

一个月内练就一手漂亮的英文字 对于高中生来说可能吗？

只要解决以下三大难题，你也能写出一篇高分英语作文！

Dear Roy,

I'm sorry to hear that you are having some problems in getting on here in China. But take it easy. I believe with your sincerity and friendliness, you will make more friends.

Here are my suggestions. First, overcome your shyness. Be brave and open to others. Keep reminding yourself to wear a smile when meeting people, which can help you become more popular and build your confidence. Besides, join in more activities, where you may meet people who share common interests. Last but not least, let your friendship grow. It's a good thing to stay in touch with your friends often. After all, the best friendship is the one that grows naturally.

I'm looking forward to hearing some stories about your new friends.

Yours,

Li Hua

英语规范书写教程

一节课学会写规范衡水体



目录

contents

01 | *为什么高中生要练习英文规范书写？*

02 | *为什么高中生最适合练衡水体？*

03 | *除了选择字体，还需要考虑哪些问题？*

04 | *英文规范书写的五个步骤*



01

为什么高中生要练习英文规范书写？

Which room do you prefer? Why?



高考阅卷老师最喜欢谁写的作文？

书面表达 Bob, I know you coming to my here, I very happy.

I for a hours in my school nearly. You take the bus of number 11th, that the next station is a Jiansinglao school. The house is in Huanchao street, at the 307, which the houses have a two rooms and a man's room. The houses have a 25, a month have a 500 Yuan. I very like you are warm!

I wish you have a good time.

5分

2017届毕业生 16班 高晓倩 (高考分数148分)

Dear Roy,

I'm sorry to hear that you are having some problems in getting on here in China. But take it easy. I believe with your sincerity and friendliness, you will make more friends.

Here are my suggestions. First, overcome your shyness. Be brave and open to others. Keep reminding yourself to wear a smile when meeting people, which can help you become more popular and build your confidence. Besides, join in more activities, where you may meet people who share common interests. Last but not least, let your friendship grow. It's a good thing to stay in touch with your friends often. After all, the best friendship is the one that grows naturally.

I'm looking forward to hearing some stories about your new friends.

25分

英文规范书写的重要性：



字如其人
应给人以美好印象！



培养专注、
认真、严谨习惯！



提升审美能力！



高考分数提高
不止一个档次！



成绩差的学生
增强自信心
提高英语学习兴趣！



终身受益！





02

为什么高中生最适合练衡水体？

三种常见的英文字体和衡水体

意大利体

意大利体作品

Thought of Irene, the other evening, when I was
reading David Hunter's autobiography,
My Life with Paper & his experiences
w. his brother Phil Hunter as fellow
magicians on the Chautauqua circuit.
Also some wonderful reminiscences
of this past, great American cultural
enterprise in a new biography of 'Old'
Bro Ingersoll (by Oiva Larsen). How
I can now recall the waving of a sea of
handkerchiefs - as a standard gesture at every
finale - remember?

It was almost 50 years ago, when my Dad
took me to a recital at the County Fair,
in Natick, Mass... so long, long ago.

Keep well - Irene + Ray, and all of the best
to you & yrs. As ever
20/XI/61 'Dad'

意大利体楷书作品

衡水体

规范书写

When you are old and
grey and full of sleep,
And nodding by the
fire, take down this
book,
And slowly read, and
dream of the soft look
Your eyes had
once, and of their
shadows deep;

哥特体

When you are
old and grey and
full of sleep,
And nodding by the
fire, take
down this book,
And slowly
read, and dream
of the soft look
Your eyes had

衡水体

规范书写

*When you are old and
grey and full of sleep,
And nodding by the
fire, take down this
book,
And slowly read, and
dream of the soft look
Your eyes had
once, and of their
shadows deep;*

三种常见的英文字体和衡水体

圆体

圆体作品

*The Sense of Honour
is of so fine and delicate a
nature, that it is only to be
met with in minds which
are naturally noble, or in
such as have been cultivat-
ed by great Examples or
a refin'd Education. 1736*

十八世纪圆体书法作品

衡水体

规范书写

When you are old and
grey and full of sleep,
And nodding by the
fire, take down this
book,
And slowly read, and
dream of the soft look
Your eyes had
once, and of their
shadows deep;

