

LearnUp

Uplift. Upskill. Upgrade.

SPARK

for AEIS · Composition Framework

Bilingual edition · ■■■■■■

From a single BLAST paragraph to a full narrative — a five-part scaffold for AEIS Secondary 2 entry and beyond. Every English explanation is paired with a ■■ translation so you can revise the framework in whichever language locks the meaning in faster.

从一段情感段落到一篇完整的记叙文，一套用于中二入学考试及以上水平的五段式写作框架。每一段英文讲解都配有中文译文，无论你用哪种语言更容易理解，都可以用这本小册子复习这套框架。



How to use this booklet

怎样使用这本小册子

The idea

总体思路

BLAST taught you how to write one polished emotion paragraph. SPARK teaches you how to chain those paragraphs into a complete narrative composition. Every AEIS, PSLE and O-Level narrative follows the same five-part architecture — SPARK names those parts so you can plan instead of guess.

教会你怎样写好一段情感丰富的段落。教会你怎样把多段段落串联成一篇完整的记叙文。的每篇记叙文都遵循同样的五段式结构把这五段命名出来 让你可以先规划、再下笔。

The five parts

五个部分

- **S — SETUP.** The introduction. Ground the reader in the scene. Establish the character, place, goal.
- **P — PROBLEM.** Something goes wrong. The complication arrives.
- **A — APEX.** The climax. The worst moment. The point of no return.
- **R — RESOLUTION.** The problem is solved or accepted.
- **K — KEY TAKEAWAY.** A reflection. What did the experience teach the narrator?

开端。引入场景 介绍人物、地点、目标。
问题。复杂情况出现 故事开始展开。
高潮。最关键的时刻 情感达到顶点。
解决。问题得以解决或被接受。
反思。这段经历教会了叙述者什么

The process

写作流程

- **STUDY.** Read the question slowly twice. Underline the must-includes. Identify genre, audience, word count.
- **PLAN.** Fill in the SPARK planning sheet. One row per part. Choose one BLAST emotion per part.
- **WRITE.** Now and only now, write. For paragraphs 1–4 use the BLAST framework. For paragraph 5 use a reflective register.

审题。慢慢读题两遍。划出必须包含的内容。判断体裁、读者、字数。
规划。填写 规划表。每一段一行。每一段选一个 情感。
写作。此时才动笔。前四段使用 框架 第五段 反思段 放下
框架 换上更成熟、回顾式的语气。

Why each emotion matters

为什么情感选择重要

The first four paragraphs each carry one of the 20 BLAST emotions you have memorised. Mix temperatures across quadrants — avoid two consecutive paragraphs from the same BLAST quadrant. The fifth paragraph (Key Takeaway) sits outside BLAST and uses a measured, looking-back voice.

前四段每一段都承载一个你背诵过的 情感 个之中选一个。在四个象限之间切换温度 不要连续两段使用同一个象限的情感。第五段 反思段 不再使用框架 而是采用更克制、回顾式的语气。

