标记]	434. the _____ We talked about the _____ today. [错误]
419. _____ carefully Please _____ carefully. [完成]	435. the _____ We talked about the _____ today. [注意]
420. work _____ We must work _____ for our dreams. [困难的；努力地]	436. very _____ It looks very _____. [容易的]
421. the _____ We talked about the _____ today. [结果]	437. very _____ It looks very _____. [准备好的]
422. _____ carefully Please _____ carefully. [参加]	438. feel _____ I hope you feel _____ soon. [较好的]
423. be _____ for Sleep is _____ for good health. [必要的]	439. very _____ It looks very _____. [肯定的；积极的]
424. the _____ day That was the _____ day of the trip. [最坏]	440. _____ the bus Hurry up, or you will _____ the bus. [想念；错过]
425. _____ it Please _____ it carefully. [练习；锻炼]	441. _____ it Please _____ it carefully. [测试]
426. very _____ It looks very _____. [正确的]	442. _____ it Please _____ it carefully. [检查]
427. _____ it Please _____ it carefully. [专注]	443. talk about _____ We talked about _____ in class. [努力]
428. very _____ It looks very _____. [困难的]	444. _____ it Please _____ it carefully. [失败]
429. _____ it Please _____ it carefully. [复习；回顾]	445. very _____ It looks very _____. [缺席的]
430. the _____ We talked about the _____ today. [课程]	446. the _____ We talked about the _____ today. [期末考试]
431. very _____ It looks very _____. [否定的；消极的]	447. very _____ It looks very _____. [真的]
432. very _____ It looks very _____. [错误的]	448. _____ you like You may choose _____ you like. [无论什么]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第5天 · 第14组「倒计时」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 准备好的 _____	2. 检查 _____	3. 必要的 _____	4. 期末考试 _____
5. 困难的 _____	6. 失败 _____	7. 家庭作业 _____	8. 课程 _____
9. 否定的；消极的 _____	10. 复习；回顾 _____	11. 想念；错过 _____	12. 肯定的；积极的 _____
13. 正确的 _____	14. 注意 _____	15. 分数；标记 _____	16. 真的 _____
17. 错误 _____	18. 测试 _____	19. 缺席的 _____	20. 结果 _____
21. 容易的 _____	22. 困难的；努力地 _____	23. 错误的 _____	24. 无论什么 _____
25. 完成 _____	26. 考试 _____	27. 专注 _____	28. 努力 _____
29. 参加 _____	30. 最坏 _____	31. 较好的 _____	32. 练习；锻炼 _____

B. 四词成句（可改变词形）

1. Ready / Check / Necessary / Final	_____
2. Negative / Review / Miss / Positive	_____
3. Mistake / Test / Absent / Result	_____
4. Finish / Exam / Focus / Effort	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第5天 · 第14组「倒计时」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
417. Homework do homework I do my homework after dinner.	433. Exam (examination) the exam We talked about the exam today.
418. Mark the mark We talked about the mark today.	434. Mistake the mistake We talked about the mistake today.
419. Finish finish carefully Please finish carefully.	435. Attention the attention We talked about the attention today.
420. Hard work hard We must work hard for our dreams.	436. Easy very easy It looks very easy.
421. Result the result We talked about the result today.	437. Ready very ready It looks very ready.
422. Attend attend carefully Please attend carefully.	438. Better feel better I hope you feel better soon.
423. Necessary be necessary for Sleep is necessary for good health.	439. Positive very positive It looks very positive.
424. Worst the worst day That was the worst day of the trip.	440. Miss miss the bus Hurry up, or you will miss the bus.
425. Exercise exercise it Please exercise it carefully.	441. Test test it Please test it carefully.
426. Correct very correct It looks very correct.	442. Check check it Please check it carefully.
427. Focus focus it Please focus it carefully.	443. Effort talk about effort We talked about effort in class.
428. Difficult very difficult It looks very difficult.	444. Fail fail it Please fail it carefully.
429. Review review it Please review it carefully.	445. Absent very absent It looks very absent.
430. Course the course We talked about the course today.	446. Final the final We talked about the final today.
431. Negative very negative It looks very negative.	447. Real very real It looks very real.
432. Wrong very wrong It looks very wrong.	448. Whatever whatever you like You may choose whatever you like.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第5天 · 第15组「冠军回合」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
449	Activity	/ækt'ivɪti/	活动	☐ ☐ ☐
450	Compete	/kəmp'i:t/	竞争	☐ ☐ ☐
451	Prize	/pr'aɪz/	奖赏	☐ ☐ ☐
452	Winner	/w'ɪne/	胜利者	☐ ☐ ☐
453	Skill	/sk'ɪl/	技能	☐ ☐ ☐
454	Honour (honor)	/'ɒne/	荣誉	☐ ☐ ☐
455	Energetic	/,ɛnədʒ'etɪk/	精力充沛的	☐ ☐ ☐
456	Talk	/t'ɔ:k/	交谈	☐ ☐ ☐
457	Active	/'æktɪv/	积极的；活跃的	☐ ☐ ☐
458	Challenge	/tʃ'ælɪndʒ/	挑战	☐ ☐ ☐
459	Medal	/m'ɛdəl/	奖牌	☐ ☐ ☐
460	Victory	/v'ɪktər,i/	胜利	☐ ☐ ☐
461	Cheer	/tʃ'ia/	欢呼；加油	☐ ☐ ☐
462	Organise (organize)	/'ɔ:gen,aɪz/	组织	☐ ☐ ☐
463	Olympic	/oʊ'lɪmpɪk/	奥林匹克的	☐ ☐ ☐
464	Those	/ð'əʊz/	那些	☐ ☐ ☐
465	Member	/m'ɛmbə/	成员	☐ ☐ ☐
466	Champion	/tʃ'æmpɪən/	冠军	☐ ☐ ☐
467	Goal	/g'əʊl/	目标	☐ ☐ ☐
468	Training	/tr'eɪnɪŋ/	训练	☐ ☐ ☐
469	Congratulation	/kəngr'ætʃəl'eɪʃən/	祝贺	☐ ☐ ☐
470	Lead	/'led/	带领	☐ ☐ ☐
471	Spirit	/sp'ɪrɪt/	精神	☐ ☐ ☐
472	Sometimes	/s'ʌmtaɪmz/	有时	☐ ☐ ☐
473	Join	/dʒ'ɔɪn/	参加	☐ ☐ ☐
474	Award	/ew'ɔ:d/	奖品	☐ ☐ ☐
475	Win	/w'ɪn/	赢得	☐ ☐ ☐
476	Talent	/t'ælənt/	才能	☐ ☐ ☐
477	Proud	/pr'aʊd/	骄傲的	☐ ☐ ☐
478	Match	/m'ætʃ/	比赛；匹配	☐ ☐ ☐
479	Success	/səks'ɛs/	成功	☐ ☐ ☐
480	Nor	/n'ɔ:/	也不	☐ ☐ ☐

第5天 · 第15组「冠军回合」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
449	Activ • ity	A__i__ty	_____	[]
450	Com • pete	C__p__e	_____	[]
451	Prize	P__ze	_____	[]
452	Winn • er	W__n_r	_____	[]
453	Skill	S__ll	_____	[]
454	Honour / honor	H__o_r	_____	[]
455	Ene • rge • tic	E__r__t_c	_____	[]
456	Talk	T__k	_____	[]
457	Act • ive	A__i_e	_____	[]
458	Cha • lle • nge	C__l__n_e	_____	[]
459	Medal	M__al	_____	[]
460	Vic • tory	V__t__y	_____	[]
461	Che • er	C__er	_____	[]
462	Org • ani • se / organize	O__a__se	_____	[]
463	Oly • mpic	O__m__c	_____	[]
464	Those	T__se	_____	[]
465	Memb • er	M__b_r	_____	[]
466	Cha • mpi • on	C__m__on	_____	[]
467	Goal	G__l	_____	[]
468	Train • ing	T__i__ng	_____	[]
469	Congratul • ation	C__g__t__a__on	_____	[]
470	Lead	L__d	_____	[]
471	Spirit	S__r_t	_____	[]
472	Som • eti • mes	S__e__m_s	_____	[]
473	Join	J__n	_____	[]
474	Award	A__rd	_____	[]
475	Win	W_n	_____	[]
476	Talent	T__e_t	_____	[]
477	Proud	P__ud	_____	[]
478	Match	M__ch	_____	[]
479	Suc • cess	S__c__s	_____	[]
480	Nor	N_r	_____	[]

第5天 · 第15组「冠军回合」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Activity / Compete / Prize / Winner 画面元素：活动、竞争、奖赏、胜利者 英文标签：_____	场景2 Skill / Honour / Energetic / Talk 画面元素：技能、荣誉、精力充沛的、交谈 英文标签：_____
场景3 Active / Challenge / Medal / Victory 画面元素：积极的；活跃的、挑战、奖牌、胜利 英文标签：_____	场景4 Cheer / Organise / Olympic / Those 画面元素：欢呼；加油、组织、奥林匹克的、那些 英文标签：_____
场景5 Member / Champion / Goal / Training 画面元素：成员、冠军、目标、训练 英文标签：_____	场景6 Congratulation / Lead / Spirit / Sometimes 画面元素：祝贺、带领、精神、有时 英文标签：_____
场景7 Join / Award / Win / Talent 画面元素：参加、奖品、赢得、才能 英文标签：_____	场景8 Proud / Match / Success / Nor 画面元素：骄傲的、比赛；匹配、成功、也不 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第5天 · 第15组「冠军回合」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
449. outdoor _____ Swimming is a healthy outdoor _____. [活动]	465. the _____ We talked about the _____ today. [成员]
450. _____ it Please _____ it carefully. [竞争]	466. the _____ We talked about the _____ today. [冠军]
451. the _____ We talked about the _____ today. [奖赏]	467. talk about _____ We talked about _____ in class. [目标]
452. the _____ We talked about the _____ today. [胜利者]	468. the _____ We talked about the _____ today. [训练]
453. the _____ We talked about the _____ today. [技能]	469. the _____ We talked about the _____ today. [祝贺]
454. the _____ We talked about the _____ today. [荣誉]	470. _____ it Please _____ it carefully. [带领]
455. very _____ It looks very _____. [精力充沛的]	471. the _____ We talked about the _____ today. [精神]
456. _____ it Please _____ it carefully. [交谈]	472. _____ feel I _____ feel tired after running. [有时]
457. very _____ It looks very _____. [积极的；活跃的]	473. _____ carefully Please _____ carefully. [参加]
458. _____ it Please _____ it carefully. [挑战]	474. the _____ We talked about the _____ today. [奖品]
459. the _____ We talked about the _____ today. [奖牌]	475. _____ carefully Please _____ carefully. [赢得]
460. the _____ We talked about the _____ today. [胜利]	476. the _____ We talked about the _____ today. [才能]
461. _____ it Please _____ it carefully. [欢呼；加油]	477. very _____ It looks very _____. [骄傲的]
462. _____ it Please _____ it carefully. [组织]	478. _____ carefully Please _____ carefully. [比赛；匹配]
463. very _____ It looks very _____. [奥林匹克的]	479. talk about _____ We talked about _____ in class. [成功]
464. _____ students _____ students are playing football. [那些]	480. neither... _____ Neither Tom _____ Jack was late. [也不]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第5天 · 第15组「冠军回合」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 赢得 _____	2. 奖牌 _____	3. 带领 _____	4. 荣誉 _____
5. 那些 _____	6. 挑战 _____	7. 训练 _____	8. 有时 _____
9. 目标 _____	10. 组织 _____	11. 也不 _____	12. 竞争 _____
13. 技能 _____	14. 积极的；活跃的 _____	15. 欢呼；加油 _____	16. 才能 _____
17. 精神 _____	18. 奖品 _____	19. 比赛；匹配 _____	20. 活动 _____
21. 胜利者 _____	22. 成员 _____	23. 冠军 _____	24. 祝贺 _____
25. 胜利 _____	26. 奥林匹克的 _____	27. 奖赏 _____	28. 成功 _____
29. 参加 _____	30. 交谈 _____	31. 骄傲的 _____	32. 精力充沛的 _____

B. 四词成句（可改变词形）

1. Win / Medal / Lead / Honour	_____
2. Goal / Organise / Nor / Compete	_____
3. Spirit / Award / Match / Activity	_____
4. Victory / Olympic / Prize / Success	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第5天 · 第15组「冠军回合」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
449. Activity outdoor activity Swimming is a healthy outdoor activity.	465. Member the member We talked about the member today.
450. Compete compete it Please compete it carefully.	466. Champion the champion We talked about the champion today.
451. Prize the prize We talked about the prize today.	467. Goal talk about goal We talked about goal in class.
452. Winner the winner We talked about the winner today.	468. Training the training We talked about the training today.
453. Skill the skill We talked about the skill today.	469. Congratulation the congratulation We talked about the congratulation today.
454. Honour (honor) the honour We talked about the honour today.	470. Lead lead it Please lead it carefully.
455. Energetic very energetic It looks very energetic.	471. Spirit the spirit We talked about the spirit today.
456. Talk talk it Please talk it carefully.	472. Sometimes sometimes feel I sometimes feel tired after running.
457. Active very active It looks very active.	473. Join join carefully Please join carefully.
458. Challenge challenge it Please challenge it carefully.	474. Award the award We talked about the award today.
459. Medal the medal We talked about the medal today.	475. Win win carefully Please win carefully.
460. Victory the victory We talked about the victory today.	476. Talent the talent We talked about the talent today.
461. Cheer cheer it Please cheer it carefully.	477. Proud very proud It looks very proud.
462. Organise (organize) organise it Please organise it carefully.	478. Match match carefully Please match carefully.
463. Olympic very olympic It looks very olympic.	479. Success talk about success We talked about success in class.
464. Those those students Those students are playing football.	480. Nor neither...nor Neither Tom nor Jack was late.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第6天

今日场景：四个转弯 · 下一站 · 安全转弯

组别	场景	词条范围	完成
第16组	四个转弯	481-512	[]
第17组	下一站	513-544	[]
第18组	安全转弯	545-576	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第6天 · 第16组「四个转弯」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
481	Road	/r'əʊd/	路	☐ ☐ ☐
482	Place	/pl'eɪs/	地方	☐ ☐ ☐
483	Left	/l'ɛft/	左边	☐ ☐ ☐
484	Opposite	/'ɒpəʊsɪt/	对面的	☐ ☐ ☐
485	North	/n'ɔ:θ/	北方	☐ ☐ ☐
486	Between	/bɪtw'i:n/	在……之间	☐ ☐ ☐
487	Somewhere	/s'ʌmweə/	某处	☐ ☐ ☐
488	Meal	/m'i:l/	一餐	☐ ☐ ☐
489	Block	/bl'ɒk/	街区	☐ ☐ ☐
490	Area	/'eəriə/	区域	☐ ☐ ☐
491	Straight	/str'eɪt/	径直；直的	☐ ☐ ☐
492	Across	/əkr'ɒs/	越过	☐ ☐ ☐
493	South	/s'aʊθ/	南方	☐ ☐ ☐
494	Beside	/bɪs'aɪd/	在旁边	☐ ☐ ☐
495	Anywhere	/'eniweə/	无论何处	☐ ☐ ☐
496	Themselves	/ðɛms'ɛlvz/	他们自己	☐ ☐ ☐
497	Corner	/k'ɔ:nə/	角落	☐ ☐ ☐
498	Map	/m'æp/	地图	☐ ☐ ☐
499	Near	/n'ɪə/	近的	☐ ☐ ☐
500	Along	/el'ɒŋ/	沿着	☐ ☐ ☐
501	Front	/fr'ʌnt/	前面	☐ ☐ ☐
502	Here	/h'ɪə/	在这里	☐ ☐ ☐
503	Position	/pəz'ɪʃən/	位置	☐ ☐ ☐
504	Seem	/s'i:m/	象是	☐ ☐ ☐
505	Central	/s'ɛntrəl/	中央的	☐ ☐ ☐
506	Sign	/s'aɪn/	标志；路标	☐ ☐ ☐
507	Far	/f'a:/	远的	☐ ☐ ☐
508	Around	/er'aʊnd/	在……周围	☐ ☐ ☐
509	Behind	/bɪh'aɪnd/	在后面	☐ ☐ ☐
510	There	/ð'eə/	在那里	☐ ☐ ☐
511	Row	/'rəʊ/	行；排	☐ ☐ ☐
512	Ourselves	/aʊəs'ɛlvz/	我们自己	☐ ☐ ☐

第6天 · 第16组「四个转弯」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
481	Road	R__d	_____	[]
482	Place	P__ce	_____	[]
483	Left	L__t	_____	[]
484	Opp · osi · te	O__o__te	_____	[]
485	North	N__th	_____	[]
486	Bet · ween	B__w__n	_____	[]
487	Som · ewh · ere	S__e__e_e	_____	[]
488	Meal	M__l	_____	[]
489	Block	B__ck	_____	[]
490	Area	A__a	_____	[]
491	Str · aig · ht	S__a__ht	_____	[]
492	Across	A__o_s	_____	[]
493	South	S__th	_____	[]
494	Beside	B__i_e	_____	[]
495	Any · whe · re	A__w__re	_____	[]
496	The · mse · lves	T__m__l__s	_____	[]
497	Corn · er	C__n_r	_____	[]
498	Map	M_p	_____	[]
499	Near	N__r	_____	[]
500	Along	A__ng	_____	[]
501	Front	F__nt	_____	[]
502	Here	H__e	_____	[]
503	Pos · ition	P__i__on	_____	[]
504	Seem	S__m	_____	[]
505	Cen · tral	C__t__l	_____	[]
506	Sign	S__n	_____	[]
507	Far	F_r	_____	[]
508	Around	A__u_d	_____	[]
509	Behind	B__i_d	_____	[]
510	There	T__re	_____	[]
511	Row	R_w	_____	[]
512	Our · sel · ves	O__s__v_s	_____	[]

第6天 · 第16组「四个转弯」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Road / Place / Left / Opposite 画面元素：路、地方、左边、对面的 英文标签：_____	场景2 North / Between / Somewhere / Meal 画面元素：北方、在……之间、某处、一餐 英文标签：_____
场景3 Block / Area / Straight / Across 画面元素：街区、区域、径直；直的、越过 英文标签：_____	场景4 South / Beside / Anywhere / Themselves 画面元素：南方、在旁边、无论何处、他们自己 英文标签：_____
场景5 Corner / Map / Near / Along 画面元素：角落、地图、近的、沿着 英文标签：_____	场景6 Front / Here / Position / Seem 画面元素：前面、在这里、位置、象是 英文标签：_____
场景7 Central / Sign / Far / Around 画面元素：中央的、标志；路标、远的、在……周围 英文标签：_____	场景8 Behind / There / Row / Ourselves 画面元素：在后面、在那里、行；排、我们自己 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第6天 · 第16组「四个转弯」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
481. the _____ We talked about the _____ today. [路]	497. the _____ We talked about the _____ today. [角落]
482. the _____ We talked about the _____ today. [地方]	498. the _____ We talked about the _____ today. [地图]
483. the _____ We talked about the _____ today. [左边]	499. _____ my home There is a park _____ my home. [近的]
484. very _____ It looks very _____. [对面的]	500. _____ the river We walked _____ the river. [沿着]
485. the _____ We talked about the _____ today. [北方]	501. the _____ We talked about the _____ today. [前面]
486. _____...and The school is _____ the park and the bank. [在……之间]	502. the _____ We talked about the _____ today. [在这里]
487. _____ quiet Let us find _____ quiet to read. [某处]	503. the _____ We talked about the _____ today. [位置]
488. the _____ We talked about the _____ today. [一餐]	504. _____ it Please _____ it carefully. [象是]
489. the _____ We talked about the _____ today. [街区]	505. very _____ It looks very _____. [中央的]
490. the _____ We talked about the _____ today. [区域]	506. the _____ We talked about the _____ today. [标志；路标]
491. go _____ Go _____ and turn left at the bank. [径直；直的]	507. very _____ It looks very _____. [远的]
492. _____ the street The bank is _____ the street. [越过]	508. _____ the world People _____ the world use the Internet. [在……周围]
493. the _____ We talked about the _____ today. [南方]	509. _____ the door The ball is _____ the door. [在后面]
494. _____ the window She sat _____ the window. [在旁边]	510. the _____ We talked about the _____ today. [在那里]
495. _____ else You may sit _____ you like. [无论何处]	511. the _____ We talked about the _____ today. [行；排]
496. by _____ They cleaned the room by _____. [他们自己]	512. by _____ We made the model by _____. [我们自己]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第6天 · 第16组「四个转弯」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 前面 _____	2. 在这里 _____	3. 南方 _____	4. 沿着 _____
5. 角落 _____	6. 远的 _____	7. 标志；路标 _____	8. 无论何处 _____
9. 他们自己 _____	10. 象是 _____	11. 行；排 _____	12. 北方 _____
13. 路 _____	14. 位置 _____	15. 左边 _____	16. 街区 _____
17. 地图 _____	18. 中央的 _____	19. 地方 _____	20. 对面的 _____
21. 在那里 _____	22. 在……周围 _____	23. 在旁边 _____	24. 一餐 _____
25. 越过 _____	26. 在……之间 _____	27. 在后面 _____	28. 径直；直的 _____
29. 近的 _____	30. 区域 _____	31. 我们自己 _____	32. 某处 _____

B. 四词成句（可改变词形）

1. Front / Here / South / Along	_____
2. Themselves / Seem / Row / North	_____
3. Map / Central / Place / Opposite	_____
4. Across / Between / Behind / Straight	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第6天 · 第16组「四个转弯」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
481. Road the road We talked about the road today.	497. Corner the corner We talked about the corner today.
482. Place the place We talked about the place today.	498. Map the map We talked about the map today.
483. Left the left We talked about the left today.	499. Near near my home There is a park near my home.
484. Opposite very opposite It looks very opposite.	500. Along along the river We walked along the river.
485. North the north We talked about the north today.	501. Front the front We talked about the front today.
486. Between between...and The school is between the park and the bank.	502. Here the here We talked about the here today.
487. Somewhere somewhere quiet Let us find somewhere quiet to read.	503. Position the position We talked about the position today.
488. Meal the meal We talked about the meal today.	504. Seem seem it Please seem it carefully.
489. Block the block We talked about the block today.	505. Central very central It looks very central.
490. Area the area We talked about the area today.	506. Sign the sign We talked about the sign today.
491. Straight go straight Go straight and turn left at the bank.	507. Far very far It looks very far.
492. Across across the street The bank is across the street.	508. Around around the world People around the world use the Internet.
493. South the south We talked about the south today.	509. Behind behind the door The ball is behind the door.
494. Beside beside the window She sat beside the window.	510. There the there We talked about the there today.
495. Anywhere anywhere else You may sit anywhere you like.	511. Row the row We talked about the row today.
496. Themselves by themselves They cleaned the room by themselves.	512. Ourselves by ourselves We made the model by ourselves.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第6天 · 第17组「下一站」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
513	Bus	/bʻʌs/	公交车	☐ ☐ ☐
514	Taxi	/tʻæksi/	出租车	☐ ☐ ☐
515	Wait	/wʻeɪt/	等待	☐ ☐ ☐
516	Hurry	/hʻʌri/	匆忙	☐ ☐ ☐
517	Stop	/stʻɒp/	站点	☐ ☐ ☐
518	Into	/ɪntʊ/	进入……里面	☐ ☐ ☐
519	Down	/dʻaʊn/	向下	☐ ☐ ☐
520	Last	/lʻɑːst/	最后的	☐ ☐ ☐
521	Train	/trʻeɪn/	火车	☐ ☐ ☐
522	Bike / bicycle	/bʻaɪk/	自行车	☐ ☐ ☐
523	Ride	/rʻaɪd/	骑	☐ ☐ ☐
524	Rush	/rʻʌʃ/	冲	☐ ☐ ☐
525	Get	/gʻɛt/	得到；get to	☐ ☐ ☐
526	Out	/ɔʊt/	出去	☐ ☐ ☐
527	Reach	/rʻiːtʃ/	到达	☐ ☐ ☐
528	Nobody	/nʻəʊbɒd,i/	没有人	☐ ☐ ☐
529	Railway	/rʻeɪlweɪ/	铁路	☐ ☐ ☐
530	Passenger	/pʻæsɪndʒe/	乘客	☐ ☐ ☐
531	Walk	/wʻɔːk/	走路	☐ ☐ ☐
532	Crowded	/krʻaʊdɪd/	拥挤的	☐ ☐ ☐
533	Off	/ɒf/	离开；get off	☐ ☐ ☐
534	Inside	/ɪn,sʰaɪd/	在里面	☐ ☐ ☐
535	Lost	/lʻɒst/	迷路的	☐ ☐ ☐
536	Sure	/ʃʻɜː/	确信的	☐ ☐ ☐
537	Underground	/ɛndʒ,graʊnd/	地铁	☐ ☐ ☐
538	Seat	/sʻiːt/	座位	☐ ☐ ☐
539	Run	/rʻʌn/	跑	☐ ☐ ☐
540	Traffic	/trʻæfɪk/	交通	☐ ☐ ☐
541	On	/ɒn/	在……上面；get on	☐ ☐ ☐
542	Up	/ɔʌp/	向上	☐ ☐ ☐
543	Next	/nʻɛkst/	下一个	☐ ☐ ☐
544	Still	/stʻɪl/	仍然	☐ ☐ ☐

第6天 · 第17组「下一站」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
513	Bus	B__s	_____	[]
514	Taxi	T__i	_____	[]
515	Wait	W__t	_____	[]
516	Hurry	H__ry	_____	[]
517	Stop	S__p	_____	[]
518	Into	I__o	_____	[]
519	Down	D__n	_____	[]
520	Last	L__t	_____	[]
521	Train	T__in	_____	[]
522	Bike	B__e	_____	[]
523	Ride	R__e	_____	[]
524	Rush	R__h	_____	[]
525	Get	G__t	_____	[]
526	Out	O__t	_____	[]
527	Re · ach	R__ch	_____	[]
528	Nobody	N__o_y	_____	[]
529	Rai · lway	R__l__y	_____	[]
530	Passeng · er	P__s__g_r	_____	[]
531	Walk	W__k	_____	[]
532	Crowd · ed	C__w__d	_____	[]
533	Off	O__f	_____	[]
534	Inside	I__i_e	_____	[]
535	Lost	L__t	_____	[]
536	Sure	S__e	_____	[]
537	Under · ground	U__e__r__nd	_____	[]
538	Seat	S__t	_____	[]
539	Run	R__n	_____	[]
540	Tra · ffic	T__f__c	_____	[]
541	On	O__n	_____	[]
542	Up	U__p	_____	[]
543	Next	N__t	_____	[]
544	Still	S__ll	_____	[]

第6天 · 第17组「下一站」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Bus / Taxi / Wait / Hurry 画面元素：公交车、出租车、等待、匆忙 英文标签：_____	场景2 Stop / Into / Down / Last 画面元素：站点、进入……里面、向下、最后的 英文标签：_____
场景3 Train / Bike / Ride / Rush 画面元素：火车、自行车、骑、冲 英文标签：_____	场景4 Get / Out / Reach / Nobody 画面元素：得到；get to、出去、到达、没有人 英文标签：_____
场景5 Railway / Passenger / Walk / Crowded 画面元素：铁路、乘客、走路、拥挤的 英文标签：_____	场景6 Off / Inside / Lost / Sure 画面元素：离开；get off、在里面、迷路的、确信的 英文标签：_____
场景7 Underground / Seat / Run / Traffic 画面元素：地铁、座位、跑、交通 英文标签：_____	场景8 On / Up / Next / Still 画面元素：在……上面；get on、向上、下一个、仍然 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第6天 · 第17组「下一站」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
513. the _____ We talked about the _____ today. [公交车]	529. the _____ We talked about the _____ today. [铁路]
514. the _____ We talked about the _____ today. [出租车]	530. the _____ We talked about the _____ today. [乘客]
515. _____ carefully Please _____ carefully. [等待]	531. _____ it Please _____ it carefully. [走路]
516. _____ carefully Please _____ carefully. [匆忙]	532. very _____ It looks very _____. [拥挤的]
517. _____ carefully Please _____ carefully. [站点]	533. _____ it Please _____ it carefully. [离开; get off]
518. use “_____” We often use “_____” in English. [进入……里面]	534. _____ the box The keys are _____ the box. [在里面]
519. the _____ We talked about the _____ today. [向下]	535. very _____ It looks very _____. [迷路的]
520. _____ week We had a test _____ week. [最后的]	536. very _____ It looks very _____. [确信的]
521. the _____ We talked about the _____ today. [火车]	537. the _____ We talked about the _____ today. [地铁]
522. the _____ We talked about the _____ today. [自行车]	538. the _____ We talked about the _____ today. [座位]
523. _____ carefully Please _____ carefully. [骑]	539. _____ carefully Please _____ carefully. [跑]
524. _____ carefully Please _____ carefully. [冲]	540. the _____ We talked about the _____ today. [交通]
525. _____ up I _____ up at seven every morning. [得到; get to]	541. _____ the desk Your notebook is _____ the desk. [在……上面; get on]
526. _____ it Please _____ it carefully. [出去]	542. _____ it Please _____ it carefully. [向上]
527. _____ it Please _____ it carefully. [到达]	543. _____ time I will do better _____ time. [下一个]
528. _____ else _____ knows the answer yet. [没有人]	544. _____ working He is _____ working on the problem. [仍然]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第6天 · 第17组「下一站」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 火车 _____	2. 出去 _____	3. 到达 _____	4. 向上 _____
5. 交通 _____	6. 在里面 _____	7. 在……上面；get on _____	8. 拥挤的 _____
9. 公交车 _____	10. 乘客 _____	11. 迷路的 _____	12. 向下 _____
13. 冲 _____	14. 座位 _____	15. 仍然 _____	16. 进入……里面 _____
17. 铁路 _____	18. 出租车 _____	19. 得到；get to _____	20. 地铁 _____
21. 下一个 _____	22. 离开；get off _____	23. 自行车 _____	24. 走路 _____
25. 最后的 _____	26. 匆忙 _____	27. 骑 _____	28. 站点 _____
29. 跑 _____	30. 等待 _____	31. 确信的 _____	32. 没有人 _____

B. 四词成句（可改变词形）

1. Train / Out / Reach / Up	_____
2. Bus / Passenger / Lost / Down	_____
3. Railway / Taxi / Get / Underground	_____
4. Last / Hurry / Ride / Stop	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第6天 · 第17组「下一站」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
513. Bus the bus We talked about the bus today.	529. Railway the railway We talked about the railway today.
514. Taxi the taxi We talked about the taxi today.	530. Passenger the passenger We talked about the passenger today.
515. Wait wait carefully Please wait carefully.	531. Walk walk it Please walk it carefully.
516. Hurry hurry carefully Please hurry carefully.	532. Crowded very crowded It looks very crowded.
517. Stop stop carefully Please stop carefully.	533. Off off it Please off it carefully.
518. Into use “into” We often use “into” in English.	534. Inside inside the box The keys are inside the box.
519. Down the down We talked about the down today.	535. Lost very lost It looks very lost.
520. Last last week We had a test last week.	536. Sure very sure It looks very sure.
521. Train the train We talked about the train today.	537. Underground the underground We talked about the underground today.
522. Bike / bicycle the bike We talked about the bike today.	538. Seat the seat We talked about the seat today.
523. Ride ride carefully Please ride carefully.	539. Run run carefully Please run carefully.
524. Rush rush carefully Please rush carefully.	540. Traffic the traffic We talked about the traffic today.
525. Get get up I get up at seven every morning.	541. On on the desk Your notebook is on the desk.
526. Out out it Please out it carefully.	542. Up up it Please up it carefully.
527. Reach reach it Please reach it carefully.	543. Next next time I will do better next time.
528. Nobody nobody else Nobody knows the answer yet.	544. Still still working He is still working on the problem.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第6天 · 第18组「安全转弯」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
545	Car	/k'a: /	汽车	☐ ☐ ☐
546	Bridge	/br'idʒ /	桥	☐ ☐ ☐
547	Careless	/k'eələs /	粗心的	☐ ☐ ☐
548	Follow	/f'ɒləʊ /	跟随	☐ ☐ ☐
549	Repair	/rɪ'peɪ /	修理	☐ ☐ ☐
550	Wide	/w'aɪd /	宽的	☐ ☐ ☐
551	Pressure	/pr'ɛʃə /	压力	☐ ☐ ☐
552	Long	/l'ɒŋ /	长的	☐ ☐ ☐
553	Drive	/dr'aɪv /	驾驶	☐ ☐ ☐
554	Speed	/sp'i:d /	速率	☐ ☐ ☐
555	Safety	/s'eɪftɪ /	安全	☐ ☐ ☐
556	Pass	/p'a:s /	通过；经过	☐ ☐ ☐
557	Belt	/b'ɛlt /	安全带	☐ ☐ ☐
558	Warn	/w'ɔ:n /	警告	☐ ☐ ☐
559	Problem	/pr'ɒbləm /	问题	☐ ☐ ☐
560	Will	/w'ɪl /	将要；愿意	☐ ☐ ☐
561	Truck	/tr'ʌk /	卡车	☐ ☐ ☐
562	Fast	/f'a:st /	快的	☐ ☐ ☐
563	Turn	/t'ɜ:n /	转弯；转动	☐ ☐ ☐
564	Move	/m'u:v /	移动	☐ ☐ ☐
565	Rapid	/r'æpɪd /	迅速的	☐ ☐ ☐
566	Ahead	/eh'ɛd /	前方	☐ ☐ ☐
567	Solve	/s'ɒlv /	解决	☐ ☐ ☐
568	Mess	/m'ɛs /	混乱	☐ ☐ ☐
569	Wheel	/w'i:l /	轮子	☐ ☐ ☐
570	Slow	/sl'əʊ /	慢的	☐ ☐ ☐
571	Cross	/kr'ɒs /	穿过	☐ ☐ ☐
572	Lock	/l'ɒk /	锁	☐ ☐ ☐
573	Narrow	/n'æərəʊ /	狭窄的	☐ ☐ ☐
574	Heavy	/h'ɛvi /	重的	☐ ☐ ☐
575	Trouble	/tr'ʌbəl /	麻烦	☐ ☐ ☐
576	Spread	/spr'ɛd /	传播	☐ ☐ ☐

第6天 · 第18组「安全转弯」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
545	Car	C _ r	_____	[]
546	Bridge	B _ _ d _ e	_____	[]
547	Care • less	C _ _ e _ _ s s	_____	[]
548	Follow	F _ _ l _ w	_____	[]
549	Re • pair	R _ _ a _ r	_____	[]
550	Wide	W _ _ e	_____	[]
551	Pre • ssure	P _ _ s _ _ r e	_____	[]
552	Long	L _ _ g	_____	[]
553	Drive	D _ _ v e	_____	[]
554	Spe • ed	S _ _ e d	_____	[]
555	Safety	S _ _ e _ y	_____	[]
556	Pass	P _ _ s	_____	[]
557	Belt	B _ _ t	_____	[]
558	Warn	W _ _ n	_____	[]
559	Pro • blem	P _ _ b _ _ m	_____	[]
560	Will	W _ _ l	_____	[]
561	Truck	T _ _ c k	_____	[]
562	Fast	F _ _ t	_____	[]
563	Turn	T _ _ n	_____	[]
564	Move	M _ _ e	_____	[]
565	Rapid	R _ _ i d	_____	[]
566	Ahead	A _ _ a d	_____	[]
567	Solve	S _ _ v e	_____	[]
568	Mess	M _ _ s	_____	[]
569	Wheel	W _ _ e l	_____	[]
570	Slow	S _ _ w	_____	[]
571	Cross	C _ _ s s	_____	[]
572	Lock	L _ _ k	_____	[]
573	Narrow	N _ _ r _ w	_____	[]
574	Heavy	H _ _ v y	_____	[]
575	Tro • uble	T _ _ u _ _ e	_____	[]
576	Spread	S _ _ e _ d	_____	[]

第6天 · 第18组「安全转弯」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Car / Bridge / Careless / Follow 画面元素：汽车、桥、粗心的、跟随 英文标签：_____	场景2 Repair / Wide / Pressure / Long 画面元素：修理、宽的、压力、长的 英文标签：_____
场景3 Drive / Speed / Safety / Pass 画面元素：驾驶、速率、安全、通过；经过 英文标签：_____	场景4 Belt / Warn / Problem / Will 画面元素：安全带、警告、问题、将要；愿意 英文标签：_____
场景5 Truck / Fast / Turn / Move 画面元素：卡车、快的、转弯；转动、移动 英文标签：_____	场景6 Rapid / Ahead / Solve / Mess 画面元素：迅速的、前方、解决、混乱 英文标签：_____
场景7 Wheel / Slow / Cross / Lock 画面元素：轮子、慢的、穿过、锁 英文标签：_____	场景8 Narrow / Heavy / Trouble / Spread 画面元素：狭窄的、重的、麻烦、传播 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第6天 · 第18组「安全转弯」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
545. the _____ We talked about the _____ today. [汽车]	561. the _____ We talked about the _____ today. [卡车]
546. the _____ We talked about the _____ today. [桥]	562. very _____ It looks very _____. [快的]
547. very _____ It looks very _____. [粗心的]	563. _____ on Please _____ on the light. [转弯；转动]
548. _____ it Please _____ it carefully. [跟随]	564. _____ it Please _____ it carefully. [移动]
549. _____ it Please _____ it carefully. [修理]	565. very _____ It looks very _____. [迅速的]
550. very _____ It looks very _____. [宽的]	566. go _____ Go _____, and I will follow you. [前方]
551. talk about _____ We talked about _____ in class. [压力]	567. _____ it Please _____ it carefully. [解决]
552. very _____ It looks very _____. [长的]	568. the _____ We talked about the _____ today. [混乱]
553. _____ it Please _____ it carefully. [驾驶]	569. the _____ We talked about the _____ today. [轮子]
554. the _____ We talked about the _____ today. [速率]	570. very _____ It looks very _____. [慢的]
555. talk about _____ We talked about _____ in class. [安全]	571. _____ carefully Please _____ carefully. [穿过]
556. _____ carefully Please _____ carefully. [通过；经过]	572. _____ it Please _____ it carefully. [锁]
557. _____ it Please _____ it carefully. [安全带]	573. very _____ It looks very _____. [狭窄的]
558. _____ it Please _____ it carefully. [警告]	574. very _____ It looks very _____. [重的]
559. talk about _____ We talked about _____ in class. [问题]	575. the _____ We talked about the _____ today. [麻烦]
560. _____ be I _____ call you tonight. [将要；愿意]	576. _____ it Please _____ it carefully. [传播]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第6天 · 第18组「安全转弯」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 快的 _____	2. 锁 _____	3. 狭窄的 _____	4. 粗心的 _____
5. 轮子 _____	6. 重的 _____	7. 移动 _____	8. 麻烦 _____
9. 警告 _____	10. 穿过 _____	11. 压力 _____	12. 传播 _____
13. 驾驶 _____	14. 问题 _____	15. 宽的 _____	16. 慢的 _____
17. 转弯；转动 _____	18. 桥 _____	19. 通过；经过 _____	20. 跟随 _____
21. 汽车 _____	22. 迅速的 _____	23. 将要；愿意 _____	24. 修理 _____
25. 长的 _____	26. 安全带 _____	27. 解决 _____	28. 安全 _____
29. 混乱 _____	30. 前方 _____	31. 卡车 _____	32. 速率 _____

B. 四词成句（可改变词形）

1. Fast / Lock / Narrow / Careless	_____
2. Warn / Cross / Pressure / Spread	_____
3. Turn / Bridge / Pass / Follow	_____
4. Long / Belt / Solve / Safety	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第6天 · 第18组「安全转弯」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
545. Car the car We talked about the car today.	561. Truck the truck We talked about the truck today.
546. Bridge the bridge We talked about the bridge today.	562. Fast very fast It looks very fast.
547. Careless very careless It looks very careless.	563. Turn turn on Please turn on the light.
548. Follow follow it Please follow it carefully.	564. Move move it Please move it carefully.
549. Repair repair it Please repair it carefully.	565. Rapid very rapid It looks very rapid.
550. Wide very wide It looks very wide.	566. Ahead go ahead Go ahead, and I will follow you.
551. Pressure talk about pressure We talked about pressure in class.	567. Solve solve it Please solve it carefully.
552. Long very long It looks very long.	568. Mess the mess We talked about the mess today.
553. Drive drive it Please drive it carefully.	569. Wheel the wheel We talked about the wheel today.
554. Speed the speed We talked about the speed today.	570. Slow very slow It looks very slow.
555. Safety talk about safety We talked about safety in class.	571. Cross cross carefully Please cross carefully.
556. Pass pass carefully Please pass carefully.	572. Lock lock it Please lock it carefully.
557. Belt belt it Please belt it carefully.	573. Narrow very narrow It looks very narrow.
558. Warn warn it Please warn it carefully.	574. Heavy very heavy It looks very heavy.
559. Problem talk about problem We talked about problem in class.	575. Trouble the trouble We talked about the trouble today.
560. Will will be I will call you tonight.	576. Spread spread it Please spread it carefully.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第7天

今日场景：起飞之前 · 城市一日 · 职业街区

组别	场景	词条范围	完成
第19组	起飞之前	577-608	[]
第20组	城市一日	609-640	[]
第21组	职业街区	641-672	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第7天 · 第19组「起飞之前」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
577	Airport	/ˈeəpɔ:t/	机场	☐ ☐ ☐
578	Foreign	/fɔːrən/	外国的	☐ ☐ ☐
579	Visit	/ˈvɪzɪt/	参观；拜访	☐ ☐ ☐
580	Fly	/flaɪ/	飞	☐ ☐ ☐
581	Book	/bʊk/	书；预订	☐ ☐ ☐
582	Forward	/fɔːwəd/	向前的	☐ ☐ ☐
583	Balloon	/bəˈluːn/	气球	☐ ☐ ☐
584	Silver	/sɪlvə/	银	☐ ☐ ☐
585	Plane	/pleɪn/	飞机	☐ ☐ ☐
586	Travel	/trævəl/	旅行	☐ ☐ ☐
587	Carry	/kæri/	携带	☐ ☐ ☐
588	Gate	/geɪt/	门	☐ ☐ ☐
589	Journey	/dʒɜːni/	旅程	☐ ☐ ☐
590	Cancel	/kænsəl/	取消	☐ ☐ ☐
591	Sweater	/swete/	毛衣	☐ ☐ ☐
592	Nearly	/nɪəli/	几乎	☐ ☐ ☐
593	Passport	/pɑːspɔ:t/	护照	☐ ☐ ☐
594	Trip	/trɪp/	旅行	☐ ☐ ☐
595	Take	/teɪk/	拿；乘坐	☐ ☐ ☐
596	Calendar	/kælənde/	日历	☐ ☐ ☐
597	Ticket	/tɪkɪt/	票	☐ ☐ ☐
598	Enter	/ente/	进入	☐ ☐ ☐
599	Trousers	/traʊsəz/	裤子	☐ ☐ ☐
600	Lunch	/lʌntʃ/	午餐	☐ ☐ ☐
601	Abroad	/ebrɔːd/	往国外	☐ ☐ ☐
602	Tourist	/tɔːrɪst/	游客	☐ ☐ ☐
603	Air	/eə/	空气	☐ ☐ ☐
604	Date	/deɪt/	日期	☐ ☐ ☐
605	Away	/ewet/	离去	☐ ☐ ☐
606	Quick	/kwɪk/	快的	☐ ☐ ☐
607	T-shirt	/tɪsɜːt/	T恤	☐ ☐ ☐
608	Strange	/streɪndʒ/	奇怪的	☐ ☐ ☐

