

《高考英语读后续写高分宝典》

专题 35 比赛竞赛类读后续写讲义（话题+步骤+语料+模拟）解析版

养成良好的答题习惯，是决定高考英语成败的决定性因素之一。做题前，要认真阅读题目要求、题干和选项，并对答案内容作出合理预测；答题时，切忌跟着感觉走，最好按照题目序号来做，不会的或存在疑问的，要做好标记，要善于发现，找到题目的题眼所在，规范答题，书写工整；答题完毕时，要认真检查，查漏补缺，纠正错误。

【比赛竞赛类话题】

比赛竞赛类一般属于人与自我以及人与社会的主题语境。竞技球类比赛涉及体育活动、大型体育赛事、体育与健康、体育精神的话题。个人表演，演讲比赛多涉及认识自我，丰富自我，完善自我的子主题。个人表演和演讲比赛经常讲述个人经过克服舞台恐惧，在其他人的鼓励下克服心理障碍，收获个人成长与他人肯定的故事。

而竞技故事也涉及到如何面对失败自我反思，实现个人成长的故事，当然也有表现尊重对手，收获友谊的体育精神的故事或者是与同伴协助取得团队胜利的故事，又或者是在同伴或者家人的鼓励下取得比赛或者演讲成功的故事。

年份	卷别	类型	话题
2023	新高考 I&II 卷	人与自我	在老师的鼓励下参加作文比赛
2023	浙江 1 月卷	人与自然	“我”与救下的蜂鸟的神奇邂逅
2022	新高考 I&II 卷	人与自我	鼓励身残志坚男孩继续参加越野比赛
2022	浙江 6 月卷	人与社会	为无家可归人们发放食物志愿者经历
2022	浙江 1 月卷	人与自我	与“最不合拍”搭档成为好友
2021	新高考 I&II 卷	人与自我	双胞胎在母亲节给妈妈做早餐送惊喜
2021	浙江 6 月卷	人与自我	

			作者上学时的一次打工挣钱的经历
2021	浙江 1 月卷	人与社会	少年意外将头卡在南瓜中而爆红网络
2020	新高考 I&II 卷	人与社会	三个孩子帮助一个贫困家庭孩子挣钱
2020	浙江 7 月卷	人与自然	与北极熊面对面的一次脱险经历
2020	浙江 1 月卷	人与自然	父母帮助宠物狗找玩伴重获快乐

按照情节发展，比赛竞赛类读后续写内容刻意分为三个阶段

阶段	情节发展	情绪刻画
第一阶段	比赛前(中)苦恼或问题	负面情绪塑造 (紧张?尴尬? 担忧? 困惑)
第二阶段	他人帮助/帮助他人	努力+坚持 (疲惫? 挣扎? 坚持? 感动?)
第三阶段	观众反应+赛后感受	动作+情感+环境+升华 (拥抱? 鼓掌? 欢呼? 流泪?)

【六个写作步骤】

第一步：提炼六个要素，获取主旨大意

读后续写的阅读文本基本上都是记叙文，所以要提炼出六个基本要素：who, where, when, what, why 和 how。考生在阅读文本过程中只有把握好这六个要素，才能总结出文章大意和故事情节，进而推断出作者的写作意图，轻松获取故事的主旨大意。

第二步：理清故事脉络，把握情感变化

线索是叙事性作品中贯穿整个故事的脉络，所有的情节均围绕文本主要线索展开。记叙文一般有两条故事发展线索：情节(plots)线索和情感(emotions)线索。考生可以利用图表法或思维导图法理清故事的发展脉络，把握作者的情感变化。这样，考生在续写时才可以更好地遵循原文的思路、风格和语言。

第三步：分析段落首句，精心设计问题

分析续写后所给的两个段首句对提高所写内容和原文的融洽度至关重要。考生可以先分析一下所给的两个段首句之间的逻辑关系是顺承关系、转折关系还是因果关系等。然后，根据自己的判断设计小问题：根据段首句得知什么？续写开始写什么？接下来写什么？续写第一段的段尾如何衔接第二段的开头？续写第二段的段尾如何才能照应故事的主旨大意？

