



《高中英语》（上外版）

选择性必修第一册第一单元

Learning for Life

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课时	授课内容
1	Getting Started/ Reading A
1	Reading A/ Vocabulary Focus
1	Reading A/ Grammar in Use
1	Listening, Viewing and Speaking
1	Reading B
1	Critical Thinking
1	Writing
1	Further Exploration/ Self-assessment

学习目标 Learning Objectives:

At the end of the lesson, you will be able to ...

1.能获取演讲语篇的内容要点和支撑性论据;
obtain the main points and supporting arguments of the speech;

2.能获取新闻报道的大意和细节;
get the general idea and details of news reports;

3.能在听、看的基础上，描述个人经历，表达观点。
describe personal experience and express opinions on the basis of listening and viewing.

“

Try Something New for 30 Days

- ☐ eating a balanced diet
- ☐ reading for at least 15 minutes every day
- ☐ doing sports on a regular basis
- ☐ taking a nap after lunch
- ☐ playing a musical instrument
- ☐ reflecting on what I have done every night
- ☐ going to bed before 11 p.m.
- ☐ _____

”

What can we achieve if we try something new for 30 days according to the speaker?

- We can form a good habit or get rid of a bad one.
- We can accomplish something we have long dreamed of.
- We can achieve anything if we set our mind to it.
- ...

Listen and Complete the Notes

a challenge I did to take a picture every day for a month. And I remember exactly where I was and what I was doing that day. I

So here's one last thing I'd like to mention. I learned that when I made small, sustainable changes, things I could keep doing, they were more likely to stick. There's nothing wrong with big, crazy challenges. In fact, they're a ton of fun. But they're less likely to stick. When I gave up sugar for 30 days, day 31 looked like this (showing the picture of a pile of candy).

“

93-year-old Piano Man



”

Watch and Complete the Sentences

1. Jack Prince joined the army during (1) _____.
2. Just now he had a piano lesson and is going to go home and (2) _____ soon.
3. His (3) _____ is coming. Now he is preparing for his birthday party. He goes to the Wisconsin Conservatory of Music, practising with his teacher for 45 minutes every two weeks. He is considered a hard-working and (4) _____ student.

Watch and Complete the Sentences

1. Jack Prince joined the army during (1) World War Two.
2. Just now he had a piano lesson and is going to go home and (2) practise soon.
3. His (3) 94th birthday is coming. Now he is preparing for his birthday party. He goes to the Wisconsin Conservatory of Music, practising with his teacher for 45 minutes every two weeks. He is considered a hard-working and (4) motivated student.

“

Group Discussion

- *All learning has an emotional base. — Plato*
- *Education consists mainly in what we have unlearned. — Mark Twain*
- *Learning never exhausts the mind. — Leonardo da Vinci*
- One more quote: *It's never too late to learn.*

”

Assignments

1. Finish Listening and Viewing **Section A**, **Section B** and **Section C** on P5-7 in your workbook.
2. Complete the diagram on P10 in your textbook and then exchange your ideas with your classmates.

Interactive Activity

Conduct an interview about your classmates' learning experiences outside the classroom. You can refer to the model interview and useful expressions on page 11.

Thank you!