衡水体特点 vs 其他三种字体特点

简单又整齐



易上手见效快



高考阅卷老师喜爱的英文字体



漂亮花哨



很难学见效慢



容易“山寨”、考试有风险





03

除了选择字体，还需要考虑哪些问题？

除了选择字体，还需要考虑三个问题



格式

平时练习英文书写大多是四线三格，但考试时并没有四线三格。



书写方法和技巧

是否需要系统的学习英文书写的技巧和方法？



素材

我们平时练习的素材和平时学习的英语核心知识有关系吗？

那我们就试着解决上面三个问题之NO.1

解决方案

继续四线三格？

四线三格：易产生依赖，适合英语初学者或对英文字母笔画不熟悉的学习者。

一线格：有助于训练书写者的**眼力**和**手法**，真正培养书写者**独立的**、**可迁移**的书写能力。



那我们就试着解决上面三个问题之NO.2



解决方案



技巧和方法？

从字母笔顺一直到篇章布局。只有掌握了书写的
技巧和方法，即使脱离字帖也能写出漂亮规范的
英文字。

那我们就试着解决上面三个问题之NO.3

解决方案

素材选择?

至于素材方面，我们最好选择**高中阶段的核心知识**作为练习素材。



英文规范书写的五个步骤

04



学习步骤

字母篇

单词

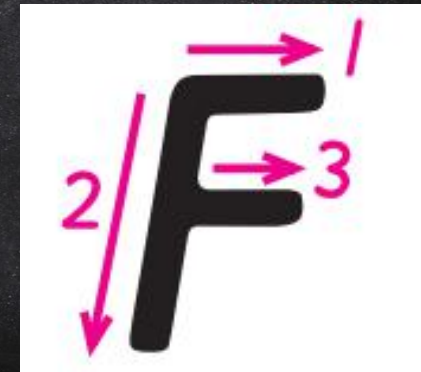
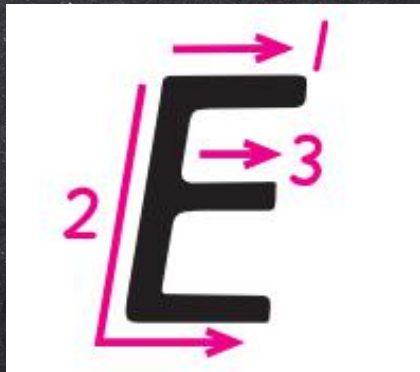
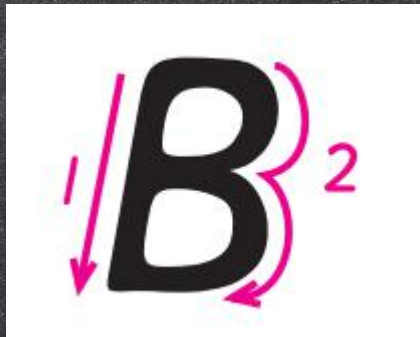
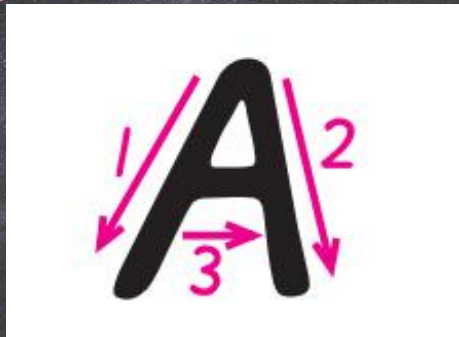
句子

语篇

标点
符号

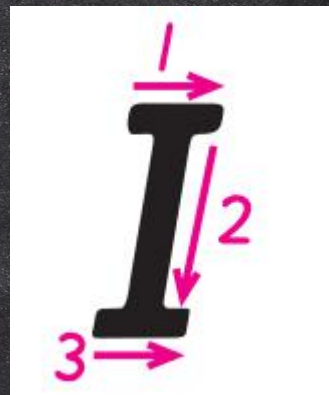
实战
演练

26个大写字母笔顺展示:

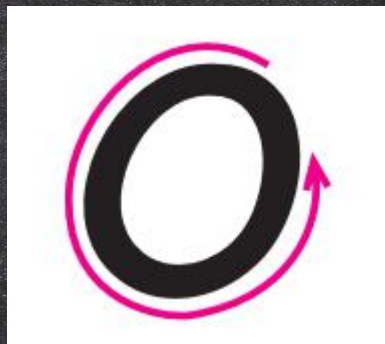


字母篇

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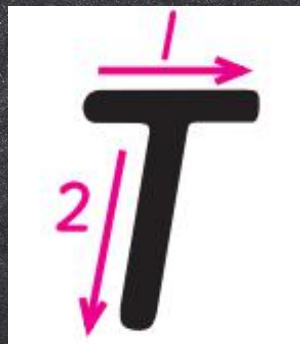