第7天 · 第19组「起飞之前」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
577	Air • port	A__p__t	_____	[]
578	Fore • ign	F__e__n	_____	[]
579	Visit	V__it	_____	[]
580	Fly	F__y	_____	[]
581	Book	B__k	_____	[]
582	For • ward	F__w__d	_____	[]
583	Bal • loon	B__l__n	_____	[]
584	Silv • er	S__v_r	_____	[]
585	Plane	P__ne	_____	[]
586	Travel	T__v_l	_____	[]
587	Carry	C__ry	_____	[]
588	Gate	G__e	_____	[]
589	Jou • rney	J__r__y	_____	[]
590	Cancel	C__c_l	_____	[]
591	Sweat • er	S__a__r	_____	[]
592	Near • ly	N__r_y	_____	[]
593	Pas • spo • rt	P__s__rt	_____	[]
594	Trip	T__p	_____	[]
595	Take	T__e	_____	[]
596	Cal • end • ar	C__e__ar	_____	[]
597	Ticket	T__k_t	_____	[]
598	Ent • er	E__er	_____	[]
599	Tro • use • rs	T__u__rs	_____	[]
600	Lunch	L__ch	_____	[]
601	Abroad	A__o_d	_____	[]
602	Tou • rist	T__r__t	_____	[]
603	Air	A_r	_____	[]
604	Date	D__e	_____	[]
605	Away	A__y	_____	[]
606	Quick	Q__ck	_____	[]
607	Tshirt	T__i_t	_____	[]
608	Str • ange	S__a__e	_____	[]

第7天 · 第19组「起飞之前」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Airport / Foreign / Visit / Fly 画面元素：机场、外国的、参观；拜访、飞 英文标签：_____	场景2 Book / Forward / Balloon / Silver 画面元素：书；预订、向前的、气球、银 英文标签：_____
场景3 Plane / Travel / Carry / Gate 画面元素：飞机、旅行、携带、门 英文标签：_____	场景4 Journey / Cancel / Sweater / Nearly 画面元素：旅程、取消、毛衣、几乎 英文标签：_____
场景5 Passport / Trip / Take / Calendar 画面元素：护照、旅行、拿；乘坐、日历 英文标签：_____	场景6 Ticket / Enter / Trousers / Lunch 画面元素：票、进入、裤子、午餐 英文标签：_____
场景7 Abroad / Tourist / Air / Date 画面元素：往国外、游客、空气、日期 英文标签：_____	场景8 Away / Quick / T-shirt / Strange 画面元素：离去、快的、T恤、奇怪的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第7天 · 第19组「起飞之前」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
577. the _____ We talked about the _____ today. [机场]	593. the _____ We talked about the _____ today. [护照]
578. very _____ It looks very _____. [外国的]	594. _____ it Please _____ it carefully. [旅行]
579. _____ carefully Please _____ carefully. [参观；拜访]	595. _____ part in We will _____ part in the sports meeting. [拿；乘坐]
580. _____ carefully Please _____ carefully. [飞]	596. the _____ We talked about the _____ today. [日历]
581. _____ it Please _____ it carefully. [书；预订]	597. the _____ We talked about the _____ today. [票]
582. look _____ to I look _____ to seeing you again. [向前的]	598. _____ it Please _____ it carefully. [进入]
583. talk about _____ We talked about _____ in class. [气球]	599. the _____ We talked about the _____ today. [裤子]
584. the _____ We talked about the _____ today. [银]	600. the _____ We talked about the _____ today. [午餐]
585. _____ it Please _____ it carefully. [飞机]	601. go _____ She hopes to study _____ one day. [往国外]
586. _____ it Please _____ it carefully. [旅行]	602. the _____ We talked about the _____ today. [游客]
587. _____ carefully Please _____ carefully. [携带]	603. talk about _____ We talked about _____ in class. [空气]
588. the _____ We talked about the _____ today. [门]	604. the _____ We talked about the _____ today. [日期]
589. the _____ We talked about the _____ today. [旅程]	605. far _____ My grandparents live far _____. [离去]
590. _____ it Please _____ it carefully. [取消]	606. very _____ It looks very _____. [快的]
591. the _____ We talked about the _____ today. [毛衣]	607. the _____ We talked about the _____ today. [T恤]
592. _____ finished We have _____ finished the work. [几乎]	608. very _____ It looks very _____. [奇怪的]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第7天 · 第19组「起飞之前」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 拿；乘坐 _____	2. 往国外 _____	3. 门 _____	4. 空气 _____
5. 外国的 _____	6. 旅行 _____	7. 机场 _____	8. 几乎 _____
9. 携带 _____	10. 旅行 _____	11. 飞机 _____	12. 护照 _____
13. 日历 _____	14. 裤子 _____	15. 旅程 _____	16. 向前的 _____
17. 票 _____	18. 银 _____	19. 午餐 _____	20. 参观；拜访 _____
21. 飞 _____	22. 书；预订 _____	23. 进入 _____	24. 快的 _____
25. 气球 _____	26. 日期 _____	27. 游客 _____	28. 毛衣 _____
29. 离去 _____	30. 取消 _____	31. 奇怪的 _____	32. T恤 _____

B. 四词成句（可改变词形）

1. Take / Abroad / Gate / Air	_____
2. Carry / Trip / Plane / Passport	_____
3. Ticket / Silver / Lunch / Visit	_____
4. Balloon / Date / Tourist / Sweater	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第7天 · 第19组「起飞之前」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
577. Airport the airport We talked about the airport today.	593. Passport the passport We talked about the passport today.
578. Foreign very foreign It looks very foreign.	594. Trip trip it Please trip it carefully.
579. Visit visit carefully Please visit carefully.	595. Take take part in We will take part in the sports meeting.
580. Fly fly carefully Please fly carefully.	596. Calendar the calendar We talked about the calendar today.
581. Book book it Please book it carefully.	597. Ticket the ticket We talked about the ticket today.
582. Forward look forward to I look forward to seeing you again.	598. Enter enter it Please enter it carefully.
583. Balloon talk about balloon We talked about balloon in class.	599. Trousers the trousers We talked about the trousers today.
584. Silver the silver We talked about the silver today.	600. Lunch the lunch We talked about the lunch today.
585. Plane plane it Please plane it carefully.	601. Abroad go abroad She hopes to study abroad one day.
586. Travel travel it Please travel it carefully.	602. Tourist the tourist We talked about the tourist today.
587. Carry carry carefully Please carry carefully.	603. Air talk about air We talked about air in class.
588. Gate the gate We talked about the gate today.	604. Date the date We talked about the date today.
589. Journey the journey We talked about the journey today.	605. Away far away My grandparents live far away.
590. Cancel cancel it Please cancel it carefully.	606. Quick very quick It looks very quick.
591. Sweater the sweater We talked about the sweater today.	607. T-shirt the t-shirt We talked about the t-shirt today.
592. Nearly nearly finished We have nearly finished the work.	608. Strange very strange It looks very strange.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第7天 · 第20组「城市一日」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
609	Hotel	/həʊt'el/	旅馆	☐ ☐ ☐
610	Guide	/g'aɪd/	导游	☐ ☐ ☐
611	Tower	/'taʊə/	塔	☐ ☐ ☐
612	Tradition	/trəd'ɪʃən/	传统	☐ ☐ ☐
613	Treasure	/tr'ɛʒə/	宝物	☐ ☐ ☐
614	See	/s'i:/	看见	☐ ☐ ☐
615	Pleasure	/pl'ɛʒə/	快乐	☐ ☐ ☐
616	Stamp	/st'æmp/	邮票	☐ ☐ ☐
617	Guest	/g'est/	客人	☐ ☐ ☐
618	View	/vj'u:/	景色；观点	☐ ☐ ☐
619	Beach	/b'i:tʃ/	海滩	☐ ☐ ☐
620	Famous	/f'eɪməs/	出名的	☐ ☐ ☐
621	Comfortable	/k'ʌmfətəbəl/	舒服的	☐ ☐ ☐
622	Bath	/b'a:θ/	洗澡	☐ ☐ ☐
623	Recommend	/r,ɛkəm'end/	推荐	☐ ☐ ☐
624	Usual	/j'u:ʒu:əl/	平常的	☐ ☐ ☐
625	Host (hostess)	/h'əʊst/	主人；主持人	☐ ☐ ☐
626	Landscape	/l'ændskeɪp/	风景	☐ ☐ ☐
627	Coast	/k'əʊst/	海岸	☐ ☐ ☐
628	Ancient	/eɪnʃənt/	古代的	☐ ☐ ☐
629	Experience	/ɛksp'ɪəriəns/	经历；经验	☐ ☐ ☐
630	Excellent	/e'ksələnt/	优良的	☐ ☐ ☐
631	Special	/sp'ɛʃəl/	特别的	☐ ☐ ☐
632	Regret	/rɪgr'et/	遗憾	☐ ☐ ☐
633	Stay	/st'eɪ/	停留	☐ ☐ ☐
634	Palace	/p'æləs/	宫殿	☐ ☐ ☐
635	Culture	/k'ʌltʃə/	文化	☐ ☐ ☐
636	Postcard	/p'əʊstkɑ:d/	明信片	☐ ☐ ☐
637	Tour	/t'u:/	旅游	☐ ☐ ☐
638	Free	/fr'i:/	免费的；自由的	☐ ☐ ☐
639	Wonderful	/w'ʌndəfəl/	令人惊奇的	☐ ☐ ☐
640	Oven	/l'ʌvən/	烤箱	☐ ☐ ☐

第7天 · 第20组「城市一日」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
609	Hotel	H__el	_____	[]
610	Guide	G__de	_____	[]
611	Tow · er	T__er	_____	[]
612	Trad · ition	T__d__i_n	_____	[]
613	Tre · asu · re	T__a__re	_____	[]
614	See	S_e	_____	[]
615	Ple · asu · re	P__a__re	_____	[]
616	Stamp	S__mp	_____	[]
617	Guest	G__st	_____	[]
618	View	V__w	_____	[]
619	Beach	B__ch	_____	[]
620	Fam · ous	F__o_s	_____	[]
621	Comfort · able	C__f__t__le	_____	[]
622	Bath	B__h	_____	[]
623	Re · commend	R__o__e_d	_____	[]
624	Usual	U__al	_____	[]
625	Host / hostess	H__t	_____	[]
626	Lan · dsc · ape	L__d__a_e	_____	[]
627	Coast	C__st	_____	[]
628	Anc · ient	A__i__t	_____	[]
629	Exp · eri · ence	E__e__e__e	_____	[]
630	Exc · ell · ent	E__e__e_t	_____	[]
631	Spe · cial	S__c__l	_____	[]
632	Re · gret	R__r_t	_____	[]
633	Stay	S__y	_____	[]
634	Palace	P__a_e	_____	[]
635	Cul · ture	C__t__e	_____	[]
636	Post · card	P__t__rd	_____	[]
637	Tour	T__r	_____	[]
638	Free	F__e	_____	[]
639	Wonder · ful	W__d__f_l	_____	[]
640	Oven	O__n	_____	[]

第7天 · 第20组「城市一日」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Hotel / Guide / Tower / Tradition 画面元素：旅馆、导游、塔、传统 英文标签：_____	场景2 Treasure / See / Pleasure / Stamp 画面元素：宝物、看见、快乐、邮票 英文标签：_____
场景3 Guest / View / Beach / Famous 画面元素：客人、景色；观点、海滩、出名的 英文标签：_____	场景4 Comfortable / Bath / Recommend / Usual 画面元素：舒服的、洗澡、推荐、平常的 英文标签：_____
场景5 Host / Landscape / Coast / Ancient 画面元素：主人；主持人、风景、海岸、古代的 英文标签：_____	场景6 Experience / Excellent / Special / Regret 画面元素：经历；经验、优良的、特别的、遗憾 英文标签：_____
场景7 Stay / Palace / Culture / Postcard 画面元素：停留、宫殿、文化、明信片 英文标签：_____	场景8 Tour / Free / Wonderful / Oven 画面元素：旅游、免费的；自由的、令人惊奇的、烤箱 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第7天 · 第20组「城市一日」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
609. the _____ We talked about the _____ today. [旅馆]	625. the _____ We talked about the _____ today. [主人；主持人]
610. _____ it Please _____ it carefully. [导游]	626. the _____ We talked about the _____ today. [风景]
611. the _____ We talked about the _____ today. [塔]	627. the _____ We talked about the _____ today. [海岸]
612. the _____ We talked about the _____ today. [传统]	628. very _____ It looks very _____. [古代的]
613. the _____ We talked about the _____ today. [宝物]	629. talk about _____ We talked about _____ in class. [经历；经验]
614. _____ it Please _____ it carefully. [看见]	630. very _____ It looks very _____. [优良的]
615. the _____ We talked about the _____ today. [快乐]	631. very _____ It looks very _____. [特别的]
616. the _____ We talked about the _____ today. [邮票]	632. the _____ We talked about the _____ today. [遗憾]
617. the _____ We talked about the _____ today. [客人]	633. _____ carefully Please _____ carefully. [停留]
618. the _____ We talked about the _____ today. [景色；观点]	634. the _____ We talked about the _____ today. [宫殿]
619. the _____ We talked about the _____ today. [海滩]	635. talk about _____ We talked about _____ in class. [文化]
620. very _____ It looks very _____. [出名的]	636. the _____ We talked about the _____ today. [明信片]
621. very _____ It looks very _____. [舒服的]	637. _____ it Please _____ it carefully. [旅游]
622. the _____ We talked about the _____ today. [洗澡]	638. very _____ It looks very _____. [免费的；自由的]
623. _____ it Please _____ it carefully. [推荐]	639. very _____ It looks very _____. [令人惊奇的]
624. very _____ It looks very _____. [平常的]	640. the _____ We talked about the _____ today. [烤箱]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第7天 · 第20组「城市一日」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 明信片 _____	2. 旅游 _____	3. 传统 _____	4. 特别的 _____
5. 快乐 _____	6. 经历；经验 _____	7. 洗澡 _____	8. 出名的 _____
9. 客人 _____	10. 停留 _____	11. 优良的 _____	12. 烤箱 _____
13. 海岸 _____	14. 宝物 _____	15. 主人；主持人 _____	16. 平常的 _____
17. 遗憾 _____	18. 推荐 _____	19. 塔 _____	20. 古代的 _____
21. 景色；观点 _____	22. 旅馆 _____	23. 导游 _____	24. 舒服的 _____
25. 文化 _____	26. 免费的；自由的 _____	27. 看见 _____	28. 海滩 _____
29. 令人惊奇的 _____	30. 邮票 _____	31. 风景 _____	32. 宫殿 _____

B. 四词成句（可改变词形）

1. Postcard / Tour / Tradition / Special	_____
2. Guest / Stay / Excellent / Oven	_____
3. Regret / Recommend / Tower / Ancient	_____
4. Culture / Free / See / Beach	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第7天 · 第20组「城市一日」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
609. Hotel the hotel We talked about the hotel today.	625. Host (hostess) the host We talked about the host today.
610. Guide guide it Please guide it carefully.	626. Landscape the landscape We talked about the landscape today.
611. Tower the tower We talked about the tower today.	627. Coast the coast We talked about the coast today.
612. Tradition the tradition We talked about the tradition today.	628. Ancient very ancient It looks very ancient.
613. Treasure the treasure We talked about the treasure today.	629. Experience talk about experience We talked about experience in class.
614. See see it Please see it carefully.	630. Excellent very excellent It looks very excellent.
615. Pleasure the pleasure We talked about the pleasure today.	631. Special very special It looks very special.
616. Stamp the stamp We talked about the stamp today.	632. Regret the regret We talked about the regret today.
617. Guest the guest We talked about the guest today.	633. Stay stay carefully Please stay carefully.
618. View the view We talked about the view today.	634. Palace the palace We talked about the palace today.
619. Beach the beach We talked about the beach today.	635. Culture talk about culture We talked about culture in class.
620. Famous very famous It looks very famous.	636. Postcard the postcard We talked about the postcard today.
621. Comfortable very comfortable It looks very comfortable.	637. Tour tour it Please tour it carefully.
622. Bath the bath We talked about the bath today.	638. Free very free It looks very free.
623. Recommend recommend it Please recommend it carefully.	639. Wonderful very wonderful It looks very wonderful.
624. Usual very usual It looks very usual.	640. Oven the oven We talked about the oven today.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第7天 · 第21组「职业街区」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
641	Job	/ˈdʒɒb/	工作；职业	☐ ☐ ☐
642	Factory	/ˈfæktəri/	工厂	☐ ☐ ☐
643	Nurse	/nɜːs/	护士	☐ ☐ ☐
644	Postman (postmen)	/pəʊstmən/	邮递员	☐ ☐ ☐
645	Actor (actress)	/ˈækte/	男演员	☐ ☐ ☐
646	Director	/daɪrɪkte/	主管	☐ ☐ ☐
647	Strict	/strɪkt/	严厉的	☐ ☐ ☐
648	Great	/grɪt/	很棒的；伟大的	☐ ☐ ☐
649	Work	/wɜːk/	工作	☐ ☐ ☐
650	Farm	/fɑːm/	农场	☐ ☐ ☐
651	Dentist	/dɛntɪst/	牙科医生	☐ ☐ ☐
652	Driver	/draɪve/	驾驶员	☐ ☐ ☐
653	Scientist	/saɪəntɪst/	科学家	☐ ☐ ☐
654	Graduate	/ˈgrædʒəweɪt/	毕业生	☐ ☐ ☐
655	Tie	/tʰaɪ/	领带	☐ ☐ ☐
656	Sir	/sɜː/	先生	☐ ☐ ☐
657	Worker	/wɜːkeɪ/	工人	☐ ☐ ☐
658	Farmer	/fɑːmeɪ/	农夫	☐ ☐ ☐
659	Police	/pəliːs/	警察	☐ ☐ ☐
660	Pilot	/paɪlət/	飞行员	☐ ☐ ☐
661	Athlete	/æθliːt/	运动员	☐ ☐ ☐
662	Master	/mɑːsteɪ/	大师；掌握	☐ ☐ ☐
663	Prepare	/prɪpeə/	准备	☐ ☐ ☐
664	Least	/liːst/	最少	☐ ☐ ☐
665	Boss	/bɒs/	老板	☐ ☐ ☐
666	Doctor	/dɒkteɪ/	医生	☐ ☐ ☐
667	Policeman (policewoman / policemen / policewomen)	/pəliːsmən/	警察	☐ ☐ ☐
668	Artist	/ɑːtɪst/	艺术家	☐ ☐ ☐
669	Coach	/kəʊtʃ/	教练	☐ ☐ ☐
670	Basic	/beɪsɪk/	基础的	☐ ☐ ☐
671	We	/wiː/	我们	☐ ☐ ☐
672	Anything	/ˈɛnɪθɪŋ/	任何事	☐ ☐ ☐

第7天 · 第21组「职业街区」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
641	Job	J_b	_____	[]
642	Fac • tory	F__t__y	_____	[]
643	Nurse	N__se	_____	[]
644	Post • man / postmen	P__t__n	_____	[]
645	Act • or / actress	A__or	_____	[]
646	Direct • or	D__e__or	_____	[]
647	Strict	S__i_t	_____	[]
648	Great	G__at	_____	[]
649	Work	W__k	_____	[]
650	Farm	F__m	_____	[]
651	Den • tist	D__t__t	_____	[]
652	Driv • er	D__v_r	_____	[]
653	Sci • ent • ist	S__e__i_t	_____	[]
654	Gra • dua • te	G__d__te	_____	[]
655	Tie	T_e	_____	[]
656	Sir	S_r	_____	[]
657	Work • er	W__k_r	_____	[]
658	Farm • er	F__m_r	_____	[]
659	Police	P__i_e	_____	[]
660	Pilot	P__ot	_____	[]
661	Ath • lete	A__l__e	_____	[]
662	Mast • er	M__t_r	_____	[]
663	Pre • pare	P__p__e	_____	[]
664	Least	L__st	_____	[]
665	Boss	B__s	_____	[]
666	Doct • or	D__t_r	_____	[]
667	Pol • ice • man / policewoman / policemen / policewomen	P__i__m_n	_____	[]
668	Artist	A__i_t	_____	[]
669	Coach	C__ch	_____	[]
670	Basic	B__ic	_____	[]
671	We	We	_____	[]
672	Anyth • ing	A__t__ng	_____	[]

第7天 · 第21组「职业街区」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Job / Factory / Nurse / Postman 画面元素：工作；职业、工厂、护士、邮递员 英文标签：_____	场景2 Actor / Director / Strict / Great 画面元素：男演员、主管、严厉的、很棒的；伟大的 英文标签：_____
场景3 Work / Farm / Dentist / Driver 画面元素：工作、农场、牙科医生、驾驶员 英文标签：_____	场景4 Scientist / Graduate / Tie / Sir 画面元素：科学家、毕业生、领带、先生 英文标签：_____
场景5 Worker / Farmer / Police / Pilot 画面元素：工人、农夫、警察、飞行员 英文标签：_____	场景6 Athlete / Master / Prepare / Least 画面元素：运动员、大师；掌握、准备、最少 英文标签：_____
场景7 Boss / Doctor / Policeman / Artist 画面元素：老板、医生、警察、艺术家 英文标签：_____	场景8 Coach / Basic / We / Anything 画面元素：教练、基础的、我们、任何事 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第7天 · 第21组「职业街区」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
641. find a _____ My father enjoys his _____. [工作；职业]	657. the _____ We talked about the _____ today. [工人]
642. the _____ We talked about the _____ today. [工厂]	658. the _____ We talked about the _____ today. [农夫]
643. the _____ We talked about the _____ today. [护士]	659. the _____ We talked about the _____ today. [警察]
644. the _____ We talked about the _____ today. [邮递员]	660. _____ it Please _____ it carefully. [飞行员]
645. the _____ We talked about the _____ today. [男演员]	661. talk about _____ We talked about _____ in class. [运动员]
646. the _____ We talked about the _____ today. [主管]	662. _____ a skill Practice helps us _____ a new skill. [大师；掌握]
647. very _____ It looks very _____. [严厉的]	663. _____ it Please _____ it carefully. [准备]
648. very _____ It looks very _____. [很棒的；伟大的]	664. the _____ We talked about the _____ today. [最少]
649. _____ it Please _____ it carefully. [工作]	665. the _____ We talked about the _____ today. [老板]
650. the _____ We talked about the _____ today. [农场]	666. the _____ We talked about the _____ today. [医生]
651. the _____ We talked about the _____ today. [牙科医生]	667. the _____ We talked about the _____ today. [警察]
652. the _____ We talked about the _____ today. [驾驶员]	668. the _____ We talked about the _____ today. [艺术家]
653. talk about _____ We talked about _____ in class. [科学家]	669. _____ it Please _____ it carefully. [教练]
654. _____ it Please _____ it carefully. [毕业生]	670. very _____ It looks very _____. [基础的]
655. _____ it Please _____ it carefully. [领带]	671. _____ are _____ are in the same class. [我们]
656. yes, _____ “Can I help you, _____?” she asked. [先生]	672. _____ else Do you need _____ else? [任何事]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第7天 · 第21组「职业街区」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 邮递员 _____	2. 最少 _____	3. 警察 _____	4. 主管 _____
5. 科学家 _____	6. 大师；掌握 _____	7. 牙科医生 _____	8. 运动员 _____
9. 工人 _____	10. 老板 _____	11. 先生 _____	12. 准备 _____
13. 护士 _____	14. 警察 _____	15. 艺术家 _____	16. 工作 _____
17. 驾驶员 _____	18. 毕业生 _____	19. 医生 _____	20. 农场 _____
21. 教练 _____	22. 基础的 _____	23. 工作；职业 _____	24. 我们 _____
25. 男演员 _____	26. 农夫 _____	27. 很棒的；伟大的 _____	28. 任何事 _____
29. 领带 _____	30. 工厂 _____	31. 飞行员 _____	32. 严厉的 _____

B. 四词成句（可改变词形）

1. Postman / Least / Police / Director	_____
2. Worker / Boss / Sir / Prepare	_____
3. Driver / Graduate / Doctor / Farm	_____
4. Actor / Farmer / Great / Anything	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第7天 · 第21组「职业街区」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
641. Job find a job My father enjoys his job.	657. Worker the worker We talked about the worker today.
642. Factory the factory We talked about the factory today.	658. Farmer the farmer We talked about the farmer today.
643. Nurse the nurse We talked about the nurse today.	659. Police the police We talked about the police today.
644. Postman (postmen) the postman We talked about the postman today.	660. Pilot pilot it Please pilot it carefully.
645. Actor (actress) the actor We talked about the actor today.	661. Athlete talk about athlete We talked about athlete in class.
646. Director the director We talked about the director today.	662. Master master a skill Practice helps us master a new skill.
647. Strict very strict It looks very strict.	663. Prepare prepare it Please prepare it carefully.
648. Great very great It looks very great.	664. Least the least We talked about the least today.
649. Work work it Please work it carefully.	665. Boss the boss We talked about the boss today.
650. Farm the farm We talked about the farm today.	666. Doctor the doctor We talked about the doctor today.
651. Dentist the dentist We talked about the dentist today.	667. Policeman (policewoman / policemen / policewomen) the policeman We talked about the policeman today.
652. Driver the driver We talked about the driver today.	668. Artist the artist We talked about the artist today.
653. Scientist talk about scientist We talked about scientist in class.	669. Coach coach it Please coach it carefully.
654. Graduate graduate it Please graduate it carefully.	670. Basic very basic It looks very basic.
655. Tie tie it Please tie it carefully.	671. We we are We are in the same class.
656. Sir yes, sir “Can I help you, sir?” she asked.	672. Anything anything else Do you need anything else?

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第8天

今日场景：九点会议 · 服务台 · 守住预算

组别	场景	词条范围	完成
第22组	九点会议	673-704	[]
第23组	服务台	705-736	[]
第24组	守住预算	737-768	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第8天 · 第22组「九点会议」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
673	Meeting	/m'i:tiŋ/	会议	☐ ☐ ☐
674	Project	/'prɒdʒekt/	项目	☐ ☐ ☐
675	Discuss	/dɪsk'ʌs/	讨论	☐ ☐ ☐
676	Decide	/dɪs'aɪd/	决定	☐ ☐ ☐
677	Busy	/b'ɪzi/	忙碌的	☐ ☐ ☐
678	Continue	/kənt'ɪnju: /	继续	☐ ☐ ☐
679	Mention	/m'ɛnfən/	提到	☐ ☐ ☐
680	Spare	/sp'eə/	剩余	☐ ☐ ☐
681	Interview	/'ɪntəvj,u: /	面谈	☐ ☐ ☐
682	Task	/t'a:sk/	任务	☐ ☐ ☐
683	Agree	/egri:/	同意	☐ ☐ ☐
684	Consider	/kəns'ɪde/	考虑	☐ ☐ ☐
685	Advise	/edv'aɪz/	劝告	☐ ☐ ☐
686	Cover	/k'ʌve/	覆盖；封面	☐ ☐ ☐
687	Part	/p'a:t/	部分	☐ ☐ ☐
688	Have (has)	/'hæv/	有	☐ ☐ ☐
689	Partner	/p'a:tne/	合伙人	☐ ☐ ☐
690	Form	/'ɔ:m/	表格；形成	☐ ☐ ☐
691	Idea	/aɪd'ɪə/	主意	☐ ☐ ☐
692	Provide	/prəv'aɪd/	提供	☐ ☐ ☐
693	Promise	/pr'ɒmɪs/	诺言	☐ ☐ ☐
694	Influence	/'ɪnflu:əns/	影响	☐ ☐ ☐
695	Proper	/pr'ɒpe/	适当的	☐ ☐ ☐
696	Too	/t'u:/	也	☐ ☐ ☐
697	Plan	/pl'æn/	计划	☐ ☐ ☐
698	Call	/k'ɔ:l/	打电话；呼叫	☐ ☐ ☐
699	Suggest	/sədʒ'ɛst/	提议	☐ ☐ ☐
700	Require	/rɪkw'aɪə/	需要	☐ ☐ ☐
701	Action	/'ækʃən/	行动	☐ ☐ ☐
702	Main	/m'eɪn/	主要的	☐ ☐ ☐
703	Many	/m'ɛni/	许多	☐ ☐ ☐
704	Own	/'əʊn/	自己的	☐ ☐ ☐

第8天 · 第22组「九点会议」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
673	Meet • ing	M__t__g	_____	[]
674	Pro • ject	P__j__t	_____	[]
675	Dis • cuss	D__c__s	_____	[]
676	Decide	D__i_e	_____	[]
677	Busy	B__y	_____	[]
678	Con • tin • ue	C__t__ue	_____	[]
679	Men • tion	M__t__n	_____	[]
680	Spare	S__re	_____	[]
681	Inter • view	I__e__i_w	_____	[]
682	Task	T__k	_____	[]
683	Agree	A__ee	_____	[]
684	Consid • er	C__s__er	_____	[]
685	Advise	A__i_e	_____	[]
686	Cov • er	C__er	_____	[]
687	Part	P__t	_____	[]
688	Have / has	H__e	_____	[]
689	Partn • er	P__t__r	_____	[]
690	Form	F__m	_____	[]
691	Idea	I__a	_____	[]
692	Pro • vide	P__v__e	_____	[]
693	Pro • mise	P__m__e	_____	[]
694	Inf • lue • nce	I__l__n_e	_____	[]
695	Prop • er	P__p_r	_____	[]
696	Too	T_o	_____	[]
697	Plan	P__n	_____	[]
698	Call	C__l	_____	[]
699	Sug • gest	S__g__t	_____	[]
700	Re • quire	R__u__e	_____	[]
701	Action	A__i_n	_____	[]
702	Main	M__n	_____	[]
703	Many	M__y	_____	[]
704	Own	O_n	_____	[]

第8天 · 第22组「九点会议」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Meeting / Project / Discuss / Decide 画面元素：会议、项目、讨论、决定 英文标签：_____	场景2 Busy / Continue / Mention / Spare 画面元素：忙碌的、继续、提到、剩余 英文标签：_____
场景3 Interview / Task / Agree / Consider 画面元素：面谈、任务、同意、考虑 英文标签：_____	场景4 Advise / Cover / Part / Have 画面元素：劝告、覆盖；封面、部分、有 英文标签：_____
场景5 Partner / Form / Idea / Provide 画面元素：合伙人、表格；形成、主意、提供 英文标签：_____	场景6 Promise / Influence / Proper / Too 画面元素：诺言、影响、适当的、也 英文标签：_____
场景7 Plan / Call / Suggest / Require 画面元素：计划、打电话；呼叫、提议、需要 英文标签：_____	场景8 Action / Main / Many / Own 画面元素：行动、主要的、许多、自己的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第8天 · 第22组「九点会议」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
673. the _____ We talked about the _____ today. [会议]	689. the _____ We talked about the _____ today. [合伙人]
674. the _____ We talked about the _____ today. [项目]	690. _____ it Please _____ it carefully. [表格；形成]
675. _____ it Please _____ it carefully. [讨论]	691. the _____ We talked about the _____ today. [主意]
676. _____ it Please _____ it carefully. [决定]	692. _____ it Please _____ it carefully. [提供]
677. very _____ It looks very _____. [忙碌的]	693. the _____ We talked about the _____ today. [诺言]
678. _____ it Please _____ it carefully. [继续]	694. _____ it Please _____ it carefully. [影响]
679. _____ it Please _____ it carefully. [提到]	695. very _____ It looks very _____. [适当的]
680. the _____ We talked about the _____ today. [剩余]	696. _____ much Do not eat _____ much sugar. [也]
681. _____ it Please _____ it carefully. [面谈]	697. _____ it Please _____ it carefully. [计划]
682. the _____ We talked about the _____ today. [任务]	698. _____ it Please _____ it carefully. [打电话；呼叫]
683. _____ carefully Please _____ carefully. [同意]	699. _____ it Please _____ it carefully. [提议]
684. _____ it Please _____ it carefully. [考虑]	700. _____ it Please _____ it carefully. [需要]
685. _____ it Please _____ it carefully. [劝告]	701. _____ it Please _____ it carefully. [行动]
686. _____ it Please _____ it carefully. [覆盖；封面]	702. _____ idea Please find the _____ idea of the passage. [主要的]
687. the _____ We talked about the _____ today. [部分]	703. _____ students _____ students joined the club. [许多]
688. _____ to I _____ to finish my homework. [有]	704. on one's _____ I finished the project on my _____. [自己的]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第8天 · 第22组「九点会议」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 覆盖；封面 _____	2. 同意 _____	3. 会议 _____	4. 继续 _____
5. 剩余 _____	6. 也 _____	7. 主意 _____	8. 面谈 _____
9. 有 _____	10. 主要的 _____	11. 诺言 _____	12. 提到 _____
13. 项目 _____	14. 适当的 _____	15. 任务 _____	16. 决定 _____
17. 忙碌的 _____	18. 许多 _____	19. 计划 _____	20. 自己的 _____
21. 提议 _____	22. 讨论 _____	23. 考虑 _____	24. 表格；形成 _____
25. 打电话；呼叫 _____	26. 影响 _____	27. 行动 _____	28. 劝告 _____
29. 合伙人 _____	30. 需要 _____	31. 提供 _____	32. 部分 _____

B. 四词成句（可改变词形）

1. Cover / Agree / Meeting / Continue	_____
2. Have / Main / Promise / Mention	_____
3. Busy / Many / Plan / Own	_____
4. Call / Influence / Action / Advise	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第8天 · 第22组「九点会议」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
673. Meeting the meeting We talked about the meeting today.	689. Partner the partner We talked about the partner today.
674. Project the project We talked about the project today.	690. Form form it Please form it carefully.
675. Discuss discuss it Please discuss it carefully.	691. Idea the idea We talked about the idea today.
676. Decide decide it Please decide it carefully.	692. Provide provide it Please provide it carefully.
677. Busy very busy It looks very busy.	693. Promise the promise We talked about the promise today.
678. Continue continue it Please continue it carefully.	694. Influence influence it Please influence it carefully.
679. Mention mention it Please mention it carefully.	695. Proper very proper It looks very proper.
680. Spare the spare We talked about the spare today.	696. Too too much Do not eat too much sugar.
681. Interview interview it Please interview it carefully.	697. Plan plan it Please plan it carefully.
682. Task the task We talked about the task today.	698. Call call it Please call it carefully.
683. Agree agree carefully Please agree carefully.	699. Suggest suggest it Please suggest it carefully.
684. Consider consider it Please consider it carefully.	700. Require require it Please require it carefully.
685. Advise advise it Please advise it carefully.	701. Action action it Please action it carefully.
686. Cover cover it Please cover it carefully.	702. Main main idea Please find the main idea of the passage.
687. Part the part We talked about the part today.	703. Many many students Many students joined the club.
688. Have (has) have to I have to finish my homework.	704. Own on one's own I finished the project on my own.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第8天 · 第23组「服务台」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
705	Customer	/k'ʌstəme/	顾客	☐ ☐ ☐
706	Sell	/s'ɛl/	卖	☐ ☐ ☐
707	Order	/'ɔ:de/	点单；命令	☐ ☐ ☐
708	Colour (color)	/k'ʌle/	颜色	☐ ☐ ☐
709	Change	/tʃ'eɪndʒ/	零钱；更换	☐ ☐ ☐
710	Pack	/p'æk/	包裹	☐ ☐ ☐
711	Satisfy	/s'ætɪsf,aɪ/	使满意	☐ ☐ ☐
712	Noise	/n'ɔɪz/	噪音	☐ ☐ ☐
713	Shop	/ʃ'ɒp/	商店	☐ ☐ ☐
714	Buy	/b'aɪ/	买	☐ ☐ ☐
715	Serve	/s'ɜ:v/	服务	☐ ☐ ☐
716	Fit	/f'ɪt/	合适的；健康的	☐ ☐ ☐
717	Cheap	/tʃ'i:p/	便宜的	☐ ☐ ☐
718	Borrow	/b'ɒrəʊ/	借	☐ ☐ ☐
719	Popular	/p'ɒpjələ/	流行的	☐ ☐ ☐
720	Himself	/hɪms'ɛlf/	他自己	☐ ☐ ☐
721	Product	/pr'ɒdʌkt/	产品	☐ ☐ ☐
722	Cost	/k'ɒst/	代价	☐ ☐ ☐
723	Quality	/kw'ɒlɪti/	品质	☐ ☐ ☐
724	Try	/tr'aɪ/	尝试	☐ ☐ ☐
725	Expensive	/ɛksp'ensɪv/	贵的	☐ ☐ ☐
726	Trade	/tr'eɪd/	贸易	☐ ☐ ☐
727	Prefer	/prɪf'ɜ:/	更喜欢	☐ ☐ ☐
728	Yes	/j'ɛs/	是	☐ ☐ ☐
729	Sale	/s'eɪl/	销售；降价出售	☐ ☐ ☐
730	Bill	/b'ɪl/	帐单	☐ ☐ ☐
731	Size	/s'aɪz/	大小	☐ ☐ ☐
732	Return	/rɪ'tɜ:n/	返回	☐ ☐ ☐
733	Fashion	/f'æʃən/	时尚	☐ ☐ ☐
734	Deal	/d'i:l/	处理；交易	☐ ☐ ☐
735	Choice	/tʃ'ɔɪs/	选择	☐ ☐ ☐
736	Smooth	/sm'u:ð/	平滑的	☐ ☐ ☐

第8天 · 第23组「服务台」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
705	Custom • er	C__t__er	_____	[]
706	Sell	S__l	_____	[]
707	Ord • er	O__er	_____	[]
708	Colour / color	C__o_r	_____	[]
709	Change	C__n_e	_____	[]
710	Pack	P__k	_____	[]
711	Sat • isfy	S__i__y	_____	[]
712	Noise	N__se	_____	[]
713	Shop	S__p	_____	[]
714	Buy	B_y	_____	[]
715	Serve	S__ve	_____	[]
716	Fit	F_t	_____	[]
717	Cheap	C__ap	_____	[]
718	Borrow	B__r_w	_____	[]
719	Pop • ular	P__u__r	_____	[]
720	Him • self	H__s__f	_____	[]
721	Pro • duct	P__d__t	_____	[]
722	Cost	C__t	_____	[]
723	Qual • ity	Q__l__y	_____	[]
724	Try	T_y	_____	[]
725	Expens • ive	E__e__i_e	_____	[]
726	Trade	T__de	_____	[]
727	Pre • f • er	P__f_r	_____	[]
728	Yes	Y_s	_____	[]
729	Sale	S__e	_____	[]
730	Bill	B__l	_____	[]
731	Size	S__e	_____	[]
732	Re • turn	R__u_n	_____	[]
733	Fas • hion	F__h__n	_____	[]
734	Deal	D__l	_____	[]
735	Choice	C__i_e	_____	[]
736	Smooth	S__o_h	_____	[]

第8天 · 第23组「服务台」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Customer / Sell / Order / Colour 画面元素：顾客、卖、点单；命令、颜色 英文标签：_____	场景2 Change / Pack / Satisfy / Noise 画面元素：零钱；更换、包裹、使满意、噪音 英文标签：_____
场景3 Shop / Buy / Serve / Fit 画面元素：商店、买、服务、合适的；健康的 英文标签：_____	场景4 Cheap / Borrow / Popular / Himself 画面元素：便宜的、借、流行的、他自己 英文标签：_____
场景5 Product / Cost / Quality / Try 画面元素：产品、代价、品质、尝试 英文标签：_____	场景6 Expensive / Trade / Prefer / Yes 画面元素：贵的、贸易、更喜欢、是 英文标签：_____
场景7 Sale / Bill / Size / Return 画面元素：销售；降价出售、帐单、大小、返回 英文标签：_____	场景8 Fashion / Deal / Choice / Smooth 画面元素：时尚、处理；交易、选择、平滑的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第8天 · 第23组「服务台」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
705. the _____ We talked about the _____ today. [顾客]	721. the _____ We talked about the _____ today. [产品]
706. _____ it Please _____ it carefully. [卖]	722. the _____ We talked about the _____ today. [代价]
707. _____ it Please _____ it carefully. [点单；命令]	723. the _____ We talked about the _____ today. [品质]
708. the _____ We talked about the _____ today. [颜色]	724. _____ it Please _____ it carefully. [尝试]
709. _____ it Please _____ it carefully. [零钱；更换]	725. very _____ It looks very _____. [贵的]
710. _____ it Please _____ it carefully. [包裹]	726. _____ it Please _____ it carefully. [贸易]
711. _____ it Please _____ it carefully. [使满意]	727. _____ it Please _____ it carefully. [更喜欢]
712. the _____ We talked about the _____ today. [噪音]	728. say _____ She smiled and said _____. [是]
713. the _____ We talked about the _____ today. [商店]	729. the _____ We talked about the _____ today. [销售；降价出售]
714. _____ it Please _____ it carefully. [买]	730. the _____ We talked about the _____ today. [帐单]
715. _____ it Please _____ it carefully. [服务]	731. what _____ What _____ shoes do you wear? [大小]
716. very _____ It looks very _____. [合适的；健康的]	732. _____ carefully Please _____ carefully. [返回]
717. very _____ It looks very _____. [便宜的]	733. the _____ We talked about the _____ today. [时尚]
718. _____ it Please _____ it carefully. [借]	734. _____ it Please _____ it carefully. [处理；交易]
719. very _____ It looks very _____. [流行的]	735. the _____ We talked about the _____ today. [选择]
720. by _____ He cooked dinner by _____. [他自己]	736. very _____ It looks very _____. [平滑的]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第8天 · 第23组「服务台」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 服务 _____	2. 卖 _____	3. 点单；命令 _____	4. 零钱；更换 _____
5. 顾客 _____	6. 合适的；健康的 _____	7. 处理；交易 _____	8. 他自己 _____
9. 选择 _____	10. 贵的 _____	11. 是 _____	12. 颜色 _____
13. 帐单 _____	14. 更喜欢 _____	15. 尝试 _____	16. 流行的 _____
17. 商店 _____	18. 返回 _____	19. 包裹 _____	20. 代价 _____
21. 便宜的 _____	22. 贸易 _____	23. 品质 _____	24. 产品 _____
25. 噪音 _____	26. 平滑的 _____	27. 时尚 _____	28. 销售；降价出售 _____
29. 大小 _____	30. 借 _____	31. 使满意 _____	32. 买 _____