第四步：设计结尾情节，拔高价值取向

考生必须紧紧围绕故事的发展脉络，展开合理的想象，巧妙地设计所续写的两段的故事结尾情节。设计结尾情节时，考生可以借助前文的故事脉络设计一些具体的问题。还要注意设计好续写的第二段的结尾，让结尾处的情感得到升华或拔高，把故事所折射出的人生观、价值观充分体现出来。

第五步：列出关键词汇，续写连贯句群

设计好要续写的两段的情节后，考生可以先在草稿纸上把原文出现的主要人物、发生的主要事件和描写人物或事件的情感词罗列出来，并按事件的发生顺序逐一理清。最后，考生用这些关键词汇重构句子，写出连贯一致的句群。

第六步：升格低级词句，誊写完善成文

考生在写好两段的内容后，可以根据语法知识把一些低级的词汇或句式进行润色升格。升格低级词句的目的是让续写的内容更加符合原文的语言风格，与原文在衔接上更加融洽。完成这一步后，考生要迅速把写好的两段英文以清晰、规范、美观、流畅的书写誊写在答题纸上。

【比赛竞赛类语料精编】

第一步：比赛前、中的苦恼（负面情绪塑造）

负面的心理描写可以揭示人物在比赛的内心世界，表达人物的性格、特点、感情等，这为后期完赛成长的过程埋下伏笔。

一、训练

1. **Hard as he trained**, he still made little progress, **which put him on the verge of collapse**.

尽管他努力训练，但仍然没有取得什么进步，这使他处于崩溃的边缘。

2. **The setting sun witnessing his efforts**, he kept sharpening his skill **regardless of aching muscles**.

落日见证了他的努力，他不顾肌肉酸痛，不断磨练自己的技艺。

3. **My heart sank**, because I was concerned **all the training that I had done was in vain**.

我的心凉了半截，因为我担心我所做的所有训练都是徒劳的。

二、困惑

1. **His sudden change in mood completely confused me.**

他的情绪突然变化完全把我弄糊涂了。

2. When I stood on the stage in front of the large audience, **my mind went blank.**

我站在舞台上面对大批观众时，我的头脑一片空白。

三、忧虑

1. Worried about the contest, **I was unsettled for the first few days.**

由于担心这次比赛，头几天我心神不宁。

2. I was so nervous about the competition that I **lay awake half the night, worrying.**

我对竞赛感到如此紧张，以至于大半夜都睡不着觉，心神不宁。

四、绝望

1. He **gazed at the confusion around him and was overwhelmed by a feeling of despair.**

他凝视着周围一片混乱，感到一阵绝望。

2. **Desperate and helpless, she knelt down, with tears of regret streaming down her cheeks.**

绝望而无助的她跪了下来，悔恨的泪水顺着面颊流了下来。

五、疲惫

1. **Exhausted, I slid into bed and fell fast asleep.**

我精疲力竭地躺在床上，很快就睡着了。

2. **She felt exhausted and sat by the stream resting her aching feet.**

她感到精疲力竭，坐在溪边休息着疼痛的双脚。

六、紧张

1. **My heart beat wildly and my legs trembled.**

我的心脏狂跳着，双腿颤抖着。

2. **My heart beat so violently that I felt like sitting on pins and needles.**

心跳如此剧烈，我感到如坐针毡。

3. I was about to respond when I felt **my tongue tied in and palms sweating.**

我正要回答时，感到舌头被绑住了，手掌开始出汗。

第二步：比赛中（努力挣扎应对+反思）

一、惊讶

1. **Scared and shocked, she couldn't say a word.**

他又害怕又震惊，一句话也说不出来。

2. Raising her eyebrows in surprise, Mrs Rossi **froze, as if rooted on the ground.**

罗西太太惊讶地扬起眉毛，僵住了，仿佛在地上扎了根一样一动不动。

二、挑战

1. He was about to quit when his teacher **cast an encouraging glance at him.**

他正要放弃时，老师向他投来鼓励的目光。

2. **A flush of excitement surged through** him as he made another attempt.