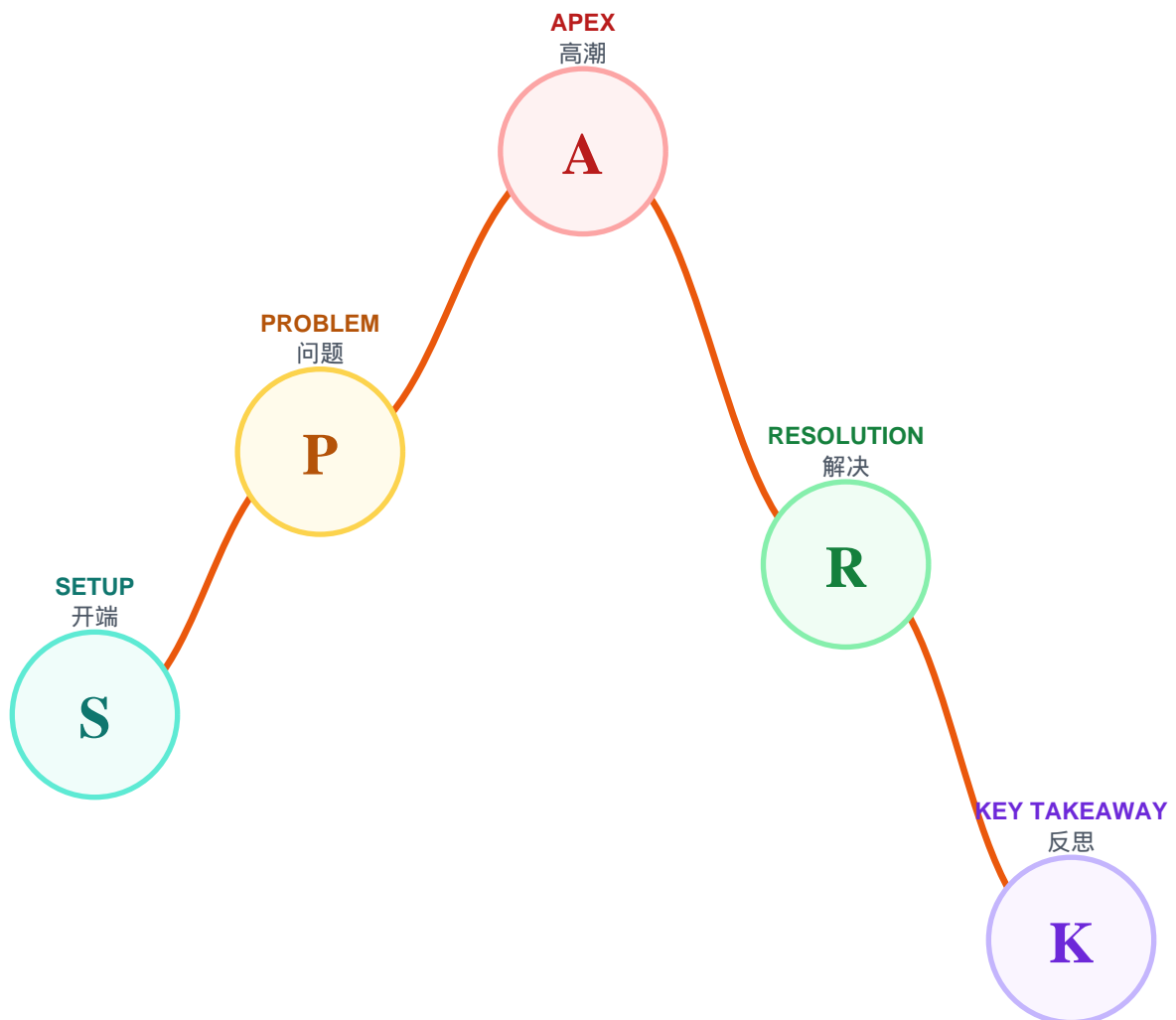
How this booklet is laid out

The arc, at a glance

情感弧线一览

Every well-written narrative composition moves through these five beats in this order.

每一篇优秀的记叙文都按这五个节拍依次推进。



story time → / ■■■■

1. Study the question

审题

GENRE · ■■

Narrative, recount, descriptive, argumentative? AEIS prompts are almost always narrative — you're telling a story.

记叙文 记述文 描述文 议论文

题目几乎都是记叙文 你要讲一个故事。

WORD COUNT · ■■

For AEIS Sec 2 entry, aim 300 – 400 words. Plan to land 10–15% above the minimum, never below.

中二入学考试 目标
以上 绝不低于最低字数。

字。计划写到最低要求的

PROMPT SENTENCE · ■■■

Many AEIS questions give you a sentence to *include* or to *start with*. Copy it exactly. Getting one word wrong is a one-mark loss.