B. 四词成句（可改变词形）

1. Serve / Sell / Order / Change	_____
2. Choice / Expensive / Yes / Colour	_____
3. Shop / Return / Pack / Cost	_____
4. Noise / Smooth / Fashion / Sale	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第8天 · 第23组「服务台」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
705. Customer the customer We talked about the customer today.	721. Product the product We talked about the product today.
706. Sell sell it Please sell it carefully.	722. Cost the cost We talked about the cost today.
707. Order order it Please order it carefully.	723. Quality the quality We talked about the quality today.
708. Colour (color) the colour We talked about the colour today.	724. Try try it Please try it carefully.
709. Change change it Please change it carefully.	725. Expensive very expensive It looks very expensive.
710. Pack pack it Please pack it carefully.	726. Trade trade it Please trade it carefully.
711. Satisfy satisfy it Please satisfy it carefully.	727. Prefer prefer it Please prefer it carefully.
712. Noise the noise We talked about the noise today.	728. Yes say yes She smiled and said yes.
713. Shop the shop We talked about the shop today.	729. Sale the sale We talked about the sale today.
714. Buy buy it Please buy it carefully.	730. Bill the bill We talked about the bill today.
715. Serve serve it Please serve it carefully.	731. Size what size What size shoes do you wear?
716. Fit very fit It looks very fit.	732. Return return carefully Please return carefully.
717. Cheap very cheap It looks very cheap.	733. Fashion the fashion We talked about the fashion today.
718. Borrow borrow it Please borrow it carefully.	734. Deal deal it Please deal it carefully.
719. Popular very popular It looks very popular.	735. Choice the choice We talked about the choice today.
720. Himself by himself He cooked dinner by himself.	736. Smooth very smooth It looks very smooth.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第8天 · 第24组「守住预算」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
737	Budget	/b'ʌdʒɪt/	预算	☐ ☐ ☐
738	Pound	/p'aʊnd/	英镑；磅	☐ ☐ ☐
739	Rich	/r'ɪtʃ/	富裕的	☐ ☐ ☐
740	Spend	/sp'ɛnd/	花费	☐ ☐ ☐
741	Per cent (percent)	/pə'sent/	百分之……	☐ ☐ ☐
742	Lot	/l'ɒt/	大量	☐ ☐ ☐
743	Piece	/p'i:s/	块	☐ ☐ ☐
744	Must	/m'ʌst/	必须	☐ ☐ ☐
745	Coin	/k'ɔɪn/	硬币	☐ ☐ ☐
746	Money	/m'ʌni/	金钱	☐ ☐ ☐
747	Poor	/p'ɔ:/	贫穷的	☐ ☐ ☐
748	Total	/t'əʊtəl/	总数；总计	☐ ☐ ☐
749	Average	/'ævrɪdʒ/	平均	☐ ☐ ☐
750	Matter	/m'æte/	事情；要紧	☐ ☐ ☐
751	Unit	/j'u:nɪt/	单位	☐ ☐ ☐
752	Its	/'ɪts/	它的	☐ ☐ ☐
753	Dollar	/d'ɒlə/	美元	☐ ☐ ☐
754	Afford	/ef'ɔ:d/	买得起	☐ ☐ ☐
755	Value	/v'ælju:/	价值	☐ ☐ ☐
756	Half	/h'a:f/	一半	☐ ☐ ☐
757	Balance	/b'æləns/	余额；平衡	☐ ☐ ☐
758	Enough	/ɪn'ʌf/	充足	☐ ☐ ☐
759	Double	/d'ʌbəl/	两倍的	☐ ☐ ☐
760	Thought	/θ'ɔ:t/	想法	☐ ☐ ☐
761	Cent	/s'ɛnt/	分	☐ ☐ ☐
762	Wealth	/w'ɛlθ/	财富	☐ ☐ ☐
763	Worth	/w'ɜ:θ/	价值	☐ ☐ ☐
764	Quarter	/kw'ɔ:te/	四分之一	☐ ☐ ☐
765	Loss	/l'ɒs/	损失	☐ ☐ ☐
766	Plenty	/pl'ɛntɪ/	大量；充足	☐ ☐ ☐
767	Much	/m'ʌtʃ/	大量	☐ ☐ ☐
768	So	/s'əʊ/	如此	☐ ☐ ☐

第8天 · 第24组「守住预算」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
737	Budget	B__g_t	_____	[]
738	Pound	P__nd	_____	[]
739	Rich	R__h	_____	[]
740	Spend	S__nd	_____	[]
741	Per • cent / percent	P__c__t	_____	[]
742	Lot	L_t	_____	[]
743	Piece	P__ce	_____	[]
744	Must	M__t	_____	[]
745	Coin	C__n	_____	[]
746	Money	M__ey	_____	[]
747	Poor	P__r	_____	[]
748	Total	T__al	_____	[]
749	Ave • rage	A__r__e	_____	[]
750	Matt • er	M__t_r	_____	[]
751	Unit	U__t	_____	[]
752	Its	I_s	_____	[]
753	Dollar	D__l_r	_____	[]
754	Afford	A__o_d	_____	[]
755	Value	V__ue	_____	[]
756	Half	H__f	_____	[]
757	Bal • ance	B__a__e	_____	[]
758	Enough	E__u_h	_____	[]
759	Double	D__b_e	_____	[]
760	Tho • ught	T__u__t	_____	[]
761	Cent	C__t	_____	[]
762	Wealth	W__l_h	_____	[]
763	Worth	W__th	_____	[]
764	Quart • er	Q__r__r	_____	[]
765	Loss	L__s	_____	[]
766	Plenty	P__n_y	_____	[]
767	Much	M__h	_____	[]
768	So	S o	_____	[]

第8天 · 第24组「守住预算」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Budget / Pound / Rich / Spend 画面元素：预算、英镑；磅、富裕的、花费 英文标签：_____	场景2 Per cent / Lot / Piece / Must 画面元素：百分之……、大量、块、必须 英文标签：_____
场景3 Coin / Money / Poor / Total 画面元素：硬币、金钱、贫穷的、总数；总计 英文标签：_____	场景4 Average / Matter / Unit / Its 画面元素：平均、事情；要紧、单位、它的 英文标签：_____
场景5 Dollar / Afford / Value / Half 画面元素：美元、买得起、价值、一半 英文标签：_____	场景6 Balance / Enough / Double / Thought 画面元素：余额；平衡、充足、两倍的、想法 英文标签：_____
场景7 Cent / Wealth / Worth / Quarter 画面元素：分、财富、价值、四分之一 英文标签：_____	场景8 Loss / Plenty / Much / So 画面元素：损失、大量；充足、大量、如此 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第8天 · 第24组「守住预算」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
737. talk about _____ We talked about _____ in class. [预算]	753. the _____ We talked about the _____ today. [美元]
738. the _____ We talked about the _____ today. [英镑；磅]	754. _____ carefully Please _____ carefully. [买得起]
739. very _____ It looks very _____. [富裕的]	755. the _____ We talked about the _____ today. [价值]
740. _____ it Please _____ it carefully. [花费]	756. the _____ We talked about the _____ today. [一半]
741. fifty _____ About fifty _____ of the class chose blue. [百分之……]	757. _____ it Please _____ it carefully. [余额；平衡]
742. the _____ We talked about the _____ today. [大量]	758. the _____ We talked about the _____ today. [充足]
743. the _____ We talked about the _____ today. [块]	759. very _____ It looks very _____. [两倍的]
744. _____ be You _____ wear a seat belt. [必须]	760. talk about _____ We talked about _____ in class. [想法]
745. the _____ We talked about the _____ today. [硬币]	761. the _____ We talked about the _____ today. [分]
746. the _____ We talked about the _____ today. [金钱]	762. the _____ We talked about the _____ today. [财富]
747. very _____ It looks very _____. [贫穷的]	763. the _____ We talked about the _____ today. [价值]
748. _____ it Please _____ it carefully. [总数；总计]	764. the _____ We talked about the _____ today. [四分之一]
749. the _____ We talked about the _____ today. [平均]	765. the _____ We talked about the _____ today. [损失]
750. _____ it Please _____ it carefully. [事情；要紧]	766. the _____ We talked about the _____ today. [大量；充足]
751. the _____ We talked about the _____ today. [单位]	767. _____ time We do not have _____ time. [大量]
752. _____ name The dog moved _____ tail. [它的]	768. _____ that Speak slowly _____ that everyone can understand. [如此]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第8天 · 第24组「守住预算」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 英镑；磅 _____	2. 两倍的 _____	3. 财富 _____	4. 预算 _____
5. 一半 _____	6. 它的 _____	7. 余额；平衡 _____	8. 必须 _____
9. 大量；充足 _____	10. 花费 _____	11. 充足 _____	12. 损失 _____
13. 大量 _____	14. 事情；要紧 _____	15. 单位 _____	16. 分 _____
17. 块 _____	18. 价值 _____	19. 富裕的 _____	20. 平均 _____
21. 百分之…… _____	22. 硬币 _____	23. 大量 _____	24. 四分之一 _____
25. 想法 _____	26. 金钱 _____	27. 价值 _____	28. 贫穷的 _____
29. 如此 _____	30. 总数；总计 _____	31. 买得起 _____	32. 美元 _____

B. 四词成句（可改变词形）

1. Pound / Double / Wealth / Budget	_____
2. Plenty / Spend / Enough / Loss	_____
3. Piece / Value / Rich / Average	_____
4. Thought / Money / Worth / Poor	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第8天 · 第24组「守住预算」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
737. Budget talk about budget We talked about budget in class.	753. Dollar the dollar We talked about the dollar today.
738. Pound the pound We talked about the pound today.	754. Afford afford carefully Please afford carefully.
739. Rich very rich It looks very rich.	755. Value the value We talked about the value today.
740. Spend spend it Please spend it carefully.	756. Half the half We talked about the half today.
741. Per cent (percent) fifty per cent About fifty per cent of the class chose blue.	757. Balance balance it Please balance it carefully.
742. Lot the lot We talked about the lot today.	758. Enough the enough We talked about the enough today.
743. Piece the piece We talked about the piece today.	759. Double very double It looks very double.
744. Must must be You must wear a seat belt.	760. Thought talk about thought We talked about thought in class.
745. Coin the coin We talked about the coin today.	761. Cent the cent We talked about the cent today.
746. Money the money We talked about the money today.	762. Wealth the wealth We talked about the wealth today.
747. Poor very poor It looks very poor.	763. Worth the worth We talked about the worth today.
748. Total total it Please total it carefully.	764. Quarter the quarter We talked about the quarter today.
749. Average the average We talked about the average today.	765. Loss the loss We talked about the loss today.
750. Matter matter it Please matter it carefully.	766. Plenty the plenty We talked about the plenty today.
751. Unit the unit We talked about the unit today.	767. Much much time We do not have much time.
752. Its its name The dog moved its tail.	768. So so that Speak slowly so that everyone can understand.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第9天

今日场景：发布之前 · 从头到脚 · 问诊时刻

组别	场景	词条范围	完成
第25组	发布之前	769-800	[]
第26组	从头到脚	801-832	[]
第27组	问诊时刻	833-864	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第9天 · 第25组「发布之前」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
769	Produce	/ˈprɒdʊs/	生产	☐ ☐ ☐
770	Build	/bɪld/	建立	☐ ☐ ☐
771	Tool	/tʊ:l/	工具	☐ ☐ ☐
772	Market	/mˈɑ:kɪt/	市场	☐ ☐ ☐
773	Public	/pˈʌblɪk/	公众	☐ ☐ ☐
774	Publish	/pˈʌblɪʃ/	出版	☐ ☐ ☐
775	Condition	/kəndɪˈʃən/	情况	☐ ☐ ☐
776	Secret	/ˈsɪkrət/	秘密	☐ ☐ ☐
777	Material	/mətɪəriəl/	材料	☐ ☐ ☐
778	Develop	/dɪvˈɛləp/	发展	☐ ☐ ☐
779	Purpose	/pˈɜ:pəs/	目的	☐ ☐ ☐
780	Company	/kˈʌmpəni/	公司	☐ ☐ ☐
781	Private	/prˈaɪvət/	私人的	☐ ☐ ☐
782	Press	/prˈes/	新闻；按压	☐ ☐ ☐
783	Effect	/ɪfˈekt/	效果；影响	☐ ☐ ☐
784	Mean	/mˈi:n/	意思是	☐ ☐ ☐
785	Standard	/stˈændəd/	标准	☐ ☐ ☐
786	Industry	/ˈɪndʌstri/	工业	☐ ☐ ☐
787	Method	/mˈɛθəd/	方法	☐ ☐ ☐
788	Business	/bˈɪznəs/	生意	☐ ☐ ☐
789	Manage	/mˈænɪdʒ/	管理；设法	☐ ☐ ☐
790	Improve	/ɪmprˈu:v/	改良	☐ ☐ ☐
791	Increase	/ˈɪn,kris/	增加	☐ ☐ ☐
792	Perhaps	/pəhˈæps/	也许	☐ ☐ ☐
793	Creative	/kriːˈeɪtɪv/	有创造力的	☐ ☐ ☐
794	Machine	/məʃɪːn/	机器	☐ ☐ ☐
795	Progress	/ˈprɑ,gres/	进步	☐ ☐ ☐
796	Ad (advertisement)	/ˈæd/	广告	☐ ☐ ☐
797	Complete	/kəmplɪˈi:t/	完整的；完成	☐ ☐ ☐
798	Fix	/fɪks/	修理；固定	☐ ☐ ☐
799	Prove	/prˈu:v/	证明	☐ ☐ ☐
800	Wet	/wˈet/	湿的	☐ ☐ ☐

第9天 · 第25组「发布之前」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
769	Pro • duce	P__d__e	_____	[]
770	Build	B__ld	_____	[]
771	Tool	T__l	_____	[]
772	Market	M__k__t	_____	[]
773	Public	P__l__c	_____	[]
774	Pub • lish	P__l__h	_____	[]
775	Cond • ition	C__d__i_n	_____	[]
776	Secret	S__r__t	_____	[]
777	Mat • eri • al	M__e__al	_____	[]
778	Dev • elop	D__e__p	_____	[]
779	Pur • pose	P__p__e	_____	[]
780	Com • pany	C__p__y	_____	[]
781	Pri • vate	P__v__e	_____	[]
782	Press	P__ss	_____	[]
783	Effect	E__e__t	_____	[]
784	Mean	M__n	_____	[]
785	Sta • nda • rd	S__n__rd	_____	[]
786	Ind • ust • ry	I__u__ry	_____	[]
787	Method	M__h__d	_____	[]
788	Busi • ness	B__i__ss	_____	[]
789	Manage	M__a__e	_____	[]
790	Imp • rove	I__r__e	_____	[]
791	Inc • rea • se	I__r__se	_____	[]
792	Per • haps	P__h__s	_____	[]
793	Creat • ive	C__a__ve	_____	[]
794	Mac • hine	M__h__e	_____	[]
795	Pro • gre • ss	P__g__ss	_____	[]
796	Ad / advertisement	Ad	_____	[]
797	Com • ple • te	C__p__te	_____	[]
798	Fix	F__x	_____	[]
799	Prove	P__ve	_____	[]
800	Wet	W__t	_____	[]

第9天 · 第25组「发布之前」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Produce / Build / Tool / Market 画面元素：生产、建立、工具、市场 英文标签：_____	场景2 Public / Publish / Condition / Secret 画面元素：公众、出版、情况、秘密 英文标签：_____
场景3 Material / Develop / Purpose / Company 画面元素：材料、发展、目的、公司 英文标签：_____	场景4 Private / Press / Effect / Mean 画面元素：私人的、新闻；按压、效果；影响、意思是 英文标签：_____
场景5 Standard / Industry / Method / Business 画面元素：标准、工业、方法、生意 英文标签：_____	场景6 Manage / Improve / Increase / Perhaps 画面元素：管理；设法、改良、增加、也许 英文标签：_____
场景7 Creative / Machine / Progress / Ad 画面元素：有创造力的、机器、进步、广告 英文标签：_____	场景8 Complete / Fix / Prove / Wet 画面元素：完整的；完成、修理；固定、证明、湿的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第9天 · 第25组「发布之前」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
769. _____ it Please _____ it carefully. (生产)	785. the _____ We talked about the _____ today. (标准)
770. _____ it Please _____ it carefully. (建立)	786. the _____ We talked about the _____ today. (工业)
771. the _____ We talked about the _____ today. (工具)	787. talk about _____ We talked about _____ in class. (方法)
772. the _____ We talked about the _____ today. (市场)	788. the _____ We talked about the _____ today. (生意)
773. the _____ We talked about the _____ today. (公众)	789. _____ carefully Please _____ carefully. (管理；设法)
774. _____ it Please _____ it carefully. (出版)	790. _____ it Please _____ it carefully. (改良)
775. the _____ We talked about the _____ today. (情况)	791. _____ carefully Please _____ carefully. (增加)
776. the _____ We talked about the _____ today. (秘密)	792. _____ tomorrow _____ we can meet tomorrow. (也许)
777. the _____ We talked about the _____ today. (材料)	793. very _____ It looks very _____. (有创造力的)
778. _____ it Please _____ it carefully. (发展)	794. the _____ We talked about the _____ today. (机器)
779. the _____ We talked about the _____ today. (目的)	795. _____ it Please _____ it carefully. (进步)
780. the _____ We talked about the _____ today. (公司)	796. the _____ We talked about the _____ today. (广告)
781. very _____ It looks very _____. (私人的)	797. very _____ It looks very _____. (完整的；完成)
782. _____ it Please _____ it carefully. (新闻；按压)	798. _____ it Please _____ it carefully. (修理；固定)
783. _____ it Please _____ it carefully. (效果；影响)	799. _____ carefully Please _____ carefully. (证明)
784. _____ it Please _____ it carefully. (意思是)	800. very _____ It looks very _____. (湿的)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第9天 · 第25组「发布之前」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 生意 _____	2. 工具 _____	3. 完整的；完成 _____	4. 生产 _____
5. 工业 _____	6. 发展 _____	7. 效果；影响 _____	8. 私人的 _____
9. 证明 _____	10. 意思是 _____	11. 进步 _____	12. 材料 _____
13. 公众 _____	14. 方法 _____	15. 公司 _____	16. 湿的 _____
17. 目的 _____	18. 建立 _____	19. 增加 _____	20. 新闻；按压 _____
21. 也许 _____	22. 管理；设法 _____	23. 标准 _____	24. 修理；固定 _____
25. 改良 _____	26. 广告 _____	27. 秘密 _____	28. 情况 _____
29. 有创造力的 _____	30. 出版 _____	31. 机器 _____	32. 市场 _____

B. 四词成句（可改变词形）

1. Business / Tool / Complete / Produce	_____
2. Prove / Mean / Progress / Material	_____
3. Purpose / Build / Increase / Press	_____
4. Improve / Ad / Secret / Condition	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第9天 · 第25组「发布之前」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
769. Produce produce it Please produce it carefully.	785. Standard the standard We talked about the standard today.
770. Build build it Please build it carefully.	786. Industry the industry We talked about the industry today.
771. Tool the tool We talked about the tool today.	787. Method talk about method We talked about method in class.
772. Market the market We talked about the market today.	788. Business the business We talked about the business today.
773. Public the public We talked about the public today.	789. Manage manage carefully Please manage carefully.
774. Publish publish it Please publish it carefully.	790. Improve improve it Please improve it carefully.
775. Condition the condition We talked about the condition today.	791. Increase increase carefully Please increase carefully.
776. Secret the secret We talked about the secret today.	792. Perhaps perhaps tomorrow Perhaps we can meet tomorrow.
777. Material the material We talked about the material today.	793. Creative very creative It looks very creative.
778. Develop develop it Please develop it carefully.	794. Machine the machine We talked about the machine today.
779. Purpose the purpose We talked about the purpose today.	795. Progress progress it Please progress it carefully.
780. Company the company We talked about the company today.	796. Ad (advertisement) the ad We talked about the ad today.
781. Private very private It looks very private.	797. Complete very complete It looks very complete.
782. Press press it Please press it carefully.	798. Fix fix it Please fix it carefully.
783. Effect effect it Please effect it carefully.	799. Prove prove carefully Please prove carefully.
784. Mean mean it Please mean it carefully.	800. Wet very wet It looks very wet.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第9天 · 第26组「从头到脚」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
801	Arm	/ˈɑːm/	手臂	☐ ☐ ☐
802	Eye	/ˈaɪ/	眼睛	☐ ☐ ☐
803	Hand	/hˈænd/	手	☐ ☐ ☐
804	Leg	/lˈɛɡ/	腿	☐ ☐ ☐
805	Shoulder	/ʃˈəʊldə/	肩	☐ ☐ ☐
806	Blood	/blˈʌd/	血	☐ ☐ ☐
807	Touch	/tˈʌtʃ/	触摸	☐ ☐ ☐
808	Thick	/θˈɪk/	厚的	☐ ☐ ☐
809	Body	/bˈɒdi/	身体	☐ ☐ ☐
810	Face	/fˈeɪs/	脸	☐ ☐ ☐
811	Head	/hˈɛd/	头	☐ ☐ ☐
812	Mouth	/ˈmaʊθ/	嘴	☐ ☐ ☐
813	Stomach	/stˈʌmək/	胃	☐ ☐ ☐
814	Breath	/brˈɛθ/	呼吸	☐ ☐ ☐
815	Sense	/sˈɛns/	感觉；意义	☐ ☐ ☐
816	Strong	/strˈɒŋ/	强壮的	☐ ☐ ☐
817	Brain	/brˈeɪn/	脑	☐ ☐ ☐
818	Finger	/fˈɪŋɡe/	手指	☐ ☐ ☐
819	Heart	/hˈɑːt/	心	☐ ☐ ☐
820	Neck	/nˈɛk/	脖子	☐ ☐ ☐
821	Throat	/θrˈəʊt/	咽喉	☐ ☐ ☐
822	Height	/hˈaɪt/	高度	☐ ☐ ☐
823	Human	/hjuːmən/	人	☐ ☐ ☐
824	Normal	/nˈɔːmə/	正常的	☐ ☐ ☐
825	Ear	/iə/	耳朵	☐ ☐ ☐
826	Foot (feet)	/fʊt/	脚	☐ ☐ ☐
827	Knee	/niː/	膝	☐ ☐ ☐
828	Nose	/nəʊz/	鼻子	☐ ☐ ☐
829	Tooth (teeth)	/tuːθ/	牙齿	☐ ☐ ☐
830	Weight	/weɪt/	重量	☐ ☐ ☐
831	Life (lives)	/laɪf/	生活	☐ ☐ ☐
832	Such	/sʌtʃ/	如此的	☐ ☐ ☐

第9天 · 第26组「从头到脚」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
801	Arm	A__m	_____	[]
802	Eye	E__e	_____	[]
803	Hand	H__d	_____	[]
804	Leg	L__g	_____	[]
805	Should · er	S__u__er	_____	[]
806	Blood	B__o d	_____	[]
807	Touch	T__c h	_____	[]
808	Thick	T__c k	_____	[]
809	Body	B__y	_____	[]
810	Face	F__e	_____	[]
811	Head	H__d	_____	[]
812	Mouth	M__t h	_____	[]
813	Sto · mach	S__m__h	_____	[]
814	Breath	B__a_h	_____	[]
815	Sense	S__s e	_____	[]
816	Strong	S__o_g	_____	[]
817	Brain	B__i n	_____	[]
818	Fing · er	F__g_r	_____	[]
819	Heart	H__r t	_____	[]
820	Neck	N__k	_____	[]
821	Throat	T__o_t	_____	[]
822	Height	H__g_t	_____	[]
823	Human	H__a n	_____	[]
824	Normal	N__m_l	_____	[]
825	Ear	E_r	_____	[]
826	Foot / feet	F__t	_____	[]
827	Knee	K__e	_____	[]
828	Nose	N__e	_____	[]
829	Tooth / teeth	T__t h	_____	[]
830	Weight	W__g_t	_____	[]
831	Life / lives	L__e	_____	[]
832	Such	S__h	_____	[]

第9天 · 第26组「从头到脚」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Arm / Eye / Hand / Leg 画面元素：手臂、眼睛、手、腿 英文标签：_____	场景2 Shoulder / Blood / Touch / Thick 画面元素：肩、血、触摸、厚的 英文标签：_____
场景3 Body / Face / Head / Mouth 画面元素：身体、脸、头、嘴 英文标签：_____	场景4 Stomach / Breath / Sense / Strong 画面元素：胃、呼吸、感觉；意义、强壮的 英文标签：_____
场景5 Brain / Finger / Heart / Neck 画面元素：脑、手指、心、脖子 英文标签：_____	场景6 Throat / Height / Human / Normal 画面元素：咽喉、高度、人、正常的 英文标签：_____
场景7 Ear / Foot / Knee / Nose 画面元素：耳朵、脚、膝、鼻子 英文标签：_____	场景8 Tooth / Weight / Life / Such 画面元素：牙齿、重量、生活、如此的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第9天 · 第26组「从头到脚」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
801. the _____ We talked about the _____ today. (手臂)	817. the _____ We talked about the _____ today. (脑)
802. the _____ We talked about the _____ today. (眼睛)	818. the _____ We talked about the _____ today. (手指)
803. the _____ We talked about the _____ today. (手)	819. the _____ We talked about the _____ today. (心)
804. the _____ We talked about the _____ today. (腿)	820. the _____ We talked about the _____ today. (脖子)
805. the _____ We talked about the _____ today. (肩)	821. the _____ We talked about the _____ today. (咽喉)
806. the _____ We talked about the _____ today. (血)	822. talk about _____ We talked about _____ in class. (高度)
807. _____ it Please _____ it carefully. (触摸)	823. the _____ We talked about the _____ today. (人)
808. very _____ It looks very _____. (厚的)	824. very _____ It looks very _____. (正常的)
809. the _____ We talked about the _____ today. (身体)	825. the _____ We talked about the _____ today. (耳朵)
810. the _____ We talked about the _____ today. (脸)	826. the _____ We talked about the _____ today. (脚)
811. the _____ We talked about the _____ today. (头)	827. the _____ We talked about the _____ today. (膝)
812. the _____ We talked about the _____ today. (嘴)	828. the _____ We talked about the _____ today. (鼻子)
813. the _____ We talked about the _____ today. (胃)	829. the _____ We talked about the _____ today. (牙齿)
814. the _____ We talked about the _____ today. (呼吸)	830. the _____ We talked about the _____ today. (重量)
815. _____ it Please _____ it carefully. (感觉；意义)	831. talk about _____ We talked about _____ in class. (生活)
816. very _____ It looks very _____. (强壮的)	832. very _____ It looks very _____. (如此的)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第9天 · 第26组「从头到脚」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 牙齿 _____	2. 如此的 _____	3. 胃 _____	4. 呼吸 _____
5. 咽喉 _____	6. 手指 _____	7. 人 _____	8. 嘴 _____
9. 腿 _____	10. 手臂 _____	11. 肩 _____	12. 心 _____
13. 脑 _____	14. 身体 _____	15. 膝 _____	16. 血 _____
17. 感觉；意义 _____	18. 头 _____	19. 眼睛 _____	20. 脚 _____
21. 生活 _____	22. 强壮的 _____	23. 鼻子 _____	24. 触摸 _____
25. 重量 _____	26. 脖子 _____	27. 厚的 _____	28. 脸 _____
29. 耳朵 _____	30. 手 _____	31. 正常的 _____	32. 高度 _____

B. 四词成句（可改变词形）

1. Tooth / Such / Stomach / Breath	_____
2. Leg / Arm / Shoulder / Heart	_____
3. Sense / Head / Eye / Foot	_____
4. Weight / Neck / Thick / Face	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第9天 · 第26组「从头到脚」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
801. Arm the arm We talked about the arm today.	817. Brain the brain We talked about the brain today.
802. Eye the eye We talked about the eye today.	818. Finger the finger We talked about the finger today.
803. Hand the hand We talked about the hand today.	819. Heart the heart We talked about the heart today.
804. Leg the leg We talked about the leg today.	820. Neck the neck We talked about the neck today.
805. Shoulder the shoulder We talked about the shoulder today.	821. Throat the throat We talked about the throat today.
806. Blood the blood We talked about the blood today.	822. Height talk about height We talked about height in class.
807. Touch touch it Please touch it carefully.	823. Human the human We talked about the human today.
808. Thick very thick It looks very thick.	824. Normal very normal It looks very normal.
809. Body the body We talked about the body today.	825. Ear the ear We talked about the ear today.
810. Face the face We talked about the face today.	826. Foot (feet) the foot We talked about the foot today.
811. Head the head We talked about the head today.	827. Knee the knee We talked about the knee today.
812. Mouth the mouth We talked about the mouth today.	828. Nose the nose We talked about the nose today.
813. Stomach the stomach We talked about the stomach today.	829. Tooth (teeth) the tooth We talked about the tooth today.
814. Breath the breath We talked about the breath today.	830. Weight the weight We talked about the weight today.
815. Sense sense it Please sense it carefully.	831. Life (lives) talk about life We talked about life in class.
816. Strong very strong It looks very strong.	832. Such very such It looks very such.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第9天 · 第27组「问诊时刻」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
833	Health	/h'elθ/	健康	☐ ☐ ☐
834	Patient	/p'eɪjənt/	病人；耐心的	☐ ☐ ☐
835	Sick	/s'ɪk/	生病的	☐ ☐ ☐
836	Cough	/k'ɒf/	咳嗽	☐ ☐ ☐
837	Virus	/v'aɪrəs/	病毒	☐ ☐ ☐
838	Tired	/t'aɪəd/	疲累的	☐ ☐ ☐
839	Die	/d'aɪ/	死亡	☐ ☐ ☐
840	Suffer	/s'ʌfe/	遭受	☐ ☐ ☐
841	Healthy	/h'elθi/	健康的	☐ ☐ ☐
842	Disease	/dɪz'i:z/	疾病	☐ ☐ ☐
843	Ache	/'eɪk/	疼痛	☐ ☐ ☐
844	Fever	/f'i:ve/	发烧	☐ ☐ ☐
845	Blind	/bl'aɪnd/	失明的；看不见的	☐ ☐ ☐
846	Treat	/tri:t/	治疗；对待	☐ ☐ ☐
847	Rest	/r'est/	休息	☐ ☐ ☐
848	Well	/w'el/	好；健康	☐ ☐ ☐
849	Medical	/m'edɪkəl/	医疗的	☐ ☐ ☐
850	Ill	/'ɪl/	生病的	☐ ☐ ☐
851	Pain	/p'eɪn/	痛苦	☐ ☐ ☐
852	Flu	/fl'u:/	流感	☐ ☐ ☐
853	Deaf	/d'ɛf/	聋的	☐ ☐ ☐
854	Pill	/p'ɪl/	药丸	☐ ☐ ☐
855	Diet	/d'aɪət/	日常饮食	☐ ☐ ☐
856	Weak	/w'i:k/	虚弱的	☐ ☐ ☐
857	Medicine	/m'edsən/	药	☐ ☐ ☐
858	Illness	/'ɪlnəs/	疾病	☐ ☐ ☐
859	Sore	/s'ɔ:/	疼痛的	☐ ☐ ☐
860	Cancer	/k'ænsə/	癌	☐ ☐ ☐
861	Pale	/p'eɪl/	苍白的	☐ ☐ ☐
862	X-ray	/'ɛks,reɪ/	X射线	☐ ☐ ☐
863	Stress	/str'ɛs/	压力	☐ ☐ ☐
864	Suppose	/sʌp'əʊz/	推想	☐ ☐ ☐

第9天 · 第27组「问诊时刻」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
833	Health	H__l__h	_____	[]
834	Pat • ient	P__i__t	_____	[]
835	Sick	S__k	_____	[]
836	Cough	C__gh	_____	[]
837	Virus	V__us	_____	[]
838	Tir • ed	T__ed	_____	[]
839	Die	D__e	_____	[]
840	Suff • er	S__f__r	_____	[]
841	Hea • lthy	H__l__y	_____	[]
842	Dis • ease	D__e__e	_____	[]
843	Ache	A__e	_____	[]
844	Fev • er	F__er	_____	[]
845	Blind	B__nd	_____	[]
846	Treat	T__at	_____	[]
847	Rest	R__t	_____	[]
848	Well	W__l	_____	[]
849	Med • ical	M__i__l	_____	[]
850	Ill	I__l	_____	[]
851	Pain	P__n	_____	[]
852	Flu	F__u	_____	[]
853	Deaf	D__f	_____	[]
854	Pill	P__l	_____	[]
855	Diet	D__t	_____	[]
856	Weak	W__k	_____	[]
857	Med • ici • ne	M__i__ne	_____	[]
858	Ill • ness	I__n__s	_____	[]
859	Sore	S__e	_____	[]
860	Canc • er	C__c__r	_____	[]
861	Pale	P__e	_____	[]
862	Xray	X-__y	_____	[]
863	Stress	S__e__s	_____	[]
864	Sup • pose	S__p__e	_____	[]

第9天 · 第27组「问诊时刻」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Health / Patient / Sick / Cough 画面元素：健康、病人；耐心的、生病的、咳嗽 英文标签：_____	场景2 Virus / Tired / Die / Suffer 画面元素：病毒、疲累的、死亡、遭受 英文标签：_____
场景3 Healthy / Disease / Ache / Fever 画面元素：健康的、疾病、疼痛、发烧 英文标签：_____	场景4 Blind / Treat / Rest / Well 画面元素：失明的；看不见的、治疗；对待、休息、好；健康 英文标签：_____
场景5 Medical / Ill / Pain / Flu 画面元素：医疗的、生病的、痛苦、流感 英文标签：_____	场景6 Deaf / Pill / Diet / Weak 画面元素：聋的、药丸、日常饮食、虚弱的 英文标签：_____
场景7 Medicine / Illness / Sore / Cancer 画面元素：药、疾病、疼痛的、癌 英文标签：_____	场景8 Pale / X-ray / Stress / Suppose 画面元素：苍白的、X射线、压力、推想 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第9天 · 第27组「问诊时刻」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
833. talk about _____ We talked about _____ in class. [健康]	849. very _____ It looks very _____. [医疗的]
834. see a _____ The doctor is talking with a _____. [病人；耐心的]	850. very _____ It looks very _____. [生病的]
835. very _____ It looks very _____. [生病的]	851. the _____ We talked about the _____ today. [痛苦]
836. _____ it Please _____ it carefully. [咳嗽]	852. talk about _____ We talked about _____ in class. [流感]
837. the _____ We talked about the _____ today. [病毒]	853. very _____ It looks very _____. [聋的]
838. very _____ It looks very _____. [疲累的]	854. the _____ We talked about the _____ today. [药丸]
839. _____ it Please _____ it carefully. [死亡]	855. the _____ We talked about the _____ today. [日常饮食]
840. _____ it Please _____ it carefully. [遭受]	856. very _____ It looks very _____. [虚弱的]
841. very _____ It looks very _____. [健康的]	857. the _____ We talked about the _____ today. [药]
842. the _____ We talked about the _____ today. [疾病]	858. the _____ We talked about the _____ today. [疾病]
843. _____ it Please _____ it carefully. [疼痛]	859. very _____ It looks very _____. [疼痛的]
844. the _____ We talked about the _____ today. [发烧]	860. the _____ We talked about the _____ today. [癌]
845. very _____ It looks very _____. [失明的；看不见的]	861. very _____ It looks very _____. [苍白的]
846. _____ it Please _____ it carefully. [治疗；对待]	862. the _____ We talked about the _____ today. [X射线]
847. _____ it Please _____ it carefully. [休息]	863. talk about _____ We talked about _____ in class. [压力]
848. very _____ It looks very _____. [好；健康]	864. _____ it Please _____ it carefully. [推想]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第9天 · 第27组「问诊时刻」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 病毒 _____	2. 治疗；对待 _____	3. 药 _____	4. 疾病 _____
5. 痛苦 _____	6. 休息 _____	7. 药丸 _____	8. 推想 _____
9. 失明的；看不见的 _____	10. 疲累的 _____	11. 生病的 _____	12. X射线 _____
13. 病人；耐心的 _____	14. 流感 _____	15. 虚弱的 _____	16. 好；健康 _____
17. 发烧 _____	18. 疼痛的 _____	19. 日常饮食 _____	20. 聋的 _____
21. 健康 _____	22. 生病的 _____	23. 死亡 _____	24. 疾病 _____
25. 压力 _____	26. 医疗的 _____	27. 癌 _____	28. 遭受 _____
29. 苍白的 _____	30. 疼痛 _____	31. 咳嗽 _____	32. 健康的 _____

B. 四词成句（可改变词形）

1. Virus / Treat / Medicine / Disease	_____
2. Blind / Tired / Ill / X-ray	_____
3. Fever / Sore / Diet / Deaf	_____
4. Stress / Medical / Cancer / Suffer	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第9天 · 第27组「问诊时刻」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
833. Health talk about health We talked about health in class.	849. Medical very medical It looks very medical.
834. Patient see a patient The doctor is talking with a patient.	850. Ill very ill It looks very ill.
835. Sick very sick It looks very sick.	851. Pain the pain We talked about the pain today.
836. Cough cough it Please cough it carefully.	852. Flu talk about flu We talked about flu in class.
837. Virus the virus We talked about the virus today.	853. Deaf very deaf It looks very deaf.
838. Tired very tired It looks very tired.	854. Pill the pill We talked about the pill today.
839. Die die it Please die it carefully.	855. Diet the diet We talked about the diet today.
840. Suffer suffer it Please suffer it carefully.	856. Weak very weak It looks very weak.
841. Healthy very healthy It looks very healthy.	857. Medicine the medicine We talked about the medicine today.
842. Disease the disease We talked about the disease today.	858. Illness the illness We talked about the illness today.
843. Ache ache it Please ache it carefully.	859. Sore very sore It looks very sore.
844. Fever the fever We talked about the fever today.	860. Cancer the cancer We talked about the cancer today.
845. Blind very blind It looks very blind.	861. Pale very pale It looks very pale.
846. Treat treat it Please treat it carefully.	862. X-ray the x-ray We talked about the x-ray today.
847. Rest rest it Please rest it carefully.	863. Stress talk about stress We talked about stress in class.
848. Well very well It looks very well.	864. Suppose suppose it Please suppose it carefully.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第10天

今日场景：燃脂赛 · 心里有天气 · 把话说开

组别	场景	词条范围	完成
第28组	燃脂赛	865-896	[]
第29组	心里有天气	897-928	[]
第30组	把话说开	929-960	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第10天 · 第28组「燃脂赛」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
865	Sport	/sp'ɔ:t/	运动	☐ ☐ ☐
866	Baseball	/b'eɪsbɔ:l/	棒球	☐ ☐ ☐
867	Ping-pong	/'pɪŋ,pɔŋ/	乒乓球	☐ ☐ ☐
868	Skate	/sk'eɪt/	溜冰	☐ ☐ ☐
869	Hit	/h'ɪt/	击打	☐ ☐ ☐
870	Ball	/b'ɔ:l/	球	☐ ☐ ☐
871	Lose	/'lʊ:z/	输；失去	☐ ☐ ☐
872	Rope	/r'əʊp/	绳	☐ ☐ ☐
873	Gym (gymnasium)	/dʒ'ɪm/	体育馆；健身房	☐ ☐ ☐
874	Badminton	/b'ædmɪntən/	羽毛球	☐ ☐ ☐
875	Kung fu	/,kʌŋ 'fʊ:/	中国功夫	☐ ☐ ☐
876	Jog	/dʒ'ɒg/	慢跑	☐ ☐ ☐
877	Shoot	/'ʃu:t/	射击；投篮	☐ ☐ ☐
878	Bat	/b'æt/	球棒	☐ ☐ ☐
879	Lift	/'lɪft/	举起	☐ ☐ ☐
880	No	/'nɒʊ/	不	☐ ☐ ☐
881	Football	/f'ʊtbɔ:l/	足球	☐ ☐ ☐
882	Tennis	/'tɛnɪs/	网球	☐ ☐ ☐
883	Swim	/sw'ɪm/	游泳	☐ ☐ ☐
884	Jump	/dʒ'ʌmp/	跳跃	☐ ☐ ☐
885	Throw	/θr'əʊ/	投	☐ ☐ ☐
886	Race	/r'eɪs/	比赛；赛跑	☐ ☐ ☐
887	Pool	/p'u:l/	游泳池	☐ ☐ ☐
888	Whether	/w'ɛðe/	是否	☐ ☐ ☐
889	Basketball	/b'a:skɪtb,ɔ:l/	篮球	☐ ☐ ☐
890	Volleyball	/v'ɒlɪb,ɔ:l/	排球	☐ ☐ ☐
891	Ski	/sk'i:/	滑雪橇	☐ ☐ ☐
892	Kick	/k'ɪk/	踢	☐ ☐ ☐
893	Catch	/k'ætʃ/	接住	☐ ☐ ☐
894	Score	/sk'ɔ:/	得分	☐ ☐ ☐
895	Step	/st'ɛp/	脚步	☐ ☐ ☐
896	Somebody (someone)	/s'ʌmbɒdi/	某人	☐ ☐ ☐

第10天 · 第28组「燃脂赛」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
865	Sport	S__rt	_____	[]
866	Bas • eba • ll	B__e__ll	_____	[]
867	Pin • gpo • ng	P__g-__ng	_____	[]
868	Skate	S__te	_____	[]
869	Hit	H_t	_____	[]
870	Ball	B__l	_____	[]
871	Lose	L__e	_____	[]
872	Rope	R__e	_____	[]
873	Gym / gymnasium	G_m	_____	[]
874	Bad • min • ton	B__m__t_n	_____	[]
875	Kungfu	K__g_u	_____	[]
876	Jog	J_g	_____	[]
877	Shoot	S__ot	_____	[]
878	Bat	B_t	_____	[]
879	Lift	L__t	_____	[]
880	No	No	_____	[]
881	Foo • tba • ll	F__t__ll	_____	[]
882	Tennis	T__n_s	_____	[]
883	Swim	S__m	_____	[]
884	Jump	J__p	_____	[]
885	Throw	T__ow	_____	[]
886	Race	R__e	_____	[]
887	Pool	P__l	_____	[]
888	Wheth • er	W__t__r	_____	[]
889	Bas • ket • ball	B__k__b__l	_____	[]
890	Vol • ley • ball	V__l__b__l	_____	[]
891	Ski	S_i	_____	[]
892	Kick	K__k	_____	[]
893	Catch	C__ch	_____	[]
894	Score	S__re	_____	[]
895	Step	S__p	_____	[]
896	Som • ebo • dy / someone	S__e__dy	_____	[]