当他再次尝试时，一阵兴奋涌上心头。

3. I could feel that all the eyes were fixed on us. **A strong sense of nervousness surged through me.**

我能感觉到所有的眼睛都盯着我们。一种强烈的紧张感涌上我的全身。

4. **Swiftly adjusting his breath,** he swam forward **like an arrow off the bowstring.**

他迅速调整呼吸，像离弦的箭一样向前游去。

三、坚持

1. Yet there was something inside me **pushing me to win the competition.**

然而，我内心深处有某种东西在推动我要赢得比赛。

2. **My heart beating wildly,** I tried my best and got closer to the other runners.

我的心跳得很厉害，我尽了最大努力，离其他跑步者越来越近了。

3. "Patience, Will, Patience," **a voice echoed in my ears** after the boys left.

“耐心！意愿，耐心，”男孩们离开后，一个声音在我耳边回响。

第三步：成长后的升华（感悟+感激+升华）

一、感激

1. **A shiver of excitement passed through her stomach** when she heard the news.

听到这个消息，她激动得胃里直打颤。

2. I looked at her, **tears of love and gratitude welling up in my eyes.**

我看着她，爱与感激的泪水夺眶而出。

二、喜悦

1. **A bright smile spread across her face.**

她脸上洋溢着灿烂的笑容。

2. She laughed, **her eyes twinkling with excitement.**

她笑了起来，她的眼睛因兴奋而闪闪发光。

三、感动

1. **With tears streaming down her face**, she thanked him again and again.

她泪流满面，再三感谢她。

2. I was deeply moved by what he had done, **tears rolling down without control.**

我被他的所作所为深深打动了，泪水情不自禁地夺眶而出。

四、赛后

1. **Never in his wildest dream had he expected** that he won the first prize.

他做梦也没想到自己获得了一等奖。

2. Meanwhile, **a storm of thunderous applause rang through the classroom.**

与此同时，雷鸣般的掌声响彻整个教室。

3. The cheers from the crowd **echoed** through the stadium, and I couldn't feel **a rush of excitement as I was immersed in the glory of our victory.**

观众的欢呼声在体育场里回荡，当我沉浸在我们胜利的荣耀中时，我感觉不到一丝兴奋。

五、升华

1. **This experience served as a reminder that** the best way to gain recognition is to display yourself and make yourself known.

这段经历提醒我们，获得认可的最佳方式是展示自己，让自己出名。

2. **Every time I lost patience in the future I would remember my grandfather's words.**

每当我失去耐心时，我都会记住祖父的话。

3. It dawned on Adam that **one should stick to his dream no matter what happens.**

亚当突然想到无论发生什么事，都要坚持自己的梦想。

【比赛竞赛类高考真题】

1. (2023 新高考 I 卷 II 卷) 阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

When I was in middle school, my social studies teacher asked me to enter a writing contest. I said no without thinking. I did not love writing. My family came from Brazil, so English was only my second language. Writing was so difficult and painful for me that my teacher had allowed me to present my paper on the sinking of the Titanic by acting out a play, where I played all the parts. No one laughed harder than he did.

So, why did he suddenly force me to do something at which I was sure to fail? His reply: “Because I love your stories. If you’re willing to apply yourself, I think you have a good shot at this.” Encouraged by his words, I agreed to give it a try.

I chose Paul Revere’s horse as my subject. Paul Revere was a silversmith (银匠) in Boston who rode a horse at night on April 18, 1775 to Lexington to warn people that British soldiers were coming. My story would come straight from the horse’s mouth. Not a brilliant idea, but funny; and unlikely to be anyone else’s choice.

What did the horse think, as he sped through the night? Did he get tired? Have doubts? Did he want to quit? I sympathized immediately. I got tired. I had doubts. I wanted to quit. But, like Revere’s horse, I kept going. I worked hard. I checked my spelling. I asked my older sister to correct my grammar. I checked out a half dozen books on Paul Revere from the library. I even read a few of them.

