



# 7大体系

时态+被动语态+情态动词+虚拟语气+从句+非谓语动词

清晰 系统 完整

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## 系动词



# 系动词

keep:保持处于 某种状态.

remain:仍然是,仍然处于某种状态.

stay:持续处于某种状态.

rest、lie、stand、continue都有“处于某种状态”的意思.

➤ 状态系动词 be

➤ 持续系动词 keep remain stay rest lie stand continue

➤ 表象系动词 seem appear look

➤ 变化系动词 get become turn grow go come fall run

➤ 终止系动词 prove turn out

➤ 感官系动词 look sound smell taste feel

## ➤ Keep与stay

**Keep** 通常表示通过主动做一件事来维持不变，而**stay**强调本身已经处于某种状态

**can you keep quiet?** 从说话到不说话,需要主动控制.

**can you stay quiet?** 本来就没有说话,比如这时需要录音等事情,需要继续保持安静.

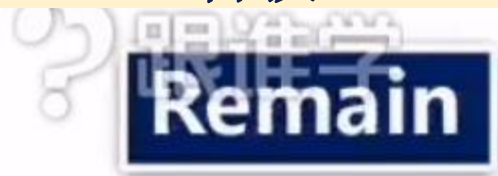
**keep**和**stay**在生活、口语中没有太大的差别,除非特别细想的时候!



1. 我太困了，很难保持清醒 I am too sleepy, It is to **keep/stay** awake.
  2. 永远年轻是不可能的 **keep/stay** always young is impossible. / always **keep/stay** young is impossible.
  3. 一个成熟的人应该总是保持冷静 ( calm ) a mature man should always **keep/stay** calm.
  4. 如果你想暖和点，你应该进屋去 if you want to **keep** warm, You should go in.
  5. 稳点，不然你会掉下去 ( steady ) **keep/stay** steady, or you will fall.
  6. 他经常去健身房来保持健壮 ( fit ) he always go to the Gym to **keep/stay** fit.
  7. 你能安静点吗
  8. 我们应该保持乐观积极 ( positive ) we should **keep/stay** positive.
  9. 保持联系 we should **keep/stay** in touch.
- 
1. 沿街走的时候，你最好待在右边 when you walk along the street , you better **keep/stay** on the right.
  2. 在里面待着别出来 **keep/stay** inside, don't go out.
  3. 低点别起身，不然你会被射击 **keep/stay** down/low, or you get shoot. **stay**更常用一点.



stay也有“仍然是”的意思,完全可以和remain替换!



remain

英 [rɪ'meɪn] 美 [rɪ'meɪn]

vi. 保持; 依然; 留下; 剩余; 逗留; 残存

n. <废语>留待; 余留

[ 过去式 remained 过去分词 remained 现在分词 remaining 第三人称单数 remains ]

although/though they had a fight, they **remain/are still** best friends.

1. 虽然吵架了, 他们仍然是好朋友 ( have a fight )
2. 他去哪了仍然是个谜 where he went **remains** a mystery.
3. 他仍然会是这个俱乐部的经理 ( manager ) he **remains/ are still** the manager of the club.
4. 我们应该怎么做仍然是个问题 what we should do **remains/stays** a problem.
5. 你的房间跟以前的一样 your room **remains/stays** the same as before.

1. 这么多年了, 他还是单身 it has been so many years, he **remains/stays/is still** single.
2. 商店应该开到晚上11点 the story should remain/stay open until 11pm.
3. 门一直关着 the door **remains** closed.
4. 房价有可能保持不变 House prices may **remain/stay** the same.
5. 他是谁仍然不知道 who he is **remains/stays** unknown/unclear.
6. 他去哪了仍然不清楚

# rest lie stand continue

“rest、lie、stand、continue”用的较少,如果遇到这几个词后面加形容词或名词,知道是系动词的用法就好,不要求掌握和运用.

这个建筑处于废墟的状态.

• The building lies in ruins today

• The house lies empty now 这个房子现在为止是空的.

• Snow lies thick on the ground 地面上有厚厚的雪.

• These machines have lain idle since 2000 自从2000年这些机器处于闲置的状态.

These machines have been idle since 2000. **lain**也可以换成**be**动词

• My novel had lain unknown for years

我的小说有好几年都不被人知道.

用**have**就表示到现在为止,小说不被人知道已经有几年了.

用**had**表示小说在过去某个时间点被人知道了,但在过去这个时间点之前几年不被人知道.

