



**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
(初中组)**

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）

初中组：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 5 句话，且不少于 50 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:

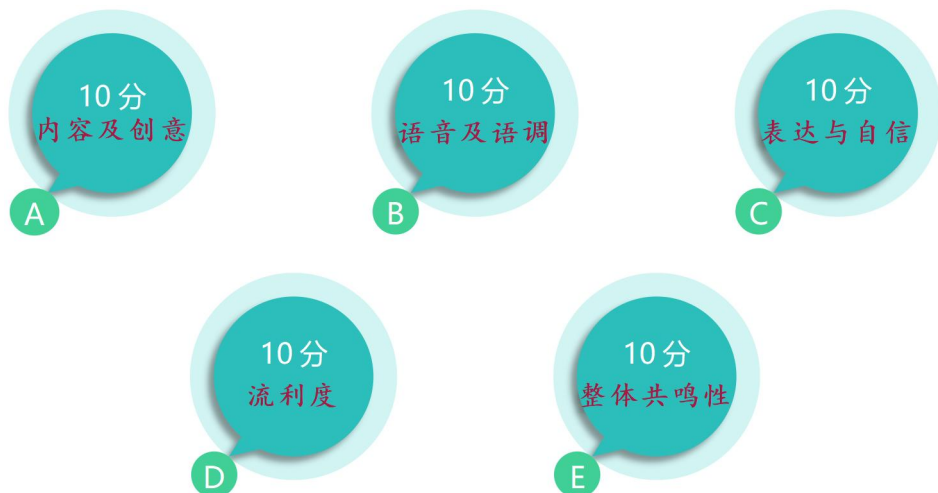
例 1: That's all I have to say. Thank you very much.

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.My mother

Good morning, ladies and gentlemen. My name is.....I'm honored to take this contest. Today my topic is my mother. I consider my mother as the most beautiful lady in this world. Of course sometimes she gets angry with me, but I know she wants to teach me right from wrong(教我明辨是非).I would do so many things just to win her smile, I know she gives a lot to make sure that I have the best and am happy.I could never thank her enough. She's waiting outside right now, and I know she's just as excited as I am. Thank you very much. That would be the end of my story.

2.My hobbies

My hobby is reading. I read story books, magazines, newspapers and any kind of material that I find interesting. This hobby got started

when I was a little boy. I had always wanted my parents to read fairy tales and other stories to me. Soon they got fed up and tired of having to read to me all the time. So as soon as I could, I learned to read. Soon I could read simple fairy tales and other stories. Now I read just about anything that is available. Reading enables me to learn about many different things and I really enjoy it.

3. About travel

England is the best place I've ever been to. 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 started. I visited many places 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. It was a relaxing trip and I would like to visit England again if there is a chance.

4.my hero

When talking about heroes, people will think of the person who saves the world, such as superman and batman, they care about the public's lives. In the real life, people believe that a hero at least can make great influence to the society, like the scientist. However, in my opinion, some true heroes are easy ignored. They are doing the ordinary jobs while making great contribution to the society. The city cleaners are the ones. They beautify the city and bring comfort to the public. Though they are nobody, but they are doing great job. They are the heros and should be praised.

5. About protecting the Earth

Nice to meet you, here. My name is I am from Tai Ping town ,Hui Longsi primary school. I am in Grade Four. I am ten now.

Today I will talk about protecting the Earth.

The earth is like our mother. She gives life to all the living things on the earth.

Once she was beautiful and rich, but noe she becomes dirty and

poor.

Polluted rivers, the destruction of the forests and wild life, and the depletion of the ozone layer.... It is due to what we have done to her.

Flood, draughts, acid rain these are the punishments from nature.

We should save the earth to save ourselves.

6. Chinese New Year

Chinese New Year is a Chinese traditional festival. We also call it the Spring Festival. It is on lunar January 1st.

On New Year's Eve. All the people sit around the desk and have a big family dinner. There are some vegetables, some fish, some meat and some drinks, like juice, coke and some nice wine. Overall, this is a good and delicious dinner. After dinner, we always watch TV and play games.

On the first day of the Spring Festival, most of the people get up early and say 'happy new year' to each other. For breakfast, people often eat dumplings. After breakfast, people often make delicious food and children often play cards, computer games and set off fireworks at night.