When I handed in the essay to my teacher, he read it, laughed out loud, and said, “Great. Now, write it again.” I wrote it again, and again and again. When I finally finished it, the thought of winning had given way to the enjoyment of writing. If I didn’t win, I wouldn’t care.

注意:

1. 续写词数应为 150 个左右;
2. 请按如下格式在答题卡的相应位置作答。

A few weeks later, when I almost forgot the contest, there came the news.

I went to my teacher's office after the award presentation.

【读后续写满分作文】

A few weeks later, when I almost forgot the contest, there came the news. I was informed that I won the first prize in the writing contest and that there would be an award presentation in two days. I was so happy to hear the news that I immediately shared it with my teacher. "I knew you'd win! I am proud of you. You made it!" he said excitedly. Then came the big day. When I was invited to the stage to receive the award, I expressed my thanks to my teacher. I said, "It's you who make me fall in love with writing, my social studies teacher. Without your recognition and guidance, I couldn't have written this article. Again thank you very much!"

I went to my teacher's office after the award presentation. My teacher was waiting for me. Holding my hands, he said "Congratulations! You are a good writer, so keep writing." "You know I didn't like writing before, but now I am crazy about it! I will try my best to create good works." I said seriously. Since then, I have written many good works and now I am a famous writer. I owe my success to my social teacher who is a beacon in my life on the road to writing.

【解析】

【导语】本文以人物为线索展开，讲述了作者上中学的时候，社会学老师邀请作者参加一个写作比赛。作者不喜欢写作，于是想都没想就拒绝了。但是在老师的鼓励下，作者同意试一试。作者在写作过程中虽然很累，但是没有放弃，坚持下来了。在作者最终完成写作时，作者感到写作让他很快乐，他已经不在乎输赢了。

【详解】1.段落续写：

①由第一段首句内容“几个星期后，当我几乎忘记比赛的时候，传来了消息。”和第二段首句“颁奖后我去了老师的办公室。”可知，第一段可描写作者获得比赛一等奖，在颁奖典礼上作者表达了对社会老师的感激。

②由第二段首句内容“颁奖后我去了老师的办公室。”可知，第二段可描写老师鼓励作者继续写作，自此作者坚持写作取得了成功，作者将这一切归功于自己的老师。

2.续写线索：比赛消息传来——作者获奖——高兴——颁奖典礼感谢老师——颁奖后来老师办公室——老师告诉作者坚持写作——作者表达了对写作的喜爱——作者写作取得了成功——感激老师

3.词汇激活

行为类

①告知：inform/tell

②成功做到：make it/succeed

③表达：express/convey

情绪类

①高兴的：happy/glad

②激动地：excitedly/with excitement

【点睛】[高分句型 1] I was informed that I won the first prize in the writing contest and that there would be an award presentation in two days. (运用了由连接词 that 引导的宾语从句)

[高分句型 2] It's you who make me fall in love with writing, my social studies teacher. (运用了强调句)

[高分句型 3] I owe my success to my social teacher who is a beacon in my life on

the road to writing. (运用了 **who** 引导的限制性定语从句)

2. (2022 新高考 I 卷 II 卷) 阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

It was the day of the big cross-country run. Students from seven different primary

schools in and around the small town were warming up and walking the route(路线)through thick evergreen forest.

I looked around and finally spotted David, who was standing by himself off to the side by a fence. He was small for ten years old. His usual big toothy smile was absent today. I walked over and asked him why he wasn't with the other children. He hesitated and then said he had decided not to run.

What was wrong? He had worked so hard for this event!

I quickly searched the crowd for the school's coach and asked him what had happened. "I was afraid that kids from other schools would laugh at him," he explained uncomfortably. "I gave him the choice to run or not, and let him decide."