第10天 · 第28组「燃脂赛」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Sport / Baseball / Ping-pong / Skate 画面元素：运动、棒球、乒乓球、溜冰 英文标签：_____	场景2 Hit / Ball / Lose / Rope 画面元素：击打、球、输；失去、绳 英文标签：_____
场景3 Gym / Badminton / Kung fu / Jog 画面元素：体育馆；健身房、羽毛球、中国功夫、慢跑 英文标签：_____	场景4 Shoot / Bat / Lift / No 画面元素：射击；投篮、球棒、举起、不 英文标签：_____
场景5 Football / Tennis / Swim / Jump 画面元素：足球、网球、游泳、跳跃 英文标签：_____	场景6 Throw / Race / Pool / Whether 画面元素：投、比赛；赛跑、游泳池、是否 英文标签：_____
场景7 Basketball / Volleyball / Ski / Kick 画面元素：篮球、排球、滑雪橇、踢 英文标签：_____	场景8 Catch / Score / Step / Somebody 画面元素：接住、得分、脚步、某人 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第10天 · 第28组「燃脂赛」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
865. talk about _____ We talked about _____ in class. [运动]	881. the _____ We talked about the _____ today. [足球]
866. the _____ We talked about the _____ today. [棒球]	882. the _____ We talked about the _____ today. [网球]
867. the _____ We talked about the _____ today. [乒乓球]	883. _____ carefully Please _____ carefully. [游泳]
868. the _____ We talked about the _____ today. [溜冰]	884. _____ carefully Please _____ carefully. [跳跃]
869. _____ it Please _____ it carefully. [击打]	885. _____ it Please _____ it carefully. [投]
870. the _____ We talked about the _____ today. [球]	886. _____ carefully Please _____ carefully. [比赛；赛跑]
871. _____ it Please _____ it carefully. [输；失去]	887. _____ it Please _____ it carefully. [游泳池]
872. the _____ We talked about the _____ today. [绳]	888. _____ or not I do not know _____ he will come. [是否]
873. the _____ We talked about the _____ today. [体育馆；健身房]	889. the _____ We talked about the _____ today. [篮球]
874. the _____ We talked about the _____ today. [羽毛球]	890. the _____ We talked about the _____ today. [排球]
875. practise _____ My brother practises _____ every weekend. [中国功夫]	891. _____ carefully Please _____ carefully. [滑雪橇]
876. _____ it Please _____ it carefully. [慢跑]	892. _____ it Please _____ it carefully. [踢]
877. _____ it Please _____ it carefully. [射击；投篮]	893. _____ it Please _____ it carefully. [接住]
878. the _____ We talked about the _____ today. [球棒]	894. _____ it Please _____ it carefully. [得分]
879. _____ it Please _____ it carefully. [举起]	895. the _____ We talked about the _____ today. [脚步]
880. _____ longer There is _____ milk in the fridge. [不]	896. _____ else _____ is waiting outside. [某人]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第10天 · 第28组「燃脂赛」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 击打 _____	2. 脚步 _____	3. 绳 _____	4. 羽毛球 _____
5. 比赛；赛跑 _____	6. 球 _____	7. 网球 _____	8. 球棒 _____
9. 输；失去 _____	10. 足球 _____	11. 滑雪橇 _____	12. 排球 _____
13. 踢 _____	14. 接住 _____	15. 游泳 _____	16. 体育馆；健身房 _____
17. 是否 _____	18. 游泳池 _____	19. 跳跃 _____	20. 溜冰 _____
21. 不 _____	22. 棒球 _____	23. 举起 _____	24. 篮球 _____
25. 射击；投篮 _____	26. 某人 _____	27. 慢跑 _____	28. 乒乓球 _____
29. 得分 _____	30. 运动 _____	31. 投 _____	32. 中国功夫 _____

B. 四词成句（可改变词形）

1. Hit / Step / Rope / Badminton	_____
2. Lose / Football / Ski / Volleyball	_____
3. Whether / Pool / Jump / Skate	_____
4. Shoot / Somebody / Jog / Ping-pong	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第10天 · 第28组「燃脂赛」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
865. Sport talk about sport We talked about sport in class.	881. Football the football We talked about the football today.
866. Baseball the baseball We talked about the baseball today.	882. Tennis the tennis We talked about the tennis today.
867. Ping-pong the ping-pong We talked about the ping-pong today.	883. Swim swim carefully Please swim carefully.
868. Skate the skate We talked about the skate today.	884. Jump jump carefully Please jump carefully.
869. Hit hit it Please hit it carefully.	885. Throw throw it Please throw it carefully.
870. Ball the ball We talked about the ball today.	886. Race race carefully Please race carefully.
871. Lose lose it Please lose it carefully.	887. Pool pool it Please pool it carefully.
872. Rope the rope We talked about the rope today.	888. Whether whether or not I do not know whether he will come.
873. Gym (gymnasium) the gym We talked about the gym today.	889. Basketball the basketball We talked about the basketball today.
874. Badminton the badminton We talked about the badminton today.	890. Volleyball the volleyball We talked about the volleyball today.
875. Kung fu practise kung fu My brother practises kung fu every weekend.	891. Ski ski carefully Please ski carefully.
876. Jog jog it Please jog it carefully.	892. Kick kick it Please kick it carefully.
877. Shoot shoot it Please shoot it carefully.	893. Catch catch it Please catch it carefully.
878. Bat the bat We talked about the bat today.	894. Score score it Please score it carefully.
879. Lift lift it Please lift it carefully.	895. Step the step We talked about the step today.
880. No no longer There is no milk in the fridge.	896. Somebody (someone) somebody else Somebody is waiting outside.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第10天 · 第29组 「心里有天气」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
897	Happy	/h'æpi/	快乐的	☐ ☐ ☐
898	Fear	/f'iə/	恐惧	☐ ☐ ☐
899	Glad	/gl'æd/	高兴的	☐ ☐ ☐
900	Worry	/w'ʌri/	担心	☐ ☐ ☐
901	Mad	/m'æd/	生气的	☐ ☐ ☐
902	Shame	/ʃ'eim/	羞愧	☐ ☐ ☐
903	Asleep	/esl'i:p/	睡着的	☐ ☐ ☐
904	Awful	/'ɔ:fəl/	糟糕的	☐ ☐ ☐
905	Sad	/s'æd/	难过的	☐ ☐ ☐
906	Calm	/k'a:m/	平静的	☐ ☐ ☐
907	Joy	/dʒ'ɔɪ/	喜悦	☐ ☐ ☐
908	Nervous	/n'ɜ:vəs/	紧张的	☐ ☐ ☐
909	Shock	/ʃ'ɒk/	震惊	☐ ☐ ☐
910	Dream	/dr'i:m/	梦	☐ ☐ ☐
911	Quiet	/kw'aɪət/	安静的	☐ ☐ ☐
912	Alone	/el'əʊn/	独自的	☐ ☐ ☐
913	Angry	/'æŋgri/	生气的	☐ ☐ ☐
914	Excited	/eks'aɪtɪd/	兴奋的	☐ ☐ ☐
915	Love	/l'ʌv/	爱	☐ ☐ ☐
916	Shy	/ʃ'aɪ/	害羞的	☐ ☐ ☐
917	Surprise	/səpr'aɪz/	惊讶	☐ ☐ ☐
918	Feel	/f'i:l/	感觉	☐ ☐ ☐
919	Cry	/kr'aɪ/	哭	☐ ☐ ☐
920	Lie	/l'aɪ/	谎言	☐ ☐ ☐
921	Afraid	/efr'eɪd/	害怕的	☐ ☐ ☐
922	Disappoint	/d,ɪsep'ɔɪnt/	使失望	☐ ☐ ☐
923	Hate	/h'eɪt/	讨厌	☐ ☐ ☐
924	Crazy	/kr'eɪzi/	疯狂的	☐ ☐ ☐
925	Sorry	/s'ɒri/	难过的	☐ ☐ ☐
926	Feeling	/f'i:lɪŋ/	感觉	☐ ☐ ☐
927	Terrible	/t'ɛrəbəl/	糟糕的	☐ ☐ ☐
928	Unless	/ʌnl'es/	除非	☐ ☐ ☐

第10天 · 第29组 「心里有天气」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
897	Happy	H__py	_____	[]
898	Fear	F__r	_____	[]
899	Glad	G__d	_____	[]
900	Worry	W__ry	_____	[]
901	Mad	M_d	_____	[]
902	Shame	S__me	_____	[]
903	Asleep	A__e_p	_____	[]
904	Awful	A__ul	_____	[]
905	Sad	S_d	_____	[]
906	Calm	C__m	_____	[]
907	Joy	J_y	_____	[]
908	Nerv · ous	N__v__s	_____	[]
909	Shock	S__ck	_____	[]
910	Dream	D__am	_____	[]
911	Quiet	Q__et	_____	[]
912	Alone	A__ne	_____	[]
913	Angry	A__ry	_____	[]
914	Excit · ed	E__i__d	_____	[]
915	Love	L__e	_____	[]
916	Shy	S_y	_____	[]
917	Sur · pri · se	S__p__se	_____	[]
918	Feel	F__l	_____	[]
919	Cry	C_y	_____	[]
920	Lie	L_e	_____	[]
921	Afraid	A__a_d	_____	[]
922	Dis · appoint	D__a__o__t	_____	[]
923	Hate	H__e	_____	[]
924	Crazy	C__zy	_____	[]
925	Sorry	S__ry	_____	[]
926	Feel · ing	F__l__g	_____	[]
927	Terr · ible	T__r__le	_____	[]
928	Un · less	U__e_s	_____	[]

第10天 · 第29组「心里有天气」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Happy / Fear / Glad / Worry 画面元素：快乐的、恐惧、高兴的、担心 英文标签：_____	场景2 Mad / Shame / Asleep / Awful 画面元素：生气的、羞愧、睡着的、糟糕的 英文标签：_____
场景3 Sad / Calm / Joy / Nervous 画面元素：难过的、平静的、喜悦、紧张的 英文标签：_____	场景4 Shock / Dream / Quiet / Alone 画面元素：震惊、梦、安静的、独自的 英文标签：_____
场景5 Angry / Excited / Love / Shy 画面元素：生气的、兴奋的、爱、害羞的 英文标签：_____	场景6 Surprise / Feel / Cry / Lie 画面元素：惊讶、感觉、哭、谎言 英文标签：_____
场景7 Afraid / Disappoint / Hate / Crazy 画面元素：害怕的、使失望、讨厌、疯狂的 英文标签：_____	场景8 Sorry / Feeling / Terrible / Unless 画面元素：难过的、感觉、糟糕的、除非 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第10天 · 第29组「心里有天气」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
897. very _____ It looks very _____. [快乐的]	913. very _____ It looks very _____. [生气的]
898. _____ carefully Please _____ carefully. [恐惧]	914. very _____ It looks very _____. [兴奋的]
899. very _____ It looks very _____. [高兴的]	915. _____ it Please _____ it carefully. [爱]
900. _____ carefully Please _____ carefully. [担心]	916. very _____ It looks very _____. [害羞的]
901. very _____ It looks very _____. [生气的]	917. _____ it Please _____ it carefully. [惊讶]
902. the _____ We talked about the _____ today. [羞愧]	918. _____ it Please _____ it carefully. [感觉]
903. very _____ It looks very _____. [睡着的]	919. _____ it Please _____ it carefully. [哭]
904. very _____ It looks very _____. [糟糕的]	920. the _____ We talked about the _____ today. [谎言]
905. very _____ It looks very _____. [难过的]	921. very _____ It looks very _____. [害怕的]
906. very _____ It looks very _____. [平静的]	922. _____ it Please _____ it carefully. [使失望]
907. the _____ We talked about the _____ today. [喜悦]	923. _____ it Please _____ it carefully. [讨厌]
908. very _____ It looks very _____. [紧张的]	924. very _____ It looks very _____. [疯狂的]
909. _____ it Please _____ it carefully. [震惊]	925. very _____ It looks very _____. [难过的]
910. _____ it Please _____ it carefully. [梦]	926. talk about _____ We talked about _____ in class. [感觉]
911. very _____ It looks very _____. [安静的]	927. very _____ It looks very _____. [糟糕的]
912. leave... _____ The little boy walked home _____. [独自的]	928. _____ you try You cannot improve _____ you practise. [除非]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第10天 · 第29组「心里有天气」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 感觉 _____	2. 生气的 _____	3. 爱 _____	4. 感觉 _____
5. 害怕的 _____	6. 安静的 _____	7. 生气的 _____	8. 兴奋的 _____
9. 除非 _____	10. 梦 _____	11. 快乐的 _____	12. 谎言 _____
13. 睡着的 _____	14. 难过的 _____	15. 紧张的 _____	16. 独自的 _____
17. 羞愧 _____	18. 糟糕的 _____	19. 讨厌 _____	20. 使失望 _____
21. 疯狂的 _____	22. 害羞的 _____	23. 哭 _____	24. 糟糕的 _____
25. 震惊 _____	26. 难过的 _____	27. 平静的 _____	28. 喜悦 _____
29. 担心 _____	30. 惊讶 _____	31. 恐惧 _____	32. 高兴的 _____

B. 四词成句（可改变词形）

1. Feel / Angry / Love / Feeling	_____
2. Unless / Dream / Happy / Lie	_____
3. Shame / Terrible / Hate / Disappoint	_____
4. Shock / Sorry / Calm / Joy	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第10天 · 第29组 「心里有天气」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
897. Happy very happy It looks very happy.	913. Angry very angry It looks very angry.
898. Fear fear carefully Please fear carefully.	914. Excited very excited It looks very excited.
899. Glad very glad It looks very glad.	915. Love love it Please love it carefully.
900. Worry worry carefully Please worry carefully.	916. Shy very shy It looks very shy.
901. Mad very mad It looks very mad.	917. Surprise surprise it Please surprise it carefully.
902. Shame the shame We talked about the shame today.	918. Feel feel it Please feel it carefully.
903. Asleep very asleep It looks very asleep.	919. Cry cry it Please cry it carefully.
904. Awful very awful It looks very awful.	920. Lie the lie We talked about the lie today.
905. Sad very sad It looks very sad.	921. Afraid very afraid It looks very afraid.
906. Calm very calm It looks very calm.	922. Disappoint disappoint it Please disappoint it carefully.
907. Joy the joy We talked about the joy today.	923. Hate hate it Please hate it carefully.
908. Nervous very nervous It looks very nervous.	924. Crazy very crazy It looks very crazy.
909. Shock shock it Please shock it carefully.	925. Sorry very sorry It looks very sorry.
910. Dream dream it Please dream it carefully.	926. Feeling talk about feeling We talked about feeling in class.
911. Quiet very quiet It looks very quiet.	927. Terrible very terrible It looks very terrible.
912. Alone leave...alone The little boy walked home alone.	928. Unless unless you try You cannot improve unless you practise.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第10天 · 第30组「把话说开」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
929	Friend	/fr'ɛnd/	朋友	☐ ☐ ☐
930	Greet	/gr'i:t/	问候	☐ ☐ ☐
931	Hug	/h'ʌg/	紧抱	☐ ☐ ☐
932	Together	/təg'ɛðe/	一起	☐ ☐ ☐
933	Pardon	/p'a:dən/	原谅	☐ ☐ ☐
934	Familiar	/fəm'ɪliə/	熟悉的	☐ ☐ ☐
935	Smile	/sm'aɪl/	微笑	☐ ☐ ☐
936	Learn	/l'ɜ:n/	学习	☐ ☐ ☐
937	Friendship	/fr'ɛndʃɪp/	友谊	☐ ☐ ☐
938	Thank	/θ'æŋk/	感谢	☐ ☐ ☐
939	Kiss	/k'ɪs/	吻	☐ ☐ ☐
940	Lonely	/l'əʊnli/	孤单的	☐ ☐ ☐
941	Admire	/edm'aɪə/	钦佩；欣赏	☐ ☐ ☐
942	Laugh	/l'a:f/	笑	☐ ☐ ☐
943	Nod	/n'ɒd/	点头	☐ ☐ ☐
944	Pity	/p'ɪti/	遗憾；同情	☐ ☐ ☐
945	People	/p'i:pəl/	人	☐ ☐ ☐
946	Trust	/tr'ʌst/	信任	☐ ☐ ☐
947	Argue	/'ɑ:gju:/	争论	☐ ☐ ☐
948	Another	/en'ʌðe/	另外的	☐ ☐ ☐
949	Belong	/bɪl'ɒŋ/	属于	☐ ☐ ☐
950	Joke	/dʒ'əʊk/	笑话	☐ ☐ ☐
951	Wave	/w'eɪv/	挥手；波浪	☐ ☐ ☐
952	Theirs	/ð'eəz/	他们的（东西）	☐ ☐ ☐
953	Tell	/t'eɪl/	告诉	☐ ☐ ☐
954	Invite	/,ɪn'vaɪt/	邀请	☐ ☐ ☐
955	Fight	/f'aɪt/	打架；战斗	☐ ☐ ☐
956	Excuse	/ɪk'skju:s/	借口；原谅	☐ ☐ ☐
957	Dear	/d'iə/	亲爱的	☐ ☐ ☐
958	Meet	/m'i:t/	见面	☐ ☐ ☐
959	Parent	/p'eərənt/	父母	☐ ☐ ☐
960	Single	/s'ɪŋgəl/	单身的	☐ ☐ ☐

第10天 · 第30组「把话说开」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
929	Friend	F__e_d	_____	[]
930	Greet	G__et	_____	[]
931	Hug	H_g	_____	[]
932	Togeth • er	T__e__er	_____	[]
933	Pardon	P__d_n	_____	[]
934	Fam • ili • ar	F__i__ar	_____	[]
935	Smile	S__le	_____	[]
936	Learn	L__rn	_____	[]
937	Friend • ship	F__e__s__p	_____	[]
938	Thank	T__nk	_____	[]
939	Kiss	K__s	_____	[]
940	Lone • ly	L__e_y	_____	[]
941	Admire	A__i_e	_____	[]
942	Laugh	L__gh	_____	[]
943	Nod	N_d	_____	[]
944	Pity	P__y	_____	[]
945	People	P__p_e	_____	[]
946	Trust	T__st	_____	[]
947	Argue	A__ue	_____	[]
948	Anoth • er	A__t__r	_____	[]
949	Belong	B__o_g	_____	[]
950	Joke	J__e	_____	[]
951	Wave	W__e	_____	[]
952	Theirs	T__i_s	_____	[]
953	Tell	T__l	_____	[]
954	Invite	I__i_e	_____	[]
955	Fight	F__ht	_____	[]
956	Excuse	E__u_e	_____	[]
957	Dear	D__r	_____	[]
958	Meet	M__t	_____	[]
959	Parent	P__e_t	_____	[]
960	Single	S__g_e	_____	[]

第10天 · 第30组「把话说开」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Friend / Greet / Hug / Together 画面元素：朋友、问候、紧抱、一起 英文标签：_____	场景2 Pardon / Familiar / Smile / Learn 画面元素：原谅、熟悉的、微笑、学习 英文标签：_____
场景3 Friendship / Thank / Kiss / Lonely 画面元素：友谊、感谢、吻、孤单的 英文标签：_____	场景4 Admire / Laugh / Nod / Pity 画面元素：钦佩；欣赏、笑、点头、遗憾；同情 英文标签：_____
场景5 People / Trust / Argue / Another 画面元素：人、信任、争论、另外的 英文标签：_____	场景6 Belong / Joke / Wave / Theirs 画面元素：属于、笑话、挥手；波浪、他们的（东西） 英文标签：_____
场景7 Tell / Invite / Fight / Excuse 画面元素：告诉、邀请、打架；战斗、借口；原谅 英文标签：_____	场景8 Dear / Meet / Parent / Single 画面元素：亲爱的、见面、父母、单身的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第10天 · 第30组「把话说开」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
929. the _____ We talked about the _____ today. (朋友)	945. the _____ We talked about the _____ today. (人)
930. _____ it Please _____ it carefully. (问候)	946. _____ it Please _____ it carefully. (信任)
931. _____ it Please _____ it carefully. (紧抱)	947. _____ it Please _____ it carefully. (争论)
932. work _____ Let us work _____ on the project. (一起)	948. _____ one May I have _____ one? (另外的)
933. _____ it Please _____ it carefully. (原谅)	949. _____ carefully Please _____ carefully. (属于)
934. very _____ It looks very _____. (熟悉的)	950. _____ it Please _____ it carefully. (笑话)
935. _____ it Please _____ it carefully. (微笑)	951. _____ it Please _____ it carefully. (挥手；波浪)
936. _____ it Please _____ it carefully. (学习)	952. a friend of _____ These seats are _____. (他们的 (东西))
937. the _____ We talked about the _____ today. (友谊)	953. the _____ We talked about the _____ today. (告诉)
938. _____ it Please _____ it carefully. (感谢)	954. _____ it Please _____ it carefully. (邀请)
939. _____ it Please _____ it carefully. (吻)	955. _____ carefully Please _____ carefully. (打架；战斗)
940. very _____ It looks very _____. (孤单的)	956. _____ it Please _____ it carefully. (借口；原谅)
941. _____ it Please _____ it carefully. (钦佩；欣赏)	957. very _____ It looks very _____. (亲爱的)
942. _____ it Please _____ it carefully. (笑)	958. _____ carefully Please _____ carefully. (见面)
943. _____ it Please _____ it carefully. (点头)	959. the _____ We talked about the _____ today. (父母)
944. what a _____ What a _____ we missed the match! (遗憾；同情)	960. very _____ It looks very _____. (单身的)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第10天 · 第30组「把话说开」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 见面 _____	2. 单身的 _____	3. 原谅 _____	4. 微笑 _____
5. 笑 _____	6. 人 _____	7. 借口；原谅 _____	8. 问候 _____
9. 友谊 _____	10. 一起 _____	11. 属于 _____	12. 紧抱 _____
13. 告诉 _____	14. 感谢 _____	15. 争论 _____	16. 信任 _____
17. 邀请 _____	18. 点头 _____	19. 他们的（东西） _____	20. 熟悉的 _____
21. 打架；战斗 _____	22. 另外的 _____	23. 朋友 _____	24. 挥手；波浪 _____
25. 吻 _____	26. 父母 _____	27. 笑话 _____	28. 学习 _____
29. 亲爱的 _____	30. 钦佩；欣赏 _____	31. 遗憾；同情 _____	32. 孤单的 _____

B. 四词成句（可改变词形）

1. Meet / Single / Pardon / Smile	_____
2. Friendship / Together / Belong / Hug	_____
3. Invite / Nod / Theirs / Familiar	_____
4. Kiss / Parent / Joke / Learn	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第10天 · 第30组「把话说开」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
929. Friend the friend We talked about the friend today.	945. People the people We talked about the people today.
930. Greet greet it Please greet it carefully.	946. Trust trust it Please trust it carefully.
931. Hug hug it Please hug it carefully.	947. Argue argue it Please argue it carefully.
932. Together work together Let us work together on the project.	948. Another another one May I have another one?
933. Pardon pardon it Please pardon it carefully.	949. Belong belong carefully Please belong carefully.
934. Familiar very familiar It looks very familiar.	950. Joke joke it Please joke it carefully.
935. Smile smile it Please smile it carefully.	951. Wave wave it Please wave it carefully.
936. Learn learn it Please learn it carefully.	952. Theirs a friend of theirs These seats are theirs.
937. Friendship the friendship We talked about the friendship today.	953. Tell the tell We talked about the tell today.
938. Thank thank it Please thank it carefully.	954. Invite invite it Please invite it carefully.
939. Kiss kiss it Please kiss it carefully.	955. Fight fight carefully Please fight carefully.
940. Lonely very lonely It looks very lonely.	956. Excuse excuse it Please excuse it carefully.
941. Admire admire it Please admire it carefully.	957. Dear very dear It looks very dear.
942. Laugh laugh it Please laugh it carefully.	958. Meet meet carefully Please meet carefully.
943. Nod nod it Please nod it carefully.	959. Parent the parent We talked about the parent today.
944. Pity what a pity What a pity we missed the match!	960. Single very single It looks very single.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第11天

今日场景：开机上线 · 消息接力 · 今日播报

组别	场景	词条范围	完成
第31组	开机上线	961-992	[]
第32组	消息接力	993-1024	[]
第33组	今日播报	1025-1056	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第11天 · 第31组「开机上线」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
961	Computer	/kəmˈpjʊːte/	电脑	☐ ☐ ☐
962	Screen	/skr'i:n/	屏幕	☐ ☐ ☐
963	Click	/kl'ɪk/	点击	☐ ☐ ☐
964	Robot	/r'əʊbɒt/	机器人	☐ ☐ ☐
965	Video	/v'ɪdɪəʊ/	视频	☐ ☐ ☐
966	Use	/'jus/	使用	☐ ☐ ☐
967	Include	/ɪnkl'u:d/	包括	☐ ☐ ☐
968	May	/m'eɪ/	可以	☐ ☐ ☐
969	Laptop	/l'æptɒp/	笔记本电脑	☐ ☐ ☐
970	Website	/w'ɛbsaɪt/	网站	☐ ☐ ☐
971	Search	/s'ɜ:tʃ/	搜索	☐ ☐ ☐
972	Programme (program)	/pr'əʊgræm/	节目；程序	☐ ☐ ☐
973	Key	/k'i:/	按键；钥匙	☐ ☐ ☐
974	Operate	/'ɒpəreɪt/	操作	☐ ☐ ☐
975	Tap	/t'æp/	轻触	☐ ☐ ☐
976	Whose	/h'u:z/	谁的	☐ ☐ ☐
977	Keyboard	/k'i:bɔ:d/	键盘	☐ ☐ ☐
978	App (application)	/'æp/	应用程序	☐ ☐ ☐
979	Digital	/d'ɪdʒɪtəl/	数字的	☐ ☐ ☐
980	Print	/pr'ɪnt/	打印	☐ ☐ ☐
981	Account	/ek'aʊnt/	账户；账目	☐ ☐ ☐
982	Bit	/b'ɪt/	比特；少量	☐ ☐ ☐
983	Chip	/tʃ'ɪp/	芯片	☐ ☐ ☐
984	Doubt	/d'aʊt/	怀疑	☐ ☐ ☐
985	Mouse (mice)	/'maʊs/	鼠标	☐ ☐ ☐
986	Download	/d'aʊnləʊd/	下载	☐ ☐ ☐
987	Electronic	/,ɛlɪktr'ɒnɪk/	电子的	☐ ☐ ☐
988	Email	/i'meɪl/	电子邮件	☐ ☐ ☐
989	Technology	/tek'nɒlədʒi/	技术	☐ ☐ ☐
990	Case	/k'eɪs/	外壳；情况	☐ ☐ ☐
991	Pride	/pr'aɪd/	骄傲	☐ ☐ ☐
992	None	/'nən/	没有一个	☐ ☐ ☐

第11天 · 第31组「开机上线」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
961	Comput • er	C__p__er	_____	[]
962	Screen	S__e_n	_____	[]
963	Click	C__ck	_____	[]
964	Robot	R__ot	_____	[]
965	Video	V__eo	_____	[]
966	Use	U_e	_____	[]
967	Inc • lude	I__l__e	_____	[]
968	May	M_y	_____	[]
969	Laptop	L__t_p	_____	[]
970	Web • site	W__s__e	_____	[]
971	Search	S__r_h	_____	[]
972	Pro • gra • mme / program	P__g__m_e	_____	[]
973	Key	K_y	_____	[]
974	Ope • rate	O__r__e	_____	[]
975	Tap	T_p	_____	[]
976	Whose	W__se	_____	[]
977	Key • boa • rd	K__b__rd	_____	[]
978	App / application	A_p	_____	[]
979	Dig • ital	D__i__l	_____	[]
980	Print	P__nt	_____	[]
981	Acc • ount	A__o__t	_____	[]
982	Bit	B_t	_____	[]
983	Chip	C__p	_____	[]
984	Doubt	D__bt	_____	[]
985	Mouse / mice	M__se	_____	[]
986	Dow • nlo • ad	D__n__ad	_____	[]
987	Ele • ctr • onic	E__c__o__c	_____	[]
988	Email	E__il	_____	[]
989	Tec • hno • logy	T__h__l__y	_____	[]
990	Case	C__e	_____	[]
991	Pride	P__de	_____	[]
992	None	N__e	_____	[]

第11天 · 第31组「开机上线」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Computer / Screen / Click / Robot 画面元素：电脑、屏幕、点击、机器人 英文标签：_____	场景2 Video / Use / Include / May 画面元素：视频、使用、包括、可以 英文标签：_____
场景3 Laptop / Website / Search / Programme 画面元素：笔记本电脑、网站、搜索、节目；程序 英文标签：_____	场景4 Key / Operate / Tap / Whose 画面元素：按键；钥匙、操作、轻触、谁的 英文标签：_____
场景5 Keyboard / App / Digital / Print 画面元素：键盘、应用程序、数字的、打印 英文标签：_____	场景6 Account / Bit / Chip / Doubt 画面元素：账户；账目、比特；少量、芯片、怀疑 英文标签：_____
场景7 Mouse / Download / Electronic / Email 画面元素：鼠标、下载、电子的、电子邮件 英文标签：_____	场景8 Technology / Case / Pride / None 画面元素：技术、外壳；情况、骄傲、没有一个 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第11天 · 第31组「开机上线」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
961. the _____ We talked about the _____ today. [电脑]	977. the _____ We talked about the _____ today. [键盘]
962. the _____ We talked about the _____ today. [屏幕]	978. use “_____” We often use “_____” in English. [应用程序]
963. _____ carefully Please _____ carefully. [点击]	979. very _____ It looks very _____. [数字的]
964. the _____ We talked about the _____ today. [机器人]	980. _____ it Please _____ it carefully. [打印]
965. the _____ We talked about the _____ today. [视频]	981. the _____ We talked about the _____ today. [账户；账目]
966. _____ it Please _____ it carefully. [使用]	982. the _____ We talked about the _____ today. [比特；少量]
967. _____ it Please _____ it carefully. [包括]	983. the _____ We talked about the _____ today. [芯片]
968. _____ be It _____ rain this afternoon. [可以]	984. _____ it Please _____ it carefully. [怀疑]
969. the _____ We talked about the _____ today. [笔记本电脑]	985. the _____ We talked about the _____ today. [鼠标]
970. the _____ We talked about the _____ today. [网站]	986. _____ it Please _____ it carefully. [下载]
971. _____ it Please _____ it carefully. [搜索]	987. very _____ It looks very _____. [电子的]
972. the _____ We talked about the _____ today. [节目；程序]	988. the _____ We talked about the _____ today. [电子邮件]
973. the _____ We talked about the _____ today. [按键；钥匙]	989. the _____ We talked about the _____ today. [技术]
974. _____ it Please _____ it carefully. [操作]	990. the _____ We talked about the _____ today. [外壳；情况]
975. _____ it Please _____ it carefully. [轻触]	991. the _____ We talked about the _____ today. [骄傲]
976. _____ book _____ book is on the desk? [谁的]	992. _____ of _____ of the answers is correct. [没有一个]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第11天 · 第31组「开机上线」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 机器人 _____	2. 账户；账目 _____	3. 下载 _____	4. 视频 _____
5. 芯片 _____	6. 笔记本电脑 _____	7. 电脑 _____	8. 键盘 _____
9. 操作 _____	10. 数字的 _____	11. 比特；少量 _____	12. 怀疑 _____
13. 点击 _____	14. 按键；钥匙 _____	15. 搜索 _____	16. 没有一个 _____
17. 打印 _____	18. 外壳；情况 _____	19. 可以 _____	20. 节目；程序 _____
21. 使用 _____	22. 轻触 _____	23. 网站 _____	24. 谁的 _____
25. 电子邮件 _____	26. 包括 _____	27. 电子的 _____	28. 鼠标 _____
29. 技术 _____	30. 骄傲 _____	31. 应用程序 _____	32. 屏幕 _____

B. 四词成句（可改变词形）

1. Robot / Account / Download / Video	_____
2. Operate / Digital / Bit / Doubt	_____
3. Print / Case / May / Programme	_____
4. Email / Include / Electronic / Mouse	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第11天 · 第31组「开机上线」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
961. Computer the computer We talked about the computer today.	977. Keyboard the keyboard We talked about the keyboard today.
962. Screen the screen We talked about the screen today.	978. App (application) use “app” We often use “app” in English.
963. Click click carefully Please click carefully.	979. Digital very digital It looks very digital.
964. Robot the robot We talked about the robot today.	980. Print print it Please print it carefully.
965. Video the video We talked about the video today.	981. Account the account We talked about the account today.
966. Use use it Please use it carefully.	982. Bit the bit We talked about the bit today.
967. Include include it Please include it carefully.	983. Chip the chip We talked about the chip today.
968. May may be It may rain this afternoon.	984. Doubt doubt it Please doubt it carefully.
969. Laptop the laptop We talked about the laptop today.	985. Mouse (mice) the mouse We talked about the mouse today.
970. Website the website We talked about the website today.	986. Download download it Please download it carefully.
971. Search search it Please search it carefully.	987. Electronic very electronic It looks very electronic.
972. Programme (program) the programme We talked about the programme today.	988. Email the email We talked about the email today.
973. Key the key We talked about the key today.	989. Technology the technology We talked about the technology today.
974. Operate operate it Please operate it carefully.	990. Case the case We talked about the case today.
975. Tap tap it Please tap it carefully.	991. Pride the pride We talked about the pride today.
976. Whose whose book Whose book is on the desk?	992. None none of None of the answers is correct.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第11天 · 第32组「消息接力」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
993	Phone	/f'əʊn/	电话	☐ ☐ ☐
994	Send	/s'end/	发送	☐ ☐ ☐
995	Photo (photograph)	/f'əʊtəʊ/	相片	☐ ☐ ☐
996	Internet	/ɪntən,et/	互联网	☐ ☐ ☐
997	Post	/p'əʊst/	帖子；发布	☐ ☐ ☐
998	Social	/s'əʊʃəl/	社交的	☐ ☐ ☐
999	Ring	/r'ɪŋ/	响铃	☐ ☐ ☐
1000	Than	/ð'en/	比	☐ ☐ ☐
1001	Mobile	/m'əʊbəl/	手机	☐ ☐ ☐
1002	Receive	/rɪs'i:v/	收到	☐ ☐ ☐
1003	Voice	/v'ɔɪs/	声音	☐ ☐ ☐
1004	Online	/ɒnlain/	在线的	☐ ☐ ☐
1005	Letter	/l'etə/	信	☐ ☐ ☐
1006	Medium (media)	/m'i:diəm/	媒体；媒介	☐ ☐ ☐
1007	Answer	/ɔ:nse/	回答	☐ ☐ ☐
1008	Everything	/ɛvrɪθ,ɪŋ/	一切	☐ ☐ ☐
1009	Message	/m'esɪdʒ/	消息	☐ ☐ ☐
1010	Reply	/rɪpl'aɪ/	回复	☐ ☐ ☐
1011	Sound	/s'aʊnd/	声音	☐ ☐ ☐
1012	Connect	/kən'ekt/	连接	☐ ☐ ☐
1013	Card	/k'a:d/	卡片	☐ ☐ ☐
1014	Conversation	/kɒnvəs'eɪʃən/	会话	☐ ☐ ☐
1015	Address	/ɔ:,dres/	地址	☐ ☐ ☐
1016	Ours	/aʊəz/	我们的（东西）	☐ ☐ ☐
1017	Chat	/tʃ'æt/	聊天	☐ ☐ ☐
1018	Share	/ʃ'eə/	分享	☐ ☐ ☐
1019	Record	/rɛkɜ:d/	记录；录制	☐ ☐ ☐
1020	Notice	/n'əʊtɪs/	注意；通知	☐ ☐ ☐
1021	Article	/ɔ:tɪkəl/	文章	☐ ☐ ☐
1022	Communicate	/kəmʃ'u:nɪk,eɪt/	交流；沟通	☐ ☐ ☐
1023	Relationship	/rɪl'eɪʃənʃ,ɪp/	关系	☐ ☐ ☐
1024	Luck	/l'ʌk/	运气	☐ ☐ ☐

第11天 · 第32组「消息接力」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
993	Phone	P__ne	_____	[]
994	Send	S__d	_____	[]
995	Photo / photograph	P__to	_____	[]
996	Inter • net	I__e__et	_____	[]
997	Post	P__t	_____	[]
998	Social	S__i_l	_____	[]
999	Ring	R__g	_____	[]
1000	Than	T__n	_____	[]
1001	Mobile	M__i_e	_____	[]
1002	Re • ce • ive	R__e__e	_____	[]
1003	Voice	V__ce	_____	[]
1004	Online	O__i_e	_____	[]
1005	Lett • er	L__t_r	_____	[]
1006	Medium / media	M__i_m	_____	[]
1007	Answ • er	A__w_r	_____	[]
1008	Everyth • ing	E__r__h__g	_____	[]
1009	Mes • sage	M__s__e	_____	[]
1010	Re • p • ly	R__ly	_____	[]
1011	Sound	S__nd	_____	[]
1012	Con • nect	C__n__t	_____	[]
1013	Card	C__d	_____	[]
1014	Convers • ation	C__v__s__i_n	_____	[]
1015	Add • ress	A__r__s	_____	[]
1016	Ours	O__s	_____	[]
1017	Chat	C__t	_____	[]
1018	Share	S__re	_____	[]
1019	Re • cord	R__o_d	_____	[]
1020	Notice	N__i_e	_____	[]
1021	Art • icle	A__i__e	_____	[]
1022	Com • mun • ica • te	C__m__i__te	_____	[]
1023	Re • lation • ship	R__a__o__h_p	_____	[]
1024	Luck	L__k	_____	[]

第11天 · 第32组「消息接力」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Phone / Send / Photo / Internet 画面元素：电话、发送、相片、互联网 英文标签：_____	场景2 Post / Social / Ring / Than 画面元素：帖子；发布、社交的、响铃、比 英文标签：_____
场景3 Mobile / Receive / Voice / Online 画面元素：手机、收到、声音、在线的 英文标签：_____	场景4 Letter / Medium / Answer / Everything 画面元素：信、媒体；媒介、回答、一切 英文标签：_____
场景5 Message / Reply / Sound / Connect 画面元素：消息、回复、声音、连接 英文标签：_____	场景6 Card / Conversation / Address / Ours 画面元素：卡片、会话、地址、我们的（东西） 英文标签：_____
场景7 Chat / Share / Record / Notice 画面元素：聊天、分享、记录；录制、注意；通知 英文标签：_____	场景8 Article / Communicate / Relationship / Luck 画面元素：文章、交流；沟通、关系、运气 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第11天 · 第32组「消息接力」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
993. the _____ We talked about the _____ today. [电话]	1009. the _____ We talked about the _____ today. [消息]
994. _____ it Please _____ it carefully. [发送]	1010. _____ it Please _____ it carefully. [回复]
995. the _____ We talked about the _____ today. [相片]	1011. the _____ We talked about the _____ today. [声音]
996. the _____ We talked about the _____ today. [互联网]	1012. _____ it Please _____ it carefully. [连接]
997. _____ it Please _____ it carefully. [帖子；发布]	1013. the _____ We talked about the _____ today. [卡片]
998. very _____ It looks very _____. [社交的]	1014. the _____ We talked about the _____ today. [会话]
999. _____ it Please _____ it carefully. [响铃]	1015. the _____ We talked about the _____ today. [地址]
1000. taller _____ My brother is taller _____ me. [比]	1016. a friend of _____ That classroom is _____. [我们的(东西)]
1001. the _____ We talked about the _____ today. [手机]	1017. _____ it Please _____ it carefully. [聊天]
1002. _____ it Please _____ it carefully. [收到]	1018. _____ it Please _____ it carefully. [分享]
1003. the _____ We talked about the _____ today. [声音]	1019. _____ it Please _____ it carefully. [记录；录制]
1004. very _____ It looks very _____. [在线的]	1020. _____ it Please _____ it carefully. [注意；通知]
1005. the _____ We talked about the _____ today. [信]	1021. the _____ We talked about the _____ today. [文章]
1006. the _____ We talked about the _____ today. [媒体；媒介]	1022. _____ it Please _____ it carefully. [交流；沟通]
1007. _____ it Please _____ it carefully. [回答]	1023. the _____ We talked about the _____ today. [关系]
1008. _____ else _____ is ready for the meeting. [一切]	1024. talk about _____ We talked about _____ in class. [运气]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第11天 · 第32组「消息接力」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 发送 _____	2. 帖子；发布 _____	3. 响铃 _____	4. 声音 _____
5. 互联网 _____	6. 电话 _____	7. 消息 _____	8. 记录；录制 _____
9. 回复 _____	10. 在线的 _____	11. 卡片 _____	12. 相片 _____
13. 手机 _____	14. 声音 _____	15. 我们的（东西） _____	16. 收到 _____
17. 媒体；媒介 _____	18. 运气 _____	19. 交流；沟通 _____	20. 连接 _____
21. 会话 _____	22. 注意；通知 _____	23. 关系 _____	24. 社交的 _____
25. 文章 _____	26. 一切 _____	27. 回答 _____	28. 信 _____
29. 分享 _____	30. 比 _____	31. 地址 _____	32. 聊天 _____

B. 四词成句（可改变词形）

1. Send / Post / Ring / Sound	_____
2. Reply / Online / Card / Photo	_____
3. Medium / Luck / Communicate / Connect	_____
4. Article / Everything / Answer / Letter	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第11天 · 第32组「消息接力」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
993. Phone the phone We talked about the phone today.	1009. Message the message We talked about the message today.
994. Send send it Please send it carefully.	1010. Reply reply it Please reply it carefully.
995. Photo (photograph) the photo We talked about the photo today.	1011. Sound the sound We talked about the sound today.
996. Internet the internet We talked about the internet today.	1012. Connect connect it Please connect it carefully.
997. Post post it Please post it carefully.	1013. Card the card We talked about the card today.
998. Social very social It looks very social.	1014. Conversation the conversation We talked about the conversation today.
999. Ring ring it Please ring it carefully.	1015. Address the address We talked about the address today.
1000. Than taller than My brother is taller than me.	1016. Ours a friend of ours That classroom is ours.
1001. Mobile the mobile We talked about the mobile today.	1017. Chat chat it Please chat it carefully.
1002. Receive receive it Please receive it carefully.	1018. Share share it Please share it carefully.
1003. Voice the voice We talked about the voice today.	1019. Record record it Please record it carefully.
1004. Online very online It looks very online.	1020. Notice notice it Please notice it carefully.
1005. Letter the letter We talked about the letter today.	1021. Article the article We talked about the article today.
1006. Medium (media) the medium We talked about the medium today.	1022. Communicate communicate it Please communicate it carefully.
1007. Answer answer it Please answer it carefully.	1023. Relationship the relationship We talked about the relationship today.
1008. Everything everything else Everything is ready for the meeting.	1024. Luck talk about luck We talked about luck in class.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第11天 · 第33组「今日播报」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1025	News	/nj'ʊ:z/	新闻	☐ ☐ ☐
1026	Radio	/r'eɪdɪ.əʊ/	广播；收音机	☐ ☐ ☐
1027	False	/f'ɒls/	假的；错误的	☐ ☐ ☐
1028	World	/w'ɜ:ld/	世界	☐ ☐ ☐
1029	Watch	/w'ɒtʃ/	观看	☐ ☐ ☐
1030	Truth	/tr'u:θ/	真相	☐ ☐ ☐
1031	Happen	/h'æpən/	发生	☐ ☐ ☐
1032	Forever	/fə'r'ɛvə/	永远	☐ ☐ ☐
1033	Newspaper	/nj'ʊ:zpeɪpə/	报纸	☐ ☐ ☐
1034	TV (television)	/'ti'vi/	电视	☐ ☐ ☐
1035	Event	/ɪv'ɛnt/	事件	☐ ☐ ☐
1036	Picture	/p'ɪktʃə/	图画	☐ ☐ ☐
1037	Information	/,ɪnfəm'eɪʃən/	信息	☐ ☐ ☐
1038	Capital	/k'æpɪtəl/	首都	☐ ☐ ☐
1039	Background	/b'ækgraʊnd/	背景	☐ ☐ ☐
1040	If	/'ɪf/	如果	☐ ☐ ☐
1041	Magazine	/m,ægez'i:n/	杂志	☐ ☐ ☐
1042	Opinion	/əp'ɪniən/	意见	☐ ☐ ☐
1043	Recent	/r'i:sənt/	最近的	☐ ☐ ☐
1044	Camera	/k'æmre/	照相机	☐ ☐ ☐
1045	Write	/r'aɪt/	写	☐ ☐ ☐
1046	General	/dʒ'ɛnərəl/	一般	☐ ☐ ☐
1047	Present	/'prezənt/	现在；当前的	☐ ☐ ☐
1048	Not	/n'ɒt/	不	☐ ☐ ☐
1049	Report	/rɪ'pɔ:rt/	报告	☐ ☐ ☐
1050	Fact	/f'ækt/	事实	☐ ☐ ☐
1051	International	/,ɪntən'æʃənəl/	国际的	☐ ☐ ☐
1052	Show	/ʃ'əʊ/	展示	☐ ☐ ☐
1053	Speak	/sp'i:k/	说	☐ ☐ ☐
1054	Appear	/əp'iə/	出现	☐ ☐ ☐
1055	Why	/w'aɪ/	为什么	☐ ☐ ☐
1056	Recognise (recognize)	/r'ɛkəgn,aɪz/	认出；承认	☐ ☐ ☐