• ( lie lay lain lying )

lie过去式lay, 过去分词lain,现在分词lying.

• The house stood empty for a long time 这个房子空着很长时间了.

• This matter rests a mystery 这个事情仍然是个谜.

• The weather continued cold

天气仍然很冷. **continue doing sth**:接着做某事.  
**continue**后面加形容词说明是系动词用法.



## 表象系动词

表象就是从表面上去看!

## Seem appear look

**seem:看起来; appear:显现、出现、看起来; look:看起来.**

- **Seem** 根据主观判断, 暗含依据, 接近事实
  - **Appear** 根据事物的外表表象判断
  - **Look** 根据视觉印象得出的判断
- 
- **She seems young** 比如对方说话的方式, 思想, 行为举止判断出年轻, 得出结论前说明动了脑子!
  - **She appears young** 强调对方外表展示出来的, 比如年纪大, 但是穿着打扮时尚年轻. 从别人的感觉出发.
  - **She looks young** 强调说话人通过眼睛看到的. 从自己的感觉出发.

seem、appear、look后面加“名词、形容词、副词、介词短语、to be”.

look后面只能加“to do”,不能加“to be”,甚至“to be”都很少加!



he **seems** a perfectly normal **person/guy**. **perfectly**:很,非常(一般指好的方向,中性方向).

1. 他看来是个很正常的人  
this **seems** an interesting book.
2. 这看起来是本有趣的书  
this **looks/appears/seems** a nice house.
3. 这房子看起来是不错的一套  
he **may appear** a fool, but actually he is smart.
4. 他可能看起来傻, 其实很聪明

you **look/appear/seem** happy today.

1. 你今天看起来挺开心啊  
this house **looks/appears/seems** good today.
2. 这房子看起来不错  
the **stry dog** **looks/appears/seems** dead.
3. 这只流浪狗貌似死了 ( **stry dog** )  
what he said **seems** right.
4. 他说的好像没错
5. 这二手手机看起来很新啊
6. 学英语好像很难
7. 你觉得什么好就做什么
8. 他看起来比实际年龄小

1. 他好像在家 he **looks/appears/seems** at home.
2. 手机好像在桌子上 the phone **looks/appears/seems** on the desk.
3. 你的朋友好像在楼上 your friend **looks/appears/seems** upstairs.
4. 污渍好像下去了 ( stain )
5. 他好像是管事的 ( in charge ) he **looks/appears/seems** in charge.
6. 他们好像有麻烦 ( in trouble )

seem、appear、look是系动词,后面可以直接跟名词、形容词、副词、介词短语、to do, 名词、形容词、副词、介词短语还可以转化为“to be”的形式出现(“to be”实际上就是to do”,实际上就是非谓语动词做表语).

he **looks/appears/seems** to be a normal person. 他看起来是个正常的人.

you **look/appear/seem** to be happy today. 你今天看起来挺开心.

he **looks/appears/seems** to be at home. 他好像在家.

他好像知道这件事

**He seems/appears to know the thing** 后面只能加“to do”,不能加doing,没有为什么,这时规则!

**It looks/seems as if he knows the thing** as if表示“好像”,“as if”在这里是引导表语从句.

**It seems/appears that he knows the thing** that引导的表语从句.

结论:

**look**后面不能加“to do” 和 “that从句”.

**appear**后面不能加“as if”.

**seem**和**appear**后面可以加“to do” 和 “that从句”.

**look**和**seem**后面可以加“as if”从句.

记住: 任何时候用**seem**都可以!

# seem、appear、look后面加非谓语动词!



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he seems **to do** his homework. 他好像做作业.  
he seems **to be doing** his homework. 他好像在做作业.

1. 他好像在做作业

he seems **to have left**. "to have done"现在完成时.

2. 他好像已经走了

3. 他好像要走 he seems **to leave**.

It seems **as if/that** he is leaving.

4. 他好像已经知道这事了

4. he seems **to have known** the thing.

5. 孩子们好像在玩游戏

5. the kids seem **to be** playing games.

6. 他好像知道自己在干什么

6. he seems to know what he is doing.从句是个完整的句子,所以可以用从句.

7. 新闻上报道的事好像已经被证实了 (prove)

8. 这个问题好像被解决了

9. 电视好像被白单子罩着

10. 我好像把钥匙落在家里了

11. 你好像感冒了

**there be句型只能用seem和appear, 不能用look!**

there is a pen on the desk. 桌上有一支笔.

there seems/appears a pen on the desk. 桌上好像有一支笔.

there seems/appears **to be** a pen on the desk. 桌上好像有一支笔.

