



第二十届“阳光之星” 青少年英语口语应用能力展示活动

The 20th Sun-star Youth English Speaking Aptitude Achievement Show

广东省决选

活动指南 (高中组)

阳光之星青少年英语口语应用能力展示活动广东省组委会

www.dream-gz.com

省决选活动细则

一、广东省决选时间及地点的安排：（现场舞台展示）

决选时间：2026 年 5 月 23 日

决选地点：广州长隆国际会议中心

备 注：考生的具体时段信息请届时查询准考证。

二、活动分组：

学 前 组（4-6 岁学龄前儿童）

小学 A 组（小学 1-3 年级）

小学 B 组（小学 4-6 年级）

初 中 组（初中 7-9 年级）

高 中 组（高一、高二级）

三、环节内容：

Part I、自备节目展示+互动问答（限时 2.5 分钟，分值 60 分）

1、自备节目（分值 40 分）

选手自备节目表演，主题/形式不限，时间不超过 2 分钟，包括但不限于英文故事/演讲，诗朗诵，电影配音，英文歌曲等，选手表演所涉及的服装/头饰/道具自带，PPT 等自备 U 盘。

2、互动问答（分值 20 分）

选手展示结束后，评委与选手进行互动回答，提问可能结合自备节目展示内容，或随机提问，选手现场即兴回答，无准备时间，以考核选手的语言应用及交流沟通能力，每人限 2 个问题，每个问题 10 分；

Part II、应用能力考核+单词拼读（分值 40 分）

高中组：单词拼读+即兴演讲

1、单词拼读（限时 15 秒/单词，分值 20 分）

选手依据评审给出的释义或例句以及首字母，猜出并拼读现场所听到的单词，每人限定 2 个单词，每个单词 10 分。

2、即兴演讲（限时 1.5 分钟，分值 20 分）

选手运用上述 2 个单词完成即兴演讲。要求语句情节连贯，符合逻辑，结构完整，至少 7 句话，且不少于 70 词。

活动环节设置全面覆盖个人“听、说、读、演、讲”五大能力，以展促学，全方位考核及锻造语言综合素养水平。

备注：仅限个人或双人节目，不设3人及以上集体节目；

四、奖项的设置：

选手按组别（年级）设置奖项，奖项分为：金奖、银奖、铜奖、优秀奖，奖项由广东省组委会颁发。

金奖：（15%）获得金奖证书、金牌等；

银奖：（20%）获得银奖证书、银牌等；

铜奖：（25%）获得铜奖证书、铜牌等；

优秀奖：（40%）获得优秀奖荣誉证书；

优秀指导奖：所有参加省决选的选手，其指导教师（限1名）同时可获得优秀指导教师奖，颁发指导教师证书。

优秀组织奖：对组织工作优秀的学校、幼儿园、培训中心等团体颁发优秀组织单位奖牌匾。

1. 所有参加省决选选手都将获得由广东组委会颁发的荣誉证书；

2. 省决选获奖证书、奖牌等将于**暑假前**统一颁发；

3. 省决选中优秀选手将获得暑假期间在北京举行的全国总决选参与资格；

各环节样题及拓展训练

Part I： 1、自备节目（限时2分钟，分值40分）

（不单独设自我介绍环节，但建议在开头串加几句话做简单自我介绍，引出自备节目内容）

开头模板：

例1： Good morning /Good afternoon, my name is...I’ m happy to be here to take the contest. My topic today is...

例2： Honorable Judges/Friends...

……I’ m happy/honored to be here. Today, my topic is...

例3： It is my honor/pleasure to be here. Today I would like to tell you something about(话题)

……., today I would like to share with you stories of (话题)

例4： Good morning/Good afternoon, everyone! It's a great pleasure to stand here to share my own story with you.

例 5: Honorable judges, ladies and gentlemen, good afternoon! I feel really honored to stand here and give a speech.

例 6: Good morning ladies and gentlemen. My name is....I'm honored to take this contest. I would like to tell you something about me. I'm 4 years.I like pink and I like rabbits. They are so cute....

结尾模板:

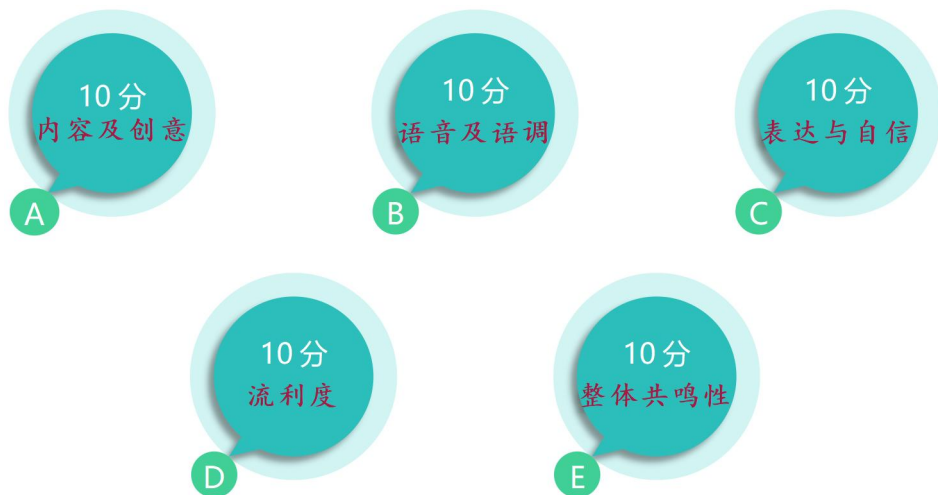
例 1: That's all I have to say. Thank you very much.

例 2: That's the end of my speech. Thank you very much.

例 3: Thanks for your listening.