第11天 · 第33组「今日播报」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1025	News	N__s	_____	[]
1026	Radio	R__io	_____	[]
1027	False	F__se	_____	[]
1028	World	W__ld	_____	[]
1029	Watch	W__ch	_____	[]
1030	Truth	T__th	_____	[]
1031	Happen	H__p_n	_____	[]
1032	Fore · v · er	F__e__r	_____	[]
1033	Newspap · er	N__s__p_r	_____	[]
1034	TV / television	T V	_____	[]
1035	Event	E__nt	_____	[]
1036	Pic · ture	P__t__e	_____	[]
1037	Inform · ation	I__o__a__on	_____	[]
1038	Cap · ital	C__i__l	_____	[]
1039	Bac · kgr · ound	B__k__o__d	_____	[]
1040	If	I f	_____	[]
1041	Mag · azi · ne	M__a__ne	_____	[]
1042	Opi · nion	O__n__n	_____	[]
1043	Re · cent	R__e_t	_____	[]
1044	Camera	C__e_a	_____	[]
1045	Write	W__te	_____	[]
1046	Gen · eral	G__e__l	_____	[]
1047	Pre · sent	P__s__t	_____	[]
1048	Not	N_t	_____	[]
1049	Re · port	R__o_t	_____	[]
1050	Fact	F__t	_____	[]
1051	Inter · national	I__e__a__o__l	_____	[]
1052	Show	S__w	_____	[]
1053	Speak	S__a k	_____	[]
1054	Appear	A__e_r	_____	[]
1055	Why	W_y	_____	[]
1056	Re · cognise / recognize	R__o__i_e	_____	[]

第11天 · 第33组「今日播报」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 News / Radio / False / World 画面元素：新闻、广播；收音机、假的；错误的、世界 英文标签：_____	场景2 Watch / Truth / Happen / Forever 画面元素：观看、真相、发生、永远 英文标签：_____
场景3 Newspaper / TV / Event / Picture 画面元素：报纸、电视、事件、图画 英文标签：_____	场景4 Information / Capital / Background / If 画面元素：信息、首都、背景、如果 英文标签：_____
场景5 Magazine / Opinion / Recent / Camera 画面元素：杂志、意见、最近的、照相机 英文标签：_____	场景6 Write / General / Present / Not 画面元素：写、一般、现在；当前的、不 英文标签：_____
场景7 Report / Fact / International / Show 画面元素：报告、事实、国际的、展示 英文标签：_____	场景8 Speak / Appear / Why / Recognise 画面元素：说、出现、为什么、认出；承认 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第11天 · 第33组「今日播报」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1025. talk about _____ We talked about _____ in class. [新闻]	1041. the _____ We talked about the _____ today. [杂志]
1026. _____ it Please _____ it carefully. [广播；收音机]	1042. the _____ We talked about the _____ today. [意见]
1027. very _____ It looks very _____. [假的；错误的]	1043. very _____ It looks very _____. [最近的]
1028. the _____ We talked about the _____ today. [世界]	1044. the _____ We talked about the _____ today. [照相机]
1029. _____ it Please _____ it carefully. [观看]	1045. _____ it Please _____ it carefully. [写]
1030. the _____ We talked about the _____ today. [真相]	1046. the _____ We talked about the _____ today. [一般]
1031. _____ carefully Please _____ carefully. [发生]	1047. very _____ It looks very _____. [现在；当前的]
1032. live _____ No one can live _____. [永远]	1048. _____ at all I am _____ tired at all. [不]
1033. the _____ We talked about the _____ today. [报纸]	1049. _____ it Please _____ it carefully. [报告]
1034. the _____ We talked about the _____ today. [电视]	1050. the _____ We talked about the _____ today. [事实]
1035. the _____ We talked about the _____ today. [事件]	1051. very _____ It looks very _____. [国际的]
1036. _____ it Please _____ it carefully. [图画]	1052. _____ it Please _____ it carefully. [展示]
1037. talk about _____ We talked about _____ in class. [信息]	1053. _____ it Please _____ it carefully. [说]
1038. the _____ We talked about the _____ today. [首都]	1054. _____ it Please _____ it carefully. [出现]
1039. the _____ We talked about the _____ today. [背景]	1055. _____ not _____ not ask the teacher? [为什么]
1040. _____ possible Call me _____ you need help. [如果]	1056. _____ it Please _____ it carefully. [认出；承认]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第11天 · 第33组「今日播报」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 假的；错误的 _____	2. 广播；收音机 _____	3. 最近的 _____	4. 事实 _____
5. 杂志 _____	6. 意见 _____	7. 报纸 _____	8. 不 _____
9. 说 _____	10. 如果 _____	11. 世界 _____	12. 照相机 _____
13. 背景 _____	14. 观看 _____	15. 出现 _____	16. 为什么 _____
17. 新闻 _____	18. 信息 _____	19. 报告 _____	20. 事件 _____
21. 展示 _____	22. 国际的 _____	23. 真相 _____	24. 现在；当前的 _____
25. 认出；承认 _____	26. 发生 _____	27. 一般 _____	28. 首都 _____
29. 写 _____	30. 永远 _____	31. 图画 _____	32. 电视 _____

B. 四词成句（可改变词形）

1. False / Radio / Recent / Fact	_____
2. Speak / If / World / Camera	_____
3. News / Information / Report / Event	_____
4. Recognise / Happen / General / Capital	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第11天 · 第33组「今日播报」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1025. News talk about news We talked about news in class.	1041. Magazine the magazine We talked about the magazine today.
1026. Radio radio it Please radio it carefully.	1042. Opinion the opinion We talked about the opinion today.
1027. False very false It looks very false.	1043. Recent very recent It looks very recent.
1028. World the world We talked about the world today.	1044. Camera the camera We talked about the camera today.
1029. Watch watch it Please watch it carefully.	1045. Write write it Please write it carefully.
1030. Truth the truth We talked about the truth today.	1046. General the general We talked about the general today.
1031. Happen happen carefully Please happen carefully.	1047. Present very present It looks very present.
1032. Forever live forever No one can live forever.	1048. Not not at all I am not tired at all.
1033. Newspaper the newspaper We talked about the newspaper today.	1049. Report report it Please report it carefully.
1034. TV (television) the tv We talked about the tv today.	1050. Fact the fact We talked about the fact today.
1035. Event the event We talked about the event today.	1051. International very international It looks very international.
1036. Picture picture it Please picture it carefully.	1052. Show show it Please show it carefully.
1037. Information talk about information We talked about information in class.	1053. Speak speak it Please speak it carefully.
1038. Capital the capital We talked about the capital today.	1054. Appear appear it Please appear it carefully.
1039. Background the background We talked about the background today.	1055. Why why not Why not ask the teacher?
1040. If if possible Call me if you need help.	1056. Recognise (recognize) recognise it Please recognise it carefully.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第12天

今日场景：灯光全开 · 向宇宙发射 · 四季电台

组别	场景	词条范围	完成
第34组	灯光全开	1057-1088	[]
第35组	向宇宙发射	1089-1120	[]
第36组	四季电台	1121-1152	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第12天 · 第34组 「灯光全开」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1057	Song	/s'ɒŋ/	歌	☐ ☐ ☐
1058	Guitar	/ɡɪt'a:/	吉他	☐ ☐ ☐
1059	Concert	/'kɒnsə't/	音乐会	☐ ☐ ☐
1060	Dance	/d'a:ns/	跳舞	☐ ☐ ☐
1061	Poem	/p'əʊɪm/	诗	☐ ☐ ☐
1062	Fan	/f'æn/	粉丝	☐ ☐ ☐
1063	Dialogue (dialog)	/d'aɪələʊg/	对话	☐ ☐ ☐
1064	Tape	/t'eɪp/	磁带	☐ ☐ ☐
1065	Sing	/s'ɪŋ/	唱歌	☐ ☐ ☐
1066	Piano	/pɪ'ænəʊ/	钢琴	☐ ☐ ☐
1067	Opera	/'ɒpərə/	歌剧	☐ ☐ ☐
1068	Drama	/dr'a:me/	戏剧	☐ ☐ ☐
1069	Poet	/p'əʊɪt/	诗人	☐ ☐ ☐
1070	Light	/l'aɪt/	灯光	☐ ☐ ☐
1071	Express	/ekspr'ɛs/	表达	☐ ☐ ☐
1072	Only	/'əʊnli/	仅仅；唯一的	☐ ☐ ☐
1073	Hear	/h'ɪə/	听到	☐ ☐ ☐
1074	Violin	/vaɪələ'ɪn/	小提琴	☐ ☐ ☐
1075	Stage	/st'eɪdʒ/	舞台	☐ ☐ ☐
1076	Film	/f'ɪlm/	电影	☐ ☐ ☐
1077	Story	/st'ɔ:ri/	故事	☐ ☐ ☐
1078	Role	/r'əʊl/	角色	☐ ☐ ☐
1079	Loud	/l'aʊd/	大声的	☐ ☐ ☐
1080	Yet	/j'et/	还	☐ ☐ ☐
1081	Instrument	/'ɪnstɹəmənt/	乐器	☐ ☐ ☐
1082	Band	/b'ænd/	乐队	☐ ☐ ☐
1083	Perform	/pəf'ɔ:m/	表演	☐ ☐ ☐
1084	Movie	/m'u:vi/	电影	☐ ☐ ☐
1085	Classic	/kl'æsɪk/	经典的；古典的	☐ ☐ ☐
1086	Beat	/b'i:t/	节拍	☐ ☐ ☐
1087	Silent	/s'aɪlənt/	沉默的	☐ ☐ ☐
1088	Refuse	/'ref.juz/	拒绝	☐ ☐ ☐

第12天 · 第34组「灯光全开」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1057	Song	S__g	_____	[]
1058	Guitar	G__t_r	_____	[]
1059	Con • cert	C__c__t	_____	[]
1060	Dance	D__ce	_____	[]
1061	Poem	P__m	_____	[]
1062	Fan	F_n	_____	[]
1063	Dia • log • ue / dialog	D__l__ue	_____	[]
1064	Tape	T__e	_____	[]
1065	Sing	S__g	_____	[]
1066	Piano	P__no	_____	[]
1067	Opera	O__ra	_____	[]
1068	Drama	D__ma	_____	[]
1069	Poet	P__t	_____	[]
1070	Light	L__ht	_____	[]
1071	Exp • ress	E__r__s	_____	[]
1072	Only	O__y	_____	[]
1073	Hear	H__r	_____	[]
1074	Violin	V__l_n	_____	[]
1075	Stage	S__ge	_____	[]
1076	Film	F__m	_____	[]
1077	Story	S__ry	_____	[]
1078	Role	R__e	_____	[]
1079	Loud	L__d	_____	[]
1080	Yet	Y_t	_____	[]
1081	Instru • ment	I__t__m__t	_____	[]
1082	Band	B__d	_____	[]
1083	Per • form	P__f__m	_____	[]
1084	Movie	M__ie	_____	[]
1085	Cla • ssic	C__s__c	_____	[]
1086	Beat	B__t	_____	[]
1087	Silent	S__e_t	_____	[]
1088	Re • fuse	R__u_e	_____	[]

第12天 · 第34组「灯光全开」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Song / Guitar / Concert / Dance 画面元素：歌、吉他、音乐会、跳舞 英文标签：_____	场景2 Poem / Fan / Dialogue / Tape 画面元素：诗、粉丝、对话、磁带 英文标签：_____
场景3 Sing / Piano / Opera / Drama 画面元素：唱歌、钢琴、歌剧、戏剧 英文标签：_____	场景4 Poet / Light / Express / Only 画面元素：诗人、灯光、表达、仅仅；唯一的 英文标签：_____
场景5 Hear / Violin / Stage / Film 画面元素：听到、小提琴、舞台、电影 英文标签：_____	场景6 Story / Role / Loud / Yet 画面元素：故事、角色、大声的、还 英文标签：_____
场景7 Instrument / Band / Perform / Movie 画面元素：乐器、乐队、表演、电影 英文标签：_____	场景8 Classic / Beat / Silent / Refuse 画面元素：经典的；古典的、节拍、沉默的、拒绝 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第12天 · 第34组「灯光全开」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1057. the _____ We talked about the _____ today. [歌]	1073. _____ it Please _____ it carefully. [听到]
1058. the _____ We talked about the _____ today. [吉他]	1074. the _____ We talked about the _____ today. [小提琴]
1059. talk about _____ We talked about _____ in class. [音乐会]	1075. the _____ We talked about the _____ today. [舞台]
1060. _____ carefully Please _____ carefully. [跳舞]	1076. the _____ We talked about the _____ today. [电影]
1061. the _____ We talked about the _____ today. [诗]	1077. the _____ We talked about the _____ today. [故事]
1062. the _____ We talked about the _____ today. [粉丝]	1078. the _____ We talked about the _____ today. [角色]
1063. the _____ We talked about the _____ today. [对话]	1079. very _____ It looks very _____. [大声的]
1064. _____ it Please _____ it carefully. [磁带]	1080. not _____ The bus has not arrived _____. [还]
1065. _____ it Please _____ it carefully. [唱歌]	1081. the _____ We talked about the _____ today. [乐器]
1066. the _____ We talked about the _____ today. [钢琴]	1082. the _____ We talked about the _____ today. [乐队]
1067. the _____ We talked about the _____ today. [歌剧]	1083. _____ it Please _____ it carefully. [表演]
1068. the _____ We talked about the _____ today. [戏剧]	1084. the _____ We talked about the _____ today. [电影]
1069. the _____ We talked about the _____ today. [诗人]	1085. very _____ It looks very _____. [经典的；古典的]
1070. the _____ We talked about the _____ today. [灯光]	1086. _____ carefully Please _____ carefully. [节拍]
1071. _____ it Please _____ it carefully. [表达]	1087. very _____ It looks very _____. [沉默的]
1072. the _____ one This is the _____ book I need. [仅仅；唯一的]	1088. _____ it Please _____ it carefully. [拒绝]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第12天 · 第34组「灯光全开」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 乐队 _____	2. 舞台 _____	3. 对话 _____	4. 还 _____
5. 歌 _____	6. 电影 _____	7. 歌剧 _____	8. 跳舞 _____
9. 吉他 _____	10. 表演 _____	11. 音乐会 _____	12. 诗人 _____
13. 故事 _____	14. 唱歌 _____	15. 表达 _____	16. 小提琴 _____
17. 节拍 _____	18. 沉默的 _____	19. 粉丝 _____	20. 角色 _____
21. 听到 _____	22. 钢琴 _____	23. 大声的 _____	24. 乐器 _____
25. 戏剧 _____	26. 仅仅；唯一的 _____	27. 诗 _____	28. 电影 _____
29. 拒绝 _____	30. 磁带 _____	31. 灯光 _____	32. 经典的；古典的 _____

B. 四词成句（可改变词形）

1. Band / Stage / Dialogue / Yet	_____
2. Guitar / Perform / Concert / Poet	_____
3. Beat / Silent / Fan / Role	_____
4. Drama / Only / Poem / Film	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第12天 · 第34组「灯光全开」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1057. Song the song We talked about the song today.	1073. Hear hear it Please hear it carefully.
1058. Guitar the guitar We talked about the guitar today.	1074. Violin the violin We talked about the violin today.
1059. Concert talk about concert We talked about concert in class.	1075. Stage the stage We talked about the stage today.
1060. Dance dance carefully Please dance carefully.	1076. Film the film We talked about the film today.
1061. Poem the poem We talked about the poem today.	1077. Story the story We talked about the story today.
1062. Fan the fan We talked about the fan today.	1078. Role the role We talked about the role today.
1063. Dialogue (dialog) the dialogue We talked about the dialogue today.	1079. Loud very loud It looks very loud.
1064. Tape tape it Please tape it carefully.	1080. Yet not yet The bus has not arrived yet.
1065. Sing sing it Please sing it carefully.	1081. Instrument the instrument We talked about the instrument today.
1066. Piano the piano We talked about the piano today.	1082. Band the band We talked about the band today.
1067. Opera the opera We talked about the opera today.	1083. Perform perform it Please perform it carefully.
1068. Drama the drama We talked about the drama today.	1084. Movie the movie We talked about the movie today.
1069. Poet the poet We talked about the poet today.	1085. Classic very classic It looks very classic.
1070. Light the light We talked about the light today.	1086. Beat beat carefully Please beat carefully.
1071. Express express it Please express it carefully.	1087. Silent very silent It looks very silent.
1072. Only the only one This is the only book I need.	1088. Refuse refuse it Please refuse it carefully.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第12天 · 第35组 「向宇宙发射」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1089	Science	/s'aɪəns/	科学	☐ ☐ ☐
1090	Create	/kri:'eɪt/	创造	☐ ☐ ☐
1091	Universe	/j'u:nɪv,ɜ:s/	宇宙	☐ ☐ ☐
1092	Sun	/s'ʌn/	太阳	☐ ☐ ☐
1093	Explore	/ɛkspl'ɔ:/	探索	☐ ☐ ☐
1094	Research	/'rɪsə:tʃ/	研究	☐ ☐ ☐
1095	Force	/'ɔ:s/	力量	☐ ☐ ☐
1096	Situation	/s,ɪtu:'eɪʃən/	情形	☐ ☐ ☐
1097	AI (artificial intelligence)	/,eɪ'aɪ/	人工智能	☐ ☐ ☐
1098	Electric	/ɪl'ɛktrɪk/	电的	☐ ☐ ☐
1099	Planet	/pl'ænɪt/	行星	☐ ☐ ☐
1100	Earth	/'ɜ:θ/	地球	☐ ☐ ☐
1101	Discover	/dɪsk'ʌve/	发现	☐ ☐ ☐
1102	Design	/dɪz'aɪn/	设计	☐ ☐ ☐
1103	Expert	/'ɛkspɜ:t/	专家	☐ ☐ ☐
1104	Just	/dʒ'ʌst/	仅仅；刚刚	☐ ☐ ☐
1105	Engineer	/,ɛndʒɪn'ɪə/	工程师	☐ ☐ ☐
1106	Energy	/'ɛnədʒi/	能量	☐ ☐ ☐
1107	Moon	/m'u:n/	月亮	☐ ☐ ☐
1108	Rocket	/r'ɒkɪt/	火箭	☐ ☐ ☐
1109	Future	/fj'u:tʃe/	未来	☐ ☐ ☐
1110	Model	/m'ɒdəl/	模型	☐ ☐ ☐
1111	Bright	/br'aɪt/	明亮的	☐ ☐ ☐
1112	Perfect	/'pɜ:fɪkt/	完美的	☐ ☐ ☐
1113	Invent	/ɪnv'ɛnt/	发明	☐ ☐ ☐
1114	Space	/sp'eɪs/	太空	☐ ☐ ☐
1115	Star	/st'a:/	星	☐ ☐ ☐
1116	Astronaut	/'æstrən,ɔ:t/	宇航员	☐ ☐ ☐
1117	Modern	/m'ɒdən/	现代的	☐ ☐ ☐
1118	Cause	/k'ɔ:z/	原因	☐ ☐ ☐
1119	Today	/təd'eɪ/	今天	☐ ☐ ☐
1120	Fine	/'faɪn/	好的	☐ ☐ ☐

第12天 · 第35组「向宇宙发射」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1089	Sci • ence	S__e__e	_____	[]
1090	Create	C__a__e	_____	[]
1091	Un • iverse	U__v__se	_____	[]
1092	Sun	S__n	_____	[]
1093	Exp • lore	E__l__e	_____	[]
1094	Re • search	R__e__ch	_____	[]
1095	Force	F__ce	_____	[]
1096	Situ • ation	S__u__i__n	_____	[]
1097	AI / artificial intelligence	AI	_____	[]
1098	Ele • ctr • ic	E__c__ic	_____	[]
1099	Planet	P__n__t	_____	[]
1100	Earth	E__th	_____	[]
1101	Dis • cov • er	D__c__er	_____	[]
1102	Design	D__i__n	_____	[]
1103	Expert	E__e__t	_____	[]
1104	Just	J__t	_____	[]
1105	Engine • er	E__i__er	_____	[]
1106	Energy	E__r__y	_____	[]
1107	Moon	M__n	_____	[]
1108	Rocket	R__k__t	_____	[]
1109	Future	F__u__e	_____	[]
1110	Model	M__el	_____	[]
1111	Bright	B__g__t	_____	[]
1112	Per • fect	P__f__t	_____	[]
1113	Invent	I__e__t	_____	[]
1114	Space	S__ce	_____	[]
1115	Star	S__r	_____	[]
1116	Ast • ron • aut	A__r__a__t	_____	[]
1117	Modern	M__e__n	_____	[]
1118	Cause	C__se	_____	[]
1119	Today	T__ay	_____	[]
1120	Fine	F__e	_____	[]

第12天 · 第35组「向宇宙发射」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Science / Create / Universe / Sun 画面元素：科学、创造、宇宙、太阳 英文标签：_____	场景2 Explore / Research / Force / Situation 画面元素：探索、研究、力量、情形 英文标签：_____
场景3 AI / Electric / Planet / Earth 画面元素：人工智能、电的、行星、地球 英文标签：_____	场景4 Discover / Design / Expert / Just 画面元素：发现、设计、专家、仅仅；刚刚 英文标签：_____
场景5 Engineer / Energy / Moon / Rocket 画面元素：工程师、能量、月亮、火箭 英文标签：_____	场景6 Future / Model / Bright / Perfect 画面元素：未来、模型、明亮的、完美的 英文标签：_____
场景7 Invent / Space / Star / Astronaut 画面元素：发明、太空、星、宇航员 英文标签：_____	场景8 Modern / Cause / Today / Fine 画面元素：现代的、原因、今天、好的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第12天 · 第35组「向宇宙发射」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1089. talk about _____ We talked about _____ in class. [科学]	1105. the _____ We talked about the _____ today. [工程师]
1090. _____ it Please _____ it carefully. [创造]	1106. the _____ We talked about the _____ today. [能量]
1091. the _____ We talked about the _____ today. [宇宙]	1107. the _____ We talked about the _____ today. [月亮]
1092. the _____ We talked about the _____ today. [太阳]	1108. the _____ We talked about the _____ today. [火箭]
1093. _____ it Please _____ it carefully. [探索]	1109. talk about _____ We talked about _____ in class. [未来]
1094. _____ it Please _____ it carefully. [研究]	1110. the _____ We talked about the _____ today. [模型]
1095. talk about _____ We talked about _____ in class. [力量]	1111. very _____ It looks very _____. [明亮的]
1096. the _____ We talked about the _____ today. [情形]	1112. very _____ It looks very _____. [完美的]
1097. the _____ We talked about the _____ today. [人工智能]	1113. _____ carefully Please _____ carefully. [发明]
1098. very _____ It looks very _____. [电的]	1114. the _____ We talked about the _____ today. [太空]
1099. the _____ We talked about the _____ today. [行星]	1115. the _____ We talked about the _____ today. [星]
1100. the _____ We talked about the _____ today. [地球]	1116. the _____ We talked about the _____ today. [宇航员]
1101. _____ it Please _____ it carefully. [发现]	1117. very _____ It looks very _____. [现代的]
1102. _____ it Please _____ it carefully. [设计]	1118. the _____ We talked about the _____ today. [原因]
1103. the _____ We talked about the _____ today. [专家]	1119. _____ morning We have an English test _____. [今天]
1104. _____ now I saw him in the library _____ now. [仅仅；刚刚]	1120. very _____ It looks very _____. [好的]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第12天 · 第35组「向宇宙发射」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 未来 _____	2. 设计 _____	3. 宇航员 _____	4. 宇宙 _____
5. 情形 _____	6. 电的 _____	7. 明亮的 _____	8. 现代的 _____
9. 创造 _____	10. 行星 _____	11. 太阳 _____	12. 工程师 _____
13. 太空 _____	14. 仅仅；刚刚 _____	15. 研究 _____	16. 完美的 _____
17. 专家 _____	18. 星 _____	19. 发现 _____	20. 今天 _____
21. 地球 _____	22. 科学 _____	23. 力量 _____	24. 人工智能 _____
25. 月亮 _____	26. 能量 _____	27. 模型 _____	28. 火箭 _____
29. 发明 _____	30. 好的 _____	31. 原因 _____	32. 探索 _____

B. 四词成句（可改变词形）

1. Future / Design / Astronaut / Universe	_____
2. Create / Planet / Sun / Engineer	_____
3. Expert / Star / Discover / Today	_____
4. Moon / Energy / Model / Rocket	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第12天 · 第35组「向宇宙发射」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1089. Science talk about science We talked about science in class.	1105. Engineer the engineer We talked about the engineer today.
1090. Create create it Please create it carefully.	1106. Energy the energy We talked about the energy today.
1091. Universe the universe We talked about the universe today.	1107. Moon the moon We talked about the moon today.
1092. Sun the sun We talked about the sun today.	1108. Rocket the rocket We talked about the rocket today.
1093. Explore explore it Please explore it carefully.	1109. Future talk about future We talked about future in class.
1094. Research research it Please research it carefully.	1110. Model the model We talked about the model today.
1095. Force talk about force We talked about force in class.	1111. Bright very bright It looks very bright.
1096. Situation the situation We talked about the situation today.	1112. Perfect very perfect It looks very perfect.
1097. AI (artificial intelligence) the ai We talked about the ai today.	1113. Invent invent carefully Please invent carefully.
1098. Electric very electric It looks very electric.	1114. Space the space We talked about the space today.
1099. Planet the planet We talked about the planet today.	1115. Star the star We talked about the star today.
1100. Earth the earth We talked about the earth today.	1116. Astronaut the astronaut We talked about the astronaut today.
1101. Discover discover it Please discover it carefully.	1117. Modern very modern It looks very modern.
1102. Design design it Please design it carefully.	1118. Cause the cause We talked about the cause today.
1103. Expert the expert We talked about the expert today.	1119. Today today morning We have an English test today.
1104. Just just now I saw him in the library just now.	1120. Fine very fine It looks very fine.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第12天 · 第36组「四季电台」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1121	Weather	/w'eðe/	天气	☐ ☐ ☐
1122	Autumn	/'ɔ:tʌm/	秋天	☐ ☐ ☐
1123	Cloudy	/kl'aʊdi/	多云的	☐ ☐ ☐
1124	Windy	/'waɪndi/	多风的	☐ ☐ ☐
1125	Freeze	/fr'i:z/	冻结	☐ ☐ ☐
1126	Cool	/k'u:l/	凉爽	☐ ☐ ☐
1127	Rainbow	/r'eɪnbəʊ/	彩虹	☐ ☐ ☐
1128	Shine	/ʃ'aɪn/	发光	☐ ☐ ☐
1129	Season	/s'i:zən/	季节	☐ ☐ ☐
1130	Winter	/w'ɪnte/	冬季	☐ ☐ ☐
1131	Rain	/r'eɪn/	雨	☐ ☐ ☐
1132	Storm	/st'ɔ:m/	暴风雨	☐ ☐ ☐
1133	Hot	/h'ɒt/	热的	☐ ☐ ☐
1134	Dry	/dr'aɪ/	干的	☐ ☐ ☐
1135	Rise	/r'aɪz/	上升	☐ ☐ ☐
1136	Sky	/sk'aɪ/	天空	☐ ☐ ☐
1137	Spring	/spr'ɪŋ/	春天	☐ ☐ ☐
1138	Sunny	/s'ʌni/	阳光充足的	☐ ☐ ☐
1139	Snow	/sn'əʊ/	雪	☐ ☐ ☐
1140	Fog	/f'ɒg/	雾	☐ ☐ ☐
1141	Cold	/k'əʊld/	冷的	☐ ☐ ☐
1142	Thunder	/θ'ʌnde/	雷	☐ ☐ ☐
1143	Dark	/d'a:k/	黑暗	☐ ☐ ☐
1144	Umbrella	/ʌmbr'εle/	伞	☐ ☐ ☐
1145	Summer	/s'ʌme/	夏季	☐ ☐ ☐
1146	Cloud	/kl'aʊd/	云	☐ ☐ ☐
1147	Wind	/'waɪnd/	风	☐ ☐ ☐
1148	Ice	/'aɪs/	冰	☐ ☐ ☐
1149	Warm	/w'ɔ:m/	暖和的	☐ ☐ ☐
1150	Lightning	/l'aɪtnɪŋ/	闪电	☐ ☐ ☐
1151	Fall	/f'ɔ:l/	落下	☐ ☐ ☐
1152	This	/ð'ɪs/	这	☐ ☐ ☐

第12天 · 第36组「四季电台」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1121	Weath • er	W__t__r	_____	[]
1122	Autumn	A__u_n	_____	[]
1123	Cloudy	C__u_y	_____	[]
1124	Windy	W__dy	_____	[]
1125	Freeze	F__e_e	_____	[]
1126	Cool	C__l	_____	[]
1127	Rai • nbow	R__n__w	_____	[]
1128	Shine	S__ne	_____	[]
1129	Season	S__s_n	_____	[]
1130	Wint • er	W__t_r	_____	[]
1131	Rain	R__n	_____	[]
1132	Storm	S__rm	_____	[]
1133	Hot	H_t	_____	[]
1134	Dry	D_y	_____	[]
1135	Rise	R__e	_____	[]
1136	Sky	S_y	_____	[]
1137	Spr • ing	S__i_g	_____	[]
1138	Sunny	S__ny	_____	[]
1139	Snow	S__w	_____	[]
1140	Fog	F_g	_____	[]
1141	Cold	C__d	_____	[]
1142	Thund • er	T__n__r	_____	[]
1143	Dark	D__k	_____	[]
1144	Umb • rel • la	U__r__la	_____	[]
1145	Summ • er	S__m_r	_____	[]
1146	Cloud	C__ud	_____	[]
1147	Wind	W__d	_____	[]
1148	Ice	I_e	_____	[]
1149	Warm	W__m	_____	[]
1150	Lightn • ing	L__h__i_g	_____	[]
1151	Fall	F__l	_____	[]
1152	This	T__s	_____	[]

第12天 · 第36组「四季电台」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Weather / Autumn / Cloudy / Windy 画面元素：天气、秋天、多云的、多风的 英文标签：_____	场景2 Freeze / Cool / Rainbow / Shine 画面元素：冻结、凉爽、彩虹、发光 英文标签：_____
场景3 Season / Winter / Rain / Storm 画面元素：季节、冬季、雨、暴风雨 英文标签：_____	场景4 Hot / Dry / Rise / Sky 画面元素：热的、干的、上升、天空 英文标签：_____
场景5 Spring / Sunny / Snow / Fog 画面元素：春天、阳光充足的、雪、雾 英文标签：_____	场景6 Cold / Thunder / Dark / Umbrella 画面元素：冷的、雷、黑暗、伞 英文标签：_____
场景7 Summer / Cloud / Wind / Ice 画面元素：夏季、云、风、冰 英文标签：_____	场景8 Warm / Lightning / Fall / This 画面元素：暖和的、闪电、落下、这 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第12天 · 第36组「四季电台」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1121. talk about _____ We talked about _____ in class. [天气]	1137. the _____ We talked about the _____ today. [春天]
1122. the _____ We talked about the _____ today. [秋天]	1138. very _____ It looks very _____. [阳光充足的]
1123. very _____ It looks very _____. [多云的]	1139. the _____ We talked about the _____ today. [雪]
1124. very _____ It looks very _____. [多风的]	1140. the _____ We talked about the _____ today. [雾]
1125. _____ it Please _____ it carefully. [冻结]	1141. very _____ It looks very _____. [冷的]
1126. the _____ We talked about the _____ today. [凉爽]	1142. the _____ We talked about the _____ today. [雷]
1127. the _____ We talked about the _____ today. [彩虹]	1143. very _____ It looks very _____. [黑暗]
1128. _____ carefully Please _____ carefully. [发光]	1144. the _____ We talked about the _____ today. [伞]
1129. the _____ We talked about the _____ today. [季节]	1145. the _____ We talked about the _____ today. [夏季]
1130. the _____ We talked about the _____ today. [冬季]	1146. the _____ We talked about the _____ today. [云]
1131. the _____ We talked about the _____ today. [雨]	1147. the _____ We talked about the _____ today. [风]
1132. the _____ We talked about the _____ today. [暴风雨]	1148. the _____ We talked about the _____ today. [冰]
1133. very _____ It looks very _____. [热的]	1149. very _____ It looks very _____. [暖和的]
1134. very _____ It looks very _____. [干的]	1150. the _____ We talked about the _____ today. [闪电]
1135. _____ carefully Please _____ carefully. [上升]	1151. _____ it Please _____ it carefully. [落下]
1136. the _____ We talked about the _____ today. [天空]	1152. _____ morning _____ is my favourite book. [这]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第12天 · 第36组「四季电台」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 暖和的 _____	2. 天空 _____	3. 冰 _____	4. 天气 _____
5. 冬季 _____	6. 干的 _____	7. 季节 _____	8. 黑暗 _____
9. 冻结 _____	10. 雪 _____	11. 落下 _____	12. 冷的 _____
13. 伞 _____	14. 这 _____	15. 雾 _____	16. 春天 _____
17. 彩虹 _____	18. 热的 _____	19. 凉爽 _____	20. 多风的 _____
21. 秋天 _____	22. 多云的 _____	23. 云 _____	24. 发光 _____
25. 暴风雨 _____	26. 雷 _____	27. 阳光充足的 _____	28. 闪电 _____
29. 雨 _____	30. 风 _____	31. 上升 _____	32. 夏季 _____

B. 四词成句（可改变词形）

1. Warm / Sky / Ice / Weather	_____
2. Freeze / Snow / Fall / Cold	_____
3. Rainbow / Hot / Cool / Windy	_____
4. Storm / Thunder / Sunny / Lightning	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第12天 · 第36组「四季电台」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1121. Weather talk about weather We talked about weather in class.	1137. Spring the spring We talked about the spring today.
1122. Autumn the autumn We talked about the autumn today.	1138. Sunny very sunny It looks very sunny.
1123. Cloudy very cloudy It looks very cloudy.	1139. Snow the snow We talked about the snow today.
1124. Windy very windy It looks very windy.	1140. Fog the fog We talked about the fog today.
1125. Freeze freeze it Please freeze it carefully.	1141. Cold very cold It looks very cold.
1126. Cool the cool We talked about the cool today.	1142. Thunder the thunder We talked about the thunder today.
1127. Rainbow the rainbow We talked about the rainbow today.	1143. Dark very dark It looks very dark.
1128. Shine shine carefully Please shine carefully.	1144. Umbrella the umbrella We talked about the umbrella today.
1129. Season the season We talked about the season today.	1145. Summer the summer We talked about the summer today.
1130. Winter the winter We talked about the winter today.	1146. Cloud the cloud We talked about the cloud today.
1131. Rain the rain We talked about the rain today.	1147. Wind the wind We talked about the wind today.
1132. Storm the storm We talked about the storm today.	1148. Ice the ice We talked about the ice today.
1133. Hot very hot It looks very hot.	1149. Warm very warm It looks very warm.
1134. Dry very dry It looks very dry.	1150. Lightning the lightning We talked about the lightning today.
1135. Rise rise carefully Please rise carefully.	1151. Fall fall it Please fall it carefully.
1136. Sky the sky We talked about the sky today.	1152. This this morning This is my favourite book.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第13天

今日场景：丰收节拍 · 追踪脚印 · 山海之间

组别	场景	词条范围	完成
第37组	丰收节拍	1153-1184	[]
第38组	追踪脚印	1185-1216	[]
第39组	山海之间	1217-1248	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第13天 · 第37组「丰收节拍」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1153	Field	/f'i:ld/	田地	☐ ☐ ☐
1154	Leaf (leaves)	/l'i:f/	叶	☐ ☐ ☐
1155	Carrot	/k'ærət/	胡萝卜	☐ ☐ ☐
1156	Potato	/pət'eɪtəʊ/	马铃薯	☐ ☐ ☐
1157	Banana	/ben'a:ne/	香蕉	☐ ☐ ☐
1158	Cow	/k'aʊ/	母牛	☐ ☐ ☐
1159	Chicken	/tʃ'ɪkɪn/	小鸡	☐ ☐ ☐
1160	Food	/f'u:d/	食物	☐ ☐ ☐
1161	Grow	/gr'əʊ/	生长	☐ ☐ ☐
1162	Bamboo	/bæm'bu/	竹子	☐ ☐ ☐
1163	Cabbage	/k'æbɪdʒ/	卷心菜	☐ ☐ ☐
1164	Tomato	/təm'a:təʊ/	番茄	☐ ☐ ☐
1165	Pear	/p'eə/	梨子	☐ ☐ ☐
1166	Pig	/p'ɪg/	猪	☐ ☐ ☐
1167	Horse	/h'ɔ:s/	马	☐ ☐ ☐
1168	Fresh	/fr'ɛʃ/	新鲜的	☐ ☐ ☐
1169	Grass	/gr'a:s/	草	☐ ☐ ☐
1170	Corn	/k'ɔ:n/	玉米	☐ ☐ ☐
1171	Cucumber	/kɪ'u:kʌmbe/	黄瓜	☐ ☐ ☐
1172	Strawberry	/str'ɔ:bəri/	草莓	☐ ☐ ☐
1173	Grape	/gr'eɪp/	葡萄	☐ ☐ ☐
1174	Sheep	/ʃ'i:p/	羊	☐ ☐ ☐
1175	Feed	/f'i:d/	喂养	☐ ☐ ☐
1176	Rose	/'rəʊz/	玫瑰	☐ ☐ ☐
1177	Flower	/'flaʊə/	花	☐ ☐ ☐
1178	Bean	/b'i:n/	豆子	☐ ☐ ☐
1179	Onion	/ʌniən/	洋葱	☐ ☐ ☐
1180	Apple	/'æpəl/	苹果	☐ ☐ ☐
1181	Watermelon	/w'ɔ:təm,ɛlən/	西瓜	☐ ☐ ☐
1182	Hen	/h'ɛn/	母鸡	☐ ☐ ☐
1183	Dig	/d'ɪg/	挖	☐ ☐ ☐
1184	Us	/'ʌs/	我们	☐ ☐ ☐

第13天 · 第37组「丰收节拍」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1153	Field	F__ld	_____	[]
1154	Leaf / leaves	L__f	_____	[]
1155	Carrot	C__r_t	_____	[]
1156	Potato	P__a_o	_____	[]
1157	Banana	B__a_a	_____	[]
1158	Cow	C_w	_____	[]
1159	Chi · cken	C__c__n	_____	[]
1160	Food	F__d	_____	[]
1161	Grow	G__w	_____	[]
1162	Bamboo	B__b_o	_____	[]
1163	Cab · bage	C__b__e	_____	[]
1164	Tomato	T__a_o	_____	[]
1165	Pear	P__r	_____	[]
1166	Pig	P_g	_____	[]
1167	Horse	H__se	_____	[]
1168	Fresh	F__sh	_____	[]
1169	Grass	G__ss	_____	[]
1170	Corn	C__n	_____	[]
1171	Cucumb · er	C__u__er	_____	[]
1172	Str · awb · erry	S__a__e__y	_____	[]
1173	Grape	G__pe	_____	[]
1174	Sheep	S__ep	_____	[]
1175	Feed	F__d	_____	[]
1176	Rose	R__e	_____	[]
1177	Flow · er	F__w_r	_____	[]
1178	Bean	B__n	_____	[]
1179	Onion	O__on	_____	[]
1180	Apple	A__le	_____	[]
1181	Wat · erm · elon	W__e__e__n	_____	[]
1182	Hen	H_n	_____	[]
1183	Dig	D_g	_____	[]
1184	Us	U_s	_____	[]

第13天 · 第37组「丰收节拍」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Field / Leaf / Carrot / Potato 画面元素：田地、叶、胡萝卜、马铃薯 英文标签：_____	场景2 Banana / Cow / Chicken / Food 画面元素：香蕉、母牛、小鸡、食物 英文标签：_____
场景3 Grow / Bamboo / Cabbage / Tomato 画面元素：生长、竹子、卷心菜、番茄 英文标签：_____	场景4 Pear / Pig / Horse / Fresh 画面元素：梨子、猪、马、新鲜的 英文标签：_____
场景5 Grass / Corn / Cucumber / Strawberry 画面元素：草、玉米、黄瓜、草莓 英文标签：_____	场景6 Grape / Sheep / Feed / Rose 画面元素：葡萄、羊、喂养、玫瑰 英文标签：_____
场景7 Flower / Bean / Onion / Apple 画面元素：花、豆子、洋葱、苹果 英文标签：_____	场景8 Watermelon / Hen / Dig / Us 画面元素：西瓜、母鸡、挖、我们 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第13天 · 第37组「丰收节拍」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1153. the _____ We talked about the _____ today. (田地)	1169. the _____ We talked about the _____ today. (草)
1154. the _____ We talked about the _____ today. (叶)	1170. the _____ We talked about the _____ today. (玉米)
1155. the _____ We talked about the _____ today. (胡萝卜)	1171. the _____ We talked about the _____ today. (黄瓜)
1156. the _____ We talked about the _____ today. (马铃薯)	1172. the _____ We talked about the _____ today. (草莓)
1157. the _____ We talked about the _____ today. (香蕉)	1173. the _____ We talked about the _____ today. (葡萄)
1158. the _____ We talked about the _____ today. (母牛)	1174. the _____ We talked about the _____ today. (羊)
1159. _____ soup We had _____ soup for lunch. (小鸡)	1175. _____ it Please _____ it carefully. (喂养)
1160. the _____ We talked about the _____ today. (食物)	1176. the _____ We talked about the _____ today. (玫瑰)
1161. _____ it Please _____ it carefully. (生长)	1177. _____ it Please _____ it carefully. (花)
1162. the _____ We talked about the _____ today. (竹子)	1178. the _____ We talked about the _____ today. (豆子)
1163. the _____ We talked about the _____ today. (卷心菜)	1179. the _____ We talked about the _____ today. (洋葱)
1164. the _____ We talked about the _____ today. (番茄)	1180. the _____ We talked about the _____ today. (苹果)
1165. the _____ We talked about the _____ today. (梨子)	1181. the _____ We talked about the _____ today. (西瓜)
1166. the _____ We talked about the _____ today. (猪)	1182. the _____ We talked about the _____ today. (母鸡)
1167. the _____ We talked about the _____ today. (马)	1183. _____ it Please _____ it carefully. (挖)
1168. very _____ It looks very _____. (新鲜的)	1184. help _____ Our teacher often helps _____. (我们)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第13天 · 第37组「丰收节拍」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 生长 _____	2. 喂养 _____	3. 我们 _____	4. 番茄 _____
5. 花 _____	6. 食物 _____	7. 洋葱 _____	8. 马 _____
9. 母鸡 _____	10. 葡萄 _____	11. 田地 _____	12. 苹果 _____
13. 马铃薯 _____	14. 小鸡 _____	15. 母牛 _____	16. 胡萝卜 _____
17. 挖 _____	18. 草 _____	19. 豆子 _____	20. 香蕉 _____
21. 猪 _____	22. 叶 _____	23. 梨子 _____	24. 黄瓜 _____
25. 羊 _____	26. 新鲜的 _____	27. 草莓 _____	28. 卷心菜 _____
29. 玉米 _____	30. 竹子 _____	31. 玫瑰 _____	32. 西瓜 _____