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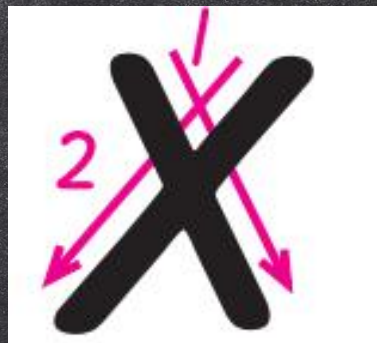


字母篇

26个大写字母笔顺展示:

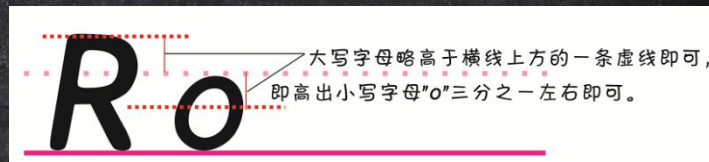
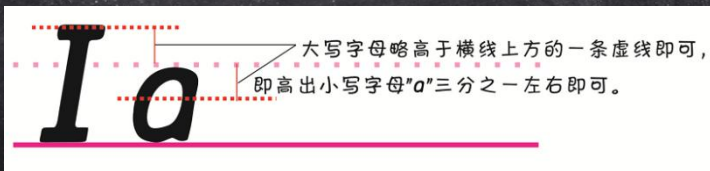
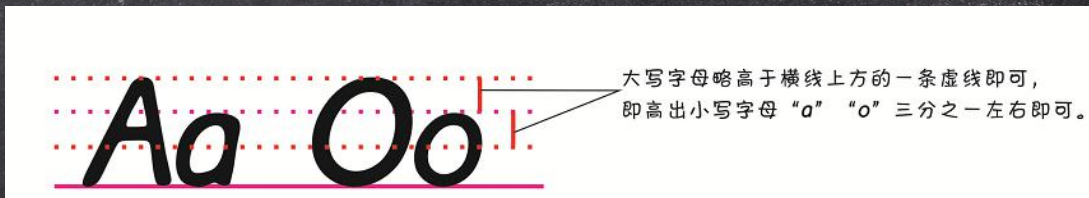


26个大写字母笔顺展示:



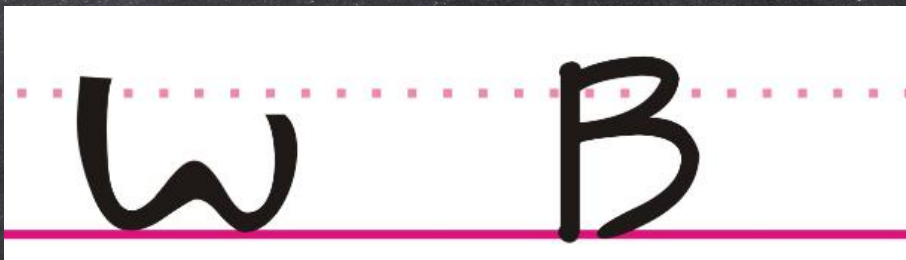
26个大写字母练习指导

1. 字母不要过大，适当留白很重要。一线格不同于其他书写字帖，不需要按照四线三格的大小字母的占位来写，而是追求字体整齐和圆润。大写字母略高于横线上方的一条虚线即可，即高出小写字母“a”或“o”三分之一左右即可。



26个大写字母练习指导

2. 写一个字母，从起笔到收笔，握笔均要用力，避免手抖，尤其是收笔时，不要因为该字母即将写完就提早放松，导致前功尽弃。记住：下笔要准（定好位置），运笔要稳（认真书写），收笔要忍（别太心急）。