以上模板仅供参考，为避免雷同，开头和结尾建议做适当任意组合，核心句子要多做修改，以追求最佳整体效果。

自备节目评分标准



A: 【Content&Innovation】内容及创意

① Storytelling 讲故事能力

内容逻辑结构需流畅合理，如果讲故事，应该有一个清晰的开头、中间和结尾，情节合乎逻辑，并保持情节的完整性。

② Uniqueness 独特性

独特性可以来自独特的才能、才艺的新颖组合或出人意料的转折。

③ Creativity 创造力

创造力可以在服装设计、歌曲选择,演讲内容和呈现方式中体现。

B: 【Pronunciation&Intonation】语音及语调

① Phoneme Accuracy 音素准确性

注意每个音素/单词的发音，保证发音正确和清晰，如元音/辅音/尾音等

② Sentence Rhythm 句子节奏

语速适中，语速快不代表流利，如有长句要适当停顿，并且还要有具技巧性的停顿和抑扬。

③ Stress/Intonation/Linking 重音/语调/连读

注意语调的练习，如连读，重读/弱读，升调/降调等。

C: 【Expression&Confidence】表达与自信

① Clarity of Expression 表达清晰

清晰而有逻辑地演绎才艺内容，句子和段落结构良好，连接紧密，另外自然的语言表达，能给观众带来美好的第一印象。

② Eye Contact 眼神交流

要有眼神交流，与台下评委观众等保持互动。

③ Body Language 肢体语言

保持开放和放松的肢体语言，有目的地移动身体去表达自己。

D: 【Fluency】流利度

① Fluent Delivery 流利的表达

保持稳定而自然的节奏，避免语速过快，含糊不清，避免过多的停顿或犹豫，提高整体的流利度。

② Engagement 吸引力

利用流利度来吸引并保持听众的注意力。

E: 【Resonance】整体共鸣性

① Audience Engagement 观众参与度

富有感染力的演绎，能够吸引并让观众感到惊喜、保持娱乐性和好奇心。

② Conveying Emotions 传递情感

为内容或见解增添深度和情感共鸣，与听众之间建立起有效沟通，传递情感，促进交流。



自备节目：主题及形式不限，只要能展现英语才艺能力，如讲故事、主题演讲、诗朗诵、英文歌曲演唱、电影配音等，不限主题。内容要积极向上，表演自然，落落大方，自选节目部分必须要用英语来完成，不允许出现中文，且**必须脱稿完成**，否则会酌情减分。

自备节目素材推荐

（以下选材仅供选手参考，可根据所属组别选择相应适合的难度，建议自行搜集整合有创意并带有个人特色的素材，更加鼓励原创。）

【介绍中国类】- About China

（中国有 5000 多年的历史，世界奇迹灿若星河，此类素材最能体现文化自信）

中国历史

- The Great Wall of China 万里长城:

世界上长度最长的军事防御工程，始建于春秋战国，是中华民族的象征。

- Terra-Cotta Warriors: 秦兵马俑:

秦始皇陵是中国第一座规模宏大的帝王陵寝，兵马俑被誉为"世界第八大奇迹"。

- The Beijing-Hangzhou Grand Canal 京杭大运河:

世界最长的人工运河，全长约 1794 公里，至今仍在部分通航。

- The Palace Museum, Beijing 北京故宫:

世界上现存规模最大、保存最完整的古代木结构宫殿建筑群，代表中国古代建筑最高技艺。

- Potala Palace 布达拉宫:

世界上海拔最高、规模最大的藏式宫堡建筑群，世界文化遗产。

现代奇迹

- FAST 中国天眼 :

世界上最大、最灵敏的 500 米口径球面射电望远镜。

• The Hong Kong -Zhuhai- Macao Bridge 港珠澳大桥世界最长的跨海大桥之一，也是综合建造难度最高的超级工程。

• The Qinghai-Tibet Railway 青藏铁路世界上海拔最高、线路最长的高原铁路，有"天路"之称。

• The Three Gorges Project 三峡工程世界上规模最大的水利枢纽工程，水电站总装机容量世界第一。

【文化与传承类】 - Culture & Traditions

(讲好中国故事，传播中国文化与传统，永远是加分项)

我最喜欢的一个汉字 My Favorite Chinese Character

舌尖上的家乡 A Bite of My Hometown

我看“国潮” "China-Chic": My View on the Guochao Trend

爷爷的茶/奶奶的剪纸 Grandpa's Tea / Grandma's Paper-Cutting

穿越时空的汉服 Hanfu: A Journey Through Time

二十四节气之美 The Beauty of the 24 Solar Terms

为什么我们还在读古诗？ Why Do We Still Read Ancient Poems?

餐桌礼仪、地方年俗等浓厚的传统文化 Chinese Traditional Culture

地域饮食与生活习惯等 Local Diet and Lifestyle habits

【科技与未来类】Technology & the Future

（现代科技突飞猛进，这类与时俱进的话题更能吸引眼球）

刷脸支付 Facial Recognition Payment

机器人送餐 Robot food delivery

无人机摄影 Drone Photography

我们和 AI 做朋友 Making Friends with AI

人工智能会取代老师吗？ Will AI Replace Our Teachers?

科技让生活更美好吗？ Does Technology Really Make Life Better?

【中国传统节日类】Traditional Festivals

（足够经典，能体现跨文化交流能力）

春节 The Spring Festival

元宵节 The Lantern Festival

清明节 Tomb-Sweeping Day

端午节 The Dragon Boat Festival

七夕节 The Double Seventh Festival

中秋节 The Mid-Autumn Festival

重阳节 The Double Ninth Festival

【个人成长与情感类】 - Personal Growth & Emotions

（讲述真实故事，容易引起共鸣）

这就是我 — This Is Me

我的梦想 — My Dream

我的家庭 — My Family

我最喜欢的偶像/人物 — My Favorite Idol

我的校园生活 — My School Life

第一次站在舞台上 My First Time on Stage
一次失败经历 A Valuable Lesson I Learned from Failure
我的“超级英雄” The Superhero in My Life
一份特别的礼物 A Special Gift That Changed Me
我的榜样 The Person Who Lights Up My Way

【学习与阅读】Study & Reading

（爱学习的孩子人人都会喜欢，这是不变的真理）
我爱阅读 — I Love Reading
书是我们的好朋友 — Books Are Our Good Friends
如何学好英语 — How to Learn English Well
时间很重要 — Time Is Important
我的学习方法 — My Way of Learning