I bit back my frustration(懊恼). I knew the coach meant well—he thought he was doing the right thing. After making sure that David could run if he wanted, I turned to find him coming towards me, his small body rocking from side to side as he swung his feet forward.

David had a brain disease which prevented him from walking or running like other children, but at school his classmates thought of him as a regular kid. He always participated to the best of his ability in whatever they were doing. That was why none of the children thought it unusual that David had decided to join the cross-country team. It just took him longer—that's all. David had not missed a single practice, and although he always finished his run long after the other children, he did always finish. As a special education teacher at the school, I was familiar with the challenges David faced and was proud of his strong determination.

注意:

1. 续写词数应为 150 左右;
2. 请按如下格式在答题卡的相应位置作答.

We sat down next to each other, but David wouldn't look at me.

I watched as David moved up to the starting line with the other runners.

【读后续写满分作文】

We sat down next to each other, but David wouldn't look at me. I said gently and quietly, "No one can change your mind, except yourself. If you desire to challenge yourself, there is nothing to do with others' thoughts." He sat still with a deep breath. "You have a full preparation before this event, which is the most important reason why you show up here", I added with a sincere tone. Hearing my words, David turned to me tremblingly with tears spilling out of his eyes and expressed he had made a firm determination to finish the cross-country run. His coach heard what David said and gave me a look—the kind that was more determined than anyone else's.

I watched as David moved up to the starting line with the other runners. The race started. It seemed that the runway was extremely long for young children, not to mention a child with a heart disease. David insisted on running as if he had forgotten all his weaknesses, though he was tripped over within the a few kilometers. It didn't take long before he picked himself up again and continued his mission. Classmates all appeared on the racing track, cheering for him. "Come on! You can make it! We are proud of you!" they shouted enthusiastically. To everyone's joy, he reached the final line and ranked the 20th. It was no more important whether he won the first place or not. It was his brave heart and strong faith that could make something unusual happen finally.

【导语】本文以赛跑为线索展开。作者是一名特殊教育教师，在大型越野赛跑那天，发现患有大脑疾病的大卫独自站在一旁。作者问其原因，他说准备放弃比赛。从教练口中得知，因为担心同学们会嘲笑大卫，所以教练想让大卫自己去决定是否参加赛跑。作者让大卫追寻自己的内心，不理睬别人的看法，大卫最终参赛，尽管遇到困难，他战胜了自己，这已经无关名次，而是他的勇敢和坚定让这一切成为可能。

【详解】1.段落续写：

①由第一段首句内容“我们挨着坐着，但大卫不愿看我一眼。”和第二段首句内容“我看着大卫和其他选手一起走到起跑线上。”可知，第一段可描写作者鼓励大卫继续完成比赛，大卫经过强烈的心理斗争，最终决定参加比赛。

②由第二段首句内容“我看着大卫和其他选手一起走到起跑线上。”可知，第二段可描写大卫开始参赛，虽然中途遇到困难，仍然坚持到最后，完成比赛。

2.续写线索：鼓励大卫——心理变化——决定参赛——克服困难——加油助威——完成比赛

3.词汇激活：

行动类：

①深呼吸：with a deep breath/breathe deeply

②坚持做：insisted on doing/be stick to doing

情绪类：

①热情：enthusiastically /with great passion

②骄傲：be proud of/take pride in

【点睛】[高分句型 1]. You have a full preparation before this event, which is the most important reason why you show up here. (由 which 引导的非限制性定语从句和 why 引导的限制性定语从句)

[高分句型 2]. Hearing my words, David turned to me tremblingly with tears spilling out of his eyes and expressed he had made a firm determination to finish the cross-country run. (现在分词作状语和省略 that 的宾语从句)

[高分句型 3]. It was his brave heart and strong faith that could make something unusual happen finally. (含有 It was...that 结构的强调句型)

【比赛竞赛类 10 篇汇编】

1. (2023 上·河南开封·高二统考期中) 阅读下面材料, 根据其内容和所给段落开头续写两段, 使之构成一个完整的短文。

When I was in middle school, my family moved to Seattle, where my parents

started their new business — a small grocery store downstairs my house. As a girl of shy and reserved nature, I had to take a fresh start to fit into the city life.