Everyone is busy on Chinese New Year and everyone is happy.

7.How to Keep Fit

You can take away our money, house, car, or even our clothes and we can survive. But if our health was taken away, we would surely die. That is why we always try to eat in a healthy way and exercise regularly.

In order to eat healthily, I usually avoid eating food high in fat, like French fries or cookies. I also eat little meat. I eat a lot of vegetables and fresh fruit which are full of vitamins.

Taking exercise every day helps us build a strong body. Regular exercise is an important part of keeping me healthy.

What's more, I think friends are an important part of one's health. Many studies show that people with a wide range of social contacts get sick less than those who don't. I always feel better when I am with friends than when I am alone. When I am with my friends, I always

laugh. Laughing is also an important part of health. I like to laugh with my friends.

By eating properly and exercising regularly, I can keep my body at a proper weight and keep healthy. By spending time with my friends, I can keep my mind as well as my body happy. These things sound easy to do, but not many people can manage them. I think a strong will is necessary if we want to keep healthy.

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-1

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

英文笑话-2

A lawyer opened the door of his BMW, when suddenly a car came along and hit the door, ripping it off completely. When the police arrived at the scene, the lawyer was complaining bitterly about the damage to his precious BMW.

"Officer, look what they've done to my Beeeemer!!!", he whined.

"You lawyers are so materialistic, you make me sick!!!" retorted the officer, "You're so worried about your stupid BMW, that you didn't even notice that your left arm was ripped off!!!"

英文笑话-3

A man wrote a letter to a small hotel he planned to visit on his vacation: "I would very much like to bring my dog with me. He is well-groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?"

An immediate reply came from the hotel owner, who said, "I've been operating this hotel for many years. In all that time, I've never had a dog steal towels, bedclothes, silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly. And I've never had a dog run out on a hotel bill. Yes, indeed, your dog is welcome at my hotel. And, if your dog will vouch for you, you're welcome to stay here, too."

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.

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.

英文故事参考： The boy who cried wolf.

An interesting Class. The Giving Tree. Nv Wa mends the heaven,

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.

Part I: 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)

Middle School Group 初中组题例

1. Do you like music? What kind of music do you like?

A: Yes, I do. I like folk music. (pop music/country music/jazz music)

2. Why is music important to many people?

A: Music helps us when we are unhappy, and relaxing adds us

pleasure when we are happy.

3. Do you like reading? What kind of books do you like best?

A: Yes, I like reading very much. I like books about history.

4. Who cooks in your family? Which dish is your favourite?

A: My mother cooks in my family. I like scrambled egg with tomato best.

5. Do you like traveling? Where would you like to travel?

A: Yes, I do. I'd like to travel to Beijing. I want to visit the Great Wall.

6. Do you have any online courses? What do you think of online courses?

A: I have some online courses, I think...

7. Do you think that English will be useful for you in the future?

A: I think English will be extremely useful for my study and work in the future. It can help me learn about different cultures, make a lot of friends

8. How do you celebrate your birthday?

A: I have a party with my parents and my friends come to celebrate my birthday.

9. Which subject do you like and dislike? Why?

A: I like Chinese and I don't like English. Because Chinese is more interesting than English.

10. If you are a tour guide, can you introduce your city to me?

A: Guangzhou is in the south and one of the largest cities of China.

11. Do you like technology? What is your favorite?

A: Yes, I do. I like computers the best because they can help me to search for information...

12. Why is important to spend time outdoor?

A: Children who spend more time outdoor may have a lower risk of

becoming short-sighted.

13. Does technology make our lives easier?

A: Yes, it does. The life we are living now is more civilized than that of our forefather's.

14. Will there be a World War 3 in my lifetime?

A: No, there won't. Nowadays we live a happy and peaceful life.

15. Do you believe in aliens? Why?

A: No, I don't. Because we haven't got any evidence to prove.

16. Who is your favorite star? Why do you like him/her?

A: I like LeBron James. He is a great basketball star, he is an all-round talents in basketball field.

17. Do you like playing computer games? Do you think it is good?

A: Yes, I don't think it is bad, because playing computer games can improve people's intelligence and I think it's also a kind of teamwork for some games.