题目常常要求你包含或以某句话开头。一字不差地抄下来 错一个字就丢一分。

MUST-INCLUDES · ■■■■

"Write a story about a time you helped a stranger" requires (a) you, (b) a stranger, (c) helping, (d) past tense.

比如 写一篇关于你帮助陌生人的故事

必须包含 甲 你 乙 一个陌生人 丙 帮助这一行为 丁 过去时态。

TENSE + PERSON · ■■■■

First-person past tense is the default for AEIS narratives. Don't drift into present tense in the climax — common mistake.

记叙文默认使用第一人称、过去时。高潮段落千万别滑入现在时 这是常见错误。

THEME · ■■

Behind every prompt is a value being tested — courage, honesty, friendship, persistence, gratitude. Identify it. Your conclusion will return to this.

每一道题目背后都有一个考察价值观

勇气、诚信、友谊、坚持、感恩。先把它找出来。你的结尾会回到这个主题。

Worked example — studying one question

范例 审一道题目

SAMPLE PROMPT · AEIS-style · ■■■■

"Write a story in which the main character has to make a difficult decision. Your story must include the sentence: I knew, the moment I looked at him, that nothing I said next would change anything."

GENRE · ■■

Narrative (story).

记叙文 故事。

TENSE + PERSON · ■■■■

Past tense, first person.

过去时、第一人称。

WORD COUNT · ■■

Target 300 – 400 words.

目标 字。

PROMPT SENTENCE · ■■■

I knew, the moment I looked at him, that nothing I said next would change anything.

必须一字不差地写上。

MUST-INCLUDES · ■■■■

(a) main character, (b) difficult decision, (c) at least two people in the scene.

甲 主角 乙 艰难的抉择 丙 场景中至少两个人。

THEME · ■■

Hard choices — moments when knowing the right thing to say doesn't make saying it easier.

艰难的抉择 即使知道该说什么 说出口仍不容易的那一刻。

EMOTIONAL ARC · ■■■■

Anxiety (S) → Suspicion or Guilt (P) → Grief or Rage (A) → Resignation (R) → Reflection on hard choices (K).

焦虑 怀疑或内疚 悲痛或愤怒 顺服或释然 对艰难抉择的反思。

2. Build the plan

建立规划

One row per part. Two minutes per row. Plan fully before you write.

每段一行 每行两分钟。完整规划之后再动笔。

Part / ■■	Role / ■■	Emotion / ■■	Key beats / ■■■■
开端	引入		
问题	复杂化		
高潮	顶点		
解决	化解		
反思	领悟		

A NOTE ON EMOTION CHOICE · ■■■■■■

Avoid using two emotions from the same BLAST quadrant in consecutive paragraphs — the story flattens. Anxiety (Q1) → Disappointment (Q2) → Rage (Q1) → Relief (Q4) is dynamic. Anxiety → Suspicion → Rage → Triumph (all high-energy) is flat. Mix temperature, not just intensity.

切勿在连续两段使用同一象限的情感 故事会失去张力。要在四个象限之间切换
不只是强弱 更是冷暖。

SETUP

S

Setup

开端

*(Introduction)***ROLE IN THE STORY · ■■■■■■**

Ground the reader in your scene. **Who** is the narrator, **where** are they, **when** is this happening, and **what** are they about to do? Don't info-dump — slip in the answers through specific sensory detail.

让读者进入你的场景。谁在叙述 地点 时间 即将做什么 不要堆砌背景 用具体的感官细节自然带出。

BLAST EMOTIONS THAT FIT · ■■■ BLAST ■■

Usually a Q1 or Q4 emotion — **anxiety, anticipation, curiosity, determination**. The opening doesn't need to be calm — it needs to be specific.

通常使用 或 的情感 焦虑、期待、好奇、坚定。开篇不必平静 但必须具体。

PITFALLS TO AVOID · ■■■■

Don't open with the weather. Don't open with "It was a Monday". Don't introduce more than two characters in the first paragraph.