26个大写字母练习指导

3.在最开始的练习中，不必先练习特别的字母，可以先练习直线和圆的写法，大部分英文字母都是由这二者组成，因此写好英文之前，应先保证直线横平竖直，圆圆润无缺陷。



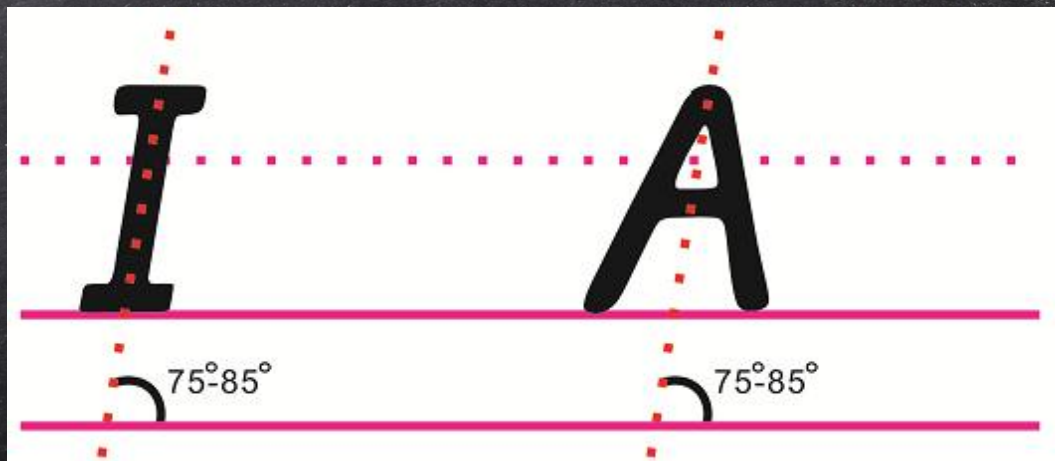
Z H D O N

26个大写字母练习指导

4. 倾斜度（字母的整体斜度与横线的右夹角）在 75° - 85° 之间比较好。



第一个字母的斜度、大小决定后面字母的斜度、大小。



书写难点提示

1. 大写字母D的半圆笔画不能写的上大下小或距斜竖太远。



书写难点提示

2. 大写字母E的三横中，中间一横比上下两横略短，上下两横长度相等，三根横线之间的间距大致相同。



书写难点提示

3. 大写字母H的两条斜竖要平行，中间的短横线要平。



书写难点提示

4. 大写字母 **I** 上下要有两横，否则会被误认为是L的小写。



书写难点提示

5.大写字母 k 左边是斜竖，右边是撇折笔画，撇折拐点在斜竖中腰，上面写平，上下要一样宽。不能把撇折笔画写成弧线，也不能把撇折笔画写的太低。



书写难点提示

6. 大写字母L的横要写平直。



书写难点提示

7. 大写字母M中间底部略高于底线，两边是等长的斜竖且平行，否则容易写的过宽。不要把M的中间交叉点写偏。



书写难点提示

8. 大写字母N是两条等长平行的斜竖，左斜竖上端与右斜竖下端由一条斜线相连。该字母用两笔写完。第一笔写左边斜竖，第二笔从第一笔斜竖上端起笔向右下运笔，笔画写到实线时向右上方提笔，使左右斜竖平行。