【爱好与运动】Hobbies & Sports

（积极向上，阳光生活，全面发展）
我的爱好 — My Hobby
运动使我快乐 — Sports Make Me Happy
我最爱的运动 — My Favorite Sport
音乐/美术/舞蹈带给我的快乐 — The Joy of Music/Art/Dance

【友谊与善良】Friendship & Kindness

（温暖、感人、容易拿情感分）
我最好的朋友 — My Best Friend
友谊是什么 — What Is Friendship
做一个善良的人 — Be a Kind Person
互相帮助 — Help Each Other
微笑的力量 — The Power of a Smile
学会感恩 — Learn to Be Thankful

【自然与环保】Nature & Environment

(这类主题虽然常见，但只要切入点新颖，依然可以出彩)

保护我们的地球 — Protect Our Earth

节约水资源 — Save Water

绿色生活 — Green Life

保护动物 — Protect Animals

美丽的大自然 — Beautiful Nature

塑料袋的旅行 The Journey of a Plastic Bag

给地球的一封信 A Letter to Mother Earth

【励志与梦想类】Dreams & Inspirations

(立意高、正能量)

相信自己 — Believe in Yourself

每天进步一点点 One Percent Better Every Day

走出舒适区 Stepping Out of My Comfort Zone

不要害怕犯错 Don't Be Afraid of Making Mistakes

永不放弃 The Magic of Never Giving Up

我的“白日梦” My Wildest Dream

让世界更美好 — Make the World Better

【社会观察与哲理类】Social Observations & Philosophy

(仅适合逻辑性强、有独立思考能力的高年段学生)

手机之外的世界 The World Beyond the Screen

谈谈“内卷” Stop Racing: My View on "Involution"

友谊的颜色 The Color of Friendship

礼貌的力量 The Power of "Please" and "Thank You"

看“网红”现象 Do I Want to Be an Internet Celebrity?

什么是真正的富有? What Does It Mean to Be Rich?

规则与自由 Rules and Freedom: Two Sides of a Coin

孤独与陪伴 Loneliness vs. Companionship

世界战争问题，如何让世界变得更加和平? World Peace

疾病治愈问题，怎样能帮助更多人拥有健康？ Keep Healthy

【想象类】- Imagination

如果地球没有水 If the Earth Ran Out of Water

未来的学校 What Will School Look Like in 100 Years?

假如我是校长 If I Were the Principal

如果我能发明一样东西 If I Could Invent Something

如果时间可以倒流 If I Could Turn Back Time

火星移民计划，你报名吗？ Mars or Earth: Where Do I Belong?

我的十年后 Me in Ten Years

【自由创意类】-Creative Freedom

不限方向，不限形式，选手可自由构思。

自备节目表现形式（包括但不限于以下类别）

英语演讲

1. something about me

Good morning ladies and gentlemen. My name is Jack. I graduated from No. 1 Middle School, which is one of the best middle school in my city. Its compus is very beautiful. My favorite subject is math because it's a complicated subject that drives a lot of students crazy. But I am a student who likes challenges and I can gain a great achievement when I can solve a math problem. Besides, I like various extracurricular activities, because they can bring me a colorful life. That's all about me. Thank you!

2. Cellphones

Many years ago, cellphone was not allowed to used for high school students. Teachers would take away students' cellphones once they saw it. But now the phone has been part of people's life and almost

every student uses it.

It is just the popular communication tool. For many high school students, they are easy to be addicted to chat with their friends and not pay attention to the class. For me, I have controlled myself not to play it in the class, so I will turn off the phone and not to think about it. Some parents believe that using cellphone is not good for students, the fact is that students can learn a lot from the cellphone, they can search the Internet for more information, so as to get better solutions.

3. About interest

Everybody has his or her interest, and interests differ widely from person to person because of age, sex, health and education. To some extent, interest also reflects one's ability or wish.

Interest plays an important part in our daily life. As a middle school student, interest is of great importance in study. If you want to learn something well, you have to show interest in it, which is quite possible. Once you have found your way into the subject, you may have also found a world of curiosities.

4. About travel

England is the best place I've ever been. Everything is so beautiful. I spent about one and a half days on the plane. When I arrived at Heathrow Airport in London, it was evening and the great trip was starting. There were many places I visited in London, like Big Ben, Westminster, the Tower of London.....Those are very famous. Most of the time in the afternoon, my parents and I sat and walked in the park. Have you seen "Notting Hill" before? the story in the movie happens in London.....

5. Road Safety

Every year a lot of people are killed or injured in road accidents. How can we make the road safer? Remember the following traffic rules.

When you ride a bike, keep to the right side of the road. Don't cross the road or turn left at a traffic light. Give a hand signal if you want to turn or stop.

Before crossing the road, stop and look both ways, right and left. If the road is clear, it is safe to cross. The correct way to cross is to walk quickly, but not to run. If you run across the road, you may fall down.

If you see small children or old people waiting to cross the road, it will be very kind if you can offer your hand to help them.

Always obey the rules, you will find it much safer to walk or ride on the road.

6. Tolerance

When I make mistakes, my parents will never be angry with me. I am so thankful to them for they are so tolerant with me.

I learn many things from my parents. They show me how to be a tolerant person, They will not blame me for the small mistakes that I make, instead, they will educate me in a gentle way. Unlike some parents who are strict to their kids, they will be very angry and will say something bad, which will make children feel sad. Being tolerant to other people's mistakes is the best way to solve the problem. People will appreciate the kind act and make things go on in an easy way.

7. About healthy life

What is a healthy diet? To most people, healthy diet means more green food and no junk food.

Green food is pollution-free, high quality and nutritious food, including the organic vegetables and meat, fruit, eggs and so on. The meals of healthy diet should be cooked with fewer salt and oil.

On the other hand, junk food is low in nutrition, high in calorie, such as fries, fried chickens, salted eggs and so on. These foods will cause one gain some weight and increase the risk of many diseases.

We should keep a healthy diet and abandon junk food to keep our body strong and healthy.

8. About being successful

Many people believe that a large income equals success. I believe, however, success is more than how much you make. Measures of success also include fame, respect and knowledge.