不要以天气开篇。不要写 那是一个星期一 。第一段不要引入超过两个人物。

MODEL PARAGRAPH · ■■■■

The corridor outside the staff room was lit by the same fluorescent tubes it had been lit by since I had first started at this school, and yet on that Wednesday afternoon, they seemed to buzz at a frequency my body had decided was personal. I rolled the strap of my bag between my fingers, the buckle ticking against the metal of my watch in a rhythm I could not quite control.

教员室外的走廊还是被我入学以来同样的几支荧光灯照着 但那个星期三的下午 它们的嗡嗡声仿佛专门为我而起。我捻着书包的肩带 扣环与手表轻轻相碰 节奏紊乱 不在我的控制之中。

PROBLEM

P

Problem

问题

(Problem)

ROLE IN THE STORY · ■■■■■■

Introduce the complication. Something goes wrong, or someone reveals something. The reader should be able to name, in one sentence, what the problem is.

引入复杂情况。出错、揭穿、转折 读者应能用一句话说出问题是什么。

BLAST EMOTIONS THAT FIT · ■■■ BLAST ■■

Most often a Q2 emotion — **disappointment, guilt, loneliness, suspicion** — or a low-grade Q1 like **jealousy**.

通常使用 情感 失望、内疚、孤独、怀疑 或低强度 情感如嫉妒。

PITFALLS TO AVOID · ■■■■

Don't make the problem too obvious — "I failed the test" is dead on arrival. Build it: show the moment of realisation, not the headline.

不要把问题写得太直白 我考试失败了 是无效句。要写出意识到问题的那一刻 而不是事实本身。

MODEL PARAGRAPH · ■■■■

He listened with the careful, patient attention you give to a sentence that does not quite parse. "And you're *certain* that's what happened?" he asked, the question landing lighter than the doubt that had produced it.

他听着 像在听一句意思不太通的话那样 慎重而耐心。 你确定事情是这样发生的
他问道 问句听起来比背后的怀疑要轻。

APEX

A

Apex

高潮

(Climax)

ROLE IN THE STORY · ■■■■■■■■

The peak. The worst moment. The emotion that has been building since the Problem now overflows — through body, action, and speech. This is the only paragraph where you can write a sentence that *feels* too much.

高潮。最坏的时刻。从问题段累积的情感在此处倾泻而出
通过身体、动作、话语呈现。这是整篇唯一可以略显 过 的一段。

BLAST EMOTIONS THAT FIT · ■■■ BLAST ■■

A high-intensity emotion — **explosive rage**, **pure terror**, **deep grief**, or **overwhelming joy** for triumphant stories.

高强度情感 爆发的愤怒、纯粹的恐惧、深沉的悲痛 若故事是胜利结局 则用 压倒性的喜悦。

PITFALLS TO AVOID · ■■■■

Don't shout — earn the moment. Strong rage often sounds quieter, not louder, on the page. Don't drag the climax across two paragraphs.

不要靠喊叫 要靠累积。在纸上 真正的愤怒往往更安静 而非更响。不要把高潮拖成两段。

MODEL PARAGRAPH · ■■■■

The edges of my vision narrowed into a pulse of white, and the cords in my neck rose against the collar of my shirt before I had decided to let them. "I'm not making this up," I said — not a shout, but a sentence said with such finality that the room seemed to rearrange itself around it.

我视野的边缘收紧成一道白色的脉动 衬衫领口下的颈筋自顾自地浮了起来。 我没有编故事 我说不是喊出来 而是一句说得如此斩钉截铁 整个房间都仿佛绕着这句话重新排布。

RESOLUTION

R

Resolution

解决

(Solve)

ROLE IN THE STORY · ■■■■■■■■

The story comes down. The problem is solved — or, more honestly, the narrator *accepts* something. This is also where any required prompt sentence often slots in most naturally.