One sunny day, my school announced an exciting event, a talent show for the local food bank. Students were encouraged to showcase their unique talents in front of the public in the city hall on National Day. A buzz of excitement filled the school as everyone began preparing for the big day. Deep down, I felt a spark of curiosity and a desire to participate. However, my self-doubt held me back, “I don’t have any special skills to share.”

Days turned into weeks, and the talent show drew closer. I couldn’t shake the upsetting feeling until one day Emma, one of the most popular girls in my class, came to me while I was helping in the grocery store after class. “How about singing together in the talent show?” She grinned (笑), “I heard you singing a tune, along the way back home. I can’t help following you here.” Gosh, I couldn’t believe my ears. Emma, with personality and popularity, acknowledged my little talent. Since Emma had the world’s prettiest voice, I felt like being favoured by fortune.

“You two? The talent show for the food bank?” My mum bent towards us and her face lit up. “A big occasion.” Then a light bulb seemed to go in her head. “Why not practise right now upstairs? I bet you’ll be a perfect match.” Winking at us, she seemed to know we were thinking alike.

Emma and I embarked on rehearsing (排练) almost every single day after school. We brainstormed, exchanged ideas and rehearsed the scene. As the days rolled by, I was feeling pretty good about our act. But the day before the performance, Emma called that she had an acute stomachache and was not in any shape to perform.

注意：1.续写词数应为 150 左右；

2.请按如下格式在答题卡的相应位置作答。

I was completely shocked by the news.

Finally came the big moment.

【读后续写满分作文】

I was completely knocked out by the news. Gloomy and desperate, I sat silently in the room for what seemed like ages, unsure of what to do next. Then I started to pace up and down like a caged animal, debating with myself whether or not to go on stage alone. "How can this be possible?" I thought to myself. Fear and anxiety coursed through my veins, and it seemed that all our hard work was in vain. But then the thought of the support and encouragement from Emma and my mom came flooding back to me. It was at the moment that I realized that I couldn't let self-doubt hold me back. Filled with determination, I resolved to proceed with the performance by myself.

Finally came the big moment. As I stepped onto the stage, I could feel my heart thumping wildly in my chest. Glancing around the hall, I took a deep breath and began to sing. Surprisingly, all my worries suddenly disappeared and a wave of confidence washed over me. I was completely immersed in the joy of performing and the audience was spellbound by the passion in my voice. When I finished my song, the whole hall burst into applause. Tears of joy welled up in my eyes as Emma presented a big bunch of flowers to me, and my mum stood near, winking at us. From that day forward, I learned that by overcoming fears and self-doubts, we can make a difference.

【导语】本文以人物为线索展开，讲述了不自信的作者在中学时期参加才艺表演的故事，原本与同学合作，但同学突然生病无法表演，作者只好独自登台，最终获得了成功。

【详解】1.段落续写：

①由第一段首句内容“这消息使我完全震惊了。”以及第二段首句内容“重要的时刻终于到来了。”可知，第一段可描写作者得知 Emma 身体不适不能表演，心里忐忑不安，几番思索，决定独自登台。

②由第二段首句内容“重要的时刻终于到来了。”可知，第二段可描写作者鼓起勇气终于战胜了恐惧，歌唱的很好，取得了成功和作者的感悟。

2.续写线索：作者对消息感到惊讶——作者犹豫不决——最终鼓起勇气独自参加了才艺表演——表演取得了成功——作者也克服了恐惧和自我怀疑

3.词汇激活

行为类

①开始：start/commence

②阻碍：hold back/discourage

③决定：resolve//be determined to

情绪类

①忧郁的：gloomy/depressed

②开心：joy/delight

【点睛】【高分句型 1】It was at the moment that I realized that I couldn't let self-doubt hold me back. (运用了强调句型和 that 引导的宾语从句)

【高分句型 2】When I finished my song, the whole hall burst into applause. (运用了 when 引导的时间状语从句)

2. (2023 上·浙江杭州·高三统考) 阅读下面材料，根据其内容和所给段落开头续写两段，使之构成一个完整的短文。

I had always prided myself on my sharp tongue and brilliant response whether in class debates or casual arguments. Thus, when I was selected to represent the school in the national debate series, I was naturally extremely confident of myself.