书写难点提示

9. 大写字母P的半圆不能写的太小或斜竖不直。



书写难点提示

10. 大写字母 T 斜竖起笔是在横的中心点。



书写难点提示

11. 大写字母v从左边起笔向下写竖笔画，当笔运行到实线时，连笔向右上方写提笔画。



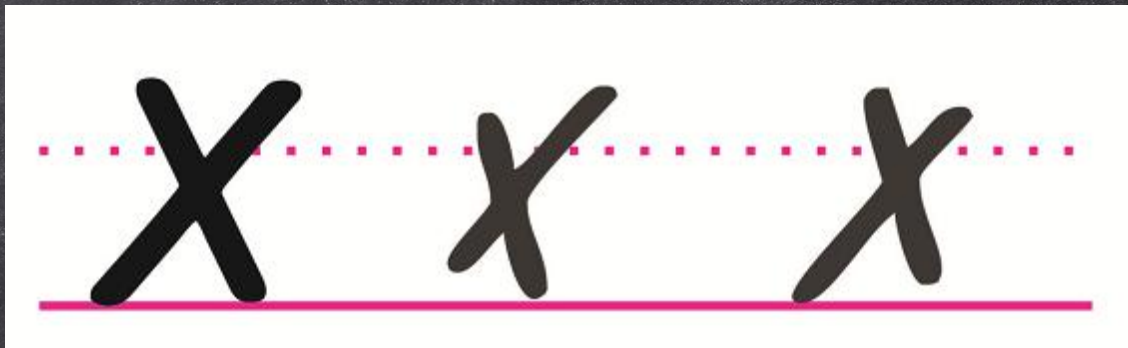
书写难点提示

12. 大写字母W上面三个最高笔画点和下面两个回笔点要保持在同一水平线上。



书写难点提示

13. 大写字母X的两条直线上的四个端点要写平。



书写难点提示

14.大写字母Z上下横笔画不用对齐，字母整体要有斜度。

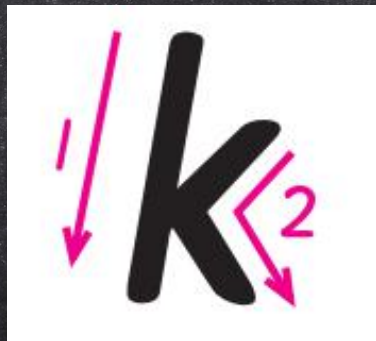
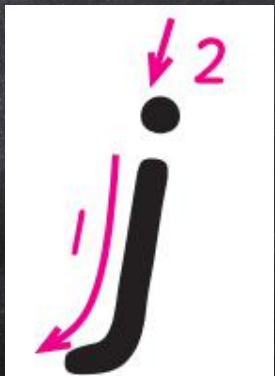
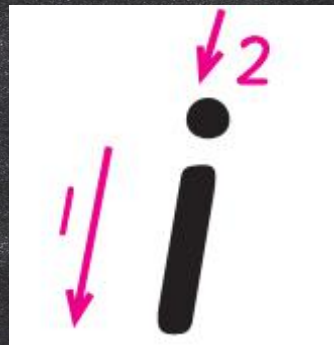


字母篇

26个小写字母笔顺展示:

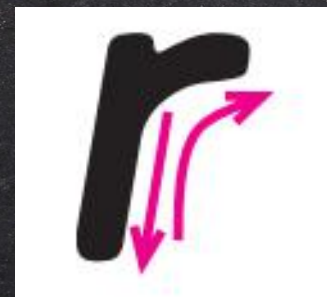


26个小写字母笔顺展示:

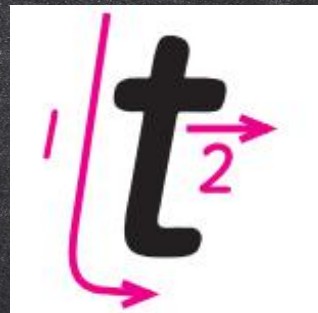


字母篇

26个小写字母笔顺展示:



26个小写字母笔顺展示：



字母篇

26个小写字母笔顺展示：



14个小写字母的练习a,c,e,i,m,n,o,r,s,u,v,w,x,z

1.练习指导

以上小写字母书写的共同点都是在实线和虚线之间上下顶格书写，每个字母在书写时尽量圆润。

2.14个小写字母的范例展示

a c e i m n o

r s u v w x z

14个小写字母书写难点提示

1. 小写字母e在虚线和实线之间的中间起笔，逆时针方向一笔写完。
如：



14个小写字母书写难点提示

2.小写字母i的点笔画不能点的太高，且要与斜竖对齐。



14个小写字母书写难点提示

3.小写字母m的三条短斜竖的间距要均等。



14个小写字母书写难点提示

4.小写字母r在虚线和实线的中间格里写短斜竖，接着向上回笔，在斜竖三分之一处向右写出喇叭形笔画。



14个小写字母书写难点提示

5.小写字母v竖线下端向右上方提一道斜竖，上面是开口，下面是尖。



14个小写字母书写难点提示

6.小写字母w上面的三个最高笔画点和下面两个回笔点要写平。



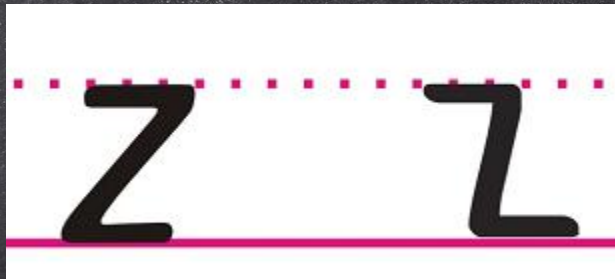
14个小写字母书写难点提示

7.小写字母x的两条直线上的四个断点要写平。



14个小写字母书写难点提示

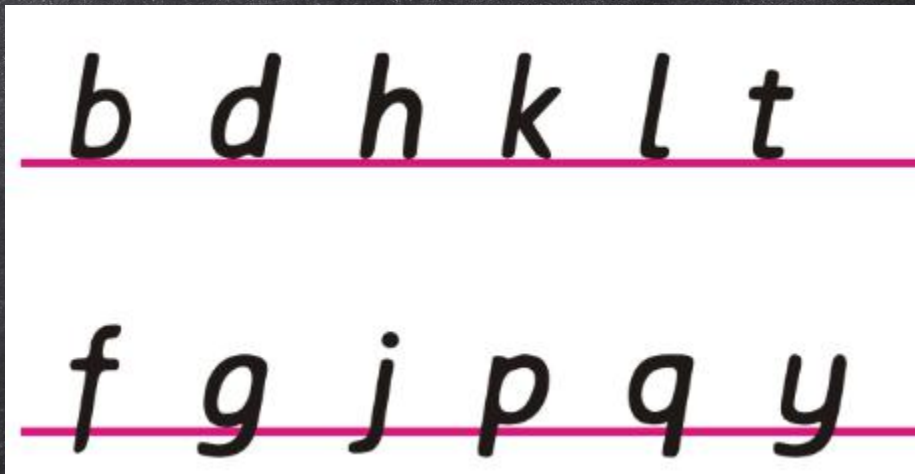
8.小写字母z上下横笔画不用对齐，字母整体要有斜度。



12个小写字母的练习b,d,h,k,l,t,f,g,j,p,q,y

1.练习指导

(1) 每个字母尽量写圆润。



字母篇

12个小写字母的练习b,d,h,k,l,t,f,g,j,p,q,y

练习指导

(2) 前6个小写字母b、d、h、k、l、t在实线上方完成，高度保持一致。



b d h k l t

12个小写字母的练习b,d,h,k,l,t,f,g,j,p,q,y

练习指导

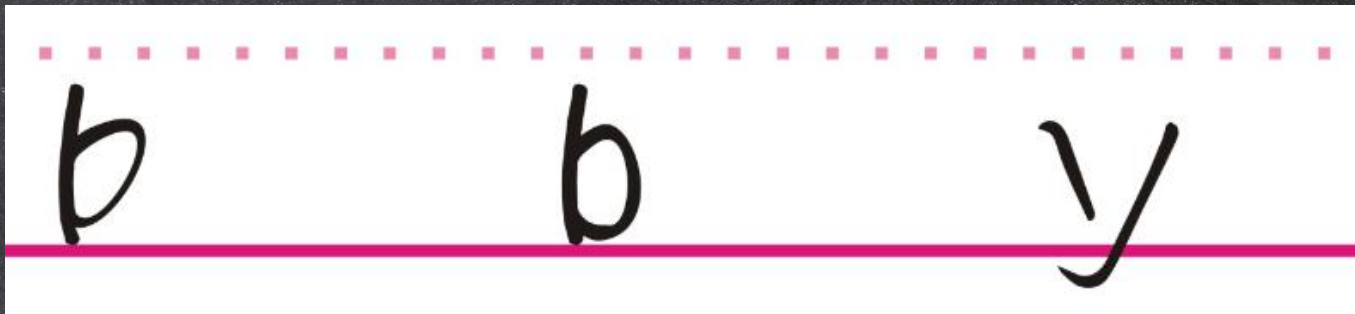
(3) 后6个小写字母f、j、g、p、q、y略低于实线下方完成，高度保持一致。



f g j p q y

12个小写字母的练习b,d,h,k,l,t,f,g,j,p,q,y

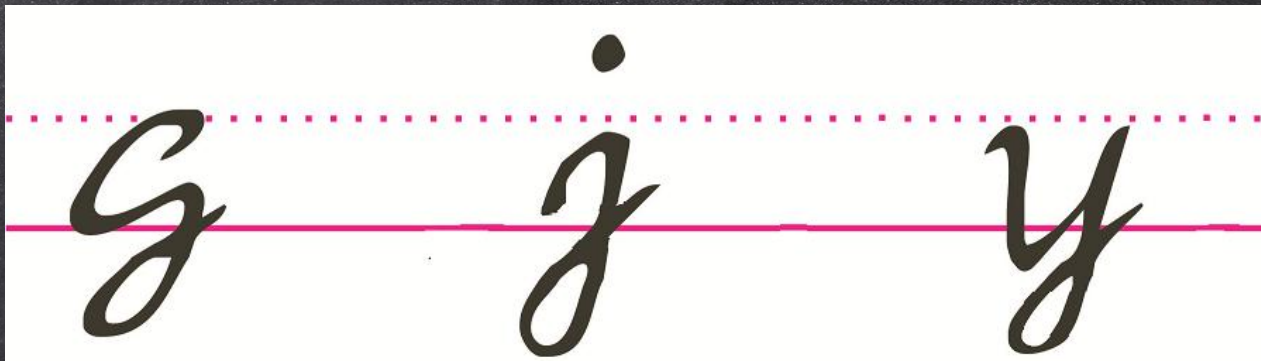
(4) 小写字母b、d、g、p、q、y中圆圈（弧）部分和相连的直线部分应连接紧密，不可分得太开，圆圈（弧）不可写成椭圆或梭形



