

## Everybody Up 1-6 年級 核心動詞三態總表 (124 字純示例版)

| 序號 | 原形動詞<br>(Base Form)      | 過去式<br>(Past Tense) | 過去分詞<br>(Past Participle) | 中文釋義   | 常用情境示例                                 |
|----|--------------------------|---------------------|---------------------------|--------|----------------------------------------|
| 1  | <b>act</b>               | acted               | acted                     | 扮演、行動  | <i>act in a play</i>                   |
| 2  | <b>answer</b>            | answered            | answered                  | 回答     | <i>answer the question</i>             |
| 3  | <b>ask</b>               | asked               | asked                     | 詢問、要求  | <i>ask a question</i>                  |
| 4  | <b>bake</b>              | baked               | baked                     | 烘焙     | <i>bake cookies</i>                    |
| 5  | <b>be</b><br>(am/is/are) | was / were          | been                      | 是、在    | <i>I am a student. / He was tired.</i> |
| 6  | <b>borrow</b>            | borrowed            | borrowed                  | 借入     | <i>borrow books</i>                    |
| 7  | <b>break</b>             | broke               | broken                    | 打碎、打破  | <i>break a glass</i>                   |
| 8  | <b>bring</b>             | brought             | brought                   | 帶來     | <i>bring camping supplies</i>          |
| 9  | <b>brush</b>             | brushed             | brushed                   | 刷      | <i>brush my teeth</i>                  |
| 10 | <b>build</b>             | built               | built                     | 建造     | <i>build a tree house</i>              |
| 11 | <b>buy</b>               | bought              | bought                    | 購買     | <i>buy groceries</i>                   |
| 12 | <b>call</b>              | called              | called                    | 打電話、呼叫 | <i>call my friend</i>                  |
| 13 | <b>camp</b>              | camped              | camped                    | 露營     | <i>go camping</i>                      |
| 14 | <b>catch</b>             | caught              | caught                    | 接住、抓   | <i>catch a ball / fish</i>             |
| 15 | <b>choose</b>            | chose               | chosen                    | 選擇     | <i>choose a project</i>                |
| 16 | <b>clean</b>             | cleaned             | cleaned                   | 打掃、清理  | <i>clean my room</i>                   |

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|----|---------------------|---------------------|---------------------------|-------|---------------------------------|
| 17 | <b>climb</b>        | climbed             | climbed                   | 攀爬    | <i>climb a mountain</i>         |
| 18 | <b>close</b>        | closed              | closed                    | 關閉    | <i>close your book</i>          |
| 19 | <b>collect</b>      | collected           | collected                 | 收集    | <i>collect stickers</i>         |
| 20 | <b>color</b>        | colored             | colored                   | 著色    | <i>color the picture</i>        |
| 21 | <b>come</b>         | came                | come                      | 來     | <i>come to the board</i>        |
| 22 | <b>cook</b>         | cooked              | cooked                    | 烹飪    | <i>cook dinner</i>              |
| 23 | <b>count</b>        | counted             | counted                   | 數數    | <i>count the crayons</i>        |
| 24 | <b>cry</b>          | cried               | cried                     | 哭泣    | <i>The baby is crying.</i>      |
| 25 | <b>cut</b>          | cut                 | cut                       | 剪、切   | <i>cut the paper</i>            |
| 26 | <b>dance</b>        | danced              | danced                    | 跳舞    | <i>dance ballet</i>             |
| 27 | <b>do</b>           | did                 | done                      | 做     | <i>do homework / do puzzles</i> |
| 28 | <b>download</b>     | downloaded          | downloaded                | 下載    | <i>download a file / music</i>  |
| 29 | <b>draw</b>         | drew                | drawn                     | 畫畫、拉  | <i>draw a picture</i>           |
| 30 | <b>drink</b>        | drank               | drunk                     | 喝     | <i>drink juice / milk</i>       |
| 31 | <b>drive</b>        | drove               | driven                    | 開車    | <i>drive a car</i>              |
| 32 | <b>eat</b>          | ate                 | eaten                     | 吃     | <i>eat snacks / breakfast</i>   |
| 33 | <b>fall</b>         | fell                | fallen                    | 跌倒、落下 | <i>fall down</i>                |