1. 桌上好像有支笔

2. 墙上好像有幅画

there seems/appears a picture on the wall.

there seems/appears **to be** a picture on the wall.

3. 地上好像有100块钱

4. 树上好像有鸟

there seems/appears something on your face.

there seems/appears **to be** something on your face.

5. 你脸上好像有个东西

6. 好像没必要多等了

there is no need. 没有必要.

there seems/appears no need to wait.

这个问题好像被解决了. the problem seems **to be** solved. 一般时

这个问题好像已经被解决了. the problem seems **to have been** solved. 完成时

这个问题好像正在被解决. the problem seems **to be being** solved. 进行时

进行时: **be doing**, 被动语态的进行时: **be being done**.



	时态	非谓态
一般式	do	To do
完成式	have done	To have done
进行式	be doing	To be doing
完成进行式	have been doing	To have been doing

进行时: be doing, 被动语态的进行时: be being done.

	时态	非谓态
一般式	Will do	To do
完成式	Will have done	To have done
进行式	Will be doing	To be doing
完成进行式	Will have been doing	To have been doing

他好像知道这件事

He seems/appears to know the thing

It looks/seems as if he knows the thing

It seems/appears that he knows the thing

新闻上报道的事好像已经被证实了 ( prove )

The thing reported on the news seems to have been proved

It seems as if the thing reported on the news has been proved

It seems that the thing reported on the news has been proved

➤ 变化系动词 get become turn grow go come fall run

## 变化系动词

get和become的区别:

1. **become**更正式点, **get**更口语化一点.
2. **become**后面可以加名词, **get**后面不可以加名词.

become更正式点, get更口语化一点.

3. you **got/have got** fat. 强调变胖的动作.  
you are fat. 强调结果和想的状态.

## Get/become

you **have been getting** fat. 你最近在变胖.  
you **have been getting** fatter and fatter. 你最近变得越来越胖了.

he **became/got** angry.

1. 他生气了  
the thing **became/got** worse.

2. 事情变得更糟糕了

3. 你变胖了

4. 你在变胖 you are getting fat.

you are getting fatter and fatter.

5. 你变得越来越胖了

6. 天黑了

7. 天在变黑

8. 天变得越来越黑

he **gets/becomes** excite easily.

9. 他很容易激动

10. 想变强壮, 去健身房

11. 我生病了

12. 任何人都会变老 everyone **gets/becomes** old.

1. divorce gets normal. 离婚变得很平常. 社会现象和事实用一般现在时.  
divorce are getting normal nowadays. 强调变化过程, 现在还在变化.  
divorce has got normal. 强调已经变得很平常.

1. 离婚变得很平常

2. 人们变得依赖手机 ( overused , reliant )

3. 人们越来越适应科技 ( technology )

4. 随着买车的人变多, 车变的便宜

5. 污染的问题越来越严重 ( polution )

6. 人们开始变得麻木 ( numb )

7. 天儿在夏天会变长, 冬天会变短

8. 随着冬天的到来, 天气越来越冷了

9. 夏天雨多, 冬天风大



1. 天黑了

2. 天在变黑

3. 天变得越来越黑

4. 冬天，天会变冷

中文的“会”更多表示习惯

一般现在时

现在完成时

1. It got dark    It has got dark

强调变的过程就用“现在进行时”

2. It' s getting dark

3. It' s getting darker and darker

4. It gets/will get cold in winter

will和get作为系动词时:

It gets cold in winter.

It will get cold in winter.

will也有表“习惯”,表现在的习惯,即使用will也不要想是“将要”,就是表习惯. 但是用get表习惯更好!

become后面可以加名词, get后面不可以加名词.

## Get/become

1. 他成为了一名老师 he **became** a teacher.
2. 自从那次之后, 他成了我最喜欢的明星 he **became** my favorite star since last time.
3. 她在1925年成为女王
4. 自从我尝了第一口之后, 龙虾就成了我最喜欢的食物 ( lobster )
5. 一旦你们结婚, 房子会成为你们的共同财产 ( mutual property )
6. 我们变成了我们讨厌的人 we **became** who we hate.

1. car指小车,例如出租车(taxi)和家用车,用“get in”和“get out”.  
get in the car. 上车; get out of the car. 下车.