18. If you were a millionaire, what would you do with your money?

A: If I were a millionaire, I would help poor people, I would give them enough money for survival and for their family.

19. Do you keep any pets at home? Why?

A: Yes. Because I like pets, they are very lovely and they are good friends of mankind.

20. Where is your hometown? What kind of food do people like in your hometown?

A: My hometown is Guangzhou. People like morning tea, ginger mink, steamed rice rolls and boat porridge.

21. Would you help a stranger who needs help in the street, Why?

A: Yes, I think kindness is the most valuable character for me.

22. Apart from English, what other foreign language do you want to

learn? Why?

A:I will learn French, because it is very graceful.

23.What would you do if you fail in an exam? Why?

A:If I fail in an exam, firstly, I will go to bed and have a good rest, forgetting the exam, and then I will find out my weakness and focus on it by doing many exercises, trying to have a better score in the next exam.

24.Which one do you like better, Chinese food or Western food? Why?

A:I like Chinese food. Because I was born here and I am so used to the food.

25.What holiday do you like best? Why?

A:I like Spring Festival best, because there are many tasty food in Spring festival and also I can get red pocket money from my family.

26.Do you know any famous sports player? Can you tell me something about him/her?

A:Yes,I know Yao Ming. He is very tall, he plays basketball very well.

27.What your favorite place? Why?

A:My favorite place is the ...(park/bookstore/playground).

Because I can...(ride my bike/ read a book/play games)in the ...

28.Do you like living in your city? Why?

A: Yes, I do. Our city is very beautiful city. The streets are very clean and the people are nice.

29.What do you think is the most important thing for healthy life?

A: I think the most important thing for a healthy life is to be happy.

30.Which country do you like to go best? Why?

A: I like to go to the Canada. Because I know Canada is famous for its natural beauty.

31.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?

32. 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.

33. 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.

34. 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.

35. 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.

36. 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.

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

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

38. Tell us about your winter plans.

A: I am going to read English books, surf the Internet, play

badminton every day.

39. 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.

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 5 句话, 且不少于 50 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，还会参照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)。

初中组词汇组合考核范围

1	guitar (n.吉他)	hobby (n.爱好, 兴趣)
2	coast (n.海岸)	honeymoon (n.蜜月)
3	engineer (n.工程师)	success (n.成功)
4	artist (n.画家)	wonderful (adj.精彩的)
5	trust (n. V.信任)	friendship (n.友谊)
6	maths (n.数学)	difficult (adj.困难的)
7	wine (n.葡萄酒)	celebrate (v.庆祝; 庆贺)
8	advice (n.建议; 意见)	confident (adj.自信的)
9	online (adj.在线的)	website (n.网站)
10	harmful (adj.有害的)	pollution (n.污染; 污染物)
11	teenager (n.青少年)	cheerful (adj.快乐的; 高兴的)
12	future (n.未来; 将来)	imagine (v.想象; 设想)
13	journey (n.旅行)	comfortable (adj.舒适的)
14	mountain (n.山; 高山)	island (n.岛)
15	wood (n.木材; 木头)	furniture (n.〔可移动的〕家具)
16	club (n.社团)	activity (n.活动)
17	develop (v.加强, 增强)	practise (V.练习, 训练)

18	north (n 北, 北方)	freezing (adj.极冷的)
19	disappear (v.消失; 不见)	amazing (adj.令人惊奇的)
20	honest (adj.诚实的)	support (n.支持; 鼓励)
21	mistake. (n.错误, 失误)	improve (v.改善; 改进)
22	weekend (n.周末)	badminton (n.羽毛球)
23	waste (vt.浪费; 白费)	daily life (n.日常生活)
24	remind (vt.提醒; 使想起)	museum (n.博物馆)
25	change (n.变化; v.改变)	develop (v.发展)
26	reason (n.原因; 理由)	nature (n.自然)

Example

1:

Judge: It's Saturday and Sunday, when many people do not work.

It starts with the letter "W".

Contestant: It's weekend. W-E-E-K-E-N-D, weekend.

Judge: It's a sport in which two or four people hit a shuttlecock over a high net . It starts with the letter "B" .

Contestant:It's badminton. B-A-D-M-I- N-T-O-N, badminton.

