

星荣英语笔记

零基础学英语

(第 53 课)

Hello 你好，我是星荣，这是我们零基础学英语的第 53 课。

上一节课我们已经掌握了【现在完成进行时态】也就是 have been doing 的表达，这个模块所表达的内容可以简单的翻译为“一直在做……”，也就是说从过去的某一个时间一直在做某个动作，而且这个动作一直持续到现在，此时此刻还在做。

我们可以在这个模块化表达的后面添加一个时间信息，用 since 来引出一个时间点，用来表达“从这个时间点开始”，就“一直在做……”。

这节课我们学习的内容是把这个时间信息换一种表达方式，把 since 换成 for，for 的含义并不是我们之前学习的“为了”的含义，而是仅仅为了引出后面的时间信息，可以理解为“持续”，因此这个词后面所添加的时间信息必须是一个时间段，不能是一个时间点，这样才可以表达“持续了多长时间”的含义，

这就是我们第 53 课的全部内容，答案以及视频的 PDF 课件可以在微信公众号【Hi 要大声说来】回复课程序号获取，付费课程也可以在公众号里找到试听内容，下次再见，拜拜。

微信：xingrongyy



公众号：Hi 要大声说出来



中文	英文	K.K.音标
看	to watch	/tə/ /wɒtʃ/
看 (ing 形式)	watching	/'wɒtʃɪŋ/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
一直在看	have been watching	/hæv/ /bɪn/ /'wɒtʃɪŋ/
动画片	cartoons	/kɑː'tuːnz/
一直在看动画片	have been watching cartoons	/hæv/ /bɪn/ /'wɒtʃɪŋ/ /kɑː'tuːnz/
孩子们	the kids	/ðə/ /kɪdz/
孩子们一直在看动画片	the kids have been watching cartoons	/ðə/ /kɪdz/ /hæv/ /bɪn/ /'wɒtʃɪŋ/ /kɑː'tuːnz/
从……起	since	/sɪns/
早上	morning	/'mɔːnɪŋ/
今天早上	this morning	/ðɪs/ /'mɔːnɪŋ/
从今天早上起	since this morning	/sɪns/ /ðɪs/ /'mɔːnɪŋ/
孩子们一直在看动画片	the kids have been watching cartoons	/ðə/ /kɪdz/ /hæv/ /bɪn/ /'wɒtʃɪŋ/ /kɑː'tuːnz/
孩子们从今天早上起就一直在看动画片	the kids have been watching cartoons since this morning	/ðə/ /kɪdz/ /hæv/ /bɪn/ /'wɒtʃɪŋ/ /kɑː'tuːnz/ /sɪns/ /ðɪs/ /'mɔːnɪŋ/
小时	hour	/'aʊə/
三个小时	three hours	/θri/ /'aʊəz/
持续三个小时	for three hours	/fə/ /θri/ /'aʊəz/
孩子们一直在看动画片，持续三个小时了	the kids have been watching cartoons for three hours	/ðə/ /kɪdz/ /hæv/ /bɪn/ /'wɒtʃɪŋ/ /kɑː'tuːnz/ /fə/ /θri/ /'aʊəz/
一直在做……持续……	have been doing...for...	/hæv/ /bɪn/ /'duɪŋ/ /fə/
学习	to learn	/tə/ /lɜːn/
英语	English	/'ɪŋɡlɪʃ/
学习英语	to learn English	/tə/ /lɜːn/ /'ɪŋɡlɪʃ/
学习英语 (ing 形式)	learning English	/'lɜːnɪŋ/ /'ɪŋɡlɪʃ/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
一直在学习英语	have been learning English	/hæv/ /bɪn/ /'lɜːnɪŋ/ /'ɪŋɡlɪʃ/
我一直在学习英语	I have been learning English	/aɪ/ /hæv/ /bɪn/ /'lɜːnɪŋ/ /'ɪŋɡlɪʃ/
年	year	/jɪr/
三年	three years	/θri/ /jɪrz/
持续三年	for three years	/fə/ /θri/ /jɪrz/
我一直在学习英语，持续三年了	I have been learning English for three years	/aɪ/ /hæv/ /bɪn/ /'lɜːnɪŋ/ /'ɪŋɡlɪʃ/ /fə/ /θri/ /jɪrz/
一直在做……持续……	have been doing...for...	/hæv/ /bɪn/ /'duɪŋ/ /fə/
教	to teach	/tə/ /titʃ/
教 (ing 形式)	teaching	/'titʃɪŋ/
课程	class	/klæs/
瑜伽	yoga	/'jəɡə/
瑜伽课程	yoga classes	/'jəɡə/ /'klæsɪz/