2. bus 和 train指大车,用“get on”和“get off”  
get on the bus. 上车; get off the bus. 下车.

1. 他上车了 he **got** in the car.
2. 他下车了 he **got** out of the car.
3. 他通过窗子进入了房间 he **got in** the room through the window.
4. 我出不来
5. 你翻不过去这堵墙
6. 蹲下, 站起来 get down, stand up.



1. Get lost
2. Get drunk
3. Get started
4. Get married
5. Get engaged
6. Get divorced
7. Get dressed
8. Get washed
9. Get changed
10. Get shaved

1. 他们结婚了
2. 我迷路了
3. 他在穿衣服

grow是系动词时表“慢慢变得(强调渐变的过程)”。

It's **growing** darker and darker. 天变的越来越黑。

grew

grow

英 [grəʊ]

美 [ɡroʊ]

vi. 发展; 生长; 渐渐变得...

vt. 使生长; 种植; 扩展

n. (Grow) (英) 格罗 (人名)

[ 过去式 grew 过去分词 grown 现在分词 growing 第三人称单数 grows ]

he found out that his mom is **growing/getting** old. **grow**和**get**在这里是系动词. 时态是现在进行时.

1. 他发现他的妈妈在慢慢变老

2. 他慢慢变得无聊

3. 大海变得平静 ( calm ) the sea **grew** calm.

4. 声音变的越来越大 the voice is **growing/getting** louder and louder.

5. 他对我越来越没耐心了 ( impatient )

6. 他已经慢慢习惯北京的气候了 ( climate )

**get**也有渐变的过程,主要是在用“现在进行时”的时候,**grow**更加如此,所以有时候**grow**和**get**可以替换.

he has **grown** impatient to me. 他已经对我没耐心了.

he is **growing/getting** impatient to me. 强调变得过程,现在还在变.

这种慢慢怎么样的,后面的动词一般都是“虚拟活动状态”的动词,比如“喜欢”、“知道”、“意识”等.

1. 你会慢慢喜欢他的 you will **grow** to like him.

2. 她长得越来越像他妈妈了 she is **growing** to be like her mom. **like**在这里是介词,表“像”,所以前面加系动词.

3. 当你有孩子后,你就会慢慢明白你的父母了 when you have children, you will **grow** to understand your parents.

4. 他会慢慢意识到自己的问题的 he will grow to **realize** his problem.

➤ 你会慢慢喜欢他的

You will grow to like him

You will get to like him

You will come to like him **come**在这里也是系动词.

**get**和**come**也可以表示慢慢怎么样,但**grow**更强调那种“慢慢怎么样”的感觉!

“get to do”也可以表示“有机会”.

I don't have chance to get to know him. 我没有机会认识他.

I don't have chance to get to learn English. 我没有机会学英语.



turn着重“颜色的变化”和“事情的性质、本质发生巨大的变化,与以前完全不同”。



1. he **turned** teacher. 这是行业的变化,所以要去掉冠词,加上冠词只强调了人的变化.  
turn后面加名词时不加冠词,因为turn强调本质变化.  
become后面加名词时可以加冠词. he **became** a teacher.

2. he was a lawyer before he **turned** teacher.

1. 他成为了老师
2. 他变成老师之前是律师
3. 他从医学院校毕业后成为了作家 ( medical )
4. 战争的最后,他变成了叛徒 ( traitor )

he will be twenty-one.

he will **turn** twenty-one. 这种表达口语中更常用

1. 明年他就21了
2. 到30让他有点害怕
3. 已经是黎明了 ( dawn ) it **turned** dawn.
4. 已经是午夜了

I **turned** 21 yesterday. 我昨天刚21.

1. everything that he **touches** turns (into) gold.

into可以省略,因为系动词后面可以加名词,也可以加介词短语.

1. 他碰到的东西都会变成金子
2. 他生气的时候会变成野兽 ( monster )
3. 他的激动变成了愤怒 ( excitement anger ) his excitement **turns** anger.

when he is angry he **turns** monster.

leaves **turn** yellow in autumn.

1. 叶子在秋天会变黄
2. 天气变冷了 it **turn** cold.
3. 她脸一红跑出了房间 she **turned** red to run out of the house.
4. 那个人变得苍白 ( pale )
5. 他因害怕脸色发青 ( blue ) he **turned** blue with fear.

go是系动词时,也表示“变化、变得”, go一般表示“好的变成坏的”.  
go做系动词时,在口语当中很常用. 10和11是come例句!



he **went** bald at 30. 他30岁的时候变秃了.

meat **goes** off easily in summer.