12个小写字母的练习b,d,h,k,l,t,f,g,j,p,q,y

练习指导

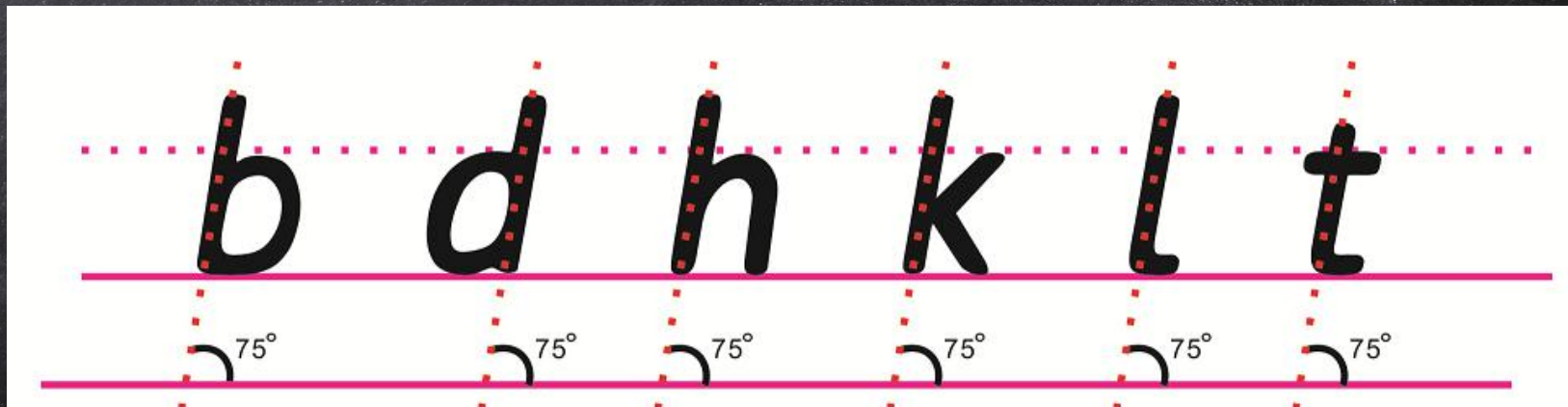
(5) 小写字母g、j、y尾部略微弯曲即可，不要勾回上方，否则会影响整齐。



12个小写字母的练习b,d,h,k,l,t,f,g,j,p,q,y

练习指导

(6) 小写字母b、d、f、h、k、l、t、p、q中的竖线写直，若书写字母时稍有倾斜，则所有竖线的倾斜程度应保持相同。



12个小写字母的范例展示

b d f g h j

j k l p q t y

12个小写字母书写难点提示

1.小写字母b下面的圆圈应尽量圆润。



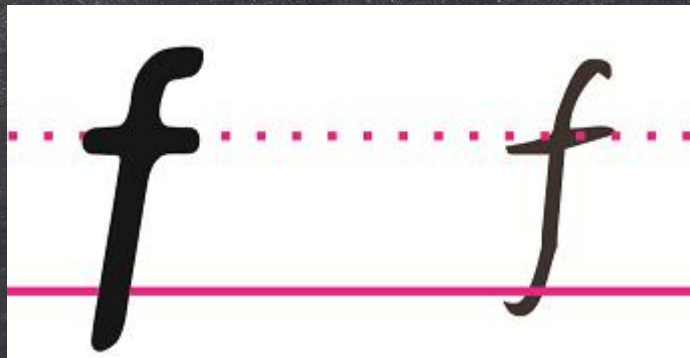
12个小写字母书写难点提示

2.小写字母d下面的小椭圆应把实虚线格占满，小写字母的回笔笔画是重合的。



12个小写字母书写难点提示

3.小写字母f的斜竖上端的小钩向右，斜竖下端不需要小钩，在略低于实线的地方收笔，注意把斜竖上端写弯曲。



12个小写字母书写难点提示

4.小写字母j的斜竖下端略微弯曲即可，点笔画不要点的太高，也不要点歪，更不要忘了写上点笔画。



12个小写字母书写难点提示

5. 小写字母 k 的撇折笔画拐点在实线和虚线的中腰位置。



12个小写字母书写难点提示

6. 小写字母 **l** 收笔处不能写成弧线。



12个小写字母书写难点提示

7.小写字母p的斜竖要写直，半圆宽度要写够。



12个小写字母书写难点提示

8.小写字母q的斜竖要写直，斜竖下不再写小弯钩。



12个小写字母书写难点提示

9. 小写字母 **y** 先写一个“**u**”，然后右边笔画延伸，下端略微弯曲即可。



单词练习指导

- 1.把字母的字形、笔顺、格位、高度、宽度写正确。
- 2.所有字母整体斜度要保持一致。
- 3.字母之间的距离要均等，避免过大、过小，因为这样既会影响阅读者的认读节奏，又影响书写的质量和速度。



risky



effectively

更多单词示例请参考《学习型字帖英语规范书写教程》P9

句子练习指导

- 1.第一个字母的斜度、大小决定后面字母的斜度、大小，因此书写句子时一定要写好首字母。注意：句子的首字母需要大写。
- 2.书写句子的时候，单词中每个字母之间的间距要大致相等，不可忽大忽小。
- 3.每个单词之间的距离要大致相等，一般以空出一个小写字母“a”左右的宽度为宜。

包含26个字母的一句话：

The *a* quick *a* brown *a* fox *a* jumps *a* over *a a* lazy *a* dog.