教瑜伽课程 (ing 形式)	teaching yoga classes	/'titʃɪŋ/ /'jogə/ /'klæsɪz/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
一直在教瑜伽课程	have been teaching yoga classes	/hæv/ /bɪn/ /'titʃɪŋ/ /'jogə/ /'klæsɪz/
我一直在教瑜伽课程	I have been teaching yoga classes	/aɪ/ /hæv/ /bɪn/ /'titʃɪŋ/ /'jogə/ /'klæsɪz/
五年	five years	/faɪv/ /jɪrz/
持续五年	for five years	/fə/ /faɪv/ /jɪrz/
我一直在教瑜伽课程, 持续五年了	I have been teaching yoga classes for five years	/aɪ/ /hæv/ /bɪn/ /'titʃɪŋ/ /'jogə/ /'klæsɪz/ /fə/ /faɪv/ /jɪrz/
一直在做……持续……	have been doing...for...	/hæv/ /bɪn/ /'duɪŋ/ /fə/
讲话	to talk	/tə/ /tɔk/
讲话 (ing 形式)	talking	/'tɔkɪŋ/
电话	phone	/fɒn/
在……上	on	/ən/
在电话上	on the phone	/ən/ /ðə/ /fɒn/
在电话上讲话 (ing 形式)	talking on the phone	/'tɔkɪŋ/ /ən/ /ðə/ /fɒn/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
她一直在打电话	she has been talking on the phone	/ʃi/ /hæz/ /bɪn/ /'tɔkɪŋ/ /ən/ /ðə/ /fɒn/
分钟	minute	/'mɪnɪt/
30 分钟	30 minutes	/'θɜːti/ /'mɪnɪts/
持续 30 分钟	for 30 minutes	/fə/ /'θɜːti/ /'mɪnɪts/
她一直在打电话, 持续 30 分钟了	she has been talking on the phone for 30 minutes	/ʃi/ /hæz/ /bɪn/ /'tɔkɪŋ/ /ən/ /ðə/ /fɒn/ /fə/ /'θɜːti/ /'mɪnɪts/
一直在做……持续……	have been doing...for...	/hæv/ /bɪn/ /'duɪŋ/ /fə/
烹饪	to cook	/tə/ /kʊk/
烹饪 (ing 形式)	cooking	/'kʊkɪŋ/
晚饭	dinner	/'dɪnə/
做晚饭 (ing 形式)	cooking dinner	/'kʊkɪŋ/ /'dɪnə/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
他一直在做晚饭	he has been cooking dinner	/hi/ /hæz/ /bɪn/ /'kʊkɪŋ/ /'dɪnə/
小时	hour	/'aʊə/
持续	for	/fə/
持续一小时	for an hour	/fə/ /ən/ /'aʊə/
他一直在做晚饭, 持续一小时了	he has been cooking dinner for an hour	/hi/ /hæz/ /bɪn/ /'kʊkɪŋ/ /'dɪnə/ /fə/ /ən/ /'aʊə/
工作	to work	/tə/ /wɜːk/
工作 (ing 形式)	working	/'wɜːkɪŋ/
公司	company	/'kʌmpəni/
这个公司	this company	/ðɪs/ /'kʌmpəni/
在	at	/ət/
在这个公司	at this company	/ət/ /ðɪs/ /'kʌmpəni/