Becoming famous is one way to show one is successful. So many scientists and researchers have made great contribution to our nation and they don't possess too much wealth. But they are awarded with fame and great honors and thus become nationwide well-known. No one could say they are not successful. I also believe that being respected by classmates indicates success. Without that respect, money means little. We just call people with big money and no respect "they are rich" and nothing more, while for those surrounded by respect. We'd like to say, "This guy is really marvelous. He made it in his life."

In conclusion, we don't memorize people simply because they were rich. Overall, we remember people who were influential in politics or contributed to science or art. If history is the ultimate judge of success, then money surely isn't everything.

英文诗歌

1.

If You Think You Are

By Walter D. Wintle

If you think you are beaten, you are

If you think you dare not, you don't

If you think to win but you think you can't

It's almost certain you won't

If you think you'll lose, you've lost

For out of the world we find

Success begins with a person's will

It's all in the state of mind
If you think you're outclassed, you are
You've got to think height to rise
You've got to be sure of yourself
Before you can ever win a prize
Life's battles don't always go
To the stronger or faster man
But sooner or later the man who wins
Is the man who thinks he can!

2.Eternity of Youth—William Hazlitt

There is a feeling of Eternity in youth,
Which makes us amend for everything
To be young is to be as one of the Immortal Gods
One half of time indeed is flown
The other half remains in store for us with all its countless treasures
For there is no line drawn
And we see no limit to our hopes and wishes
We make the coming age our own—the vast, the unbounded prospect
lies before us

3.Saying Good-bye to Cambridge Again

Very quietly I take my leave
As quietly as I came here;
Quietly I wave good-bye
To the rosy clouds in the western sky.
The golden willows by the riverside
Are young brides in the setting sun;
Their reflections on the shimmering waves
Always linger in the depth of my heart.
The floating heart growing the sludge
Sways leisurely under the water;
In the gentle waves of Cambridge

I would be a water plant!
That pool under the shade of elm trees
Holds not water but the rainbow from the sky;
Shattered to pieces among the duck weeds
Is the sediment of a rainbow-like dream?
To seek a dream?
Just to pole a boat upstream
To where the green grass is more verdant
Or to have the boat fully loaded with starlight
And sing aloud in the splendor of starlight.
But I can't sing aloud
Quietness is my farewell music;
Even summer insects heap silence for me
Silent is Cambridge tonight!
Very quietly I left
As quietly as I came here;
Gently I flick my sleeves
Not even a wisp of cloud will I bring away

4.Stray Birds---- Tagore.

Stray birds of summer come to my window to sing and fly away.
And yellow leaves of autumn, which have no songs, flutter and fall there with a sigh.
If you shed tears when you miss the sun, you also miss the stars.
Man is a born child, his power is the power of growth.
The trees come up to my window like the yearning voice of the dumb earth.
You smiled and talked to me of nothing and I felt that for this I had been waiting long.
The fish in the water is silent, the animal on the earth is noisy, the bird in the air is singing.
But Man has in him the silence of the sea, the noise of the earth and the music of the air.

The world rushes on over the strings of the lingering heart making the music of sadness.

We come nearest to the great when we are great in humility.

The mist, like love, plays upon the heart of the hills and brings out surprises of beauty.

Your voice, my friend, wanders in my heart, like the muffled sound of the sea among these listening pines.

What is this unseen flame of darkness whose sparks are the stars?

Let life be beautiful like summer flowers and death like autumn leaves.

The touch of the nameless days clings to my heart like mosses round the old tree.

其他英文小诗参考：

The wind, The cuckoo,

The significance of failure, Follow your own course, Faith.

英文笑话

good news and bad news

The soldiers had been marching and fighting, they were dirty, hot and tired. One day, the general announced: "My men, I have some good news and some bad news for you. Which one would you like first?"

"The good news!" they all shouted.

"OK," said the General. "The good news is that you will each be receiving a complete change of clothing."

"Hurrah!" chorused the soldiers.

"And now for the bad news. Jack, you will change with John. John, you will change with Tom. Tom, you will change with Robert. Robert

英文配音 The Lion King 狮子王经典片段

Mufasa: Look, Simba. Everything the light touches is our kingdom.

Simba: Wow.

Mufasa: A king's time as ruler rises and falls like the sun. One day, Simba, the sun will set on my time here, and will rise with you as the new king.

Simba: And this will all be mine?

Mufasa: Everything.

Simba: Everything the light touches. What about that shadowy place?

Mufasa: That's beyond our borders. You must never go there, Simba.

Simba: But I thought a king can do whatever he wants.

Mufasa: Oh, there's more to being king than..getting your way all the time.

Simba: There's more?

Mufasa:Simba..

Mufasa: Everything you see exists together, in a delicate balance. As king, you need to understand that balance, and respect all the creatures—from the crewing ant to the leaping antelope.

Simba: But. Dad, don't we eat the antelope?

Mufasa: Yes, Simba, but let me explain. When we die our bodies.

Become the grass. And the antelope eats the grass. And so we are all connected in the great Circle of life.

中国故事选材参考：

1. The invention of china is a great contribution to world civilization.
2. Chinese Calligraphy is a kind of art. It is unique and world famous.
3. Chinese traditional dance is the treasure of Chinese Classical art palace.
4. Chinese opera is not only the treasure of the Chinese nation's excellent traditional culture, but also occupies an important position in the world's culture.
5. Chinese Medicine is a medical culture with a history of 5000 years. Let's welcome the introduction of traditional Chinese medicine !
6. It is 4,000 years since the Chinese began to grow and drink tea. Longjing Tea is famous all over the world. Let ' s learn about the tea

art.

7. Beautiful sound makes us enjoyable. Ancient Chinese people made various musical instruments to explore the joy of sound. Such as pipa, guzheng.....

8. There is a great road. It promotes the economic development of China and the Western.

英文歌曲参考： London bridge, Far away from home, The day you went away, Hero, Season In the sun, Big big world, Superstar, My heart will go on. You raise me up; Rolling in the Deep; Cry on my Shoulders; Never say Never; Lemon Tree; Dream it Possible; I Believe I Can Fly; We are the World.

