Impact English Library™ · GROWTH SERIES 成长系列

A2

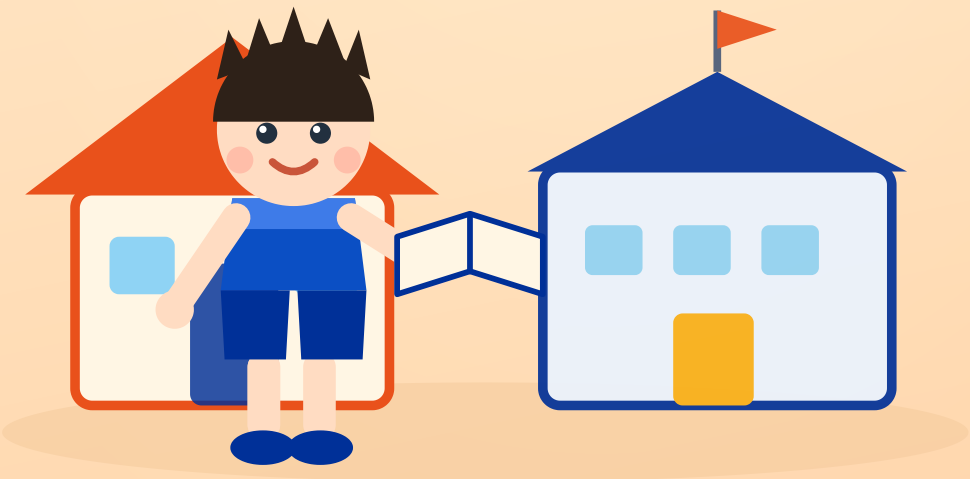
CEFR A2

My First Competition

我的第一次比赛

BOOK 151 · 成长关键词 Nervous · My First Competition

Reading → Thinking → Speaking → Growing



第一阶梯 · 成长意识 Growth Mindset

认识自己 · 愿意成长 · 相信自己每天都能进步

GROWTH SERIES · 成长系列 · 10 本阶梯（当前第 151 本）

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微书正文 · 主课文

A2-151 My First Competition

Last month, my school had a running competition. I was very nervous before the race, because i am not the fastest boy in my class. My hands were cold and my heart was very fast. My friend Tom said, "you can do it. Just run and have fun." When the race started, i ran as fast as i could. Two other boys were faster than me, and i was in fifth place. After two laps, my legs felt heavy, but i did not stop. I remembered Tom's words, so i kept running. In the last lap, i passed one boy and then another one.

中文对照 · 上个月，学校举办了一场跑步比赛。比赛前我很紧张，因为我不是班里跑得最快的男孩。我的手很冷，心跳得很快。我的朋友汤姆说：「你可以的。只管跑，享受比赛就好。」比赛开始后，我跑得飞快。另两个男孩比我快，我排在了第五名。跑完两圈后，我的腿很沉，但我没有停下。我想起汤姆的话，于是继续跑。**最后一圈，我超过了一个男孩，又超过了一个。**

READ ALOUD **朗读节奏 · 斜杠处停顿**

Last month, my school had a running competition. / I was very nervous before the race, because i am not the fastest boy in my class. / My hands were cold and my heart was very fast. / My friend Tom said, "you can do it. / Just run and have fun." / When the race started, i ran as fast as i could. / Two other boys were faster than me, and i was in fifth place. / After two laps, my legs felt heavy, but i did not stop. / I remembered Tom's words, so i kept running. / In the last lap, i passed one boy and then another one.

PHONICS **语音要点 · 3 个小提醒**

ˈnərvəs nervous　ˌkɑmpəˈtɪʃən competition　ˈmɛdəl medal

微书正文 · 主课文

A2-151 My First Competition

I finished in third place, and the teacher gave me a small bronze medal. I was tired, but i was very happy. My teacher said, "you did not win, but you never gave up." Now i know that trying again is more important than winning. Our challenge. Today's mission. Say my first competition. Repeat 3 times. See you tomorrow.

中文对照 · 我拿了第三名，老师给了我一枚小小的铜牌。我累了，但我很开心。老师说：「你虽没赢，但你从未放弃。」现在我知道，再试一次比赢更重要。我们的挑战今天的任务说「my first competition」重复三遍**明天见**

READ ALOUD **朗读节奏 · 斜杠处停顿**

I finished in third place, and the teacher gave me a small bronze medal. / I was tired, but i was very happy. / My teacher said, "you did not win, but you never gave up." / Now i know that trying again is more important than winning. / Our challenge. / Today's mission. / Say my first competition. / Repeat 3 times. / See you tomorrow.