在这个公司工作 (ing 形式)	working at this company	/'wɜ:kɪŋ/ /ət/ /ðɪs/ /'kʌmpəni/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
她一直在这个公司工作	she has been working at this company	/ʃi/ /hæz/ /bɪn/ /'wɜ:kɪŋ/ /ət/ /ðɪs/ /'kʌmpəni/
五年	five years	/faɪv/ /jɪrz/
持续五年	for five years	/fɔ:/ /faɪv/ /jɪrz/
她一直在这个公司工作, 持续五年了	she has been working at this company for five years	/ʃi/ /hæz/ /bɪn/ /'wɜ:kɪŋ/ /ət/ /ðɪs/ /'kʌmpəni/ /fɔ:/ /faɪv/ /jɪrz/
一直在做……持续……	have been doing...for...	/hæv/ /bɪn/ /'duɪŋ/ /fɔ:/
等	to wait	/tə/ /wet/
线	line	/laɪn/
在……里面	in	/ɪn/
在线里	in line	/ɪn/ /laɪn/
排队	to wait in line	/tə/ /wet/ /ɪn/ /laɪn/
排队 (ing 形式)	waiting in line	/'wetɪŋ/ /ɪn/ /laɪn/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
他们	they	/ðe/
他们一直在排队	they have been waiting in line	/ðe/ /hæv/ /bɪn/ /'wetɪŋ/ /ɪn/ /laɪn/
长的	long	/lɒŋ/
时间	time	/taɪm/
一段长的时间	a long time	/ə/ /lɒŋ/ /taɪm/
持续	for	/fɔ:/
持续一段长的时间	for a long time	/fɔ:/ /ə/ /lɒŋ/ /taɪm/
他们一直在排队, 持续很久了	they have been waiting in line for a long time	/ðe/ /hæv/ /bɪn/ /'wetɪŋ/ /ɪn/ /laɪn/ /fɔ:/ /ə/ /lɒŋ/ /taɪm/
一直在做……持续……	have been doing...for...	/hæv/ /bɪn/ /'duɪŋ/ /fɔ:/
等	to wait	/tə/ /wet/
等 (ing 形式)	waiting	/'wetɪŋ/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
我一直在等	I have been waiting	/aɪ/ /hæv/ /bɪn/ /'wetɪŋ/
为了你	for you	/fɔ:/ /ju/
我一直在等你	I have been waiting for you	/aɪ/ /hæv/ /bɪn/ /'wetɪŋ/ /fɔ:/ /ju/
小时	hour	/'aʊə/
一小时	an hour	/ən/ /'aʊə/
持续一小时	for an hour	/fɔ:/ /ən/ /'aʊə/
我一直在等你, 持续一小时了	I have been waiting for you for an hour	/aɪ/ /hæv/ /bɪn/ /'wetɪŋ/ /fɔ:/ /ju/ /fɔ:/ /ən/ /'aʊə/
一直在做……持续……	have been doing...for...	/hæv/ /bɪn/ /'duɪŋ/ /fɔ:/
修理	to fix	/tə/ /fiks/
车	car	/kɑ:/
他的车	his car	/hɪz/ /kɑ:/
修理他的车	to fix his car	/tə/ /fiks/ /hɪz/ /kɑ:/
修理 (ing 形式)	fixing	/'fɪksɪŋ/

修理他的车 (ing 形式)	fixing his car	/'fiksɪŋ/ /hɪz/ /kɑː/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
他一直在修理他的车	he has been fixing his car	/hi/ /hæz/ /bɪn/ /'fiksɪŋ/ /hɪz/ /kɑː/
下午	afternoon	/æftə'nunz/
整个	whole	/hol/
整个下午	whole afternoon	/hol/ /æftə'nun/
持续	for	/fə/
持续一整个下午	for the whole afternoon	/fə/ /ðə/ /hol/ /æftə'nun/
他一直在修理他的车，持续一 整个下午了	he has been fixing his car for the whole afternoon	/hi/ /hæz/ /bɪn/ /'fiksɪŋ/ /hɪz/ /kɑː/ /fə/ /ðə/ /hol/ /æftə'nun/
一直在做……持续……	have been doing...for...	/hæv/ /bɪn/ /'duɪŋ/ /fə/
开车	to drive	/tə/ /draɪv/
开车 (ing 形式)	driving	/'draɪvɪŋ/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
他一直在开车	he has been driving	/hi/ /hæz/ /bɪn/ /'draɪvɪŋ/
小时	hour	/'aʊə/
五个小时	five hours	/faɪv/ /'aʊəz/
持续	for	/fə/
持续五个小时	for five hours	/fə/ /faɪv/ /'aʊəz/
他一直在开车，持续五个小时 了	he has been driving for five hours	/hi/ /hæz/ /bɪn/ /'draɪvɪŋ/ /fə/ /faɪv/ /'aʊəz/
休息	break	/brek/
没有	without	/wɪ'θaʊt/
没有一次休息	without a break	/wɪ'θaʊt/ /ə/ /brek/
他一直在开车，持续五个小时 了，没有一次休息	he has been driving for five hours without a break	/hi/ /hæz/ /bɪn/ /'draɪvɪŋ/ /fə/ /faɪv/ /'aʊəz/ /wɪ'θaʊt/ /ə/ /brek/