B. 四词成句（可改变词形）

1. Grow / Feed / Us / Tomato	_____
2. Hen / Grape / Field / Apple	_____
3. Dig / Grass / Bean / Banana	_____
4. Sheep / Fresh / Strawberry / Cabbage	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第13天 · 第37组「丰收节拍」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1153. Field the field We talked about the field today.	1169. Grass the grass We talked about the grass today.
1154. Leaf (leaves) the leaf We talked about the leaf today.	1170. Corn the corn We talked about the corn today.
1155. Carrot the carrot We talked about the carrot today.	1171. Cucumber the cucumber We talked about the cucumber today.
1156. Potato the potato We talked about the potato today.	1172. Strawberry the strawberry We talked about the strawberry today.
1157. Banana the banana We talked about the banana today.	1173. Grape the grape We talked about the grape today.
1158. Cow the cow We talked about the cow today.	1174. Sheep the sheep We talked about the sheep today.
1159. Chicken chicken soup We had chicken soup for lunch.	1175. Feed feed it Please feed it carefully.
1160. Food the food We talked about the food today.	1176. Rose the rose We talked about the rose today.
1161. Grow grow it Please grow it carefully.	1177. Flower flower it Please flower it carefully.
1162. Bamboo the bamboo We talked about the bamboo today.	1178. Bean the bean We talked about the bean today.
1163. Cabbage the cabbage We talked about the cabbage today.	1179. Onion the onion We talked about the onion today.
1164. Tomato the tomato We talked about the tomato today.	1180. Apple the apple We talked about the apple today.
1165. Pear the pear We talked about the pear today.	1181. Watermelon the watermelon We talked about the watermelon today.
1166. Pig the pig We talked about the pig today.	1182. Hen the hen We talked about the hen today.
1167. Horse the horse We talked about the horse today.	1183. Dig dig it Please dig it carefully.
1168. Fresh very fresh It looks very fresh.	1184. Us help us Our teacher often helps us.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第13天 · 第38组「追踪脚印」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1185	Zoo	/z'u:/	动物园	☐ ☐ ☐
1186	Tiger	/t'aige/	老虎	☐ ☐ ☐
1187	Elephant	/'ɛlɪfənt/	象	☐ ☐ ☐
1188	Bird	/b'ɜ:d/	鸟	☐ ☐ ☐
1189	Whale	/w'eɪl/	鲸	☐ ☐ ☐
1190	Bee	/b'i:/	蜜蜂	☐ ☐ ☐
1191	Dog	/d'ɒg/	狗	☐ ☐ ☐
1192	Alive	/el'aɪv/	活着的	☐ ☐ ☐
1193	Wild	/w'aɪld/	野生的	☐ ☐ ☐
1194	Wolf (wolves)	/w'ɒlf/	狼	☐ ☐ ☐
1195	Monkey	/m'ʌnki/	猴子	☐ ☐ ☐
1196	Eagle	/'i:gəl/	鹰	☐ ☐ ☐
1197	Shark	/ʃ'a:k/	鲨鱼	☐ ☐ ☐
1198	Butterfly	/b'ʌtəfl,aɪ/	蝴蝶	☐ ☐ ☐
1199	Tail	/t'eɪl/	尾部	☐ ☐ ☐
1200	Cute	/kj'u:t/	可爱的	☐ ☐ ☐
1201	Bear	/b'eə/	熊	☐ ☐ ☐
1202	Fox	/f'ɒks/	狐狸	☐ ☐ ☐
1203	Panda	/p'ænde/	大熊猫	☐ ☐ ☐
1204	Duck	/d'ʌk/	鸭	☐ ☐ ☐
1205	Snake	/sn'eɪk/	蛇	☐ ☐ ☐
1206	Insect	/'ɪnsɛkt/	昆虫	☐ ☐ ☐
1207	Wing	/w'ɪŋ/	翅膀	☐ ☐ ☐
1208	Fish	/f'ɪʃ/	鱼	☐ ☐ ☐
1209	Lion	/l'aɪən/	狮子	☐ ☐ ☐
1210	Giraffe	/dʒɪr'a:f/	长颈鹿	☐ ☐ ☐
1211	Rabbit	/r'æbɪt/	兔子	☐ ☐ ☐
1212	Penguin	/p'ɛŋgwɪn/	企鹅	☐ ☐ ☐
1213	Ant	/'ænt/	蚂蚁	☐ ☐ ☐
1214	Cat	/k'æt/	猫	☐ ☐ ☐
1215	Hunt	/h'ʌnt/	狩猎	☐ ☐ ☐
1216	Very	/v'ɛrɪ/	很；非常	☐ ☐ ☐

第13天 · 第38组「追踪脚印」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1185	Zoo	Z_o	_____	[]
1186	Tig • er	T__er	_____	[]
1187	Ele • pha • nt	E__p__nt	_____	[]
1188	Bird	B__d	_____	[]
1189	Whale	W__le	_____	[]
1190	Bee	B_e	_____	[]
1191	Dog	D_g	_____	[]
1192	Alive	A__ve	_____	[]
1193	Wild	W__d	_____	[]
1194	Wolf / wolves	W__f	_____	[]
1195	Monkey	M__k_y	_____	[]
1196	Eagle	E__le	_____	[]
1197	Shark	S__rk	_____	[]
1198	Butterf • ly	B__t__f_y	_____	[]
1199	Tail	T__l	_____	[]
1200	Cute	C__e	_____	[]
1201	Bear	B__r	_____	[]
1202	Fox	F_x	_____	[]
1203	Panda	P__da	_____	[]
1204	Duck	D__k	_____	[]
1205	Snake	S__ke	_____	[]
1206	Insect	I__e_t	_____	[]
1207	Wing	W__g	_____	[]
1208	Fish	F__h	_____	[]
1209	Lion	L__n	_____	[]
1210	Gir • affe	G__a__e	_____	[]
1211	Rabbit	R__b_t	_____	[]
1212	Pen • guin	P__g__n	_____	[]
1213	Ant	A_t	_____	[]
1214	Cat	C_t	_____	[]
1215	Hunt	H__t	_____	[]
1216	Very	V__y	_____	[]

第13天 · 第38组「追踪脚印」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Zoo / Tiger / Elephant / Bird 画面元素：动物园、老虎、象、鸟 英文标签：_____	场景2 Whale / Bee / Dog / Alive 画面元素：鲸、蜜蜂、狗、活着的 英文标签：_____
场景3 Wild / Wolf / Monkey / Eagle 画面元素：野生的、狼、猴子、鹰 英文标签：_____	场景4 Shark / Butterfly / Tail / Cute 画面元素：鲨鱼、蝴蝶、尾部、可爱的 英文标签：_____
场景5 Bear / Fox / Panda / Duck 画面元素：熊、狐狸、大熊猫、鸭 英文标签：_____	场景6 Snake / Insect / Wing / Fish 画面元素：蛇、昆虫、翅膀、鱼 英文标签：_____
场景7 Lion / Giraffe / Rabbit / Penguin 画面元素：狮子、长颈鹿、兔子、企鹅 英文标签：_____	场景8 Ant / Cat / Hunt / Very 画面元素：蚂蚁、猫、狩猎、很；非常 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第13天 · 第38组「追踪脚印」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1185. the _____ We talked about the _____ today. [动物园]	1201. the _____ We talked about the _____ today. [熊]
1186. the _____ We talked about the _____ today. [老虎]	1202. the _____ We talked about the _____ today. [狐狸]
1187. the _____ We talked about the _____ today. [象]	1203. the _____ We talked about the _____ today. [大熊猫]
1188. the _____ We talked about the _____ today. [鸟]	1204. the _____ We talked about the _____ today. [鸭]
1189. the _____ We talked about the _____ today. [鲸]	1205. the _____ We talked about the _____ today. [蛇]
1190. the _____ We talked about the _____ today. [蜜蜂]	1206. the _____ We talked about the _____ today. [昆虫]
1191. the _____ We talked about the _____ today. [狗]	1207. the _____ We talked about the _____ today. [翅膀]
1192. very _____ It looks very _____. [活着的]	1208. the _____ We talked about the _____ today. [鱼]
1193. very _____ It looks very _____. [野生的]	1209. the _____ We talked about the _____ today. [狮子]
1194. the _____ We talked about the _____ today. [狼]	1210. the _____ We talked about the _____ today. [长颈鹿]
1195. the _____ We talked about the _____ today. [猴子]	1211. the _____ We talked about the _____ today. [兔子]
1196. the _____ We talked about the _____ today. [鹰]	1212. the _____ We talked about the _____ today. [企鹅]
1197. the _____ We talked about the _____ today. [鲨鱼]	1213. the _____ We talked about the _____ today. [蚂蚁]
1198. the _____ We talked about the _____ today. [蝴蝶]	1214. the _____ We talked about the _____ today. [猫]
1199. the _____ We talked about the _____ today. [尾部]	1215. _____ it Please _____ it carefully. [狩猎]
1200. very _____ It looks very _____. [可爱的]	1216. _____ well She speaks English _____ well. [很; 非常]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第13天 · 第38组「追踪脚印」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 很；非常 _____	2. 尾部 _____	3. 狩猎 _____	4. 企鹅 _____
5. 兔子 _____	6. 猫 _____	7. 动物园 _____	8. 狮子 _____
9. 昆虫 _____	10. 狐狸 _____	11. 蜜蜂 _____	12. 鱼 _____
13. 活着的 _____	14. 老虎 _____	15. 野生的 _____	16. 蚂蚁 _____
17. 鹰 _____	18. 长颈鹿 _____	19. 猴子 _____	20. 狗 _____
21. 鸟 _____	22. 大熊猫 _____	23. 蝴蝶 _____	24. 象 _____
25. 狼 _____	26. 鲸 _____	27. 翅膀 _____	28. 鸭 _____
29. 蛇 _____	30. 可爱的 _____	31. 鲨鱼 _____	32. 熊 _____

B. 四词成句（可改变词形）

1. Very / Tail / Hunt / Penguin	_____
2. Insect / Fox / Bee / Fish	_____
3. Eagle / Giraffe / Monkey / Dog	_____
4. Wolf / Whale / Wing / Duck	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第13天 · 第38组「追踪脚印」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1185. Zoo the zoo We talked about the zoo today.	1201. Bear the bear We talked about the bear today.
1186. Tiger the tiger We talked about the tiger today.	1202. Fox the fox We talked about the fox today.
1187. Elephant the elephant We talked about the elephant today.	1203. Panda the panda We talked about the panda today.
1188. Bird the bird We talked about the bird today.	1204. Duck the duck We talked about the duck today.
1189. Whale the whale We talked about the whale today.	1205. Snake the snake We talked about the snake today.
1190. Bee the bee We talked about the bee today.	1206. Insect the insect We talked about the insect today.
1191. Dog the dog We talked about the dog today.	1207. Wing the wing We talked about the wing today.
1192. Alive very alive It looks very alive.	1208. Fish the fish We talked about the fish today.
1193. Wild very wild It looks very wild.	1209. Lion the lion We talked about the lion today.
1194. Wolf (wolves) the wolf We talked about the wolf today.	1210. Giraffe the giraffe We talked about the giraffe today.
1195. Monkey the monkey We talked about the monkey today.	1211. Rabbit the rabbit We talked about the rabbit today.
1196. Eagle the eagle We talked about the eagle today.	1212. Penguin the penguin We talked about the penguin today.
1197. Shark the shark We talked about the shark today.	1213. Ant the ant We talked about the ant today.
1198. Butterfly the butterfly We talked about the butterfly today.	1214. Cat the cat We talked about the cat today.
1199. Tail the tail We talked about the tail today.	1215. Hunt hunt it Please hunt it carefully.
1200. Cute very cute It looks very cute.	1216. Very very well She speaks English very well.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第13天 · 第39组「山海之间」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1217	Land	/l'ænd/	陆地	☐ ☐ ☐
1218	Rock	/r'ɒk/	岩石	☐ ☐ ☐
1219	Ocean	/'əʊʃən/	海洋	☐ ☐ ☐
1220	Forest	/f'ɒrɪst/	森林	☐ ☐ ☐
1221	West	/w'est/	西方	☐ ☐ ☐
1222	Deep	/d'i:p/	深的	☐ ☐ ☐
1223	Sand	/s'ænd/	沙	☐ ☐ ☐
1224	Rather	/r'ɑ:ðe/	宁可	☐ ☐ ☐
1225	Ground	/gr'aʊnd/	地面	☐ ☐ ☐
1226	Stone	/st'əʊn/	石头	☐ ☐ ☐
1227	Sea	/s'i:/	海	☐ ☐ ☐
1228	Countryside	/k'ʌntrɪs,aɪd/	乡村	☐ ☐ ☐
1229	Geography	/dʒɪ'ɒgrəfi/	地理学	☐ ☐ ☐
1230	Hole	/h'əʊl/	孔	☐ ☐ ☐
1231	Kilometre (kilometer)	/k'ɪləm,i:tə/	公里	☐ ☐ ☐
1232	Guess	/g'ɛs/	猜测	☐ ☐ ☐
1233	Mountain	/m'aʊntɪn/	山	☐ ☐ ☐
1234	River	/'rɪvə/	河	☐ ☐ ☐
1235	Island	/'aɪlənd/	岛	☐ ☐ ☐
1236	Village	/v'ɪlɪdʒ/	村庄	☐ ☐ ☐
1237	High	/h'aɪ/	高的	☐ ☐ ☐
1238	Mile	/m'aɪl/	英里	☐ ☐ ☐
1239	Please	/pl'i:z/	请	☐ ☐ ☐
1240	Would	/w'ʊd/	将会；愿意	☐ ☐ ☐
1241	Hill	/h'ɪl/	小山	☐ ☐ ☐
1242	Lake	/l'eɪk/	湖	☐ ☐ ☐
1243	Desert	/'dezə:t/	沙漠	☐ ☐ ☐
1244	East	/'i:st/	东方	☐ ☐ ☐
1245	Boat	/b'əʊt/	船	☐ ☐ ☐
1246	Ship	/ʃ'ɪp/	船	☐ ☐ ☐
1247	Instead	/ɪnst'ed/	代替；反而	☐ ☐ ☐
1248	Can	/k'æn/	能；可以	☐ ☐ ☐

第13天 · 第39组「山海之间」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1217	Land	L__d	_____	[]
1218	Rock	R__k	_____	[]
1219	Ocean	O__a n	_____	[]
1220	Forest	F__e_t	_____	[]
1221	West	W__t	_____	[]
1222	Deep	D__p	_____	[]
1223	Sand	S__d	_____	[]
1224	Rath · er	R__h_r	_____	[]
1225	Ground	G__u_d	_____	[]
1226	Stone	S__n e	_____	[]
1227	Sea	S_a	_____	[]
1228	Cou · ntr · ysi · de	C__n__y__d e	_____	[]
1229	Geo · gra · phy	G__g__p_y	_____	[]
1230	Hole	H__e	_____	[]
1231	Kil · ome · tre / kilometer	K__o__t_e	_____	[]
1232	Guess	G__ss	_____	[]
1233	Mou · nta · in	M__n__i n	_____	[]
1234	Riv · er	R__er	_____	[]
1235	Island	I__a_d	_____	[]
1236	Vil · lage	V__l__e	_____	[]
1237	High	H__h	_____	[]
1238	Mile	M__e	_____	[]
1239	Please	P__a_e	_____	[]
1240	Would	W__l d	_____	[]
1241	Hill	H__l	_____	[]
1242	Lake	L__e	_____	[]
1243	Desert	D__e_t	_____	[]
1244	East	E__t	_____	[]
1245	Boat	B__t	_____	[]
1246	Ship	S__p	_____	[]
1247	Ins · tead	I__t__d	_____	[]
1248	Can	C_n	_____	[]

第13天 · 第39组「山海之间」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Land / Rock / Ocean / Forest 画面元素：陆地、岩石、海洋、森林 英文标签：_____	场景2 West / Deep / Sand / Rather 画面元素：西方、深的、沙、宁可 英文标签：_____
场景3 Ground / Stone / Sea / Countryside 画面元素：地面、石头、海、乡村 英文标签：_____	场景4 Geography / Hole / Kilometre / Guess 画面元素：地理学、孔、公里、猜测 英文标签：_____
场景5 Mountain / River / Island / Village 画面元素：山、河、岛、村庄 英文标签：_____	场景6 High / Mile / Please / Would 画面元素：高的、英里、请、将会；愿意 英文标签：_____
场景7 Hill / Lake / Desert / East 画面元素：小山、湖、沙漠、东方 英文标签：_____	场景8 Boat / Ship / Instead / Can 画面元素：船、船、代替；反而、能；可以 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第13天 · 第39组「山海之间」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1217. the _____ We talked about the _____ today. [陆地]	1233. the _____ We talked about the _____ today. [山]
1218. the _____ We talked about the _____ today. [岩石]	1234. the _____ We talked about the _____ today. [河]
1219. the _____ We talked about the _____ today. [海洋]	1235. the _____ We talked about the _____ today. [岛]
1220. the _____ We talked about the _____ today. [森林]	1236. the _____ We talked about the _____ today. [村庄]
1221. the _____ We talked about the _____ today. [西方]	1237. very _____ It looks very _____. [高的]
1222. very _____ It looks very _____. [深的]	1238. the _____ We talked about the _____ today. [英里]
1223. the _____ We talked about the _____ today. [沙]	1239. _____ it _____ it carefully. [请]
1224. would _____ I would _____ walk than take a taxi. [宁可]	1240. _____ like I _____ like a glass of milk. [将会；愿意]
1225. the _____ We talked about the _____ today. [地面]	1241. the _____ We talked about the _____ today. [小山]
1226. the _____ We talked about the _____ today. [石头]	1242. the _____ We talked about the _____ today. [湖]
1227. the _____ We talked about the _____ today. [海]	1243. the _____ We talked about the _____ today. [沙漠]
1228. the _____ We talked about the _____ today. [乡村]	1244. the _____ We talked about the _____ today. [东方]
1229. the _____ We talked about the _____ today. [地理学]	1245. the _____ We talked about the _____ today. [船]
1230. the _____ We talked about the _____ today. [孔]	1246. the _____ We talked about the _____ today. [船]
1231. the _____ We talked about the _____ today. [公里]	1247. _____ of We walked to school _____ of taking the bus. [代替；反而]
1232. _____ it Please _____ it carefully. [猜测]	1248. _____ do I _____ finish the work today. [能；可以]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第13天 · 第39组「山海之间」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 宁可 _____	2. 公里 _____	3. 湖 _____	4. 石头 _____
5. 沙 _____	6. 西方 _____	7. 村庄 _____	8. 山 _____
9. 沙漠 _____	10. 陆地 _____	11. 海洋 _____	12. 代替；反而 _____
13. 英里 _____	14. 东方 _____	15. 河 _____	16. 请 _____
17. 地面 _____	18. 猜测 _____	19. 小山 _____	20. 地理学 _____
21. 船 _____	22. 船 _____	23. 孔 _____	24. 能；可以 _____
25. 森林 _____	26. 将会；愿意 _____	27. 高的 _____	28. 岛 _____
29. 岩石 _____	30. 深的 _____	31. 乡村 _____	32. 海 _____

B. 四词成句（可改变词形）

1. Rather / Kilometre / Lake / Stone	_____
2. Desert / Land / Ocean / Instead	_____
3. Ground / Guess / Hill / Geography	_____
4. Forest / Would / High / Island	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第13天 · 第39组「山海之间」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1217. Land the land We talked about the land today.	1233. Mountain the mountain We talked about the mountain today.
1218. Rock the rock We talked about the rock today.	1234. River the river We talked about the river today.
1219. Ocean the ocean We talked about the ocean today.	1235. Island the island We talked about the island today.
1220. Forest the forest We talked about the forest today.	1236. Village the village We talked about the village today.
1221. West the west We talked about the west today.	1237. High very high It looks very high.
1222. Deep very deep It looks very deep.	1238. Mile the mile We talked about the mile today.
1223. Sand the sand We talked about the sand today.	1239. Please please it Please please it carefully.
1224. Rather would rather I would rather walk than take a taxi.	1240. Would would like I would like a glass of milk.
1225. Ground the ground We talked about the ground today.	1241. Hill the hill We talked about the hill today.
1226. Stone the stone We talked about the stone today.	1242. Lake the lake We talked about the lake today.
1227. Sea the sea We talked about the sea today.	1243. Desert the desert We talked about the desert today.
1228. Countryside the countryside We talked about the countryside today.	1244. East the east We talked about the east today.
1229. Geography the geography We talked about the geography today.	1245. Boat the boat We talked about the boat today.
1230. Hole the hole We talked about the hole today.	1246. Ship the ship We talked about the ship today.
1231. Kilometre (kilometer) the kilometre We talked about the kilometre today.	1247. Instead instead of We walked to school instead of taking the bus.
1232. Guess guess it Please guess it carefully.	1248. Can can do I can finish the work today.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第14天

今日场景：绿色行动 · 社区地图 · 一分钟应急

组别	场景	词条范围	完成
第40组	绿色行动	1249-1280	[]
第41组	社区地图	1281-1312	[]
第42组	一分钟应急	1313-1344	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第14天 · 第40组「绿色行动」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1249	Environment	/ɛnv'aɪrənmənt/	环境	☐ ☐ ☐
1250	Rubbish	/r'ʌbɪʃ/	垃圾	☐ ☐ ☐
1251	Reduce	/rɪdj'u:s/	减少	☐ ☐ ☐
1252	Smoke	/sm'əʊk/	烟	☐ ☐ ☐
1253	Climate	/kl'aɪmət/	气候	☐ ☐ ☐
1254	Fire	/f'aɪə/	火灾	☐ ☐ ☐
1255	Tree	/tr'i:/	树	☐ ☐ ☐
1256	Menu	/m'ɛnju:/	菜单	☐ ☐ ☐
1257	Nature	/n'eɪtʃə/	自然	☐ ☐ ☐
1258	Litter	/l'ɪtə/	垃圾	☐ ☐ ☐
1259	Save	/s'eɪv/	保护；节省	☐ ☐ ☐
1260	Gas	/g'æs/	气体	☐ ☐ ☐
1261	Disaster	/d,ɪs'a:stə/	灾祸	☐ ☐ ☐
1262	Harm	/h'a:m/	伤害	☐ ☐ ☐
1263	Plant	/pl'ænt/	植物	☐ ☐ ☐
1264	Separate	/sɛpə'reɪt/	分开	☐ ☐ ☐
1265	Water	/w'ɔ:tə/	水	☐ ☐ ☐
1266	Waste	/w'eɪst/	浪费	☐ ☐ ☐
1267	Clean	/kl'i:n/	清洁；干净的	☐ ☐ ☐
1268	Plastic	/pl'a:stɪk/	塑料	☐ ☐ ☐
1269	Flood	/fl'ʌd/	洪水	☐ ☐ ☐
1270	Surface	/s'ɜ:fɪs/	表面	☐ ☐ ☐
1271	Animal	/ʼænɪməl/	动物	☐ ☐ ☐
1272	Huge	/hj'u:dʒ/	极大的	☐ ☐ ☐
1273	Pollute	/pəl'u:t/	污染	☐ ☐ ☐
1274	Recycle	/rɪs'aɪkəl/	回收利用	☐ ☐ ☐
1275	Dirty	/d'ɜ:ti/	肮脏的	☐ ☐ ☐
1276	Paper	/p'eɪpə/	纸	☐ ☐ ☐
1277	Earthquake	/ʼɜ:θkweɪk/	地震	☐ ☐ ☐
1278	Soil	/s'ɔɪl/	土壤	☐ ☐ ☐
1279	Wood	/w'ʊd/	木材	☐ ☐ ☐
1280	Them	/ð'eɪm/	他们	☐ ☐ ☐

第14天 · 第40组「绿色行动」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1249	Environ • ment	E__i__n__nt	_____	[]
1250	Rub • bish	R__b__h	_____	[]
1251	Re • duce	R__u_e	_____	[]
1252	Smoke	S__ke	_____	[]
1253	Cli • mate	C__m__e	_____	[]
1254	Fire	F__e	_____	[]
1255	Tree	T__e	_____	[]
1256	Menu	M__u	_____	[]
1257	Nature	N__u_e	_____	[]
1258	Litt • er	L__t_r	_____	[]
1259	Save	S__e	_____	[]
1260	Gas	G_s	_____	[]
1261	Dis • ast • er	D__a__er	_____	[]
1262	Harm	H__m	_____	[]
1263	Plant	P__nt	_____	[]
1264	Sep • ara • te	S__a__te	_____	[]
1265	Wat • er	W__er	_____	[]
1266	Waste	W__te	_____	[]
1267	Clean	C__an	_____	[]
1268	Pla • stic	P__s__c	_____	[]
1269	Flood	F__od	_____	[]
1270	Sur • face	S__f__e	_____	[]
1271	Animal	A__m_l	_____	[]
1272	Huge	H__e	_____	[]
1273	Pol • lute	P__l__e	_____	[]
1274	Re • cycle	R__y__e	_____	[]
1275	Dirty	D__ty	_____	[]
1276	Pap • er	P__er	_____	[]
1277	Ear • thq • uake	E__t__u__e	_____	[]
1278	Soil	S__l	_____	[]
1279	Wood	W__d	_____	[]
1280	Them	T__m	_____	[]

第14天 · 第40组「绿色行动」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Environment / Rubbish / Reduce / Smoke 画面元素：环境、垃圾、减少、烟 英文标签：_____	场景2 Climate / Fire / Tree / Menu 画面元素：气候、火灾、树、菜单 英文标签：_____
场景3 Nature / Litter / Save / Gas 画面元素：自然、垃圾、保护；节省、气体 英文标签：_____	场景4 Disaster / Harm / Plant / Separate 画面元素：灾祸、伤害、植物、分开 英文标签：_____
场景5 Water / Waste / Clean / Plastic 画面元素：水、浪费、清洁；干净的、塑料 英文标签：_____	场景6 Flood / Surface / Animal / Huge 画面元素：洪水、表面、动物、极大的 英文标签：_____
场景7 Pollute / Recycle / Dirty / Paper 画面元素：污染、回收利用、肮脏的、纸 英文标签：_____	场景8 Earthquake / Soil / Wood / Them 画面元素：地震、土壤、木材、他们 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第14天 · 第40组「绿色行动」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1249. talk about _____ We talked about _____ in class. [环境]	1265. the _____ We talked about the _____ today. [水]
1250. the _____ We talked about the _____ today. [垃圾]	1266. _____ it Please _____ it carefully. [浪费]
1251. _____ it Please _____ it carefully. [减少]	1267. very _____ It looks very _____. [清洁；干净的]
1252. the _____ We talked about the _____ today. [烟]	1268. the _____ We talked about the _____ today. [塑料]
1253. talk about _____ We talked about _____ in class. [气候]	1269. the _____ We talked about the _____ today. [洪水]
1254. the _____ We talked about the _____ today. [火灾]	1270. the _____ We talked about the _____ today. [表面]
1255. the _____ We talked about the _____ today. [树]	1271. the _____ We talked about the _____ today. [动物]
1256. the _____ We talked about the _____ today. [菜单]	1272. very _____ It looks very _____. [极大的]
1257. the _____ We talked about the _____ today. [自然]	1273. _____ it Please _____ it carefully. [污染]
1258. the _____ We talked about the _____ today. [垃圾]	1274. _____ it Please _____ it carefully. [回收利用]
1259. _____ it Please _____ it carefully. [保护；节省]	1275. very _____ It looks very _____. [肮脏的]
1260. talk about _____ We talked about _____ in class. [气体]	1276. the _____ We talked about the _____ today. [纸]
1261. the _____ We talked about the _____ today. [灾祸]	1277. the _____ We talked about the _____ today. [地震]
1262. _____ it Please _____ it carefully. [伤害]	1278. the _____ We talked about the _____ today. [土壤]
1263. the _____ We talked about the _____ today. [植物]	1279. the _____ We talked about the _____ today. [木材]
1264. _____ it Please _____ it carefully. [分开]	1280. help _____ Please give the books to _____. [他们]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第14天 · 第40组「绿色行动」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 回收利用 _____	2. 他们 _____	3. 洪水 _____	4. 菜单 _____
5. 污染 _____	6. 浪费 _____	7. 水 _____	8. 保护；节省 _____
9. 火灾 _____	10. 植物 _____	11. 气体 _____	12. 减少 _____
13. 自然 _____	14. 树 _____	15. 伤害 _____	16. 垃圾 _____
17. 垃圾 _____	18. 表面 _____	19. 气候 _____	20. 动物 _____
21. 烟 _____	22. 地震 _____	23. 塑料 _____	24. 极大的 _____
25. 环境 _____	26. 木材 _____	27. 分开 _____	28. 纸 _____
29. 肮脏的 _____	30. 灾祸 _____	31. 清洁；干净的 _____	32. 土壤 _____

B. 四词成句（可改变词形）

1. Recycle / Them / Flood / Menu	_____
2. Fire / Plant / Gas / Reduce	_____
3. Litter / Surface / Climate / Animal	_____
4. Environment / Wood / Separate / Paper	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第14天 · 第40组「绿色行动」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1249. Environment talk about environment We talked about environment in class.	1265. Water the water We talked about the water today.
1250. Rubbish the rubbish We talked about the rubbish today.	1266. Waste waste it Please waste it carefully.
1251. Reduce reduce it Please reduce it carefully.	1267. Clean very clean It looks very clean.
1252. Smoke the smoke We talked about the smoke today.	1268. Plastic the plastic We talked about the plastic today.
1253. Climate talk about climate We talked about climate in class.	1269. Flood the flood We talked about the flood today.
1254. Fire the fire We talked about the fire today.	1270. Surface the surface We talked about the surface today.
1255. Tree the tree We talked about the tree today.	1271. Animal the animal We talked about the animal today.
1256. Menu the menu We talked about the menu today.	1272. Huge very huge It looks very huge.
1257. Nature the nature We talked about the nature today.	1273. Pollute pollute it Please pollute it carefully.
1258. Litter the litter We talked about the litter today.	1274. Recycle recycle it Please recycle it carefully.
1259. Save save it Please save it carefully.	1275. Dirty very dirty It looks very dirty.
1260. Gas talk about gas We talked about gas in class.	1276. Paper the paper We talked about the paper today.
1261. Disaster the disaster We talked about the disaster today.	1277. Earthquake the earthquake We talked about the earthquake today.
1262. Harm harm it Please harm it carefully.	1278. Soil the soil We talked about the soil today.
1263. Plant the plant We talked about the plant today.	1279. Wood the wood We talked about the wood today.
1264. Separate separate it Please separate it carefully.	1280. Them help them Please give the books to them.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第14天 · 第41组 「社区地图」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1281	Citizen	/s'ɪtɪzən/	市民	☐ ☐ ☐
1282	Government	/g'ʌvənmənt/	政府	☐ ☐ ☐
1283	Bank	/b'æŋk/	银行	☐ ☐ ☐
1284	Cinema	/s'inəmə/	电影院	☐ ☐ ☐
1285	Town	/t'aʊn/	城镇	☐ ☐ ☐
1286	Club	/kl'ʌb/	俱乐部	☐ ☐ ☐
1287	Welcome	/w'elkʌm/	欢迎	☐ ☐ ☐
1288	Plate	/pl'eɪt/	盘子	☐ ☐ ☐
1289	Neighbour (neighbor)	/n'eɪbə/	邻居	☐ ☐ ☐
1290	Hospital	/h'ɒspɪtəl/	医院	☐ ☐ ☐
1291	Park	/p'a:k/	公园	☐ ☐ ☐
1292	Theatre (theater)	/θ'iəte/	剧院	☐ ☐ ☐
1293	City	/s'ɪti/	城市	☐ ☐ ☐
1294	Hall	/h'ɔ:l/	大厅	☐ ☐ ☐
1295	Flat	/fl'æt/	公寓	☐ ☐ ☐
1296	However	/haʊ'sevə/	然而	☐ ☐ ☐
1297	Local	/l'əʊkəl/	地方性的	☐ ☐ ☐
1298	Station	/st'eɪʃən/	车站	☐ ☐ ☐
1299	Library	/l'aɪbrəri/	图书馆	☐ ☐ ☐
1300	Supermarket	/s'u:pəm,ɑ:kɪt/	超级市场	☐ ☐ ☐
1301	Building	/b'ɪldɪŋ/	建筑物	☐ ☐ ☐
1302	Helpful	/h'elpfəl/	有帮助的	☐ ☐ ☐
1303	Population	/p,ɒpjʊl'eɪʃən/	人口	☐ ☐ ☐
1304	Whom	/h'u:m/	谁	☐ ☐ ☐
1305	Service	/s'ɜ:vɪs/	服务	☐ ☐ ☐
1306	Office	/'ɒfɪs/	办公室	☐ ☐ ☐
1307	Museum	/mju:z'iəm/	博物馆	☐ ☐ ☐
1308	Street	/str'i:t/	街道	☐ ☐ ☐
1309	Centre (center)	/s'ente/	中心	☐ ☐ ☐
1310	Convenient	/kənv'i:niənt/	方便的	☐ ☐ ☐
1311	Common	/k'ɒmən/	常见的；共同的	☐ ☐ ☐
1312	Since	/s'ɪns/	自……以后	☐ ☐ ☐

第14天 · 第41组「社区地图」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1281	Cit • izen	C__i__n	_____	[]
1282	Govern • ment	G__e__m__t	_____	[]
1283	Bank	B__k	_____	[]
1284	Cinema	C__e_a	_____	[]
1285	Town	T__n	_____	[]
1286	Club	C__b	_____	[]
1287	Wel • come	W__c__e	_____	[]
1288	Plate	P__te	_____	[]
1289	Nei • ghb • our / neighbor	N__g__o_r	_____	[]
1290	Hos • pit • al	H__p__al	_____	[]
1291	Park	P__k	_____	[]
1292	The • atre / theater	T__a__e	_____	[]
1293	City	C__y	_____	[]
1294	Hall	H__l	_____	[]
1295	Flat	F__t	_____	[]
1296	Howev • er	H__e__r	_____	[]
1297	Local	L__al	_____	[]
1298	Sta • tion	S__t__n	_____	[]
1299	Lib • rary	L__r__y	_____	[]
1300	Sup • erm • ark • et	S__e__a__et	_____	[]
1301	Build • ing	B__l__ng	_____	[]
1302	Help • ful	H__p__l	_____	[]
1303	Popul • ation	P__u__t__n	_____	[]
1304	Whom	W__m	_____	[]
1305	Ser • vice	S__v__e	_____	[]
1306	Office	O__i_e	_____	[]
1307	Museum	M__e_m	_____	[]
1308	Street	S__e_t	_____	[]
1309	Centre / center	C__t_e	_____	[]
1310	Con • ven • ient	C__v__i__t	_____	[]
1311	Common	C__m_n	_____	[]
1312	Since	S__c_e	_____	[]

第14天 · 第41组「社区地图」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Citizen / Government / Bank / Cinema 画面元素：市民、政府、银行、电影院 英文标签：_____	场景2 Town / Club / Welcome / Plate 画面元素：城镇、俱乐部、欢迎、盘子 英文标签：_____
场景3 Neighbour / Hospital / Park / Theatre 画面元素：邻居、医院、公园、剧院 英文标签：_____	场景4 City / Hall / Flat / However 画面元素：城市、大厅、公寓、然而 英文标签：_____
场景5 Local / Station / Library / Supermarket 画面元素：地方性的、车站、图书馆、超级市场 英文标签：_____	场景6 Building / Helpful / Population / Whom 画面元素：建筑物、有帮助的、人口、谁 英文标签：_____
场景7 Service / Office / Museum / Street 画面元素：服务、办公室、博物馆、街道 英文标签：_____	场景8 Centre / Convenient / Common / Since 画面元素：中心、方便的、常见的；共同的、自……以后 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第14天 · 第41组「社区地图」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1281. the _____ We talked about the _____ today.〔市民〕	1297. very _____ It looks very _____.〔地方性的〕
1282. the _____ We talked about the _____ today.〔政府〕	1298. _____ it Please _____ it carefully.〔车站〕
1283. the _____ We talked about the _____ today.〔银行〕	1299. the _____ We talked about the _____ today.〔图书馆〕
1284. the _____ We talked about the _____ today.〔电影院〕	1300. the _____ We talked about the _____ today.〔超级市场〕
1285. the _____ We talked about the _____ today.〔城镇〕	1301. the _____ We talked about the _____ today.〔建筑物〕
1286. the _____ We talked about the _____ today.〔俱乐部〕	1302. very _____ It looks very _____.〔有帮助的〕
1287. the _____ We talked about the _____ today.〔欢迎〕	1303. the _____ We talked about the _____ today.〔人口〕
1288. the _____ We talked about the _____ today.〔盘子〕	1304. with _____ _____ did you meet yesterday?〔谁〕
1289. the _____ We talked about the _____ today.〔邻居〕	1305. _____ carefully Please _____ carefully.〔服务〕
1290. the _____ We talked about the _____ today.〔医院〕	1306. the _____ We talked about the _____ today.〔办公室〕
1291. the _____ We talked about the _____ today.〔公园〕	1307. the _____ We talked about the _____ today.〔博物馆〕
1292. the _____ We talked about the _____ today.〔剧院〕	1308. the _____ We talked about the _____ today.〔街道〕
1293. the _____ We talked about the _____ today.〔城市〕	1309. the _____ We talked about the _____ today.〔中心〕
1294. the _____ We talked about the _____ today.〔大厅〕	1310. very _____ It looks very _____.〔方便的〕
1295. the _____ We talked about the _____ today.〔公寓〕	1311. very _____ It looks very _____.〔常见的；共同的〕
1296. _____ difficult _____, we should not give up.〔然而〕	1312. _____ then I have lived here _____ 2020.〔自……以后〕

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第14天 · 第41组「社区地图」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 办公室 _____	2. 剧院 _____	3. 银行 _____	4. 市民 _____
5. 电影院 _____	6. 自……以后 _____	7. 地方性的 _____	8. 邻居 _____
9. 服务 _____	10. 盘子 _____	11. 有帮助的 _____	12. 政府 _____
13. 然而 _____	14. 超级市场 _____	15. 医院 _____	16. 人口 _____
17. 街道 _____	18. 城镇 _____	19. 俱乐部 _____	20. 公寓 _____
21. 谁 _____	22. 车站 _____	23. 建筑物 _____	24. 博物馆 _____
25. 方便的 _____	26. 中心 _____	27. 图书馆 _____	28. 常见的；共同的 _____
29. 公园 _____	30. 大厅 _____	31. 城市 _____	32. 欢迎 _____

B. 四词成句（可改变词形）

1. Office / Theatre / Bank / Citizen	_____
2. Service / Plate / Helpful / Government	_____
3. Street / Town / Club / Flat	_____
4. Convenient / Centre / Library / Common	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第14天 · 第41组「社区地图」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1281. Citizen the citizen We talked about the citizen today.	1297. Local very local It looks very local.
1282. Government the government We talked about the government today.	1298. Station station it Please station it carefully.
1283. Bank the bank We talked about the bank today.	1299. Library the library We talked about the library today.
1284. Cinema the cinema We talked about the cinema today.	1300. Supermarket the supermarket We talked about the supermarket today.
1285. Town the town We talked about the town today.	1301. Building the building We talked about the building today.
1286. Club the club We talked about the club today.	1302. Helpful very helpful It looks very helpful.
1287. Welcome the welcome We talked about the welcome today.	1303. Population the population We talked about the population today.
1288. Plate the plate We talked about the plate today.	1304. Whom with whom Whom did you meet yesterday?
1289. Neighbour (neighbor) the neighbour We talked about the neighbour today.	1305. Service service carefully Please service carefully.
1290. Hospital the hospital We talked about the hospital today.	1306. Office the office We talked about the office today.
1291. Park the park We talked about the park today.	1307. Museum the museum We talked about the museum today.
1292. Theatre (theater) the theatre We talked about the theatre today.	1308. Street the street We talked about the street today.
1293. City the city We talked about the city today.	1309. Centre (center) the centre We talked about the centre today.
1294. Hall the hall We talked about the hall today.	1310. Convenient very convenient It looks very convenient.
1295. Flat the flat We talked about the flat today.	1311. Common very common It looks very common.
1296. However however difficult However, we should not give up.	1312. Since since then I have lived here since 2020.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第14天 · 第42组 「一分钟应急」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1313	Safe	/s'eɪf/	安全的	☐ ☐ ☐
1314	Accident	/'æksɪdɪnt/	意外事件	☐ ☐ ☐
1315	Guard	/g'a:d/	守卫；保卫	☐ ☐ ☐
1316	Enemy	/'ɛnəmi/	敌人	☐ ☐ ☐
1317	Bleed	/bl'i:d/	流血	☐ ☐ ☐
1318	Avoid	/ev'ɔɪd/	避免	☐ ☐ ☐
1319	Hide	/h'aɪd/	躲藏	☐ ☐ ☐
1320	Everywhere	/'ɛvrɪw,eə/	各处	☐ ☐ ☐
1321	Danger	/d'eɪndʒə/	危险	☐ ☐ ☐
1322	Fireman (firemen)	/'aɪəmən/	救火队员	☐ ☐ ☐
1323	Attack	/ət'æk/	攻击	☐ ☐ ☐
1324	Soldier	/s'əʊldʒə/	军人	☐ ☐ ☐
1325	Kill	/k'ɪl/	杀	☐ ☐ ☐
1326	Careful	/k'eəfəl/	小心的	☐ ☐ ☐
1327	Scare	/sk'eə/	使害怕	☐ ☐ ☐
1328	Shall	/ʃ'æl/	将	☐ ☐ ☐
1329	Dangerous	/d'eɪndʒərəs/	危险的	☐ ☐ ☐
1330	Alarm	/el'a:m/	警报	☐ ☐ ☐
1331	Gun	/g'ʌn/	枪	☐ ☐ ☐
1332	Hurt	/h'ɜ:t/	受伤；伤害	☐ ☐ ☐
1333	Dead	/d'ɛd/	死的	☐ ☐ ☐
1334	Survive	/səv'aɪv/	幸存	☐ ☐ ☐
1335	Sudden	/s'ʌdən/	突然	☐ ☐ ☐
1336	Though	/ð'əʊ/	然而	☐ ☐ ☐
1337	Emergency	/ɪm'ɜ:dʒənsi/	紧急状况	☐ ☐ ☐
1338	Protect	/prət'ekt/	保护	☐ ☐ ☐
1339	War	/w'ɔ:/	战争	☐ ☐ ☐
1340	Wound	/'waʊnd/	创伤	☐ ☐ ☐
1341	Risk	/r'ɪsk/	风险	☐ ☐ ☐
1342	Burn	/b'ɜ:n/	烧	☐ ☐ ☐
1343	Myself	/maɪs'elf/	我自己	☐ ☐ ☐
1344	Low	/'əʊ/	低的	☐ ☐ ☐