Part 1: 2、互动问答（分值 20 分）

（选手展示结束后，评委与选手进行互动回答，提问可能结合自备节目展示内容，也可能随机提问，选手现场即兴回答评委提问，无准备时间，注意：选手自备节目展示与互动问答总时间不超过 2.5 分钟）



- 1、要注意听考官的关键词。
- 2、实在没听清楚可要求考官重复问题，如：Could you please say it again?或 Pardon?等
- 3、一时不知怎么回答可加入一些帮助自己增加思考时间的语言，如：Well, let me think, It' s a good question... 一定不要冷场。
- 4、鼓励适当延伸，杜绝只是回答：yes/no，就没有下文了。但要做到心中有数，因也会存在言多必失的风险。
- 5、切忌突然出现中文！

请注意：双人节目只选派一名代表进行互动问答环节；

互动问答技巧：

个人信息题示例：

What do you do on weekends?

回答示例：I usually go to park on Sundays with my family and we'd all have a good time there.

What do you do there?(复合型句)

Well, many things.(说这句话是给自己定个神)We would go boat-rolling, and we'd play badminton.

Are you good at playing badminton?

Not really (谦虚地笑;) ,but I'm practicing to be better(考官最欣赏这种精神了)

Do you finish your homework on time?

Yes,but sometimes, I don't have enough time(回答多一句，引得考官多问一句，如果自己准备好答案，就会把危机变成展现的机会了，引导考官朝着自己有准备过的方向提问)

Why?

Because sometimes, I want to play with my friends, and time flies very fast.

Do you think your homework is too much?

I don't know,maybe. My mom says it's too much(不知为不知，同时展现高超的对话技巧)

How much time do you spend in watching TV every day?

1 hour, but my mom says it's too much.

Why (时间很紧，你不引导考官，就只能是考官丢给你有可能没准备过的题目了)

Well, she says it's not good for my eyes, and I need more time to rest and do my homework.What do you think?

I think she is right.(听妈妈的话才是好孩子)

生活常识题回答示例:

Is watching TV good? 讲理由, 讲后果

No, it's not good for my eyes. But sometimes. I think I can learn something from TV. (引导考官来思考你为啥会有这样的想法)

What can you learn?

Stories, news and something about foreign countries.

(引导考官想知道你说的到底有几分真实)

What have you learned about the foreign countries from TV?

Well, many things (定个神), I know Canada is the neighbor of America. And I know it can be very cold in Russia.

知识型题目回答示例: (不怎么有发挥余地的题型, 若遇到, 要适当发挥, 能做到准确为第一步)

What kind of animals can be found in Africa?

Elephant, and I think chimpanzee too. (差不多得了)

What kind of fruit taste sweet and juicy?

There are many, such as oranges, strawberries. Of course I like strawberries the best. (不要再把自己往 They are tasty and good for my body. 免得评委认为你絮叨)

综合题(开放式)回答示例:

Tell us something about your family? (好像可以变成 20 秒到 30 秒左右的演讲)

What's your dream? (所以演讲模板仔细研读对开放式问题的回答是有启发的哦)

High School Group 高中组题例

1. Can you tell me some traditional festivals in China?

A: Spring Festival, Lantern Festival, Tomb-sweeping Day, Dragon Boat Day, Double-seventh Day, Mid-autumn Festival.

2. What does NBA stand for?

A: National Basketball Association,....

3. Did you go to cinema to see a film? Do you ever meet some noisy guys? What will you do if you meet them?

A: Yes. I have met some noisy guys in the cinema. I think I will tell them that it is public place and advise them not to make noises any more in a polite manner.

4. What should I do if I argue with my best friend?

A: Maybe you can say sorry to your friend. Don't be afraid of saying sorry and if you do, I am sure you will be more closer. Who wants to lose a good friend, right?

5. Do you think children's schoolbags are getting heavier?

A: Yes, I do. Because their parents have a strong desire for the early intellectual achievement of their children.

6. If you were a teacher, how would our class be different?

A: There are all sorts of games a teacher can play with the students, so they can have fun while learning and of course, keep always motivated in class.

7. Is a test of oral English necessary?

A: A test of spoken English will bring the students an awareness of the importance of oral English, and will thus help them with their communicating skills.

8. Tell us how to save earth.

A: People must stop killing animals for their fur and food and cutting down trees, as well as polluting land.

9. Convince us to vote for you as a president of the USA.

A: To persuade people to vote for you, they must know who you are, have confidence in your platform, and believe that you're the best person for the job. If you take the time to understand potential voters and get your message out, you can get the votes you need

to win.

10.Explain three uses for a pencil besides for writing.

A: It can used to build blocks, help children learn math, and draw cartoons.

11.Tell us about your winter plans.

A: I am going to read English books, surf the Internet, play badminton every day....

12.Why a good sense of humor is important?

A: A humorous person can always bring others a lot of laughter. You will feel relaxed and happy to be with a humorous person....

13. If you are given a chance to visit a foreign country for ten days, which country would you like to visit? Why?

A:I like to visit USA,because USA has the best science and technology in the world and owns the best universities. I think I can learn a lot if I have a chance to visit USA.

14. How do you understand the proverb“A life without a friend is a life without sun”?

A: In my eyes, friendship can be considered as a special thing. It will effect everybody's life. Friends will help to wipe my eyes when cry. They can listen to me when I want to speak.

15. How do you prefer to communicate with your classmates, by talking on the phone, going online or face-to-face? Why?

A:I prefer to communicate with them face-to-face, I like field activities very much, such as playing basketball, traveling and going shopping and have a get-together. They all need face-to-face communication.

16.What do you think is more important for a child, a happy childhood or high marks at school? Why?

A:I think happiness is more important for a child, childhood refers

to happiness and play in my dictionary, childhood without happiness is regretful. What's more, a happy childhood is beneficial to the development of good character. There is a famous western saying goes that all work and no play makes Jack a dull boy.

17. Do you think historic building should be destroyed to make room for city development?

A: No, I don't think the historic buildings should be all destroyed. Historic building is the soul of a city, it witnesses the vicissitudes of a city, carries the affection the people of all times. Whenever I see them, I have a sense of solemnness and proudness in my heart.