Speech: Enjoy the weekend

Last **weekend**, I had a wonderful time. On Saturday morning, I finished my homework first because I believe study comes before play.

Then in the afternoon, I played **badminton** with my classmate Tom in the park. We had a great match — sometimes he won, sometimes I did. We laughed a lot and sweated a lot too. After that, I felt relaxed and full of energy. The weekend was not only fun but also meaningful. It taught me that a balance between work and play makes life colorful.

2:

Judge: waste .You waste a lot of water by taking a bath.

It starts with the letter “W” .

Contestant: waste.W-A-S-T-E,waste.

Judge: daily life. Writing an email about your daily life.

It starts with the letter “D” .

Contestant:daily life. D-A-I-L-Y L-I-F-E, daily life.

Speech: Save Food:Start with Small Habits at Every Meal

“Saving food” is a simple slogan, but it requires action in every small detail of our **daily lives**. Every day, we see leftovers piled up in school canteens and at family dinners, which is a significant **waste**. In fact, reducing food waste doesn’t require grand gestures; it starts with small habits at every meal. For example, we should only take what we can finish when we’re in the canteen. If there are leftovers at home, we can store them in the fridge and eat them the next day. We can also remind our family not to cook excessive amounts at one time. Since many people in the world still suffer from hunger, every grain of rice we save is meaningful. By developing these small habits, we can do our part to combat food waste and make the world a better place.

3:

Judge: remind. Please remind me to post this letter this afternoon.

It starts with the letter “R” .

Contestant: remind. R-E-M-I-N-D, remind.

Judge: It's a building where objects of historical, scientific, or artistic interest are kept. It starts with the letter “M” .

Contestant: It's museum. M-U-S-E-U-M. museum.

Speech: A Special Place

Hi everyone, Last weekend, my parents took me to a small **museum** in our city. I didn't expect much at first—I thought museums were just old things behind glass. But when I walked in, I saw a letter written by a soldier from a long time ago. His words were simple: he missed his family and hoped for peace. Standing there, I felt like time stood still. That museum didn't just show me history; it **reminded** me that behind every object, there is a real person with real feelings. Now I think museums are like time machines. They help us understand where we came from, and that makes us better people today.

4:

Judge: It means to make or become different.

It starts with the letter “C” .

Contestant: It's change. C-H-A-N-G-E, change.

Judge: It means to grow or change into a more advanced, larger, or stronger form. It starts with the letter “D” .

Contestant: It's develop. D-E-V-E-L-O-P, develop.

Speech: My Journey of Growth

When I first entered middle school, everything **changed**. New

classmates, new teachers, more subjects—I felt lost and a little scared. That was change. But then I decided not to just sit there and worry. I started asking questions in class, joining group activities, and trying my best even when I made mistakes. Slowly, I began to **develop**—I made new friends and my grades improved. Change is something that happens to all of us, but development is what happens when we face it bravely. So if you're going through a change right now, don't be afraid. Take small steps, and you will develop into a stronger person.

5:

Judge: nature. He was beginning to enjoy the beauties of nature.

It starts with the letter “N” .

Contestant: Nature. N-A-T-U-R-E, nature.

Judge: It's the cause of an event or situation or something that provides an excuse or explanation. It starts with the letter “R” .

Contestant: It's reason. R-E-A-S-O-N. reason .

Speech: Learn from "Animal World"

Do you know the **reason** I like the program “Animal World” ? First of all, I like animals, especially small animals. Secondly, the host is able to make the program lively and interesting. Thirdly, through this program I know a lot of things that I didn't known before. I gain some knowledge about animal life, such as different lives of various kinds of animals, the relationship between people and nature, people and animals, and the importance of animal protection.

I want to say that animals are part of **nature** as we are. They cannot be separated from the humans. We must keep nature in balance. Please give your love to animals. Stop killing them.

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
	词汇表达丰富、句子完整 Expressive Richness & Sentence Completeness		
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	合乎逻辑、结构完整，主题清晰，层次分明，内容有吸引力 Logicity, Completeness & Engagement	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，能够熟练、流利地回答问题，且词汇丰富，注意保持回答句子的完整性，用词恰当，无重大语法错误，完成答题指令后，有能力选手可对回答内容进行充分解释。

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，有主题，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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