1. 肉在天热的时候很容易变坏 ( off )
2. 牛奶变酸了 ( sour )
3. 他20岁的时候瞎了 he **went** blind at 20.
4. 很多人会变秃 ( bald )
5. 他疯了 he **went** crazy.
6. 孩子激动得都疯了
7. 没电的时候, 整个屋子都黑了 ( electricity )
8. 人死之后, 会变冷
9. 他没钱, 只能挨饿
10. 他的梦想实现了
11. 最后所有的事情都对了

go off: 变坏.

go sour: 变酸.

go bald: 变秃.

go blind: 变瞎.

come是系动词时,表示“变得”,这就是为什么come后面可以加形容词.  
his dream **was/came** true.

In the end everything **come** right .

fall是变化系动词时,表示“进入某种状态”,会专门跟一些词搭配.

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he **fell** asleep.

1. 他很快就在沙发上睡着了
2. 他看电视的时候睡着了
3. 他昨天突然就因为着凉生病了
4. 老师进来的时候全班都安静了 the whole class **fell** silent when the teacher came in.
5. 那本书翻开在11页

fall asleep: 睡着了.

fall ill: 生病了.

fall silent: 安静了.

fall open: 开着.

fall apart: 散开了.

1. 我在火车上和我旁边的人聊了起来 I **fell into conversation** with the person next to me on the train.
2. 他很快进入了深度睡眠 he quickly **fell deeply in sleep**; he quickly **fell deeply into sleep**. in和“in to”都可以.
3. 他爱上了她 he **fell in love** with her.

Asleep ill silent open apart

run是变化系动词时, 表示“变得”, 会专门跟一些词搭配.



1. 小河快没水了 the river is running dry.
2. 钱快用完了
3. 我缺钱
4. 我吓得血都冷了 my blood ran cold with fear.  
“with fear”表示“因为恐惧”
5. 物资供应不足 ( supply )  
supplies are running low/running short.

I am/ran short of money. 我缺钱了.  
my money is running short/running out .

Run dry run short run low run cold run out

run dry: 变干旱了.

run short: 变少了, 不够了.

run low: 变低了.

run cold: 变冷了.

run out: 没了.

变化系动词不会用一般现在时:

I ran out of money. 我没钱了.

I have ran out of money. 我已经没钱了.

I have ran out of money. 我已经没钱了.

I am running out of money. 我快没钱了.

I was running out of money at that time. 那个时候我快没钱了.

supplies

英 美 [sə'plaɪz]

n. 物资; 供应品; 贮备量 (supply的复数)

v. 供应 (supply的第三人称单数); 提供

n. (Supplies)人名; (德)祖普利斯

## 跟谁学 单词辨析

- **Become** 最正式，后可接名词
- **Get** 较口语化，后不可接名词，可指瞬间改变，也可表达逐渐改变 逐渐改变主要用现在进行时“**be doing**”.
- **Grow** 常指逐渐变成某种状态，强调‘渐变过程’ 强调“慢慢怎么着”，表示逐渐的时候可以和**get**替换.
- **Turn** 多用于颜色性质与以前完全不同，引人注目的变化；名词前不接冠词
- **Go** 后接形容词表示由强到弱，由好到坏；**come**相反，一般由坏变好 **come right: 变好了!**

**he got angry.** 他突然生气了.

“突然怎么样”,这个时候就不能用**grow, grow**强调的是“渐变”过程.



终止系动词 prove turn out

终止系动词

➤ 结果证明他是个严厉的老师

**He turned out a good teacher** “turn out”后面可直接加名词！

**He turned out to be a good teacher** “turn out”后面可直接加“to do”！

**It turned out that he is a good teacher** “turn out”后面可直接加从句！

➤ 他说的证实是对的

What he said proved right “prove”后面可直接加形容词！

What he said proved to be right “prove”后面可直接加“to do”！

“turn out”非常常用；“prove”表示“证明”。

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## Turn out

1. 结果证明他是个严厉的老师 ( strict )
2. 结果证实狗是人类的好伙伴
3. 他的计划结果是个失败
4. 结果证明他说的就是我们需要知道的

## prove

1. 这谣言证实是假的 ( rumor false )
2. 他说的证实是对的
3. 这个计划证实很困难
4. 这种疗法证明是成功的 ( therapy )