第14天 · 第42组「一分钟应急」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1313	Safe	S__e	_____	[]
1314	Acc • ide • nt	A__i__nt	_____	[]
1315	Guard	G__rd	_____	[]
1316	Enemy	E__my	_____	[]
1317	Ble • ed	B__ed	_____	[]
1318	Avoid	A__id	_____	[]
1319	Hide	H__e	_____	[]
1320	Eve • ryw • here	E__r__h__e	_____	[]
1321	Dang • er	D__g_r	_____	[]
1322	Fir • eman / firemen	F__e__n	_____	[]
1323	Attack	A__a_k	_____	[]
1324	Soldi • er	S__d__r	_____	[]
1325	Kill	K__l	_____	[]
1326	Care • ful	C__e__l	_____	[]
1327	Scare	S__re	_____	[]
1328	Shall	S__ll	_____	[]
1329	Danger • ous	D__g__o_s	_____	[]
1330	Alarm	A__rm	_____	[]
1331	Gun	G_n	_____	[]
1332	Hurt	H__t	_____	[]
1333	Dead	D__d	_____	[]
1334	Surv • ive	S__v__e	_____	[]
1335	Sudden	S__d_n	_____	[]
1336	Though	T__u_h	_____	[]
1337	Eme • rge • ncy	E__r__n_y	_____	[]
1338	Pro • tect	P__t__t	_____	[]
1339	War	W_r	_____	[]
1340	Wound	W__nd	_____	[]
1341	Risk	R__k	_____	[]
1342	Burn	B__n	_____	[]
1343	Myself	M__e_f	_____	[]
1344	Low	L_w	_____	[]

第14天 · 第42组「一分钟应急」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Safe / Accident / Guard / Enemy 画面元素：安全的、意外事件、守卫；保卫、敌人 英文标签：_____	场景2 Bleed / Avoid / Hide / Everywhere 画面元素：流血、避免、躲藏、各处 英文标签：_____
场景3 Danger / Fireman / Attack / Soldier 画面元素：危险、救火队员、攻击、军人 英文标签：_____	场景4 Kill / Careful / Scare / Shall 画面元素：杀、小心的、使害怕、将 英文标签：_____
场景5 Dangerous / Alarm / Gun / Hurt 画面元素：危险的、警报、枪、受伤；伤害 英文标签：_____	场景6 Dead / Survive / Sudden / Though 画面元素：死的、幸存、突然、然而 英文标签：_____
场景7 Emergency / Protect / War / Wound 画面元素：紧急状况、保护、战争、创伤 英文标签：_____	场景8 Risk / Burn / Myself / Low 画面元素：风险、烧、我自己、低的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第14天 · 第42组「一分钟应急」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1313. very _____ It looks very _____. [安全的]	1329. very _____ It looks very _____. [危险的]
1314. the _____ We talked about the _____ today. [意外事件]	1330. the _____ We talked about the _____ today. [警报]
1315. the _____ We talked about the _____ today. [守卫; 保卫]	1331. the _____ We talked about the _____ today. [枪]
1316. the _____ We talked about the _____ today. [敌人]	1332. _____ carefully Please _____ carefully. [受伤; 伤害]
1317. _____ it Please _____ it carefully. [流血]	1333. very _____ It looks very _____. [死的]
1318. _____ carefully Please _____ carefully. [避免]	1334. _____ it Please _____ it carefully. [幸存]
1319. _____ it Please _____ it carefully. [躲藏]	1335. very _____ It looks very _____. [突然]
1320. _____ in the world Flowers are _____ in spring. [各处]	1336. even _____ Even _____ it was cold, we went outside. [然而]
1321. the _____ We talked about the _____ today. [危险]	1337. the _____ We talked about the _____ today. [紧急状况]
1322. the _____ We talked about the _____ today. [救火队员]	1338. _____ it Please _____ it carefully. [保护]
1323. _____ it Please _____ it carefully. [攻击]	1339. the _____ We talked about the _____ today. [战争]
1324. the _____ We talked about the _____ today. [军人]	1340. the _____ We talked about the _____ today. [创伤]
1325. _____ it Please _____ it carefully. [杀]	1341. the _____ We talked about the _____ today. [风险]
1326. very _____ It looks very _____. [小心的]	1342. _____ it Please _____ it carefully. [烧]
1327. _____ it Please _____ it carefully. [使害怕]	1343. by _____ I finished the work by _____. [我自己]
1328. _____ we _____ we go to the library? [将]	1344. very _____ It looks very _____. [低的]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第14天 · 第42组「一分钟应急」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 躲藏 _____	2. 避免 _____	3. 敌人 _____	4. 创伤 _____
5. 守卫；保卫 _____	6. 战争 _____	7. 死的 _____	8. 突然 _____
9. 烧 _____	10. 军人 _____	11. 低的 _____	12. 攻击 _____
13. 幸存 _____	14. 意外事件 _____	15. 流血 _____	16. 危险的 _____
17. 将 _____	18. 风险 _____	19. 危险 _____	20. 我自己 _____
21. 救火队员 _____	22. 枪 _____	23. 然而 _____	24. 小心的 _____
25. 保护 _____	26. 使害怕 _____	27. 紧急状况 _____	28. 受伤；伤害 _____
29. 安全的 _____	30. 警报 _____	31. 杀 _____	32. 各处 _____

B. 四词成句（可改变词形）

1. Hide / Avoid / Enemy / Wound	_____
2. Burn / Soldier / Low / Attack	_____
3. Shall / Risk / Danger / Myself	_____
4. Protect / Scare / Emergency / Hurt	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第14天 · 第42组 「一分钟应急」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1313. Safe very safe It looks very safe.	1329. Dangerous very dangerous It looks very dangerous.
1314. Accident the accident We talked about the accident today.	1330. Alarm the alarm We talked about the alarm today.
1315. Guard the guard We talked about the guard today.	1331. Gun the gun We talked about the gun today.
1316. Enemy the enemy We talked about the enemy today.	1332. Hurt hurt carefully Please hurt carefully.
1317. Bleed bleed it Please bleed it carefully.	1333. Dead very dead It looks very dead.
1318. Avoid avoid carefully Please avoid carefully.	1334. Survive survive it Please survive it carefully.
1319. Hide hide it Please hide it carefully.	1335. Sudden very sudden It looks very sudden.
1320. Everywhere everywhere in the world Flowers are everywhere in spring.	1336. Though even though Even though it was cold, we went outside.
1321. Danger the danger We talked about the danger today.	1337. Emergency the emergency We talked about the emergency today.
1322. Fireman (firemen) the fireman We talked about the fireman today.	1338. Protect protect it Please protect it carefully.
1323. Attack attack it Please attack it carefully.	1339. War the war We talked about the war today.
1324. Soldier the soldier We talked about the soldier today.	1340. Wound the wound We talked about the wound today.
1325. Kill kill it Please kill it carefully.	1341. Risk the risk We talked about the risk today.
1326. Careful very careful It looks very careful.	1342. Burn burn it Please burn it carefully.
1327. Scare scare it Please scare it carefully.	1343. Myself by myself I finished the work by myself.
1328. Shall shall we Shall we go to the library?	1344. Low very low It looks very low.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第15天

今日场景：公民课堂 · 节日穿越 · 接力行动

组别	场景	词条范围	完成
第43组	公民课堂	1345-1376	[]
第44组	节日穿越	1377-1408	[]
第45组	接力行动	1409-1440	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第15天 · 第43组「公民课堂」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1345	Law	/l'ɔ:/	法律	☐ ☐ ☐
1346	Nation	/n'eɪʃən/	国家	☐ ☐ ☐
1347	Judge	/dʒ'ʌdʒ/	判断；法官	☐ ☐ ☐
1348	Socialism	/s'əʊʃəl,ɪzəm/	社会主义	☐ ☐ ☐
1349	Duty	/dʒ'u:ti/	责任	☐ ☐ ☐
1350	Against	/eg'enst/	反对	☐ ☐ ☐
1351	Fair	/f'ee/	公平的	☐ ☐ ☐
1352	Whole	/h'əʊl/	全部	☐ ☐ ☐
1353	Lawyer	/l'ɔɪe/	律师	☐ ☐ ☐
1354	Country	/k'ʌntri/	国家	☐ ☐ ☐
1355	Punish	/p'ʌnɪʃ/	处罚	☐ ☐ ☐
1356	Army	/ʼɑ:mi/	军队	☐ ☐ ☐
1357	Responsible	/rɪsp'ɒnsəbəl/	有责任的	☐ ☐ ☐
1358	Power	/p'aʊe/	权力；力量	☐ ☐ ☐
1359	Steal	/st'i:l/	偷	☐ ☐ ☐
1360	Neither	/n'aɪðe/	皆不	☐ ☐ ☐
1361	President	/pr'ezɪdənt/	总统	☐ ☐ ☐
1362	Rule	/r'u:l/	规则	☐ ☐ ☐
1363	Vote	/v'əʊt/	投票	☐ ☐ ☐
1364	Peace	/p'i:s/	和平	☐ ☐ ☐
1365	Control	/kənt'r'əʊl/	控制	☐ ☐ ☐
1366	True	/tr'u:/	真实的	☐ ☐ ☐
1367	Like	/l'aɪk/	像；喜欢	☐ ☐ ☐
1368	Clear	/kl'iə/	清楚的；晴朗的	☐ ☐ ☐
1369	State	/st'eɪt/	国家；州	☐ ☐ ☐
1370	Officer	/'ɒfɪse/	官员；警官	☐ ☐ ☐
1371	Society	/səs'aɪəti/	社会	☐ ☐ ☐
1372	Right	/r'aɪt/	权利	☐ ☐ ☐
1373	Allow	/el'aʊ/	允许	☐ ☐ ☐
1374	Behave	/bɪh'eɪv/	举止端正	☐ ☐ ☐
1375	Could	/k'ʊd/	能	☐ ☐ ☐
1376	She	/ʃ'i:/	她	☐ ☐ ☐

第15天 · 第43组「公民课堂」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1345	Law	L_w	_____	[]
1346	Nation	N__i_n	_____	[]
1347	Judge	J__ge	_____	[]
1348	Soc • ial • ism	S__i__i_m	_____	[]
1349	Duty	D__y	_____	[]
1350	Aga • inst	A__i__t	_____	[]
1351	Fair	F__r	_____	[]
1352	Whole	W__le	_____	[]
1353	Lawy • er	L__y_r	_____	[]
1354	Cou • ntry	C__n__y	_____	[]
1355	Punish	P__i_h	_____	[]
1356	Army	A__y	_____	[]
1357	Re • spons • ible	R__p__s__le	_____	[]
1358	Pow • er	P__er	_____	[]
1359	Steal	S__al	_____	[]
1360	Neith • er	N__t__r	_____	[]
1361	Pre • sident	P__s__e_t	_____	[]
1362	Rule	R__e	_____	[]
1363	Vote	V__e	_____	[]
1364	Peace	P__ce	_____	[]
1365	Con • trol	C__t__l	_____	[]
1366	True	T__e	_____	[]
1367	Like	L__e	_____	[]
1368	Clear	C__ar	_____	[]
1369	State	S__te	_____	[]
1370	Offic • er	O__i__r	_____	[]
1371	Soc • iety	S__i__y	_____	[]
1372	Right	R__ht	_____	[]
1373	Allow	A__ow	_____	[]
1374	Behave	B__a_e	_____	[]
1375	Could	C__ld	_____	[]
1376	She	S_e	_____	[]

第15天 · 第43组「公民课堂」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Law / Nation / Judge / Socialism 画面元素：法律、国家、判断；法官、社会主义 英文标签：_____	场景2 Duty / Against / Fair / Whole 画面元素：责任、反对、公平的、全部 英文标签：_____
场景3 Lawyer / Country / Punish / Army 画面元素：律师、国家、处罚、军队 英文标签：_____	场景4 Responsible / Power / Steal / Neither 画面元素：有责任的、权力；力量、偷、皆不 英文标签：_____
场景5 President / Rule / Vote / Peace 画面元素：总统、规则、投票、和平 英文标签：_____	场景6 Control / True / Like / Clear 画面元素：控制、真实的、像；喜欢、清楚的；晴朗的 英文标签：_____
场景7 State / Officer / Society / Right 画面元素：国家；州、官员；警官、社会、权利 英文标签：_____	场景8 Allow / Behave / Could / She 画面元素：允许、举止端正、能、她 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第15天 · 第43组「公民课堂」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1345. talk about _____ We talked about _____ in class. [法律]	1361. the _____ We talked about the _____ today. [总统]
1346. the _____ We talked about the _____ today. [国家]	1362. the _____ We talked about the _____ today. [规则]
1347. _____ it Please _____ it carefully. [判断；法官]	1363. _____ it Please _____ it carefully. [投票]
1348. talk about _____ We talked about _____ in class. [社会主义]	1364. talk about _____ We talked about _____ in class. [和平]
1349. the _____ We talked about the _____ today. [责任]	1365. _____ it Please _____ it carefully. [控制]
1350. use “_____” We often use “_____” in English. [反对]	1366. very _____ It looks very _____. [真实的]
1351. very _____ It looks very _____. [公平的]	1367. _____ it Please _____ it carefully. [像；喜欢]
1352. the _____ We talked about the _____ today. [全部]	1368. very _____ It looks very _____. [清楚的；晴朗的]
1353. the _____ We talked about the _____ today. [律师]	1369. the _____ We talked about the _____ today. [国家；州]
1354. the _____ We talked about the _____ today. [国家]	1370. the _____ We talked about the _____ today. [官员；警官]
1355. _____ it Please _____ it carefully. [处罚]	1371. the _____ We talked about the _____ today. [社会]
1356. the _____ We talked about the _____ today. [军队]	1372. the _____ We talked about the _____ today. [权利]
1357. very _____ It looks very _____. [有责任的]	1373. _____ it Please _____ it carefully. [允许]
1358. talk about _____ We talked about _____ in class. [权力；力量]	1374. _____ carefully Please _____ carefully. [举止端正]
1359. _____ it Please _____ it carefully. [偷]	1375. _____ you _____ you open the window? [能]
1360. _____...nor _____ answer is correct. [皆不]	1376. _____ is _____ is reading in the library. [她]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第15天 · 第43组「公民课堂」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 法律 _____	2. 公平的 _____	3. 举止端正 _____	4. 皆不 _____
5. 军队 _____	6. 全部 _____	7. 清楚的；晴朗的 _____	8. 反对 _____
9. 和平 _____	10. 真实的 _____	11. 她 _____	12. 责任 _____
13. 官员；警官 _____	14. 控制 _____	15. 律师 _____	16. 社会 _____
17. 国家；州 _____	18. 偷 _____	19. 像；喜欢 _____	20. 权力；力量 _____
21. 总统 _____	22. 能 _____	23. 处罚 _____	24. 有责任的 _____
25. 允许 _____	26. 规则 _____	27. 权利 _____	28. 投票 _____
29. 社会主义 _____	30. 判断；法官 _____	31. 国家 _____	32. 国家 _____

B. 四词成句（可改变词形）

1. Law / Fair / Behave / Neither	_____
2. Peace / True / She / Duty	_____
3. State / Steal / Like / Power	_____
4. Allow / Rule / Right / Vote	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第15天 · 第43组「公民课堂」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1345. Law talk about law We talked about law in class.	1361. President the president We talked about the president today.
1346. Nation the nation We talked about the nation today.	1362. Rule the rule We talked about the rule today.
1347. Judge judge it Please judge it carefully.	1363. Vote vote it Please vote it carefully.
1348. Socialism talk about socialism We talked about socialism in class.	1364. Peace talk about peace We talked about peace in class.
1349. Duty the duty We talked about the duty today.	1365. Control control it Please control it carefully.
1350. Against use “against” We often use “against” in English.	1366. True very true It looks very true.
1351. Fair very fair It looks very fair.	1367. Like like it Please like it carefully.
1352. Whole the whole We talked about the whole today.	1368. Clear very clear It looks very clear.
1353. Lawyer the lawyer We talked about the lawyer today.	1369. State the state We talked about the state today.
1354. Country the country We talked about the country today.	1370. Officer the officer We talked about the officer today.
1355. Punish punish it Please punish it carefully.	1371. Society the society We talked about the society today.
1356. Army the army We talked about the army today.	1372. Right the right We talked about the right today.
1357. Responsible very responsible It looks very responsible.	1373. Allow allow it Please allow it carefully.
1358. Power talk about power We talked about power in class.	1374. Behave behave carefully Please behave carefully.
1359. Steal steal it Please steal it carefully.	1375. Could could you Could you open the window?
1360. Neither neither...nor Neither answer is correct.	1376. She she is She is reading in the library.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第15天 · 第44组「节日穿越」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1377	Era	/ˈiərə/	时代	☐ ☐ ☐
1378	Queen	/kwˈi:n/	王后	☐ ☐ ☐
1379	Holiday	/hˈɒlɪd,eɪ/	假日	☐ ☐ ☐
1380	Firework	/fˈaɪəwɜ:k/	烟花	☐ ☐ ☐
1381	Symbol	/sˈɪmbəl/	符号	☐ ☐ ☐
1382	Birthday	/bˈɜ:θdeɪ/	生日	☐ ☐ ☐
1383	Party	/pˈɑ:ti/	聚会	☐ ☐ ☐
1384	These	/ðˈi:z/	这些	☐ ☐ ☐
1385	Century	/sˈentʃəri/	世纪	☐ ☐ ☐
1386	Prince (princess)	/prˈɪns/	王子	☐ ☐ ☐
1387	Celebrate	/sˈeləbreɪt/	庆祝	☐ ☐ ☐
1388	China	/tʃˈaɪne/	中国	☐ ☐ ☐
1389	Flag	/flˈæg/	旗帜	☐ ☐ ☐
1390	Cake	/kˈeɪk/	蛋糕	☐ ☐ ☐
1391	Red	/rˈed/	红的	☐ ☐ ☐
1392	Describe	/dɪskrˈaɪb/	描述	☐ ☐ ☐
1393	Emperor (empress)	/ˈempərə/	皇帝	☐ ☐ ☐
1394	Festival	/fˈestɪvəl/	节日	☐ ☐ ☐
1395	Lantern	/lˈɑ:ntən/	灯笼	☐ ☐ ☐
1396	Chinese	/tʃaɪˈnɪz/	中文	☐ ☐ ☐
1397	God	/gˈɒd/	上帝	☐ ☐ ☐
1398	Candle	/kˈændəl/	蜡烛	☐ ☐ ☐
1399	Gold	/gˈəʊld/	黄金	☐ ☐ ☐
1400	Mother (mum / mom)	/ˈmʌðɜ:/	母亲	☐ ☐ ☐
1401	King	/kˈɪŋ/	国王	☐ ☐ ☐
1402	Christmas	/ˈkrɪsməs/	圣诞节	☐ ☐ ☐
1403	Dragon	/drˈæɡən/	龙	☐ ☐ ☐
1404	Folk	/fˈəʊk/	民间的；人们	☐ ☐ ☐
1405	Death	/dˈeθ/	死亡	☐ ☐ ☐
1406	Gift	/gˈɪft/	礼物	☐ ☐ ☐
1407	How	/hˈaʊ/	如何	☐ ☐ ☐
1408	Same	/sˈeɪm/	相同的	☐ ☐ ☐

第15天 · 第44组「节日穿越」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1377	Era	E_a	_____	[]
1378	Queen	Q__en	_____	[]
1379	Hol • iday	H__i__y	_____	[]
1380	Fir • ewo • rk	F__e__rk	_____	[]
1381	Symbol	S__b_l	_____	[]
1382	Bir • thd • ay	B__t__ay	_____	[]
1383	Party	P__ty	_____	[]
1384	These	T__se	_____	[]
1385	Cen • tury	C__t__y	_____	[]
1386	Prince / princess	P__n_e	_____	[]
1387	Cel • ebr • ate	C__e__a_e	_____	[]
1388	China	C__na	_____	[]
1389	Flag	F__g	_____	[]
1390	Cake	C__e	_____	[]
1391	Red	R_d	_____	[]
1392	Des • cri • be	D__c__be	_____	[]
1393	Emper • or / empress	E__e__r	_____	[]
1394	Fes • tiv • al	F__t__al	_____	[]
1395	Lan • tern	L__t__n	_____	[]
1396	Chi • nese	C__n__e	_____	[]
1397	God	G_d	_____	[]
1398	Candle	C__d_e	_____	[]
1399	Gold	G__d	_____	[]
1400	Moth • er / mum / mom	M__h_r	_____	[]
1401	King	K__g	_____	[]
1402	Chr • ist • mas	C__i__m_s	_____	[]
1403	Dragon	D__g_n	_____	[]
1404	Folk	F__k	_____	[]
1405	Death	D__th	_____	[]
1406	Gift	G__t	_____	[]
1407	How	H_w	_____	[]
1408	Same	S__e	_____	[]

第15天 · 第44组「节日穿越」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Era / Queen / Holiday / Firework 画面元素：时代、王后、假日、烟花 英文标签：_____	场景2 Symbol / Birthday / Party / These 画面元素：符号、生日、聚会、这些 英文标签：_____
场景3 Century / Prince / Celebrate / China 画面元素：世纪、王子、庆祝、中国 英文标签：_____	场景4 Flag / Cake / Red / Describe 画面元素：旗帜、蛋糕、红的、描述 英文标签：_____
场景5 Emperor / Festival / Lantern / Chinese 画面元素：皇帝、节日、灯笼、中文 英文标签：_____	场景6 God / Candle / Gold / Mother 画面元素：上帝、蜡烛、黄金、母亲 英文标签：_____
场景7 King / Christmas / Dragon / Folk 画面元素：国王、圣诞节、龙、民间的；人们 英文标签：_____	场景8 Death / Gift / How / Same 画面元素：死亡、礼物、如何、相同的 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第15天 · 第44组「节日穿越」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1377. the _____ We talked about the _____ today. (时代)	1393. the _____ We talked about the _____ today. (皇帝)
1378. the _____ We talked about the _____ today. (王后)	1394. the _____ We talked about the _____ today. (节日)
1379. the _____ We talked about the _____ today. (假日)	1395. the _____ We talked about the _____ today. (灯笼)
1380. the _____ We talked about the _____ today. (烟花)	1396. the _____ We talked about the _____ today. (中文)
1381. the _____ We talked about the _____ today. (符号)	1397. the _____ We talked about the _____ today. (上帝)
1382. the _____ We talked about the _____ today. (生日)	1398. the _____ We talked about the _____ today. (蜡烛)
1383. the _____ We talked about the _____ today. (聚会)	1399. the _____ We talked about the _____ today. (黄金)
1384. _____ books _____ books are easy to read. (这些)	1400. the _____ We talked about the _____ today. (母亲)
1385. the _____ We talked about the _____ today. (世纪)	1401. the _____ We talked about the _____ today. (国王)
1386. the _____ We talked about the _____ today. (王子)	1402. the _____ We talked about the _____ today. (圣诞节)
1387. _____ carefully Please _____ carefully. (庆祝)	1403. the _____ We talked about the _____ today. (龙)
1388. the _____ We talked about the _____ today. (中国)	1404. the _____ We talked about the _____ today. (民间的；人们)
1389. the _____ We talked about the _____ today. (旗帜)	1405. the _____ We talked about the _____ today. (死亡)
1390. the _____ We talked about the _____ today. (蛋糕)	1406. the _____ We talked about the _____ today. (礼物)
1391. bright _____ The traffic light is _____. (红的)	1407. _____ to use He showed me _____ to use it. (如何)
1392. _____ it Please _____ it carefully. (描述)	1408. the _____ as My answer is the _____ as yours. (相同的)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第15天 · 第44组「节日穿越」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 上帝 _____	2. 如何 _____	3. 中国 _____	4. 这些 _____
5. 相同的 _____	6. 死亡 _____	7. 中文 _____	8. 世纪 _____
9. 龙 _____	10. 节日 _____	11. 圣诞节 _____	12. 庆祝 _____
13. 礼物 _____	14. 王后 _____	15. 旗帜 _____	16. 烟花 _____
17. 假日 _____	18. 国王 _____	19. 黄金 _____	20. 灯笼 _____
21. 生日 _____	22. 皇帝 _____	23. 民间的；人们 _____	24. 时代 _____
25. 聚会 _____	26. 蜡烛 _____	27. 蛋糕 _____	28. 描述 _____
29. 符号 _____	30. 母亲 _____	31. 红的 _____	32. 王子 _____

B. 四词成句（可改变词形）

1. God / How / China / These	_____
2. Dragon / Festival / Christmas / Celebrate	_____
3. Holiday / King / Gold / Lantern	_____
4. Party / Candle / Cake / Describe	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第15天 · 第44组「节日穿越」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1377. Era the era We talked about the era today.	1393. Emperor (empress) the emperor We talked about the emperor today.
1378. Queen the queen We talked about the queen today.	1394. Festival the festival We talked about the festival today.
1379. Holiday the holiday We talked about the holiday today.	1395. Lantern the lantern We talked about the lantern today.
1380. Firework the firework We talked about the firework today.	1396. Chinese the chinese We talked about the chinese today.
1381. Symbol the symbol We talked about the symbol today.	1397. God the god We talked about the god today.
1382. Birthday the birthday We talked about the birthday today.	1398. Candle the candle We talked about the candle today.
1383. Party the party We talked about the party today.	1399. Gold the gold We talked about the gold today.
1384. These these books These books are easy to read.	1400. Mother (mum / mom) the mother We talked about the mother today.
1385. Century the century We talked about the century today.	1401. King the king We talked about the king today.
1386. Prince (princess) the prince We talked about the prince today.	1402. Christmas the christmas We talked about the christmas today.
1387. Celebrate celebrate carefully Please celebrate carefully.	1403. Dragon the dragon We talked about the dragon today.
1388. China the china We talked about the china today.	1404. Folk the folk We talked about the folk today.
1389. Flag the flag We talked about the flag today.	1405. Death the death We talked about the death today.
1390. Cake the cake We talked about the cake today.	1406. Gift the gift We talked about the gift today.
1391. Red bright red The traffic light is red.	1407. How how to use He showed me how to use it.
1392. Describe describe it Please describe it carefully.	1408. Same the same as My answer is the same as yours.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第15天 · 第45组「接力行动」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1409	Charity	/tʃ'æriti/	慈善	☐ ☐ ☐
1410	Aid	/'eid/	帮助	☐ ☐ ☐
1411	Group	/gr'u:p/	团体	☐ ☐ ☐
1412	Kind	/k'aɪnd/	友善的；种类	☐ ☐ ☐
1413	Praise	/pr'eɪz/	赞美	☐ ☐ ☐
1414	Accept	/eks'εpt/	接受	☐ ☐ ☐
1415	Act	/'ækt/	行动；表演	☐ ☐ ☐
1416	Wise	/w'aɪz/	明智的	☐ ☐ ☐
1417	Donate	/dəʊn'et/	捐赠	☐ ☐ ☐
1418	Help	/h'elp/	帮助	☐ ☐ ☐
1419	Team	/t'i:m/	队	☐ ☐ ☐
1420	Friendly	/fr'ɛndli/	友好的	☐ ☐ ☐
1421	Benefit	/b'εnɪf,ɪt/	利益	☐ ☐ ☐
1422	Need	/n'i:d/	需要	☐ ☐ ☐
1423	Elder	/'ɛldə/	年长者	☐ ☐ ☐
1424	Similar	/s'ɪmɪlə/	相似的	☐ ☐ ☐
1425	Volunteer	/v,ɒlənt'ɪə/	志愿者	☐ ☐ ☐
1426	Support	/səp'ɔ:t/	支持	☐ ☐ ☐
1427	Teamwork	/t'i:mwɜ:k/	团队合作	☐ ☐ ☐
1428	Respect	/rɪsp'εkt/	尊敬	☐ ☐ ☐
1429	Offer	/'ɒfe/	提供	☐ ☐ ☐
1430	Hope	/h'əʊp/	希望	☐ ☐ ☐
1431	Good	/g'ʊd/	好的；善良的	☐ ☐ ☐
1432	OK	/'oʊ'keɪ/	好；可以	☐ ☐ ☐
1433	Voluntary	/v'ɒləntəri/	自愿的	☐ ☐ ☐
1434	Care	/k'eə/	关心；照料	☐ ☐ ☐
1435	Cooperate	/kəʊ'ɒpə,εɪt/	合作	☐ ☐ ☐
1436	Encourage	/ɛnk'ʌrɪdʒ/	鼓励	☐ ☐ ☐
1437	Give	/g'ɪv/	给	☐ ☐ ☐
1438	Community	/kəmj'u:nɪt,i/	社区	☐ ☐ ☐
1439	Hero	/h'ɪərəʊ/	英雄	☐ ☐ ☐
1440	Think	/θ'ɪŋk/	思考	☐ ☐ ☐

第15天 · 第45组「接力行动」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1409	Char · ity	C__r__y	_____	[]
1410	Aid	A_d	_____	[]
1411	Group	G__u p	_____	[]
1412	Kind	K__d	_____	[]
1413	Praise	P__i_e	_____	[]
1414	Accept	A__e_t	_____	[]
1415	Act	A_t	_____	[]
1416	Wise	W__e	_____	[]
1417	Donate	D__a_e	_____	[]
1418	Help	H__p	_____	[]
1419	Team	T__m	_____	[]
1420	Friend · ly	F__e__ly	_____	[]
1421	Ben · efit	B__e__t	_____	[]
1422	Need	N__d	_____	[]
1423	Eld · er	E__er	_____	[]
1424	Sim · ilar	S__i__r	_____	[]
1425	Volunte · er	V__u__e_r	_____	[]
1426	Sup · port	S__p__t	_____	[]
1427	Tea · mwo · rk	T__m__rk	_____	[]
1428	Re · spect	R__p__t	_____	[]
1429	Off · er	O__er	_____	[]
1430	Hope	H__e	_____	[]
1431	Good	G__d	_____	[]
1432	OK	OK	_____	[]
1433	Vol · unt · ary	V__u__a_y	_____	[]
1434	Care	C__e	_____	[]
1435	Coo · per · ate	C__p__a_e	_____	[]
1436	Enc · our · age	E__o__a_e	_____	[]
1437	Give	G__e	_____	[]
1438	Commun · ity	C__m__i_y	_____	[]
1439	Hero	H__o	_____	[]
1440	Think	T__n k	_____	[]

第15天 · 第45组「接力行动」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Charity / Aid / Group / Kind 画面元素：慈善、帮助、团体、友善的；种类 英文标签：_____	场景2 Praise / Accept / Act / Wise 画面元素：赞美、接受、行动；表演、明智的 英文标签：_____
场景3 Donate / Help / Team / Friendly 画面元素：捐赠、帮助、队、友好的 英文标签：_____	场景4 Benefit / Need / Elder / Similar 画面元素：利益、需要、年长者、相似的 英文标签：_____
场景5 Volunteer / Support / Teamwork / Respect 画面元素：志愿者、支持、团队合作、尊敬 英文标签：_____	场景6 Offer / Hope / Good / OK 画面元素：提供、希望、好的；善良的、好；可以 英文标签：_____
场景7 Voluntary / Care / Cooperate / Encourage 画面元素：自愿的、关心；照料、合作、鼓励 英文标签：_____	场景8 Give / Community / Hero / Think 画面元素：给、社区、英雄、思考 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第15天 · 第45组「接力行动」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1409. talk about _____ We talked about _____ in class. (慈善)	1425. the _____ We talked about the _____ today. (志愿者)
1410. _____ it Please _____ it carefully. (帮助)	1426. _____ it Please _____ it carefully. (支持)
1411. the _____ We talked about the _____ today. (团体)	1427. the _____ We talked about the _____ today. (团队合作)
1412. very _____ It looks very _____. (友善的; 种类)	1428. _____ it Please _____ it carefully. (尊敬)
1413. _____ it Please _____ it carefully. (赞美)	1429. _____ it Please _____ it carefully. (提供)
1414. _____ it Please _____ it carefully. (接受)	1430. _____ it Please _____ it carefully. (希望)
1415. _____ it Please _____ it carefully. (行动; 表演)	1431. very _____ It looks very _____. (好的; 善良的)
1416. very _____ It looks very _____. (明智的)	1432. be _____ Do not worry; everything will be _____. (好; 可以)
1417. _____ it Please _____ it carefully. (捐赠)	1433. very _____ It looks very _____. (自愿的)
1418. _____ it Please _____ it carefully. (帮助)	1434. _____ it Please _____ it _____. (关心; 照料)
1419. the _____ We talked about the _____ today. (队)	1435. _____ it Please _____ it carefully. (合作)
1420. very _____ It looks very _____. (友好的)	1436. _____ it Please _____ it carefully. (鼓励)
1421. the _____ We talked about the _____ today. (利益)	1437. _____ up Do not _____ up when work is hard. (给)
1422. _____ to do We _____ to leave now. (需要)	1438. the _____ We talked about the _____ today. (社区)
1423. respect our _____ We should respect our _____. (年长者)	1439. the _____ We talked about the _____ today. (英雄)
1424. very _____ It looks very _____. (相似的)	1440. _____ it Please _____ it carefully. (思考)

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第15天 · 第45组「接力行动」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 社区 _____	2. 团体 _____	3. 队 _____	4. 团队合作 _____
5. 帮助 _____	6. 思考 _____	7. 利益 _____	8. 慈善 _____
9. 好；可以 _____	10. 支持 _____	11. 好的；善良的 _____	12. 接受 _____
13. 友善的；种类 _____	14. 相似的 _____	15. 自愿的 _____	16. 明智的 _____
17. 希望 _____	18. 捐赠 _____	19. 友好的 _____	20. 鼓励 _____
21. 关心；照料 _____	22. 帮助 _____	23. 合作 _____	24. 英雄 _____
25. 行动；表演 _____	26. 需要 _____	27. 尊敬 _____	28. 赞美 _____
29. 年长者 _____	30. 给 _____	31. 提供 _____	32. 志愿者 _____

B. 四词成句（可改变词形）

1. Community / Group / Team / Teamwork	_____
2. OK / Support / Good / Accept	_____
3. Hope / Donate / Friendly / Encourage	_____
4. Act / Need / Respect / Praise	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第15天 · 第45组「接力行动」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1409. Charity talk about charity We talked about charity in class.	1425. Volunteer the volunteer We talked about the volunteer today.
1410. Aid aid it Please aid it carefully.	1426. Support support it Please support it carefully.
1411. Group the group We talked about the group today.	1427. Teamwork the teamwork We talked about the teamwork today.
1412. Kind very kind It looks very kind.	1428. Respect respect it Please respect it carefully.
1413. Praise praise it Please praise it carefully.	1429. Offer offer it Please offer it carefully.
1414. Accept accept it Please accept it carefully.	1430. Hope hope it Please hope it carefully.
1415. Act act it Please act it carefully.	1431. Good very good It looks very good.
1416. Wise very wise It looks very wise.	1432. OK be OK Do not worry; everything will be OK.
1417. Donate donate it Please donate it carefully.	1433. Voluntary very voluntary It looks very voluntary.
1418. Help help it Please help it carefully.	1434. Care care it Please care it carefully.
1419. Team the team We talked about the team today.	1435. Cooperate cooperate it Please cooperate it carefully.
1420. Friendly very friendly It looks very friendly.	1436. Encourage encourage it Please encourage it carefully.
1421. Benefit the benefit We talked about the benefit today.	1437. Give give up Do not give up when work is hard.
1422. Need need to do We need to leave now.	1438. Community the community We talked about the community today.
1423. Elder respect our elders We should respect our elders.	1439. Hero the hero We talked about the hero today.
1424. Similar very similar It looks very similar.	1440. Think think it Please think it carefully.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第16天

今日场景：时间控制台 · 介词迷宫 · 动作任务链

组别	场景	词条范围	完成
第46组	时间控制台	1441-1472	[]
第47组	介词迷宫	1473-1504	[]
第48组	动作任务链	1505-1536	[]

今日共96词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第16天 · 第46组「时间控制台」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1441	Time	/t'aɪm/	时间	☐ ☐ ☐
1442	Week	/w'i:k/	星期	☐ ☐ ☐
1443	Term	/t'ɜ:m/	学期；术语	☐ ☐ ☐
1444	Now	/n'aʊ/	现在	☐ ☐ ☐
1445	During	/dj'ɔ:rɪŋ/	在……的时候	☐ ☐ ☐
1446	Again	/eg'ɛn/	再一次	☐ ☐ ☐
1447	Clock	/kl'ɒk/	时钟	☐ ☐ ☐
1448	Tonight	/tən'aɪt/	今晚	☐ ☐ ☐
1449	Minute	/'mɪnət/	分	☐ ☐ ☐
1450	Month	/m'ʌnθ/	月	☐ ☐ ☐
1451	Moment	/m'əʊmənt/	片刻	☐ ☐ ☐
1452	Soon	/s'u:n/	不久	☐ ☐ ☐
1453	Until (till)	/ʌnt'ɪl/	直到	☐ ☐ ☐
1454	Count	/k'aʊnt/	计算	☐ ☐ ☐
1455	O'clock	/əkl'ɒk/	……点钟	☐ ☐ ☐
1456	Weekday	/w'i:kdeɪ/	工作日	☐ ☐ ☐
1457	Hour	/'aʊə/	小时	☐ ☐ ☐
1458	Year	/j'ɪə/	年	☐ ☐ ☐
1459	Past	/p'a:st/	过去	☐ ☐ ☐
1460	Later	/l'eɪte/	以后	☐ ☐ ☐
1461	While	/w'aɪl/	当……时；一会儿	☐ ☐ ☐
1462	More	/m'ɔ:/	更多	☐ ☐ ☐
1463	Tomorrow	/təm'ɒrəʊ/	明天	☐ ☐ ☐
1464	Several	/s'evrəl/	几个的	☐ ☐ ☐
1465	Day	/d'eɪ/	天	☐ ☐ ☐
1466	Period	/p'ɪərɪəd/	时期	☐ ☐ ☐
1467	Ago	/eg'əʊ/	以前	☐ ☐ ☐
1468	Then	/ð'ɛn/	然后	☐ ☐ ☐
1469	Once	/w'ɒns/	一次	☐ ☐ ☐
1470	Less	/l'ɛs/	较少	☐ ☐ ☐
1471	Yesterday	/j'ɛstəd,eɪ/	昨天	☐ ☐ ☐
1472	You	/j'u:/	你	☐ ☐ ☐

第16天 · 第46组「时间控制台」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1441	Time	T__e	_____	[]
1442	Week	W__k	_____	[]
1443	Term	T__m	_____	[]
1444	Now	N_w	_____	[]
1445	Dur • ing	D__i_g	_____	[]
1446	Again	A__in	_____	[]
1447	Clock	C__ck	_____	[]
1448	Ton • ight	T__i__t	_____	[]
1449	Minute	M__u_e	_____	[]
1450	Month	M__th	_____	[]
1451	Moment	M__e_t	_____	[]
1452	Soon	S__n	_____	[]
1453	Un • til / till	U__il	_____	[]
1454	Count	C__nt	_____	[]
1455	Oclock	O'__o_k	_____	[]
1456	Wee • kday	W__k__y	_____	[]
1457	Hour	H__r	_____	[]
1458	Year	Y__r	_____	[]
1459	Past	P__t	_____	[]
1460	Lat • er	L__er	_____	[]
1461	While	W__le	_____	[]
1462	More	M__e	_____	[]
1463	Tom • orr • ow	T__o__ow	_____	[]
1464	Sev • eral	S__e__l	_____	[]
1465	Day	D_y	_____	[]
1466	Period	P__i_d	_____	[]
1467	Ago	A_o	_____	[]
1468	Then	T__n	_____	[]
1469	Once	O__e	_____	[]
1470	Less	L__s	_____	[]
1471	Yes • ter • day	Y__t__d_y	_____	[]
1472	You	Y_u	_____	[]

第16天 · 第46组「时间控制台」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Time / Week / Term / Now 画面元素：时间、星期、学期；术语、现在 英文标签：_____	场景2 During / Again / Clock / Tonight 画面元素：在……的时候、再一次、时钟、今晚 英文标签：_____
场景3 Minute / Month / Moment / Soon 画面元素：分、月、片刻、不久 英文标签：_____	场景4 Until / Count / O'clock / Weekday 画面元素：直到、计算、……点钟、工作日 英文标签：_____
场景5 Hour / Year / Past / Later 画面元素：小时、年、过去、以后 英文标签：_____	场景6 While / More / Tomorrow / Several 画面元素：当……时；一会儿、更多、明天、几个的 英文标签：_____
场景7 Day / Period / Ago / Then 画面元素：天、时期、以前、然后 英文标签：_____	场景8 Once / Less / Yesterday / You 画面元素：一次、较少、昨天、你 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第16天 · 第46组「时间控制台」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1441. talk about _____ We talked about _____ in class. [时间]	1457. the _____ We talked about the _____ today. [小时]
1442. the _____ We talked about the _____ today. [星期]	1458. the _____ We talked about the _____ today. [年]
1443. the _____ We talked about the _____ today. [学期；术语]	1459. talk about _____ We talked about _____ in class. [过去]
1444. right _____ I am doing my homework right _____. [现在]	1460. see you _____ I will finish the work _____. [以后]
1445. _____ the holiday We visited Beijing _____ the holiday. [在……的时候]	1461. _____ doing I listened to music _____ doing homework. [当……时；一会儿]
1446. once _____ Please read the sentence _____. [再一次]	1462. _____ than _____ than thirty students joined the club. [更多]
1447. the _____ We talked about the _____ today. [时钟]	1463. _____ morning The meeting starts _____ morning. [明天]
1448. _____ (今晚) We will watch a film _____. [今晚]	1464. _____ times I have read the story _____ times. [几个的]
1449. the _____ We talked about the _____ today. [分]	1465. the _____ We talked about the _____ today. [天]
1450. the _____ We talked about the _____ today. [月]	1466. the _____ We talked about the _____ today. [时期]
1451. the _____ We talked about the _____ today. [片刻]	1467. two days _____ We met two days _____. [以前]
1452. as _____ as The bus will arrive _____. [不久]	1468. since _____ Finish your homework, and _____ watch TV. [然后]
1453. wait _____ Please wait _____ the rain stops. [直到]	1469. _____ a week We have a class meeting _____ a week. [一次]
1454. _____ to ten Can you _____ from one to ten? [计算]	1470. _____ than The trip takes _____ than an hour. [较少]
1455. at seven _____ School begins at eight _____. [……点钟]	1471. _____ afternoon It rained _____ afternoon. [昨天]
1456. on _____ I go to school on _____. [工作日]	1472. thank _____ Thank _____ for _____ help. [你]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第16天 · 第46组「时间控制台」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 更多 _____	2. 较少 _____	3. 片刻 _____	4. 过去 _____
5. 以前 _____	6. 昨天 _____	7. 以后 _____	8. 学期；术语 _____
9. 然后 _____	10. 再一次 _____	11. 时期 _____	12. 明天 _____
13. 你 _____	14. 天 _____	15. 小时 _____	16. 年 _____
17. 一次 _____	18. 不久 _____	19. 现在 _____	20. 工作日 _____
21. 今晚 _____	22. 星期 _____	23. 直到 _____	24. 月 _____
25. 几个的 _____	26. 当……时；一会儿 _____	27. 分 _____	28. 在……的时候 _____
29. 时间 _____	30. ……点钟 _____	31. 计算 _____	32. 时钟 _____