核心词汇 · 8 词

A2 Core Vocabulary · 8 Words from This Book

N
nervous
ˈnərvəs
紧张的

C
competition
ˌkɑmpəˈtɪʃən
比赛

M
medal
ˈmɛdəl
奖牌

L
lap
læp
一圈

H
heavy
ˈhɛvi
沉重的

R
remember
rɪˈmɛmbər
记得

R
running
ˈrənɪŋ

T
teacher
ˈtiʧər

词汇说明 · 这 8 个词全部出自本册正文，孩子听完朗读就能在课文里逐个指出来。**nervous** 是本册最常出现的词，**competition** 是本册的关键词。不要求拼写，先做到「听得懂、说得出」。

本课高频句型 · 3 个可迁移句式

Last month, my Last month, my school had a running competition.

I was very I was very nervous before the race, because i am not the fastest boy in my class.

My hands were My hands were cold and my heart was very fast.

阅读理解 • 3 题

Literal · Inferential · Reflective

1 事实题 LITERAL

What happens at the beginning?

故事一开始发生了什么？（答案就在课文第一句里，找一找。）

2 信息题 INFERENTIAL

What happens at the end?

最后一句说了什么？（答案就在课文最后一句里。）

3 思考题 REFLECTIVE

What about you? Tell us in your own words.

那你自己呢？文中的这件事，你身上有没有发生过？（没有标准答案，说出自己的真实生活就好。）

先唤醒 · 再互动 · 最后回应

练说三级台阶 · Awaken · Interact · Respond

LEVEL 1 跟读 Awaken · 唤醒

Repeat after me. 听一句，跟一句。

Last month, my school had a running competition.

In the last lap, i passed one boy and then another one.

See you tomorrow.

LEVEL 2 替换练习 Interact · 互动

In the last lap, i passed one boy and then another one. → 换一个词，说一句新的。

> 为什么叫「互动」？这一级，孩子开始与听到的词进行最初步的互动：**句子主干不变，只去思考替换那个可以灵活变化的单词**。这种轻度的「主干不变之替换魔法」，就是互动的开始——孩子在开口的瞬间思考，从而形成**结构性记忆痕迹**：记住的不是一句孤零零的话，而是一个可以无限生长的句型。

Last month, my school had a running competition.

In the last lap, i passed one boy and then another one.

See you tomorrow.

LEVEL 3 个人表达 Respond · 回应

What about you? Last

See you tomorrow.

Last month, my school had a running competition.

In the last lap, i passed one boy and then another one.

家长引导 · 这三级台阶就是 AIR 方法：**先唤醒**（听懂）→ **再互动**（模仿）→ **最后回应**（说出自己的生活）。 Level 1 只要求跟读出声；Level 2 主干不变、只换一个词，是孩子与语言最初步的互动，帮孩子形成结构性记忆痕迹；Level 3 让孩子说自己的真实生活。 全书只用启蒙阶段最稳的几种说法：**I try / I practice / I can / I will**。建议每天 5 分钟，先听后说，不纠正发音、不打断。

成长任务 · 四步

Think · Speak · Act · Reflect

THINK

想一想 Think

今天，文中的这件事，你身上有没有发生过？（最后一圈，我超过了一个男孩，又超过了一个。）

SPEAK

说一说 Speak

对家人大声说一句：**See you tomorrow.**（明天见）

ACT

做一做 Act

把今天学到的这件事再做一遍，然后大声说一句：**Last month, my school had a running competition.**

REFLECT

反思 Reflect

今天我往前长了一点点吗？给自己画一颗星星 ⭐ 吧。

THIS WEEK I WILL · 本周成长承诺

Last month, my school had a running competition..

上个月，学校举办了一场跑步比赛。

成长价值 · 本书属成长系列第一阶梯「成长意识」。孩子先要知道：**Trying again is more important than winning.**——这是所有成长的起点。 任务不评判对错，只鼓励「今天比昨天进步一点点」。

家长参考答案 · 使用说明

Answer Key & 30-Second Guide · A2-151

今晚 3 分钟，只做三件事： ① **看图** —— 让孩子说说图上是谁、在做什么； ② **听音** —— 扫码进在线版，跟着把 8 句听完（83.51 秒，可点某一句单独复读）； ③ **开口** —— 合上页面，说一句 *My hands were cold and my heart was very fast.*，或用中文讲讲自己今天做到的一件难事。 不用背单词，不用打卡，不用把题做完。**听懂了、肯开口，这一本就算读完了。**

READING TASKS · 三道理解题参考答案

1 事实题 LITERAL

Last month, my school had a running competition.

上个月，学校举办了一场跑步比赛。

题目：What happens at the beginning?

2 信息题 INFERENTIAL

See you tomorrow.

明天见。

题目：What happens at the end?

3 思考题 REFLECTIVE

In the last lap, i passed one boy and then another one.

最后一圈，我超过了一个男孩，又超过了一个。

题目：What about you? Tell us in your own words.

8 句课文中英对照见本册第 02 页「微书正文 · 主课文」，这里不再重复。 第 03 页有 8 个核心词与音标，第 05 页是练说三级台阶（AIR：先唤醒 · 再互动 · 最后回应），第 06 页是成长任务四步。

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