18. Someone says that the your generation is self-centered and rebellious. Do you agree? Why?

A: I don't think so. Though some of them is too self-centered, at the same time, young people desire to learn more about the world around us, and they are independent in thinking, they are creative and always keep up with modern science and technology and have many new ideas about things.

19. Do you think which is better for a middle school student, living in dormitory or living at home? Why?

A: I think it is better to live in dormitory for me. First, I can have more time communicating with my classmates, sharing my life together with them . Second, it can foster the ability of independence, for example, I must wash my clothes and take care of myself.

20. What are you going to be when you grow up, why?

A: There are many jobs in the world. I want to be a teacher when I grow up. I think being a teacher is a very good job. I can teach students knowledge. Besides, I can always feel young when I am

with my students no matter how old I am. I can tell the students right from wrong.

21. What do you think of studying English? Interesting or boring? Difficult or easy? Give reasons.

A: English is not our mother language and in our daily life, it's not really necessary for us to use English in China. This, to some extent, makes it difficult for us to learn English. However, as it is very important for us, and if you find the right way to learn. In my opinion, it is not very challenging and we all can learn it well.

22. What do you think of fast food?

A: The advantages of fast food are ----- first, they can be delivered in a short time. If you are in a hurry, they surely can be very convenient. However, fast food can be very high in fats. They are not very healthy. You can enjoy fast food once in a while, but I am afraid that they won't be healthy if you often take them.

23. What type of music do you like best? Why?

A: There are many kinds of music such as country music, R&B, rock music, classical music and so on. My favorite music is pop music. On one hand, it is easy to learn, and this kind of music is often about our life, for example, a whole new world, Memory, Country Road and so on. On the other hand, they are very popular among people and they are very interesting and easy to learn. It is also a good way to learn English.

24. What's the most memorable thing in your life? Give reasons.

A: Among all the unforgettable experiences in my life when I' am looking back on those beautiful old days with fulfillment, there's one thing that I' am proud of most. Whenever thinking of it, I would find myself happier and more confident than ever.

40. Can you introduce your school? How do you feel about your school?

A: My school is beautiful, It's not too big. There's one teaching building and a playground in it. We have classes in the teaching building, and have PE classes in the playground. There are also many trees and flowers in our school. I love my school, The teachers there are friendly and students are hard-working.

(以上仅为样题，非所有题库内容，答案示例仅供参考，非唯一，建议备赛时针对以上题例做适当拓展延伸，模拟现场训练语感，互动问答环节现场将由外教评委完成)

评委: Thank you. / Thank you very much.
OK, now let's go on with Part II.

Part II 应用能力考核+单词拼读 (分值 40 分)

1、单词拼读 (限时 15 秒/单词, 分值 20 分)

选手依据评审现场给出的释义或例句以及首字母, 猜出并拼读所听到的单词, 每人限定 2 个单词, 每个单词 10 分。

2、即兴演讲 (限时 1.5 分钟, 分值 20 分)

选手围绕上述 2 个单词完成即兴演讲。要求语句情节连贯, 符合逻辑, 结构完整, 至少 7 句话, 且不少于 70 词。选手开始演讲前允许有 15 秒的思考时间, 但总时长不超过 1.5 分钟。

注意:

双人节目选派一名代表完成本环节考核; 可与互动问答环节不同选手



即兴演讲 温馨提示

本环节非常考验选手平时的课外积累和英语功底，不仅要求考生要具备一定的语言组织能力，口语表达能力，临场应变能力，还会参考考核考生所掌握的词汇量，语法运用知识等，另外演讲内容的立意新颖也常常是考官评分的重要依据。

1. 建议先用 15 秒时间去构思以及组织语言，有条理及逻辑地去梳理思路后再去展开演讲，不要因急于回答而导致语序混乱，重点不清。
2. 此环节也需脱稿，建议与观众保持眼神交流，并配合适当肢体语言。
3. 要求内容包含单词，且逻辑合理，思路清晰，结构完整，尽量通过有发散思维及有辩证观点的演讲，让你的英语语言运用能力得到认可。
4. 尽量注意不要频繁出现 Emm, Ahh, Er 等语气词，语气词过多或连词 and 用法不当，会影响整体效果。
5. 保持语速适中、发音清晰、声音洪亮，同时尽量避免出现低级或者严重的语法错误或时态错误。
6. 如选手现场无法猜出单词或无法完成拼词，待考官给出答案后，可直接进入下一环节：围绕单词完成即兴演讲，这 2 个环节是分开计分的，切勿因为未拼出单词而放弃演讲。
7. 演讲中有运用到单词即可，单复数，时态，词性等有变化均不影响。



单词拼读 注意事项

1. 单词拼读倒计时时间为 15 秒，若选手无法在 15 秒内拼出该单词，考官将判定为错误，并继续下一个单词。

If the participant cannot spell the word within 15 seconds, it will be deemed incorrect, and the judge will move on to the next word.

2. 选手在逐个字母拼出单词前，需先重复该单词再拼读。
例如：hobby. H-O-B-B-Y, hobby.

或 It's hobby. H-O-B-B-Y, hobby

The participant must repeat the word before spelling it out letter by letter.

3. 如若在拼读时不断重复字母，评审可能会判定该单词拼读错误。例如拼读：Student,
S-T-emm, -T-T-U-D-E-N-T.

It will be deemed incorrect if the participant repeats the letters when spelling a word. For example: spelling the word "student" as S-T-emm, -T-T-U-D-E-N-T.

4. 选手在拼读单词时声音要洪亮，以便评审能够准确无误地听清楚所拼单词，如评审团未听清，则可能会被要求再次拼读。

Participants should speak loudly and clearly when spelling words. If the judges do not hear the spelling clearly, the participant will be asked to spell the word again.