B. 四词成句（可改变词形）

1. More / Less / Moment / Past	_____
2. Then / Again / Period / Tomorrow	_____
3. Once / Soon / Now / Weekday	_____
4. Several / While / Minute / During	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第16天 · 第46组「时间控制台」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1441. Time talk about time We talked about time in class.	1457. Hour the hour We talked about the hour today.
1442. Week the week We talked about the week today.	1458. Year the year We talked about the year today.
1443. Term the term We talked about the term today.	1459. Past talk about past We talked about past in class.
1444. Now right now I am doing my homework right now.	1460. Later see you later I will finish the work later.
1445. During during the holiday We visited Beijing during the holiday.	1461. While while doing I listened to music while doing homework.
1446. Again once again Please read the sentence again.	1462. More more than More than thirty students joined the club.
1447. Clock the clock We talked about the clock today.	1463. Tomorrow tomorrow morning The meeting starts tomorrow morning.
1448. Tonight this evening We will watch a film tonight.	1464. Several several times I have read the story several times.
1449. Minute the minute We talked about the minute today.	1465. Day the day We talked about the day today.
1450. Month the month We talked about the month today.	1466. Period the period We talked about the period today.
1451. Moment the moment We talked about the moment today.	1467. Ago two days ago We met two days ago.
1452. Soon as soon as The bus will arrive soon.	1468. Then since then Finish your homework, and then watch TV.
1453. Until (till) wait until Please wait until the rain stops.	1469. Once once a week We have a class meeting once a week.
1454. Count count to ten Can you count from one to ten?	1470. Less less than The trip takes less than an hour.
1455. O'clock at seven o'clock School begins at eight o'clock.	1471. Yesterday yesterday afternoon It rained yesterday afternoon.
1456. Weekday on weekdays I go to school on weekdays.	1472. You thank you Thank you for your help.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第16天 · 第47组「介词迷宫」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1473	In	/ɪn/	在……里面	☐ ☐ ☐
1474	For	/fɔ:/	为	☐ ☐ ☐
1475	Within	/wɪðɪn/	在……内部	☐ ☐ ☐
1476	Above	/əbʻʌv/	在上方	☐ ☐ ☐
1477	Upon	/əpʻɒn/	在……之上	☐ ☐ ☐
1478	Bottom	/bʻɒtəm/	底部	☐ ☐ ☐
1479	Among	/emʻʌŋ/	在……之中	☐ ☐ ☐
1480	The	/ðə/	这；那（定冠词）	☐ ☐ ☐
1481	At	/æt/	在	☐ ☐ ☐
1482	From	/frʻɒm/	从	☐ ☐ ☐
1483	By	/bʻaɪ/	通过；在旁边	☐ ☐ ☐
1484	Below	/biʻləʊ/	在下面	☐ ☐ ☐
1485	Outside	/ʻaʊtˈsaɪd/	外面	☐ ☐ ☐
1486	Middle	/mɪdəl/	中央	☐ ☐ ☐
1487	Direct	/daɪrˈekt/	径直；直接	☐ ☐ ☐
1488	Itself	/ɪtsˈelf/	它本身	☐ ☐ ☐
1489	Of	/ɒv/	的	☐ ☐ ☐
1490	With	/wɪð/	和……在一起	☐ ☐ ☐
1491	Under	/ʻʌnde/	在……之下	☐ ☐ ☐
1492	Through	/θrʻu:/	穿越	☐ ☐ ☐
1493	Back	/bʻæk/	后面	☐ ☐ ☐
1494	Side	/saɪd/	旁边	☐ ☐ ☐
1495	Round	/rʻaʊnd/	在……周围	☐ ☐ ☐
1496	Nothing	/nʻʌθɪŋ/	无	☐ ☐ ☐
1497	To	/tʻu:/	到	☐ ☐ ☐
1498	Without	/wɪðʻaʊt/	没有	☐ ☐ ☐
1499	Over	/ʻəʊve/	在……上方	☐ ☐ ☐
1500	Towards (toward)	/təʊwʻɔ:dz/	朝；向	☐ ☐ ☐
1501	Top	/tʻɒp/	顶部	☐ ☐ ☐
1502	Where	/wʻeə/	在哪里	☐ ☐ ☐
1503	Way	/weɪ/	路	☐ ☐ ☐
1504	Should	/ʃʻʊd/	应该	☐ ☐ ☐

第16天 · 第47组「介词迷宫」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1473	In	I n	_____	[]
1474	For	F _ r	_____	[]
1475	Within	W __ h _ n	_____	[]
1476	Above	A __ v e	_____	[]
1477	Upon	U __ n	_____	[]
1478	Bottom	B __ t _ m	_____	[]
1479	Among	A __ n g	_____	[]
1480	The	T _ e	_____	[]
1481	At	A t	_____	[]
1482	From	F __ m	_____	[]
1483	By	B y	_____	[]
1484	Below	B __ o w	_____	[]
1485	Out · side	O __ s __ e	_____	[]
1486	Middle	M __ d _ e	_____	[]
1487	Direct	D __ e _ t	_____	[]
1488	Itself	I __ e _ f	_____	[]
1489	Of	O f	_____	[]
1490	With	W __ h	_____	[]
1491	Un · d · er	U __ e r	_____	[]
1492	Thr · ough	T __ o __ h	_____	[]
1493	Back	B __ k	_____	[]
1494	Side	S __ e	_____	[]
1495	Round	R __ n d	_____	[]
1496	Noth · ing	N __ h __ g	_____	[]
1497	To	T o	_____	[]
1498	Wit · hout	W __ h __ t	_____	[]
1499	Over	O __ r	_____	[]
1500	Tow · ards / toward	T __ a __ s	_____	[]
1501	Top	T _ p	_____	[]
1502	Where	W __ r e	_____	[]
1503	Way	W _ y	_____	[]
1504	Should	S __ u _ d	_____	[]

第16天 · 第47组「介词迷宫」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 In / For / Within / Above 画面元素：在……里面、为、在……内部、在上方 英文标签：_____	场景2 Upon / Bottom / Among / The 画面元素：在……之上、底部、在……之中、这；那（定冠词） 英文标签：_____
场景3 At / From / By / Below 画面元素：在、从、通过；在旁边、在下面 英文标签：_____	场景4 Outside / Middle / Direct / Itself 画面元素：外面、中央、径直；直接、它本身 英文标签：_____
场景5 Of / With / Under / Through 画面元素：的、和……在一起、在……之下、穿越 英文标签：_____	场景6 Back / Side / Round / Nothing 画面元素：后面、旁边、在……周围、无 英文标签：_____
场景7 To / Without / Over / Towards 画面元素：到、没有、在……上方、朝；向 英文标签：_____	场景8 Top / Where / Way / Should 画面元素：顶部、在哪里、路、应该 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第16天 · 第47组「介词迷宫」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1473. _____ the room The students are _____ the classroom.〔在……里面〕	1489. a cup _____ Please give me a cup _____ water.〔的〕
1474. _____ example This gift is _____ you.〔为〕	1490. _____ my friends I play basketball _____ my friends.〔和……在一起〕
1475. _____ a week Please finish the work _____ a week.〔在……内部〕	1491. _____ the table The cat is _____ the table.〔在……之下〕
1476. _____ the door There is a clock _____ the door.〔在上方〕	1492. walk _____ We walked _____ the park.〔穿越〕
1477. once _____ a time Once _____ a time, there was a kind king.〔在……之上〕	1493. at the _____ of We sat at the _____ of the bus.〔后面〕
1478. at the _____ of Write your name at the _____ of the page.〔底部〕	1494. _____ by _____ The two boys walked _____ by _____.〔旁边〕
1479. _____ the students She is popular _____ the students.〔在……之中〕	1495. _____ the corner The shop is _____ the corner.〔在……周围〕
1480. _____ classroom _____ classroom is clean and bright.〔这；那（定冠词）〕	1496. _____ to do There is _____ to worry about.〔无〕
1481. _____ school We have lunch _____ school.〔在〕	1497. go _____ school I walk _____ school every day.〔到〕
1482. _____...to The library is open _____ nine to five.〔从〕	1498. _____ water We cannot live _____ water.〔没有〕
1483. _____ bus I usually go to school _____ bus.〔通过；在旁边〕	1499. _____ there My schoolbag is _____ there.〔在……上方〕
1484. _____ zero The temperature fell _____ zero.〔在下面〕	1500. walk _____ The boy walked _____ the station.〔朝；向〕
1485. _____ the gate Please wait _____ the school gate.〔外面〕	1501. at the _____ of Her name is at the _____ of the list.〔顶部〕
1486. in the _____ of There is a table in the _____ of the room.〔中央〕	1502. _____ to go Do you know _____ to go?〔在哪里〕
1487. go _____ This bus goes _____ to the railway station.〔径直；直接〕	1503. on the _____ to I met Tom on the _____ to school.〔路〕
1488. by _____ The door opened by _____.〔它本身〕	1504. _____ do You _____ drink more water.〔应该〕

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第16天 · 第47组「介词迷宫」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 无 _____	2. 中央 _____	3. 为 _____	4. 在哪里 _____
5. 在……周围 _____	6. 的 _____	7. 在……内部 _____	8. 在……之上 _____
9. 在上方 _____	10. 在 _____	11. 外面 _____	12. 顶部 _____
13. 在……之下 _____	14. 通过；在旁边 _____	15. 到 _____	16. 后面 _____
17. 径直；直接 _____	18. 应该 _____	19. 朝；向 _____	20. 这；那（定冠词） _____
21. 在下面 _____	22. 在……里面 _____	23. 穿越 _____	24. 在……之中 _____
25. 没有 _____	26. 它本身 _____	27. 在……上方 _____	28. 从 _____
29. 底部 _____	30. 路 _____	31. 和……在一起 _____	32. 旁边 _____

B. 四词成句（可改变词形）

1. Nothing / Middle / For / Where	_____
2. Above / At / Outside / Top	_____
3. Direct / Should / Towards / The	_____
4. Without / Itself / Over / From	_____

C. 60秒口头回忆：我说出了_____ / 32词。本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第16天 · 第47组「介词迷宫」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1473. In in the room The students are in the classroom.	1489. Of a cup of Please give me a cup of water.
1474. For for example This gift is for you.	1490. With with my friends I play basketball with my friends.
1475. Within within a week Please finish the work within a week.	1491. Under under the table The cat is under the table.
1476. Above above the door There is a clock above the door.	1492. Through walk through We walked through the park.
1477. Upon once upon a time Once upon a time, there was a kind king.	1493. Back at the back of We sat at the back of the bus.
1478. Bottom at the bottom of Write your name at the bottom of the page.	1494. Side side by side The two boys walked side by side.
1479. Among among the students She is popular among the students.	1495. Round round the corner The shop is round the corner.
1480. The the classroom The classroom is clean and bright.	1496. Nothing nothing to do There is nothing to worry about.
1481. At at school We have lunch at school.	1497. To go to school I walk to school every day.
1482. From from...to The library is open from nine to five.	1498. Without without water We cannot live without water.
1483. By by bus I usually go to school by bus.	1499. Over over there My schoolbag is over there.
1484. Below below zero The temperature fell below zero.	1500. Towards (toward) walk towards The boy walked towards the station.
1485. Outside outside the gate Please wait outside the school gate.	1501. Top at the top of Her name is at the top of the list.
1486. Middle in the middle of There is a table in the middle of the room.	1502. Where where to go Do you know where to go?
1487. Direct go direct This bus goes direct to the railway station.	1503. Way on the way to I met Tom on the way to school.
1488. Itself by itself The door opened by itself.	1504. Should should do You should drink more water.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第16天 · 第48组「动作任务链」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1505	Do	/ˈdu/	做	☐ ☐ ☐
1506	Hold	/həʊld/	握住；保持	☐ ☐ ☐
1507	Open	/ˈəʊpən/	打开	☐ ☐ ☐
1508	End	/ˈɛnd/	结束	☐ ☐ ☐
1509	Push	/pʊʃ/	推	☐ ☐ ☐
1510	Break	/breɪk/	打破；休息	☐ ☐ ☐
1511	Shake	/ʃeɪk/	摇动	☐ ☐ ☐
1512	Stick	/stɪk/	粘；棍	☐ ☐ ☐
1513	Make	/meɪk/	做；制造	☐ ☐ ☐
1514	Set	/sɛt/	设置	☐ ☐ ☐
1515	Close	/ˈkloʊs/	关闭；靠近的	☐ ☐ ☐
1516	Find	/faɪnd/	发现	☐ ☐ ☐
1517	Pick	/pɪk/	选择；捡起	☐ ☐ ☐
1518	Climb	/klaɪm/	攀登	☐ ☐ ☐
1519	Shut	/ʃʌt/	关闭	☐ ☐ ☐
1520	Really	/riəli/	实际上	☐ ☐ ☐
1521	Put	/pʊt/	放	☐ ☐ ☐
1522	Let	/lɛt/	让	☐ ☐ ☐
1523	Start	/stɑ:t/	开始	☐ ☐ ☐
1524	Look	/lʊk/	看	☐ ☐ ☐
1525	Drop	/drɒp/	掉下；投递	☐ ☐ ☐
1526	Hang	/hæŋ/	悬挂	☐ ☐ ☐
1527	Sit	/sɪt/	坐	☐ ☐ ☐
1528	Your	/jɔ:/	你的	☐ ☐ ☐
1529	Keep	/ki:p/	保持	☐ ☐ ☐
1530	Come	/kʌm/	过来	☐ ☐ ☐
1531	Begin	/bɪgˈɪn/	开始	☐ ☐ ☐
1532	Pull	/pʊl/	拉	☐ ☐ ☐
1533	Blow	/bləʊ/	吹	☐ ☐ ☐
1534	Knock	/nɒk/	敲	☐ ☐ ☐
1535	Stand	/stænd/	站立	☐ ☐ ☐
1536	Pepper	/pˈɛpe/	胡椒	☐ ☐ ☐

第16天 · 第48组「动作任务链」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1505	Do	D o	_____	[]
1506	Hold	H _ _ d	_____	[]
1507	Open	O _ _ n	_____	[]
1508	End	E _ d	_____	[]
1509	Push	P _ _ h	_____	[]
1510	Break	B _ _ a k	_____	[]
1511	Shake	S _ _ k e	_____	[]
1512	Stick	S _ _ c k	_____	[]
1513	Make	M _ _ e	_____	[]
1514	Set	S _ t	_____	[]
1515	Close	C _ _ s e	_____	[]
1516	Find	F _ _ d	_____	[]
1517	Pick	P _ _ k	_____	[]
1518	Climb	C _ _ m b	_____	[]
1519	Shut	S _ _ t	_____	[]
1520	Re · al · ly	R _ _ l _ y	_____	[]
1521	Put	P _ t	_____	[]
1522	Let	L _ t	_____	[]
1523	Start	S _ _ r t	_____	[]
1524	Look	L _ _ k	_____	[]
1525	Drop	D _ _ p	_____	[]
1526	Hang	H _ _ g	_____	[]
1527	Sit	S _ t	_____	[]
1528	Your	Y _ _ r	_____	[]
1529	Keep	K _ _ p	_____	[]
1530	Come	C _ _ e	_____	[]
1531	Begin	B _ _ i n	_____	[]
1532	Pull	P _ _ l	_____	[]
1533	Blow	B _ _ w	_____	[]
1534	Knock	K _ _ c k	_____	[]
1535	Stand	S _ _ n d	_____	[]
1536	Pepp · er	P _ _ p _ r	_____	[]

第16天 · 第48组「动作任务链」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Do / Hold / Open / End 画面元素：做、握住；保持、打开、结束 英文标签：_____	场景2 Push / Break / Shake / Stick 画面元素：推、打破；休息、摇动、粘；棍 英文标签：_____
场景3 Make / Set / Close / Find 画面元素：做；制造、设置、关闭；靠近的、发现 英文标签：_____	场景4 Pick / Climb / Shut / Really 画面元素：选择；捡起、攀登、关闭、实际上 英文标签：_____
场景5 Put / Let / Start / Look 画面元素：放、让、开始、看 英文标签：_____	场景6 Drop / Hang / Sit / Your 画面元素：掉下；投递、悬挂、坐、你的 英文标签：_____
场景7 Keep / Come / Begin / Pull 画面元素：保持、过来、开始、拉 英文标签：_____	场景8 Blow / Knock / Stand / Pepper 画面元素：吹、敲、站立、胡椒 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第16天 · 第48组「动作任务链」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1505. _____ homework I _____ my homework after dinner.〔做〕	1521. _____ away Please _____ away your books.〔放〕
1506. _____ on _____ on for a minute, please.〔握住；保持〕	1522. _____ somebody do _____ me help you with the bags.〔让〕
1507. _____ the door Please _____ the door slowly.〔打开〕	1523. _____ with Let us _____ with an easy question.〔开始〕
1508. _____ with The story _____ with a happy smile.〔结束〕	1524. _____ for I am _____ for my keys.〔看〕
1509. _____ the door _____ the door to open it.〔推〕	1525. _____ it Please _____ it carefully.〔掉下；投递〕
1510. take a _____ Let us take a _____ after class.〔打破；休息〕	1526. _____ up Please _____ up your coat here.〔悬挂〕
1511. _____ hands _____〔摇动〕〔摇动〕	1527. _____ down Please _____ down and listen carefully.〔坐〕
1512. _____ to _____ to your plan and keep trying.〔粘；棍〕	1528. _____ book Please open _____ book.〔你的〕
1513. _____ friends It is easy to _____ friends at school.〔做；制造〕	1529. _____ healthy Exercise helps us _____ healthy.〔保持〕
1514. _____ up They plan to _____ up a reading club.〔设置〕	1530. _____ back Please _____ back before six.〔过来〕
1515. _____ the window Please _____ the window before you leave.〔关闭；靠近〕	1531. _____ with The lesson _____ with a short song.〔开始〕
1516. _____ out Let us _____ out the answer.〔发现〕	1532. _____ it Please _____ it carefully.〔拉〕
1517. _____ up Please _____ up the paper.〔选择；捡起〕	1533. _____ away _____〔吹〕〔吹〕
1518. _____ carefully Please _____ carefully.〔攀登〕	1534. _____ at Please _____ at the door first.〔敲〕
1519. _____ the door Please _____ the door quietly.〔关闭〕	1535. _____ up Please _____ up when you answer.〔站立〕
1520. _____ like I _____ like this song.〔实际上〕	1536. black _____ Add a little black _____ to the soup.〔胡椒〕

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第16天 · 第48组「动作任务链」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 开始 _____	2. 保持 _____	3. 打破；休息 _____	4. 开始 _____
5. 你的 _____	6. 吹 _____	7. 关闭；靠近的 _____	8. 拉 _____
9. 打开 _____	10. 结束 _____	11. 发现 _____	12. 看 _____
13. 推 _____	14. 做 _____	15. 粘；棍 _____	16. 站立 _____
17. 过来 _____	18. 掉下；投递 _____	19. 关闭 _____	20. 放 _____
21. 实际上 _____	22. 选择；捡起 _____	23. 胡椒 _____	24. 攀登 _____
25. 握住；保持 _____	26. 让 _____	27. 坐 _____	28. 悬挂 _____
29. 做；制造 _____	30. 摇动 _____	31. 设置 _____	32. 敲 _____

B. 四词成句（可改变词形）

1. Begin / Keep / Break / Start	_____
2. Open / End / Find / Look	_____
3. Come / Drop / Shut / Put	_____
4. Hold / Let / Sit / Hang	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第16天 · 第48组「动作任务链」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1505. Do do homework I do my homework after dinner.	1521. Put put away Please put away your books.
1506. Hold hold on Hold on for a minute, please.	1522. Let let somebody do Let me help you with the bags.
1507. Open open the door Please open the door slowly.	1523. Start start with Let us start with an easy question.
1508. End end with The story ends with a happy smile.	1524. Look look for I am looking for my keys.
1509. Push push the door Push the door to open it.	1525. Drop drop it Please drop it carefully.
1510. Break take a break Let us take a break after class.	1526. Hang hang up Please hang up your coat here.
1511. Shake shake hands We shook hands after the match.	1527. Sit sit down Please sit down and listen carefully.
1512. Stick stick to Stick to your plan and keep trying.	1528. Your your book Please open your book.
1513. Make make friends It is easy to make friends at school.	1529. Keep keep healthy Exercise helps us keep healthy.
1514. Set set up They plan to set up a reading club.	1530. Come come back Please come back before six.
1515. Close close the window Please close the window before you leave.	1531. Begin begin with The lesson begins with a short song.
1516. Find find out Let us find out the answer.	1532. Pull pull it Please pull it carefully.
1517. Pick pick up Please pick up the paper.	1533. Blow blow away The wind blew the leaves away.
1518. Climb climb carefully Please climb carefully.	1534. Knock knock at Please knock at the door first.
1519. Shut shut the door Please shut the door quietly.	1535. Stand stand up Please stand up when you answer.
1520. Really really like I really like this song.	1536. Pepper black pepper Add a little black pepper to the soup.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第17天

今日场景：逻辑擂台 · 向未来升级

组别	场景	词条范围	完成
第49组	逻辑擂台	1537-1568	[]
第50组	向未来升级	1569-1600	[]

今日共64词。建议把每个32词小组分成两个16词小段，中间休息3分钟。

时间	任务	建议用时
第一次	按五层完成新学	约35-45分钟/组
当天晚些时候	只做第5层，错词回到第2、4层	约5-8分钟/组
次日开始前	口头回忆昨日场景和词组	约5分钟

今日目标：_____

昨日错词：_____

完成时间：_____ 今日状态： [1] [2] [3] [4] [5]

第17天 · 第49组 「逻辑擂台」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1537	And	/ˈænd/	和	☐ ☐ ☐
1538	As	/ˈæz/	作为；像	☐ ☐ ☐
1539	Every	/ˈevri/	每一	☐ ☐ ☐
1540	Different	/dɪˈfrənt/	不同的	☐ ☐ ☐
1541	Almost	/ˈɔːlməʊst/	几乎	☐ ☐ ☐
1542	Depend	/dɪpˈɛnd/	靠	☐ ☐ ☐
1543	Ever	/ˈɛve/	曾经	☐ ☐ ☐
1544	Impossible	/ɪmpˈɒsəbəl/	不可能的	☐ ☐ ☐
1545	But	/bʰʌt/	但是	☐ ☐ ☐
1546	All	/ˈɔːl/	所有的	☐ ☐ ☐
1547	Both	/bʰəʊθ/	两者的	☐ ☐ ☐
1548	About	/əbˈaʊt/	关于	☐ ☐ ☐
1549	Also	/ˈɒlsəʊ/	也	☐ ☐ ☐
1550	Else	/ˈɛls/	别的	☐ ☐ ☐
1551	Exactly	/ɛgzˈæktli/	确切地	☐ ☐ ☐
1552	Most	/mˈəʊst/	大多数；最多	☐ ☐ ☐
1553	Because	/bɪkˈʌz/	因为	☐ ☐ ☐
1554	Any	/ˈɛni/	任何的	☐ ☐ ☐
1555	Either	/ˈaɪðe/	(两者之中)任一	☐ ☐ ☐
1556	According (According to)	/ɛkˈɔːdɪŋ/	根据	☐ ☐ ☐
1557	Anyway	/ˈɛnɪw,eɪ/	无论如何	☐ ☐ ☐
1558	Especially	/ɪspˈɛʃəl,i/	尤其	☐ ☐ ☐
1559	Except	/ɛksˈɛpt/	除	☐ ☐ ☐
1560	Quite	/ˈkwaɪt/	相当	☐ ☐ ☐
1561	Although	/ɒlðˈəʊ/	虽然	☐ ☐ ☐
1562	Each	/ˈiːtʃ/	每个	☐ ☐ ☐
1563	Other	/ˈʌðe/	其他的	☐ ☐ ☐
1564	Actually	/ˈæktʃuːəli/	事实上	☐ ☐ ☐
1565	Certain	/sˈɜːtən/	确定的	☐ ☐ ☐
1566	Even	/ˈiːvən/	甚至	☐ ☐ ☐
1567	Hardly	/hˈɑːdli/	几乎不	☐ ☐ ☐
1568	Yourself (yourselves)	/jɔːsˈɛlf/	你自己	☐ ☐ ☐

第17天 · 第49组「逻辑擂台」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1537	And	A _ d	_____	[]
1538	As	A s	_____	[]
1539	Every	E _ _ r y	_____	[]
1540	Dif • fer • ent	D _ _ f _ _ e _ t	_____	[]
1541	Almost	A _ _ o _ t	_____	[]
1542	Depend	D _ _ e _ d	_____	[]
1543	Ever	E _ _ r	_____	[]
1544	Imposs • ible	I _ _ o _ _ i _ _ e	_____	[]
1545	But	B _ t	_____	[]
1546	All	A _ l	_____	[]
1547	Both	B _ _ h	_____	[]
1548	About	A _ _ u t	_____	[]
1549	Also	A _ _ o	_____	[]
1550	Else	E _ _ e	_____	[]
1551	Exact • ly	E _ _ c _ _ y	_____	[]
1552	Most	M _ _ t	_____	[]
1553	Bec • ause	B _ _ a _ _ e	_____	[]
1554	Any	A _ y	_____	[]
1555	Eith • er	E _ _ h _ r	_____	[]
1556	Accord • ing / According to	A _ _ o _ _ i _ g	_____	[]
1557	Anyway	A _ _ w _ y	_____	[]
1558	Especial • ly	E _ _ e _ _ a _ _ y	_____	[]
1559	Except	E _ _ e _ t	_____	[]
1560	Quite	Q _ _ t e	_____	[]
1561	Alt • hou • gh	A _ _ h _ _ gh	_____	[]
1562	Each	E _ _ h	_____	[]
1563	Oth • er	O _ _ er	_____	[]
1564	Actual • ly	A _ _ u _ _ ly	_____	[]
1565	Cer • tain	C _ _ t _ _ n	_____	[]
1566	Even	E _ _ n	_____	[]
1567	Hard • ly	H _ _ d _ y	_____	[]
1568	You • rse • lf / yourselves	Y _ _ r _ _ lf	_____	[]

第17天 · 第49组「逻辑擂台」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 And / As / Every / Different 画面元素：和、作为；像、每一、不同的 英文标签：_____	场景2 Almost / Depend / Ever / Impossible 画面元素：几乎、靠、曾经、不可能的 英文标签：_____
场景3 But / All / Both / About 画面元素：但是、所有的、两者的、关于 英文标签：_____	场景4 Also / Else / Exactly / Most 画面元素：也、别的、确切地、大多数；最多 英文标签：_____
场景5 Because / Any / Either / According 画面元素：因为、任何的、(两者之中)任一、根据 英文标签：_____	场景6 Anyway / Especially / Except / Quite 画面元素：无论如何、尤其、除、相当 英文标签：_____
场景7 Although / Each / Other / Actually 画面元素：虽然、每个、其他的、事实上 英文标签：_____	场景8 Certain / Even / Hardly / Yourself 画面元素：确定的、甚至、几乎不、你自己 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第17天 · 第49组「逻辑擂台」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1537. bread _____ milk Tom _____ Jack are good friends. [和]	1553. _____ of We stayed inside _____ it was raining. [因为]
1538. _____ soon _____ Call me _____ soon _____ you arrive. [作为；像]	1554. _____ questions Do you have _____ questions? [任何的]
1539. _____ day I read English _____ day. [每一]	1555. _____...or You can take _____ the bus or the subway. [(两者之中)任一]
1540. _____ from My bag is _____ from yours. [不同的]	1556. _____ to _____ to the map, the bank is nearby. [根据]
1541. _____ ready Dinner is _____ ready. [几乎]	1557. do it _____ It was raining, but we went out _____. [无论如何]
1542. _____ on Success _____ on hard work. [靠]	1558. _____ important Breakfast is _____ important for students. [尤其]
1543. have _____ seen Have you _____ seen a panda? [曾经]	1559. _____ for Everyone came to school _____ Tom. [除]
1544. almost _____ It is _____ to finish this in one minute. [不可能的]	1560. _____ good Your English is _____ good. [相当]
1545. small _____ useful The room is small _____ clean. [但是]	1561. _____ it was late _____ it was late, he kept working. [虽然]
1546. _____ of _____ of us enjoyed the school trip. [所有的]	1562. _____ other The two friends help _____ other. [每个]
1547. _____...and _____ Lucy and Lily like music. [两者的]	1563. the _____ Some students read; the _____ students write. [其他的]
1548. talk _____ We talked _____ our holiday plans. [关于]	1564. _____ know I _____ know the answer. [事实上]
1549. _____ like I _____ like reading science books. [也]	1565. be _____ about I am _____ about the answer. [确定的]
1550. something _____ Would you like something _____? [别的]	1566. _____ if _____ if it rains, we will keep practising. [甚至]
1551. _____ right Your answer is _____ right. [确切地]	1567. _____ ever He _____ ever watches TV. [几乎不]
1552. _____ of _____ of the students passed the test. [大多数；最多]	1568. by _____ You can do it by _____. [你自己]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第17天 · 第49组「逻辑擂台」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 确切地 _____	2. 因为 _____	3. 但是 _____	4. 也 _____
5. 所有的 _____	6. 任何的 _____	7. 靠 _____	8. 甚至 _____
9. 作为；像 _____	10. (两者之中)任一 _____	11. 别的 _____	12. 几乎不 _____
13. 你自己 _____	14. 曾经 _____	15. 虽然 _____	16. 相当 _____
17. 和 _____	18. 尤其 _____	19. 不同的 _____	20. 两者的 _____
21. 几乎 _____	22. 根据 _____	23. 确定的 _____	24. 关于 _____
25. 事实上 _____	26. 无论如何 _____	27. 大多数；最多 _____	28. 每一 _____
29. 除 _____	30. 不可能的 _____	31. 其他的 _____	32. 每个 _____

B. 四词成句（可改变词形）

1. Exactly / Because / But / Also	_____
2. As / Either / Else / Hardly	_____
3. And / Especially / Different / Both	_____
4. Actually / Anyway / Most / Every	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第17天 · 第49组「逻辑擂台」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1537. And bread and milk Tom and Jack are good friends.	1553. Because because of We stayed inside because it was raining.
1538. As as soon as Call me as soon as you arrive.	1554. Any any questions Do you have any questions?
1539. Every every day I read English every day.	1555. Either either...or You can take either the bus or the subway.
1540. Different different from My bag is different from yours.	1556. According (According to) according to According to the map, the bank is nearby.
1541. Almost almost ready Dinner is almost ready.	1557. Anyway do it anyway It was raining, but we went out anyway.
1542. Depend depend on Success depends on hard work.	1558. Especially especially important Breakfast is especially important for students.
1543. Ever have ever seen Have you ever seen a panda?	1559. Except except for Everyone came to school except Tom.
1544. Impossible almost impossible It is impossible to finish this in one minute.	1560. Quite quite good Your English is quite good.
1545. But small but useful The room is small but clean.	1561. Although although it was late Although it was late, he kept working.
1546. All all of All of us enjoyed the school trip.	1562. Each each other The two friends help each other.
1547. Both both...and Both Lucy and Lily like music.	1563. Other the other Some students read; the other students write.
1548. About talk about We talked about our holiday plans.	1564. Actually actually know I actually know the answer.
1549. Also also like I also like reading science books.	1565. Certain be certain about I am certain about the answer.
1550. Else something else Would you like something else?	1566. Even even if Even if it rains, we will keep practising.
1551. Exactly exactly right Your answer is exactly right.	1567. Hardly hardly ever He hardly ever watches TV.
1552. Most most of Most of the students passed the test.	1568. Yourself (yourselves) by yourself You can do it by yourself.

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____

第17天 · 第50组「向未来升级」

第1层 | 音义识别

先看英文与音标朗读3遍，再遮住中文说意思。会读会认后，在最后一栏打勾。

序号	英文	音标	中文	3遍
1569	Ability	/əb'ɪlətɪi/	能力	☐ ☐ ☐
1570	Advantage	/ədʋ'a:ntɪdʒ/	优点	☐ ☐ ☐
1571	Courage	/k'ʌrɪdʒ/	勇气	☐ ☐ ☐
1572	Realise (realize)	/r'iələaɪz/	意识到；实现	☐ ☐ ☐
1573	Aware	/əw'eə/	知道的	☐ ☐ ☐
1574	Found	/f'aʊnd/	建立	☐ ☐ ☐
1575	New	/nj'u:/	新的	☐ ☐ ☐
1576	Want	/w'ɒnt/	想要	☐ ☐ ☐
1577	Able	/'eɪbəl/	能够的	☐ ☐ ☐
1578	Advice	/ədʋ'aɪs/	忠告	☐ ☐ ☐
1579	Expect	/ɛksp'ɛkt/	预期	☐ ☐ ☐
1580	Reason	/r'i:zən/	理由	☐ ☐ ☐
1581	Become	/bɪk'ʌm/	变成	☐ ☐ ☐
1582	Imagine	/ɪm'ædʒɪn/	想像	☐ ☐ ☐
1583	Pioneer	/paɪən'ɪə/	先锋	☐ ☐ ☐
1584	Wonder	/w'ʌnde/	想知道	☐ ☐ ☐
1585	Achieve	/etʃ'i:v/	完成	☐ ☐ ☐
1586	Believe	/bɪl'i:v/	相信	☐ ☐ ☐
1587	Important	/ɪmp'ɔ:tənt/	重要的	☐ ☐ ☐
1588	Succeed	/səks'i:d/	成功	☐ ☐ ☐
1589	Best	/b'ɛst/	最好的	☐ ☐ ☐
1590	Know	/n'əʊ/	知道	☐ ☐ ☐
1591	Remain	/rɪm'eɪn/	保持；仍然	☐ ☐ ☐
1592	Wish	/w'ɪʃ/	希望	☐ ☐ ☐
1593	Aim	/'eɪm/	目标	☐ ☐ ☐
1594	Chance	/tʃ'a:ns/	机会	☐ ☐ ☐
1595	Possible	/p'ɒsəbəl/	可能的	☐ ☐ ☐
1596	Raise	/r'eɪz/	举起；提高	☐ ☐ ☐
1597	Curious	/kj'ʊrɪəs/	好奇的	☐ ☐ ☐
1598	Mind	/m'aɪnd/	思想；介意	☐ ☐ ☐
1599	Remind	/rɪm'aɪnd/	提醒	☐ ☐ ☐
1600	Which	/w'ɪtʃ/	哪一个	☐ ☐ ☐

第17天 · 第50组「向未来升级」

第2层 | 词形拆解

“分块”只服务于拼写记忆，不等同于严格的音节或词根划分。按顺序：看分块 -> 补半遮 -> 遮住前两栏默写。

序号	分块观察	半遮拼写	整词默写	核对
1569	Abil • ity	A__l__y	_____	[]
1570	Adv • ant • age	A__a__a_e	_____	[]
1571	Cou • rage	C__r__e	_____	[]
1572	Re • alise / realize	R__l__e	_____	[]
1573	Aware	A__re	_____	[]
1574	Found	F__nd	_____	[]
1575	New	N_w	_____	[]
1576	Want	W__t	_____	[]
1577	Able	A__e	_____	[]
1578	Advice	A__i_e	_____	[]
1579	Expect	E__e_t	_____	[]
1580	Re • ason	R__s_n	_____	[]
1581	Become	B__o_e	_____	[]
1582	Ima • gine	I__g__e	_____	[]
1583	Pione • er	P__n__r	_____	[]
1584	Wond • er	W__d_r	_____	[]
1585	Ach • ieve	A__i__e	_____	[]
1586	Bel • ieve	B__i__e	_____	[]
1587	Imp • ort • ant	I__o__a_t	_____	[]
1588	Succe • ed	S__c__d	_____	[]
1589	Best	B__t	_____	[]
1590	Know	K__w	_____	[]
1591	Re • main	R__a_n	_____	[]
1592	Wish	W__h	_____	[]
1593	Aim	A_m	_____	[]
1594	Chance	C__n_e	_____	[]
1595	Poss • ible	P__s__le	_____	[]
1596	Raise	R__se	_____	[]
1597	Curi • ous	C__i__s	_____	[]
1598	Mind	M__d	_____	[]
1599	Re • mind	R__i_d	_____	[]
1600	Which	W__ch	_____	[]

第17天 · 第50组「向未来升级」

第3层 | 图像与场景联结

每4词放进同一幅画面：先闭眼想象30秒，再画简图；必须用箭头写出4个英文标签。画面越夸张、越有动作，越容易记。

场景1 Ability / Advantage / Courage / Realise 画面元素：能力、优点、勇气、意识到；实现 英文标签：_____	场景2 Aware / Found / New / Want 画面元素：知道的、建立、新的、想要 英文标签：_____
场景3 Able / Advice / Expect / Reason 画面元素：能够的、忠告、预期、理由 英文标签：_____	场景4 Become / Imagine / Pioneer / Wonder 画面元素：变成、想像、先锋、想知道 英文标签：_____
场景5 Achieve / Believe / Important / Succeed 画面元素：完成、相信、重要的、成功 英文标签：_____	场景6 Best / Know / Remain / Wish 画面元素：最好的、知道、保持；仍然、希望 英文标签：_____
场景7 Aim / Chance / Possible / Raise 画面元素：目标、机会、可能的、举起；提高 英文标签：_____	场景8 Curious / Mind / Remind / Which 画面元素：好奇的、思想；介意、提醒、哪一个 英文标签：_____

遮住英文标签，看8幅画面依次说词。能在60秒内说出28词以上，再进入第4层。

第17天 · 第50组「向未来升级」

第4层 | 词组与句境

先补常用词组，再补短句。每格的两个空通常是同一个目标词；注意句首大写和必要的词形变化。

1-16	17-32
1569. have the _____ to She has the _____ to learn quickly. [能力]	1585. _____ a goal Hard work can help you _____ your goal. [完成]
1570. have an _____ This plan has one clear _____. [优点]	1586. _____ in _____ in yourself and keep going. [相信]
1571. have the _____ to She had the _____ to speak in public. [勇气]	1587. be _____ to Family is _____ to everyone. [重要的]
1572. _____ a dream She worked hard to _____ her dream. [意识到；实现]	1588. _____ in She _____ in solving the problem. [成功]
1573. be _____ of We should be _____ of road safety. [知道的]	1589. do one's _____ Do your _____ in the exam. [最好的]
1574. _____ a school They _____ the school many years ago. [建立]	1590. _____ about I want to _____ more about space. [知道]
1575. brand-_____ I bought a _____ notebook yesterday. [新的]	1591. _____ calm Please _____ calm in an emergency. [保持；仍然]
1576. _____ to do I _____ to learn English well. [想要]	1592. _____ for I _____ for peace and happiness. [希望]
1577. be _____ to She is _____ to solve the problem. [能够的]	1593. _____ to do Our _____ is to help more people. [目标]
1578. give _____ My teacher gave me useful _____. [忠告]	1594. have a _____ to I had a _____ to visit the museum. [机会]
1579. _____ to do We _____ to finish before Friday. [预期]	1595. as soon as _____ Please reply as soon as _____. [可能的]
1580. _____ for What is the _____ for your choice? [理由]	1596. _____ your hand Please _____ your hand before speaking. [举起；提高]
1581. _____ interested in _____ (变成) [变成]	1597. be _____ about Children are _____ about the world. [好奇的]
1582. _____ doing _____ living on the moon. [想像]	1598. make up one's _____ I made up my _____ to work harder. [思想；介意]
1583. a _____ in She was a _____ in modern science. [先锋]	1599. _____...of This photo _____ me of my first school. [提醒]
1584. _____ about I _____ what will happen next. [想知道]	1600. _____ one _____ one do you like best? [哪一个]

不会时先看中文提示，不要立即翻答案；尝试回想第3层画面。

第17天 · 第50组「向未来升级」

第5层 | 主动回忆与输出

完全遮住前四层。A题限时5分钟；B题至少口头说1遍，再选择2组写成完整句子。

A. 看中文默写英文

1. 可能的 _____	2. 能够的 _____	3. 勇气 _____	4. 变成 _____
5. 举起；提高 _____	6. 目标 _____	7. 知道的 _____	8. 建立 _____
9. 意识到；实现 _____	10. 希望 _____	11. 提醒 _____	12. 哪一个 _____
13. 想像 _____	14. 重要的 _____	15. 思想；介意 _____	16. 新的 _____
17. 知道 _____	18. 能力 _____	19. 保持；仍然 _____	20. 忠告 _____
21. 理由 _____	22. 先锋 _____	23. 想要 _____	24. 成功 _____
25. 想知道 _____	26. 最好的 _____	27. 机会 _____	28. 相信 _____
29. 好奇的 _____	30. 预期 _____	31. 完成 _____	32. 优点 _____

B. 四词成句（可改变词形）

1. Possible / Able / Courage / Become	_____
2. Realise / Wish / Remind / Which	_____
3. Know / Ability / Remain / Advice	_____
4. Wonder / Best / Chance / Believe	_____

C. 60秒口头回忆：我说出了_____ / 32词。 本组错词号：_____

达标：[] 28-32词 [] 24-27词（当天再练） [] 0-23词（回到第2、3层）

第17天 · 第50组「向未来升级」

本组答案 | 核对与订正

先用不同颜色圈出错误，再把错词回填到第2层“整词默写”。第4层句子若出现词形变化，以完整句为准。

1-16	17-32
1569. Ability have the ability to She has the ability to learn quickly.	1585. Achieve achieve a goal Hard work can help you achieve your goal.
1570. Advantage have an advantage This plan has one clear advantage.	1586. Believe believe in Believe in yourself and keep going.
1571. Courage have the courage to She had the courage to speak in public.	1587. Important be important to Family is important to everyone.
1572. Realise (realize) realise a dream She worked hard to realise her dream.	1588. Succeed succeed in She succeeded in solving the problem.
1573. Aware be aware of We should be aware of road safety.	1589. Best do one's best Do your best in the exam.
1574. Found found a school They founded the school many years ago.	1590. Know know about I want to know more about space.
1575. New brand-new I bought a new notebook yesterday.	1591. Remain remain calm Please remain calm in an emergency.
1576. Want want to do I want to learn English well.	1592. Wish wish for I wish for peace and happiness.
1577. Able be able to She is able to solve the problem.	1593. Aim aim to do Our aim is to help more people.
1578. Advice give advice My teacher gave me useful advice.	1594. Chance have a chance to I had a chance to visit the museum.
1579. Expect expect to do We expect to finish before Friday.	1595. Possible as soon as possible Please reply as soon as possible.
1580. Reason reason for What is the reason for your choice?	1596. Raise raise your hand Please raise your hand before speaking.
1581. Become become interested in He became interested in science.	1597. Curious be curious about Children are curious about the world.
1582. Imagine imagine doing Imagine living on the moon.	1598. Mind make up one's mind I made up my mind to work harder.
1583. Pioneer a pioneer in She was a pioneer in modern science.	1599. Remind remind...of This photo reminds me of my first school.
1584. Wonder wonder about I wonder what will happen next.	1600. Which which one Which one do you like best?

订正记录：今天错_____词；已重新默写_____词；明天需复习词号_____