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|----|---------------------|---------------------|---------------------------|-------|-------------------------------------------|
| 34 | <b>feed</b>         | fed                 | fed                       | 餵食    | <i>feed the pet</i>                       |
| 35 | <b>feel</b>         | felt                | felt                      | 感覺    | <i>feel happy / sad</i>                   |
| 36 | <b>find</b>         | found               | found                     | 找到    | <i>find a key</i>                         |
| 37 | <b>finish</b>       | finished            | finished                  | 完成、結束 | <i>finish my homework</i>                 |
| 38 | <b>fix</b>          | fixed               | fixed                     | 修理    | <i>fix a bicycle</i>                      |
| 39 | <b>fly</b>          | flew                | flown                     | 飛、放   | <i>fly a kite</i>                         |
| 40 | <b>forget</b>       | forgot              | forgotten                 | 忘記    | <i>Don't forget your hat.</i>             |
| 41 | <b>get up</b>       | got up              | gotten up                 | 起床    | <i>get up at seven o'clock</i>            |
| 42 | <b>give</b>         | gave                | given                     | 給     | <i>give a present</i>                     |
| 43 | <b>go</b>           | went                | gone                      | 去     | <i>go to school / go hiking</i>           |
| 44 | <b>grow</b>         | grew                | grown                     | 種植、成長 | <i>grow vegetables</i>                    |
| 45 | <b>have / has</b>   | had                 | had                       | 有、吃   | <i>have a milkshake / have a headache</i> |
| 46 | <b>hear</b>         | heard               | heard                     | 聽見    | <i>hear a bird</i>                        |
| 47 | <b>help</b>         | helped              | helped                    | 幫助    | <i>help my mom / help out</i>             |
| 48 | <b>hike</b>         | hiked               | hiked                     | 健行    | <i>go hiking</i>                          |
| 49 | <b>hop</b>          | hopped              | hopped                    | 單腳跳   | <i>hop like a rabbit</i>                  |
| 50 | <b>hug</b>          | hugged              | hugged                    | 擁抱    | <i>hug your mother</i>                    |

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|----|---------------------|---------------------|---------------------------|------|---------------------------------------|
| 51 | <b>hurt</b>         | hurt                | hurt                      | 受傷、痛 | <i>My leg hurts.</i>                  |
| 52 | <b>invite</b>       | invited             | invited                   | 邀請   | <i>invite friends</i>                 |
| 53 | <b>join</b>         | joined              | joined                    | 加入   | <i>join a club</i>                    |
| 54 | <b>jump</b>         | jumped              | jumped                    | 跳    | <i>jump rope</i>                      |
| 55 | <b>kick</b>         | kicked              | kicked                    | 踢    | <i>kick a soccer ball</i>             |
| 56 | <b>know</b>         | knew                | known                     | 知道   | <i>I know! / I don't know.</i>        |
| 57 | <b>learn</b>        | learned             | learned                   | 學習   | <i>learn how to cook</i>              |
| 58 | <b>leave</b>        | left                | left                      | 離開   | <i>leave the house</i>                |
| 59 | <b>lend</b>         | lent                | lent                      | 借出   | <i>lend a pencil</i>                  |
| 60 | <b>like</b>         | liked               | liked                     | 喜歡   | <i>I like English.</i>                |
| 61 | <b>listen</b>       | listened            | listened                  | 聽    | <i>listen to music / the teacher</i>  |
| 62 | <b>live</b>         | lived               | lived                     | 居住   | <i>live in a town</i>                 |
| 63 | <b>look</b>         | looked              | looked                    | 看    | <i>look at the board / look at me</i> |
| 64 | <b>lose</b>         | lost                | lost                      | 遺失、輸 | <i>lose a key / lose a game</i>       |
| 65 | <b>love</b>         | loved               | loved                     | 愛    | <i>I love my family.</i>              |
| 66 | <b>mail</b>         | mailed              | mailed                    | 郵寄   | <i>mail letters</i>                   |
| 67 | <b>make</b>         | made                | made                      | 做、製作 | <i>make a model</i>                   |

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|----|---------------------|---------------------|---------------------------|-------|--------------------------------------|
| 68 | <b>meet</b>         | met                 | met                       | 遇見    | <i>meet a movie star</i>             |
| 69 | <b>move</b>         | moved               | moved                     | 移動、搬家 | <i>move your chair</i>               |
| 70 | <b>open</b>         | opened              | opened                    | 打開    | <i>open your book</i>                |
| 71 | <b>paint</b>        | painted             | painted                   | 刷漆、繪畫 | <i>paint a picture</i>               |
| 72 | <b>play</b>         | played              | played                    | 玩、彈奏  | <i>play soccer / play the guitar</i> |
| 73 | <b>point</b>        | pointed             | pointed                   | 指向    | <i>point to the computer</i>         |
| 74 | <b>practice</b>     | practiced           | practiced                 | 練習    | <i>practice the piano</i>            |
| 75 | <b>print</b>        | printed             | printed                   | 印刷、列印 | <i>print a document</i>              |
| 76 | <b>put</b>          | put                 | put                       | 放置    | <i>put away your books</i>           |
| 77 | <b>put on</b>       | put on              | put on                    | 穿上、塗抹 | <i>put on my coat / sunscreen</i>    |
| 78 | <b>read</b>         | read                | read                      | 讀     | <i>read a book</i>                   |
| 79 | <b>remind</b>       | reminded            | reminded                  | 提醒    | <i>remind me to study</i>            |
| 80 | <b>ride</b>         | rode                | ridden                    | 騎     | <i>ride a bicycle / pony</i>         |
| 81 | <b>run</b>          | ran                 | run                       | 跑步    | <i>run in the playground</i>         |
| 82 | <b>say</b>          | said                | said                      | 說     | <i>say hello / say goodbye</i>       |
| 83 | <b>see</b>          | saw                 | seen                      | 看見    | <i>see a fire truck</i>              |
| 84 | <b>sell</b>         | sold                | sold                      | 賣     | <i>sell things</i>                   |