(以下附词汇组合考核范围及答题示例, 词汇组合均会从以下 26 道题
库组合现场抽取, 请参考后 5 道样题的答题示例提前准备, 认真练习)。

高中组词汇组合考核范围

1	hardworking (adj.努力勤奋的)	university (n.大学; 高等学府)
2	Engineer (n.工程师; 设计师)	knowledge (n.知识)
3	introduce (vt. 介绍; 引进)	college (n.大学; 学院)
4	difficulty (n.困难; 难度)	improve (v.改善; 改进)
5	garage (n.车库)	vacation (n. 假期; 休假)
6	keyboard (n.键盘; 琴键)	message (n.消息; 信息)
7	housework (n.家务)	experience (vt.&n. 体验; 经历)
8	talent (n.才能; 天赋)	unforgettable (adj. 难忘的)
9	leader (n. 领导者; 指挥者; 首领)	national (adj. 国家的; 民族的)
10	tower (n. 塔; 城堡)	passport (n.护照)
11	teenager (n.青少年)	cheerful (adj.快乐的; 高兴的)
12	website (n.网站)	international (adj.国际;世界的)
13	childhood (n.孩童时期; 童年时代)	badminton (n.羽毛球)
14	stormy (adj. 暴风雨的)	discover (v.发现; 被发现的事物)

15	rescue (n.& vt. 援救; 营救)	disaster (n. 灾难;灾祸)
16	fighting (v. 战斗; 打仗)	champion(n.冠军;得胜者; 斗士)
17	journey (n.旅行、旅程)	suitcase (n.手提箱; 小提箱)
18	valuable (adj. 贵重的; 有价值的)	museum (n.博物馆)
19	seaside (n. 海滨; 海边)	invitation (n.邀请; 邀请信)
20	typhoon (n. 台风)	southern (adj 南方的; 南部的)
21	choice (n. 选择)	happiness (n. 幸福; 快乐)
22	confident (adj.自信的; 确信的)	practice (v.练习; 实行; 实习)
23	necessary (adj.必要的; 必需的)	improve (v.改善; 改进)
24	energy (n.精力; 能量)	advice (n. 忠告, 建议)
25	Festival (n.节日)	celebrate (v.庆祝; 庆贺)
26	Environment (n.环境)	Furniture (n.(可移动的)家具)

Example

1:

Judge: confident. The teacher wants the children to feel confident about asking questions when they don't understand. It starts with the letter "C".

Contestant: confident. C-O-N-F-I-D-E-N-T, confident.

Judge: It means to do something many times to improve your skill or get ready for something. It starts with the letter "P".

Contestant: It's practice. P-R-A-C-T-I-C-E, practice.

Speech: What a Failure Taught Me

Last term, I joined a speech contest and was so **confident** that I only **practiced** once before the event. As expected, I botched it—I forgot my lines halfway and stood frozen on stage, feeling embarrassed and upset. But that failure taught me a priceless lesson: confidence without preparation is just hollow arrogance. Later, I started taking every task seriously, spending hours practicing for competitions and meticulously checking my homework. Slowly, I saw improvements in everything I did. Now I know that failure isn't a sign of weakness; it's a chance to learn, grow, and become a better version of myself. It's not the end of the road, but a detour that leads to a more rewarding path.

2:

Judge: improve. Her grades have improved greatly this semester. It

starts with the letter “I” .

Contestant: improve. I-M-P-R-O-V-E, improve.

Judge: It is very important;you must have it or do it, because you cannot manage without it. It starts with the letter “N”.

Contestant:It's necessary. N-E-C-E-S-S- A-R-Y, necessary .

Speech: The Value of Oral English

The oral English test is both important and **necessary**, for we can get a lot of benefits from it. First, the oral English test can encourage teachers to **improve** their communication skills in English and make their classes more active. Second, it will help students to form the habit of reading English aloud and chatting with others in English. In addition, students will also realize that oral English is as important as reading and writing. Most important of all, English is regarded as a global language now. Through English, we can communicate with people from other countries better. Therefore, more attention should be paid to teaching and learning oral English.

3:

Judge: energy. The sun provides energy for plants. It starts with the letter “E” .

Contestant:energy. E-N-E-R-G-Y, energy .

Judge:It's an opinion that someone offers you about what you should do in a particular situation. It starts with the letter “A” .

Contestant:It's advice. A-D-V-I-C- E, advice.

Speech: True Health Starts from Within

When it comes to health, many people think it simply means not getting sick. But in my opinion, true health is a balance of body, mind, and lifestyle.

First, we should get enough sleep during the night. Going to bed early and getting up early is a simple habit, yet it makes a huge difference. Staying up late may seem cool, but it quietly harms our **energy** and focus.

Second, we must have the right kinds of food. Eating more fruits and vegetables and less meat is important, but more than that, we should learn to respect our bodies by choosing what truly nourishes us. Healthy eating habits reflect self-discipline.

Third, doing more exercise helps build up our bodies. But exercise is not just about strength—it also teaches us persistence and helps clear our minds.

Finally, we should be happy every day. Happiness is not about avoiding stress, but about choosing a positive attitude. A smile may seem small, but it has the power to keep us young at heart.

That is my **advice**. I hope you are healthy and enjoy your life better. In a world where we are constantly busy with studies and expectations, taking care of our health is not a choice — it is a responsibility we owe to ourselves. So let's start now. Stay healthy, and enjoy life to the fullest.

4.

Judge: festival. The Spring Festival is the biggest and most important

festival for Chinese people. It starts with the letter “F” .

Contestant: festival. F-E-S-T-I-V-A-L, festival .

Judge: It means to recognize an important occasion by taking part in an activity that makes it special. It starts with the letter “C” .

Contestant: It's celebrate. C-E-L-E-B- R-A-T-E, celebrate.

Speech: More Than a Festival: The Soul of Spring Festival

My favourite **festival** is Spring Festival. Its in January or February. People in China celebrate it, and there are many things to do. We often **celebrate** Spring Festival by having a big dinner, visiting relatives and friends, getting red packets and letting off fireworks.

We often have a big dinner from the first day of Spring Festival to the last day. We often have a good talk and are very happy.

After dinner, we watch the Chunwan. At midnight, we always let off fireworks. It's very exciting and interesting! At Spring Festival, we always visit our relatives and friends too. We go shopping with them, and children are very excited to visit their relatives because they can get some red packets from their relatives. There is some money in it and children can use it to buy toys, books or some snacks.