中文	原形	第三人称单数	过去式	ing 形式	ed 形式
想要	want	wants	wanted	wanting	wanted
喜欢	like	likes	liked	liking	liked
有; (+to)不得不	have	has	had	having	had
计划	plan	plans	planned	planning	planned
需要	need	needs	needed	needing	needed
做	do	does	did	doing	done
告诉	tell	tells	told	telling	told
说话	talk	talks	talked	talking	talked
是	be(am)	is	was	being	been
是	be(is)	is	was	being	been
是	be(are)	is	were	being	been
看到	see	sees	saw	seeing	seen
吃	eat	eats	ate	eating	eaten
喝	drink	drinks	drank	drinking	drunk
知道	know	knows	knew	knowing	known
忘记	forget	forgets	forgot	forgetting	forgotten
失去	lose	loses	lost	losing	lost
离开	leave	leaves	left	leaving	left
睡觉	sleep	sleeps	slept	sleeping	slept
明白	understand	understands	understood	understanding	understood
买	buy	buys	bought	buying	bought
洗	wash	washes	washed	washing	washed
打电话	call	calls	called	calling	called
帮助	help	helps	helped	helping	helped
相信	believe	believes	believed	believing	believed
学习	study	studies	studied	studying	studied
解释	explain	explains	explained	explaining	explained
问	ask	asks	asked	asking	asked
飞	fly	flies	flew	flying	flown

阅读	read	reads	read	reading	read
走路	walk	walks	walked	walking	walked
跳舞	dance	dances	danced	dancing	danced
回答	answer	answers	answered	answering	answered
工作	work	works	worked	working	worked
待在	stay	stays	stayed	staying	stayed
支付	pay	pays	paid	paying	paid
旅行	travel	travels	traveled	traveling	traveled
给	give	gives	gave	giving	given
到达	get	gets	got	getting	got
锁	lock	locks	locked	locking	locked
记得	remember	remembers	remembered	remembering	remembered
清理	clean	cleans	cleaned	cleaning	cleaned
找到	find	finds	found	finding	found
关闭	close	closes	closed	closing	closed
教	teach	teaches	taught	teaching	taught
展示	show	shows	showed	showing	shown
让	let	lets	let	letting	let
休息	rest	rests	rested	resting	rested
用	use	uses	used	using	used
做饭	cook	cooks	cooked	cooking	cooked
去	go	goes	went	going	gone
决定	decide	decides	decided	deciding	decided
驾驶	drive	drives	drove	driving	driven
改变	change	changes	changed	changing	changed
尝试	try	tries	tried	trying	tried
停止	stop	stops	stopped	stopping	stopped
参加	join	joins	joined	joining	joined
邀请	invite	invites	invited	inviting	invited
拒绝	refuse	refuses	refused	refusing	refused
接受	accept	accepts	accepted	accepting	accepted