语篇练习指导

以《学习型字帖英语规范书写教程》P11为例

语篇

1.有标题的文字，题目居中

Father and Son

2.行尾虽不要求标齐，但未写完的句子至行尾时，留空不宜太多。

This story happened in America. Mr. Adams came home after a

3.字母大小要前后一致，斜度要通篇一致。

hard day's work and found Mrs. Adams in tears.

5.段落开头，一般要空出3至4个相同规格小写字母“a”或“o”的宽度。

aaa "What's the matter, darling?" he asked.

4.行首，段首要标齐。

6.标点向左靠拢，不要居中，确保所有单词的间距一致。

"Our son broke the window in the sitting-room, and his marks

7.每个字母之间的距离应大致相等，不可忽大忽小。
每个单词之间的距离应大致相等，不可忽大忽小。

at school haven't improved at all. I've spoken to his teacher and

标点
符号

1. 句号(.)多用在一句话结束后的句末, 写在句末单词的右下角, 不要写在中腰的位置。英语句点是小圆点(.), 不能写成中文句号(。)

They say that girls are usually more hardworking than boys, but in this class, everyone is hardworking.

2. 逗号(,) 写在单词的右下角, 位置同句点。

She's kind and patient, and she explains English grammar so clearly that even I can understand it.

3. 连字符 (-) 与 破折号 (—)

连字符多用在合成词和跨行未完的单词之间，连字符不要写的太长了容易跟破折号混淆。其长度应该与一个字母的宽度相当。而破折号表示解释、说明等，长度约占两个字母的位置。书写破折号时，与前后的单词应有一定的距离。连字符和破折号均应放在小写字母的中腰位置。

On a distant mountain was a sign in 20-foot characters.

Though surprised, the poachers had an advantage—there were more of them.

4.省略号(…)

英语的省略号“…”是三个圆点，不是汉语的六个圆点“……”，三个圆点是等距平直的，书写位置同句点。

...there was an immediate need for people to work on them.

更多标点符号讲解请参考《学习型字帖英语规范书写教程》P13

4. 内容书写，齐头并进。

★高颜值的卷面 丰富的内涵

★大小与，标点等最基本的知识--词汇积累-
---句式变化---布局谋篇。

★规范写作流程：

时间充足；

打草稿---审题、列要点、定时态、分段落、
组织句子、连句成篇

修改草稿：时态、拼写、词性、句子结构

润色草稿：从短语、非谓语

誊写草稿：

二次重写：研究范文、对比范文、模仿范文



第五章 申请信

句型积累1

I happened to have read your advertisement and decide to apply for...

I am writing this letter to apply for the position that you have advertised in... of...

优秀范文1

Dear Editor,

I'm writing to recommend myself as a student suitable for the work as a reporter in the Foreign Culture column, and I hope you can take me into account.

As a passionate language learner, I've long been interested in the languages themselves as well as the kaleidoscopic cultures behind those languages, which is the main reason I apply for this position.

Additionally, I once was an editor of the school magazine in junior high school, which provides me with the experience needed.

If I can be one of you, I will endeavor to make this column popular and meaningful.

Looking forward to your reply.

Yours,

Li Hua

请在各题目的答题区域内作答，超出答题区域的答案无效

Practice makes perfect.

句型书写1

范文书写1

请在各题目的答题区域内作答，超出答题区域的答案无效


 实战
演练

第四部分 第二节 书面表达

Dear Cathy,

How's everything going? It's been several years since we met each other.

Recently, a traditional Chinese painting exhibition will be held on February 1st in Chengdu, my hometown. I'd like to invite you to see this exhibition because as far as I know, you're interested in paintings, especially some traditional ones. It is said that this exhibition will show some masterpieces which were painted by the famous painters in our history. I remember that you told me that you liked Xu Beihong the best in most traditional Chinese painters, didn't you? Fortunately, the six horses which shows the lively and strong horses will be showed to the visitors of this exhibition.

In other words, we can also meet each other for this chance.

I'm looking forward to your letter.

Your handwriting is impressive! Keep on!

Yours,
Li Hua



THANK YOU



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