All the members in my team were good speakers. We had an experienced teacher who trained us well. But I was undoubtedly the most outstanding speaker. In each of the rounds that I debated in, all the judges selected me as the best one. This meant that my confidence was the highest by the time we found ourselves with one week to train before the finals. I had every reason to believe that I would be voted the best speaker for the debate series.

I began to be self-important about the whole business and started behaving that way with my team-mates. I would laugh at Eton's poor debating style. I would complain of

Vivian's slow response. I saw myself as the natural debater who would be disappointed by their bad performance.

As the finals drew near, I became more and more dissatisfied with my team. I began missing practices. My teacher was worried. My teammates were panicked. However, they had no choice but to rely on me to win the finals. Even if they would love to remove me from the team they could not because there was no replacement good enough.

The day of the finals finally came. I was very excited that I was able to finally show off my debating skills. Everyone was expecting my performance. They knew that I was praised to be the one most likely to win the best speaker for the debate series.

注意：

1. 续写词数应为 150 左右；
2. 请按如下格式在相应位置作答。

Paragraph 1:

But the reality was not something that I had ever imagined.

Paragraph 2:

Suddenly, a comforting hand from behind held mine.

【读后续写满分作文】

But the reality was not something that I had ever imagined. Due to lack of training, I failed to get the key point of my speech, for which I wasn't well prepared. I didn't know what to say and my mind just went blank. I was so nervous that I just stood there. I felt all the people present were looking at me with strange eyes. I was very embarrassed and shed big big sweat.

Suddenly, a comforting hand from behind held mine. It came from one of my teammates. He whispered to me, “Don’t be nervous and don’t be afraid. All of us are here to support you and cheer you up. I’m here to help you.” At this time, I realized the mistakes I had made before. I shouldn’t be too confident in myself. I should have humbly trained more with my teammates. At the moment, I was forgiven by my teammates. I pulled myself together, quickly straightened out my ideas and finished my speech. I saw all my teammates applaud for me and I was moved to tears.

【解析】

本文以人物为线索展开，讲述了作者为自己辩论方面的才能感到自豪，在准备参加全国辩论系列节目时，作者的信心达到了空前的高度，开始缺席训练，这使作者和队友产生了隔阂，决赛到来时，作者很兴奋，因为他可以展示自己的辩论技巧了。

【详解】

1.段落续写：

①由第一段首句内容“但现实是我从未想象过的。”可知，第一段可描写作者在决赛时的表现令人失望。

②由第二段首句内容“突然，一只安慰的手从后面抓住了我。”可知，第二段可描写作者在队友的鼓励下幡然醒悟。

2.续写线索：表现不佳——队友鼓励——反省——完成演讲

3.词汇激活

行为类

- ①不能： fail to do/be unable to do
- ②支持： support/be back
- ③振作： pull oneself together/shake oneself together
- ④鼓掌： applaud/clap one’s hands

情绪类

- ①紧张的： nervous/tense
- ②害怕的： afraid/fearful

【点睛】

[高分句型 1]Due to lack of training, I failed to get the key point of my speech, for which I wasn't well prepared.(由“介词+which”引导的定语从句)

[高分句型 2]At this time, I realized the mistakes I had made before.(由关系代词 that 引导的定语从句，省略了关系代词 that)

3. (2023 上·江苏南京·高三统考) 阅读下面材料，根据其内容和所给段落开头续写两段，使之构成一个完整的短文。

Jenny is a fifth - grader. She is one of the most popular girls in her class because she is among the brightest in her class . She can do the most cartwheels (侧手翻) in a row , but most of all , she has the talent to dance well .