学习	learn	learns	learnt/learned	learning	learnt/learned
完成	finish	finishes	finished	finishing	finished
看	watch	watches	watched	watching	watched
游泳	swim	swims	swam	swimming	swum
掌握	master	masters	mastered	mastering	mastered
购物	shop	shops	shopped	shopping	shopped
等待	wait	waits	waited	waiting	waited
讨论	discuss	discusses	discussed	discussing	discussed
面对	face	faces	faced	facing	faced
解决	solve	solves	solved	solving	solved
疑惑	wonder	wonders	wondered	wondering	wondered
递给	hand	hands	handed	handing	handed
玩	play	plays	played	playing	played
跑	run	runs	ran	running	run
挑战	challenge	challenges	challenged	challenging	challenged
希望	hope	hopes	hoped	hoping	hoped
见到	meet	meets	met	meeting	met
打开	open	opens	opened	opening	opened
认为	think	thinks	thought	thinking	thought
说话	speak	speaks	spoke	speaking	spoken
看	look	looks	looked	looking	looked
听	hear	hears	heard	hearing	heard
强迫	force	forces	forced	forcing	forced
操作	handle	handles	handled	handling	handled
握	hold	holds	held	holding	held
做	make	makes	made	making	made
承诺	promise	promises	promised	promising	promised
保持	keep	keeps	kept	keeping	kept
钓鱼	fish	fishes	fished	fishing	fished
保存	save	saves	saved	saving	saved
注意到	notice	notices	noticed	noticing	noticed

退出	quit	quits	quit/quitted	quitting	quit/quitted
抽烟	smoke	smokes	smoked	smoking	smoked
更喜欢	prefer	prefers	preferred	preferring	preferred
爱	love	loves	loved	loving	loved
打破	break	breaks	broke	breaking	broken
享受	enjoy	enjoys	enjoyed	enjoying	enjoyed
练习	practice	practices	practiced	practicing	practiced
改善	improve	improves	improved	improving	improved
分享	share	shares	shared	sharing	shared
假装	pretend	pretends	pretended	pretending	pretended
撒谎	lie	lies	lied	lying	lied
否认	deny	denies	denied	denying	denied
作画	paint	paints	painting	painting	painting
偷	steal	steals	stole	stealing	stolen
承认	admit	admits	admitted	admitting	admitted
避免	avoid	avoids	avoided	avoiding	avoided
感觉	feel	feels	felt	feeling	felt
复制	copy	copies	copied	copying	copied
保持	maintain	maintains	maintained	maintaining	maintained
伤害	hurt	hurts	hurt	hurting	hurt
乘坐	take	takes	took	taking	taken
保护	protect	protects	protected	protecting	protected
允许	permit	permits	permitted	permitting	permitted
禁止	prohibit	prohibits	prohibited	prohibiting	prohibited
笑	laugh	laughs	laughed	laughing	laughed
唱歌	sing	sings	sang	singing	sung
沉浸	immerse	immerses	immersed	immersing	immersed
骑自行车	cycle	cycles	cycled	cycling	cycled
参加	attend	attends	attended	attending	attended
举起	lift	lifts	lifted	lifting	lifted
设法做到	manage	manages	managed	managing	managed

写	write	writes	wrote	writing	written
克服	overcome	overcomes	overcame	overcoming	overcome
访问	visit	visits	visited	visiting	visited
居住	live	lives	lived	living	lived
遗弃	abandon	abandons	abandoned	abandoning	abandoned
修理	fix	fixes	fixed	fixing	fixed
收到	receive	receives	received	receiving	received
装饰	decorate	decorates	decorated	decorating	decorated
搬家	move	moves	moved	moving	moved
设计	design	designs	designed	designing	designed
达到	arrive	arrives	arrived	arriving	arrived
改编	adapt	adapts	adapted	adapting	adapted
出生	bear	bears	bore	bearing	born
发送	send	sends	sent	sending	sent
出版	publish	publishes	published	publishing	published
建造	construct	constructs	constructed	constructing	constructed
修复	repair	repairs	repaired	repairing	repaired
宣布	announce	announces	announced	announcing	announced
翻译	translate	translates	translated	translating	translated
疏散	evacuate	evacuates	evacuated	evacuating	evacuated
蔓延	spread	spreads	spread	spreading	spread
停车	park	parks	parked	parking	parked
纠正	correct	corrects	corrected	correcting	correct
提交	submit	submits	submitted	submitting	submitted
卖	sell	sells	sold	selling	sold
非法入侵	hack	hacks	hacked	hacking	hacked
准备	prepare	prepares	prepared	preparing	prepared
返回	return	returns	returned	returning	returned
集合	assemble	assembles	assembled	assembling	assembled
浇水	water	waters	watered	watering	watered
完成	complete	completes	completed	completing	completed

练习题

她一直在学习弹钢琴，持续六个月了。

答案

She has been learning to play the piano for six months.