But as I grow older, I realize that Spring Festival means more than just food or red envelopes. It carries the warmth of family and the beauty of tradition. Amid our busy lives, it gives us a chance to slow down, gather with loved ones, and remember our roots. It is not just a festival—it is a reminder of who we are.

Judge:environment. The restaurant has a nice environment for a quiet conversation over delicious food.It starts with the letter “E”.

Contestant:environment. E-N-V-I-R-O-N-M-E-N-T, environment.

Judge: It's the items such as chairs, tables, and beds that are used in a home or office. It starts with the letter “F”.

Contestant:It's furniture. F-U-R-N-I- T-U-R-E, furniture.

Speech: Our Silent Friends

From the deepest forests to our towns and cities, trees are all around us. We share our world with trees. They are our silent friends, but we often overlook them.

In fact, trees are very important for all living things on Earth. To begin with, forests are a safe place for animals, insects and plants to live. Trees are also good for us humans because they take in greenhouse gases like CO₂, and produce oxygen. This means they help create a clean **environment** for everyone on this planet.

Trees make our lives more convenient. Many of the things around us, such as paper and pencils, come from trees. Just look around your room--a lot of the **furniture** is made of wood. Trees also provide us with delicious fruit and wonderful drinks. For example,we can make tea from the leaves of the tea tree.

Trees do so much for us. We can't imagine a world without them. However, humans are not treating trees in a kind way. We are cutting down forests all around the world.We are polluting the water and the air, and this harms trees.All these things are a big problem. We need to do more to protect trees and save our planet.

评分细则

环节设置	考评范围	分值	总分 100
1. 自备节目	内容及创意 Content&Innovation	10 分	40 分
	语音及语调 Pronunciation&Intonation	10 分	
	表达与自信 Expression&Confidence	10 分	
	流利度 Fluency	5 分	
	整体共鸣性 Resonance	5 分	
2. 互动问答	回答精确、流畅 Precision & Appropriateness	每问 10 分，共 2 问	20 分
	词汇丰富、理由充分 Rich Vocabulary & Well-reasoned		
3. 单词拼读	拼读流畅、正确 Fluency & Definite answers	每个单词 10 分，共 2 个单词	20 分
	音素准确，洪亮 Phoneme Accuracy, Volume & Clarity		
4. 即兴演讲	符合逻辑、结构完整，主题清晰，层次分明，有个人观点 Logicality, Completeness & Personal opinion	15 分	20 分
	用词恰当、无重大语法错误 Word Choice & Grammatical Accuracy	5 分	

The maximum score is 100, the average is taken from judges.

自备节目——40 分

按内容及创意、语音及语调、表达与自信、流利度、整体共鸣性等部分进行评分。

①内容及创意：10 分。

内容逻辑严谨，有条理，有创意，充实生动、积极向上，选材新颖，主题鲜明突出，寓意深刻，富有感召力。建议适当使用服装/道具/PPT 等辅助形式，使人耳目一新。

②语音及语调：10 分。

语言规范，口齿清楚，发音清晰标准，语调自然，抑扬顿挫，富于变化，口语自然流畅。

③表达与自信：10 分。

表达需有清晰结构与自然过渡，避免内容跳跃、衔接生硬。表现形式生动，体态语言和表演技巧运用贴切，善于运用面部表情，手势姿势，眼神接触与身体语言得当，自信大方，情绪饱满。

④流利度：5 分。

脱稿表演，说话清楚，语速不快不慢，表达流利完整、无间断，不卡壳、不停顿。

⑤整体共鸣性：5 分。

声情并茂，富有激情，能吸引观众，有较强的艺术感染力和舞台表现力，引发深度情感共鸣，观众反映良好。

整体仪容仪表得体，举止大方，整体印象佳。

互动问答——20 分

每问满分 10 分，均从以下方面考核，分为 A-B-C 三档：

①语言：回答精确，语言流畅，语速恰当、发音标准，清晰洪亮。

②内容：对考官问题理解透彻，能够进行充分解释，并发表个人观点和意见。要求熟练、流利地回答问题，且词汇丰富，用词恰当，无重大语法错误。

③时间把控：规定时间内完成，既不冷场，也不超时，对不同语境有较强反应能力，有较强的英语交流能力和一定的语言功底。

A 档 10—8 分：

语法正确，词汇丰富，语音语调标准，熟练、流利地表达，对不同语境有较强反应能力，有较强的英语交流能力和一定的语言功底。

B 档 8—5 分:

偶遇个别发音错误或用词不当,语法与词汇基本正确,语音语调尚可,对不同语境有一定的适应能力,有一定的英语交流能力。

C 档 5 分以下:

语法与词汇有较多错误,停顿较多,交际有困难,整体语言表达一般,应变能力较差,不能适应语境的变化,或不能理解题目要求,没有完成答题指令,仅说出个别简单词汇,无完整句子出现。语法与词汇有较多错误,停顿较多,表达不够流畅,交际有困难,整体语言表达能力一般。

单词拼读——20 分

- ①要求单词拼读正确,流畅,无明显中断,并保持发音、音素准确,且在规定时间内完成。
- ②拼读时声音要洪亮,以便评审能够准确无误地听清。
- ③在逐个字母拼出单词前,需先重复该单词再拼读。
- ④杜绝拼读单词时不断重复字母现象,可能会判定该单词拼读错误。

即兴演讲——20 分

演讲内容需运用到上述单词,并发表个人观点和意见,要求主题层次清晰,逻辑结构完整,详略得当,可通过新颖的立意和个人观点的表达增加吸引力。语音标准,抑扬顿挫,富于变化,有熟练的演讲技巧。

A 档 20—15 分:

观点鲜明,角度新颖、得当,材料典型、充分,内容具有较强的感染力、思想性,逻辑性强。表达流畅,吐字清晰,发音准确,善于运用面部表情,手势,目光接触与身体语言运用得当。

B 档 14—10 分:

发音准确,吐字清晰,表达基本流畅,内容切合主题,但思想性较弱,逻辑性不强,缺乏表现深度与力度。感染力欠佳或有用语不当及语法错误现象。

C 档 9 分以下:

整体演讲内容空洞,缺乏条理,有多处用语不当或有语法错误现象。

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