Last year, she entered the school's dance competition and won first place. Since that day, she has been the class attraction. This year, the school is holding another dance competition, but there has been a change. The competition has to be done in pairs.

Jenny's class was expecting her to win again this year. But Jenny was unsure. She wanted to enter the competition, but she had never danced with a partner before. She decided to ask some of the boys in her class to enter with her. They all said no because they did not know how to dance .

She finally decided to turn to one of her closest friends, Carl. Carl was unwilling to join at first because he also didn't know how to dance. But Jenny insisted and he finally agreed. However, she was still worried because she knew it was going to be more of a challenge because Carl was not a good dancer. The competition was in two months , and only time could tell whether they would win or not.

Jenny and Carl spent the first two weeks memorizing the steps of their dance with the help of their teacher. Carl was pretty clumsy at first . Jenny had to devote some time to helping Carl improve his skill. Fortunately, he finally got the hang of it. They spent the rest of the time perfecting their moves. The day of the competition was near . Jenny and Carl were beginning to get nervous.

注意:1.续写词数应为 150 左右;

2.请按如下格式在相应位置作答。

The day of the competition arrived.

They came to a perfect start.

【读后续写满分作文】

The day of the competition arrived. Since Jenny won last year's competition, she was to perform with Carl last. As each pair took the stage one by one, Jenny grew more anxious. Carl noticed this and told her, "It'll be okay, Jenny. You are great, and I'm sure we'll win." Jenny felt better after hearing Carl's words. Soon, it was their turn. They walked on stage and began to dance as soon as their song started to play.

They came to a perfect start. The crowd began cheering them on. Suddenly, Jenny tripped and nearly fell. Carl managed to get her back up in time for their ending pose. Jenny was upset because of her fault. Shortly after their performance, the judges were ready to announce the winner. To Jenny's great surprise, they won! But it was a close competition. If it hadn't been for Jenny's talent and Carl's quick reaction, they wouldn't have won. Jenny and Carl were really excited.

【解析】

本文以人物为线索，讲述了五年级学生 Jenny 去年舞蹈比赛获得了第一名，成为了班上最吸引人的人。今年的舞蹈比赛要求两人一组，班内同学希望她再次获胜，却不能提供合适的舞伴。最后 Jenny 求助于她最亲密的朋友之一 Carl，虽然 Carl 不擅长跳舞，但是在老师的帮助下，他们还是掌握了舞步，并且提高了技能和窍门，最终参加比赛，并且成功获胜的故事。

【详解】

1.段落续写

①由第一段首句内容“比赛的日子到了。”可知，第一段可描写 Jenny 和 Carl 去参加比赛的赛前心态和开场的表现。

②由第二段首句内容他们有了一个完美的开始。”可知第二段可描写在比赛中出现困难，在 Jenny 和 Carl 的共同努力下克服困难并且成功获胜。

2.续写线索: 比赛的日子到了—Jenny 开始焦虑, Carl 进行安慰—比赛完美开始—
出现困难—努力克服困难—两人获胜, 皆大欢喜

3.词汇激活

行为类

①注意到: notice/see

②获胜: win/make it

③绊倒: trip/stumble

④设法成功做某事: manage to do/succeed in doing

情绪类

①焦虑: anxious/worried

②沮丧: upset/depressed

【点睛】

[高分句型 1]

As each pair took the stage one by one, Jenny grew more anxious. (运用了 as 引导的时间状语从句)

[高分句型 2]

If it hadn't been for Jenny's talent and Carl's quick reaction, they wouldn't have won.

(运用了虚拟语气)

4. (2023 上·湖北宜昌·高三校联考期中) 阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

A strong wind was blowing with the terrible storm at night. The stars were stuck to the black sheet of the sky. The next morning, when I woke up, the winter's icy wind caused me to shake.

My friends and I agreed to take up a ski contest. I took a seat near the heater warming my hands and trying to calm myself down before the contest. I was encouraging myself by shouting, "I can win this contest." As soon as I reached the

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