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|-----|---------------------|---------------------|---------------------------|-------|---------------------------------|
| 85  | <b>send</b>         | sent                | sent                      | 發送    | <i>send an email</i>            |
| 86  | <b>share</b>        | shared              | shared                    | 分享    | <i>share the cookies</i>        |
| 87  | <b>shop</b>         | shopped             | shopped                   | 購物    | <i>shop for clothes</i>         |
| 88  | <b>shoplift</b>     | shoplifted          | shoplifted                | 店內偷竊  | <i>do not shoplift</i>          |
| 89  | <b>sing</b>         | sang                | sung                      | 唱歌    | <i>sing a song</i>              |
| 90  | <b>sit</b>          | sat                 | sat                       | 坐下    | <i>sit down</i>                 |
| 91  | <b>skate</b>        | skated              | skated                    | 滑冰/輪  | <i>ice-skate / roller-skate</i> |
| 92  | <b>ski</b>          | skied               | skied                     | 滑雪    | <i>go skiing</i>                |
| 93  | <b>sleep</b>        | slept               | slept                     | 睡覺    | <i>go to sleep</i>              |
| 94  | <b>smile</b>        | smiled              | smiled                    | 微笑    | <i>smile at the photo</i>       |
| 95  | <b>speak</b>        | spoke               | spoken                    | 說、講   | <i>speak English</i>            |
| 96  | <b>spell</b>        | spelled / spelt     | spelled / spelt           | 拼字    | <i>spell the word</i>           |
| 97  | <b>stand</b>        | stood               | stood                     | 站立    | <i>stand up</i>                 |
| 98  | <b>stay</b>         | stayed              | stayed                    | 停留、待  | <i>stay at home</i>             |
| 99  | <b>study</b>        | studied             | studied                   | 研讀    | <i>study English</i>            |
| 100 | <b>surf</b>         | surfed              | surfed                    | 衝浪、瀏覽 | <i>surf the Internet</i>        |
| 101 | <b>swim</b>         | swam                | swum                      | 游泳    | <i>swim in the pool</i>         |

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|-----|---------------------|---------------------|---------------------------|---------|--------------------------------------|
| 102 | <b>take</b>         | took                | taken                     | 拿、搭乘    | <i>take a bus / take photos</i>      |
| 103 | <b>take off</b>     | took off            | taken off                 | 脫下      | <i>take off my shoes</i>             |
| 104 | <b>talk</b>         | talked              | talked                    | 說話、對談   | <i>talk on the phone</i>             |
| 105 | <b>teach</b>        | taught              | taught                    | 教導      | <i>A teacher teaches students.</i>   |
| 106 | <b>think</b>        | thought             | thought                   | 想、認為    | <i>Let me think.</i>                 |
| 107 | <b>throw</b>        | threw               | thrown                    | 丟、投     | <i>throw a ball</i>                  |
| 108 | <b>touch</b>        | touched             | touched                   | 觸摸      | <i>touch your nose</i>               |
| 109 | <b>travel</b>       | traveled            | traveled                  | 旅遊      | <i>travel by airplane</i>            |
| 110 | <b>try</b>          | tried               | tried                     | 嘗試      | <i>try some cake</i>                 |
| 111 | <b>turn on/off</b>  | turned              | turned                    | 開/關(電器) | <i>turn on the lights</i>            |
| 112 | <b>upload</b>       | uploaded            | uploaded                  | 上傳      | <i>upload a photo / video</i>        |
| 113 | <b>use</b>          | used                | used                      | 使用      | <i>use a computer</i>                |
| 114 | <b>visit</b>        | visited             | visited                   | 拜訪、參觀   | <i>visit my grandparents</i>         |
| 115 | <b>wait</b>         | waited              | waited                    | 等候      | <i>wait for the bus</i>              |
| 116 | <b>wake up</b>      | woke up             | woken up                  | 醒來      | <i>wake up early</i>                 |
| 117 | <b>walk</b>         | walked              | walked                    | 走路      | <i>walk the dog / walk to school</i> |
| 118 | <b>want</b>         | wanted              | wanted                    | 想要      | <i>I want a sandwich.</i>            |

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|-----|---------------------|---------------------|---------------------------|------|-----------------------------------|
| 119 | <b>wash</b>         | washed              | washed                    | 洗    | <i>wash the dishes</i>            |
| 120 | <b>watch</b>        | watched             | watched                   | 觀看   | <i>watch TV / watch a movie</i>   |
| 121 | <b>wear</b>         | wore                | worn                      | 穿戴   | <i>wear a uniform / cap</i>       |
| 122 | <b>win</b>          | won                 | won                       | 贏得   | <i>win a race / tournament</i>    |
| 123 | <b>work</b>         | worked              | worked                    | 工作   | <i>work at a hospital</i>         |
| 124 | <b>write</b>        | wrote               | written                   | 寫    | <i>write your name / the word</i> |

