

《高中英语》（上外版）

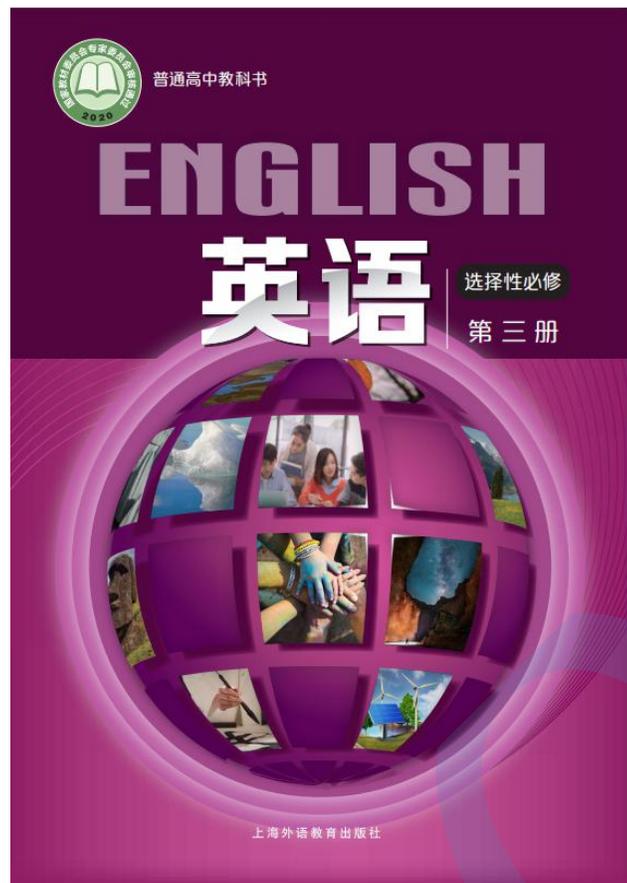
选择性必修第三册第一单元

Fighting Stress

授课教师：施悦临

《高中英语》（上外版）

选择性必修第三册第一单元



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. 能够掌握有关“压力”的词汇和表达法;

To have a good command of the words and expressions related to the topic of “stress”.

2. 能够理解课文中的新单词词组，并练习运用它们;

To understand the new words and phrasal verbs in the context and practice using them.

3. 能够体会平行结构的效用，并将设问句和平行结构运用到引出话题的写作中;

To explore the effectiveness of parallelism and employ rhetoric questions and parallelism in introducing a topic.

Reading A
Vocabulary Focus

Stress



Warming-up



Brainstorm the words that are relevant to the topic “stress”

i.e. pressure, anxiety, nervous, terrified, exhausted, headache, insomnia, no appetite, loss of hair/ weight...

take breath, relax, exercise, chat, determination, initiative, optimism, motivation, ...



Build topic-related vocabulary



Locate the words and phrases that are relevant to the topic “stress” in the text :

1. feelings caused by stress	worried, uncomfortable (Line 18), angry, frustrated, scared , afraid (L21), stressed (L24), anxious (L41), upset(L50) , sick(L52)
2. body symptoms caused by stress	stomachache (L22), headache (L23) , difficulty in sleeping or eating (L25), oversleep or overeat (L26), butterflies in one’s stomach, sweaty hands (L36)
3. solutions to dealing with stress	have sufficient sleep, follow a healthy diet (L72), turn to relaxation exercise (L74), take slow and deep breath (L76)



Study words and expressions



load down with

--to give sb/sth a lot of heavy things to carry 使负重

- ***The donkey was loaded down with a sack of potatoes.***
- ***He was loaded down with so many tasks that he had to work extra hours to get things done.***



Study words and expressions



stress out

--to become or make sb become too anxious or tired to be able to relax (使)焦虑不安, 疲惫不堪

- ***I try not to stress out when things go wrong.***
- ***Driving in the city in rush hours really stresses me out.***



Study words and expressions



inspire v.

--to give sb the desire, confidence or enthusiasm to do sth well 激励, 鼓舞

- ***The actors inspired the kids to perform with their enthusiasm.***

--to give sb the idea for sth, esp sth artistic or that shows imagination 赋予灵感, 启发思考

- ***The design of the pattern of the dress was inspired by her trip to India.***



Study words and expressions



bring up

--to mention a subject or start to talk about it 提出

- ***The proposal was brought up again at the meeting and caused a heated discussion.***

--to care for and nurture a child 抚养, 养育

- ***Though he was an orphan, he was well brought up in a harmonious community.***



Study words and expressions



handle v.

--to deal with (a situation, a person, a problem...) 处理, 应付

- *A new man was appointed to handle the crisis.*
- *We all have to learn to handle stress.*
- *The customer is difficult to handle, so the manager negotiated with him in person.*



Study words and expressions



turn to

--to go to sb/sth for help, advice, etc. 向.....求助

- *The reading material is quite a challenge and she has to turn to the dictionary from time to time.*
- *Since the child had no one to turn to, he made the decision on his own.*



Study words and expressions



Work in pairs

Make sentences in turn with the following words and phrases:

- 1. load down with***
- 2. stress out***
- 3. bring up***
- 4. turn to***



Study words and expressions



Work in groups

***Write a story with all the words and expressions that you have learned.
The story needs to make sense and be coherent.***

Present your story to the class.



Explore sentence patterns



Read the first paragraph of the text and identify what rhetorical devices (修辞手法) it contains.

1. rhetorical questions (设问句)

2. parallelism (排比)



Explore sentence patterns



What is the general function of parallelism?

- 1. to make the idea effective and forceful*
- 2. to make the idea clear and logical*
- 3. to make the passage more rhythmical and emotional*



Explore sentence patterns



Rewrite the following introductory paragraph of “a true friend” by employing rhetorical questions and parallelism:

- Maybe you have a friend who will say nothing but lend you his or her shoulder when you are crying. And, he or she may laugh loudly at your joke even if he or she has heard it before. You may consider him or her even more important than a family member. Do you have such a friend in your life?



Explore sentence patterns



Reference version:

- Do you have someone in your life who will say nothing but lend you his or her shoulder when you are crying? Do you have someone in your life who will laugh loudly at your joke even if he or she has heard it before? Do you have someone in your life whom you consider even more important than a family member?



Assignment

Write an introductory paragraph of “fitness apps (健身应用软件)”

- ✓ employ rhetorical questions.
- ✓ employ parallelism and words and expressions taught in class if possible.





Thank you!