故事回落。问题得以解决

或者更真实地说 叙述者接受了某件事。题目要求必须出现的句子往往最自然地落在这一段。

BLAST EMOTIONS THAT FIT · ■■■ BLAST ■■

Often Q4 or Q3 — **relief, resignation, quiet triumph, gratitude**. For darker stories, measured **acceptance** beats a fairy-tale ending.

通常使用 或 情感

释然、顺服、安静的胜利、感激。若故事偏沉重 克制的接受比童话式结局更打动人。

PITFALLS TO AVOID · ■■■■

Don't tie everything up with a neat bow if the story doesn't earn it. "And I realised I was wrong all along" is over-used.

如果故事配不上一个圆满结局 不要硬给。 我意识到自己一直都错了 这句话已经被用滥了。

MODEL PARAGRAPH · ■■■■

And then, almost without warning, the heat went out of me. **I knew, the moment I looked at him, that nothing I said next would change anything.** I let out a breath that I had been holding for the entire morning, and I gathered my bag.

接着 几乎毫无预兆 胸中的热度退了。

我看着他那一刻就明白了 接下来我说什么都改变不了任何事。 我吐出整个上午一直憋着的那一口气 收拾起我的书包。

KEY TAKEAWAY

K

Key takeaway

反思

(Reflection)

ROLE IN THE STORY · ■■■■■■

Step back from the scene. Tell the reader, as the slightly older narrator looking back, *what the experience taught you*. Tense shifts to a reflective register.

从场景中抽离。以稍年长、回望往事的语气 告诉读者这段经历教会了你什么。时态转为反思式。

BLAST EMOTIONS THAT FIT · ■■■ BLAST ■■

None. The reflection paragraph deliberately steps outside BLAST. It uses generalising sentences ("I have learnt that..."), present-perfect tense, and gentle aphorism.

不使用任何 情感。反思段刻意脱离 框架 使用归纳性句子 如
、现在完成时 以及柔和的格言式表达。

PITFALLS TO AVOID · ■■■■

Don't moralise ("And that is why we should always tell the truth"). Don't bullet the lesson. Don't repeat the title back at the reader.

不要说教 如 所以我们应该永远说实话 。不要把教训罗列成清单。不要把题目原封不动地搬到结尾。

MODEL PARAGRAPH · ■■■■

I have thought about that afternoon often, in the months since. Not because I think I should have said more — I had said what I had to say — but because of the small lesson that has stayed: *truth, told plainly to someone who has already decided otherwise, will not make them change their mind.*

那个下午 我后来想了很多次。不是因为我觉得自己当时应该说更多 我已经把该说的都说了 而是因为那段经历留下的一点点教训 把真相平实地讲给一个早已决定的人听 并不会改变他的心意。

Blank SPARK planning sheet

空白 规划表

Fill this in before every composition.

每写一篇作文前都先填写这张表。

PROMPT · ■■

WORD COUNT · ■■

PROMPT SENTENCE · ■■■■

Part / ■■	Emotion / ■■	Key beats / ■■■■
开端		
问题		
高潮		
解决		
反思		

Practice prompts

练习题目

Plan first using the SPARK sheet, then write.

先用 规划表完成规划 然后再动笔写。

1. Write about a time you helped someone, but at a cost to yourself. Your story must include: *I told myself it was the right thing, even as the words were leaving my mouth.*

写一次你帮助别人但自己付出代价的经历。必带句

2. Write a story about a misunderstanding that was eventually cleared up — but only after a long silence. 300 – 400 words.

写一个误会 这个误会最终得以澄清 但要经过很长的沉默。 字。

3. Tell the story of a day on which something that had always felt safe stopped feeling safe. First sentence: *It had taken me three years to start noticing the small things.*

讲述一天的故事 那一天 一直以来让你感到安全的东西不再安全了。首句必须是