



练习册

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全品

学练考

高中英语

必修第三册 WY

细分课时

分层设计

落实基础

突出重点

详答案本

01

培养核心素养，聚焦主题语境

导学案

LEARN

Unit 1 Knowing me, knowing you

主题素养积累

Many people expect that their friends will always **be there**. They expect friendships to last forever. Yet, friendships end and friends **part company** every day. Unfortunately, even the best **maintained** friendships can end.

Many friendships end because of a change in personality or lifestyle when friends just drift apart and **fade away** with time. The friendship slowly loses importance and finally disappears. Sue said, "The end of our friendship was a gradual thing. I moved from one side of the metropolis(大城市) to the other. We had over an hour's drive to see each other. For a year or so, we met less and less. Then our friendship ended." John wrote, "**I didn't even know the friendship was over until I caught myself thinking of Alan as a former friend.**"

Other friendships **break up** suddenly from a disagreement or a move to another town. Paul said, "When I moved to Seattle after college, our

Regardless of why, when, or how friendships end, there is always some pain of loss. When nothing can be done to mend the friendship, it is important to feel the pain fully. Then move on to **enhance** another friendship or build entirely new friendships.

【主题词句背诵】

1. be there (for sb) (尤指困难时)帮助,支持(某人)
2. part company (with/from sb) 离开;分手;断绝关系
3. maintain *v.* 保持,维持
4. fade away 逐渐消失
5. catch sb doing sth 发觉/当场发现某人正在做某事
6. think of...as... 把……看作……
7. break up 关系破裂
8. struggle with 与……做斗争,努力应付
9. keep in touch 保持联系
10. enhance *v.* 提高;增强;增进

02

夯实语言基础，搭建知识框架

词汇点睛

1. help out 帮一把

(教材 P2) I'm in a total mess here—hope you can **help me out!**

我这里现在一团糟——希望您能帮我摆脱困境!

- | | |
|---|-----------|
| (1) help (sb) with sth | 帮助(某人)做某事 |
| help (sb) do sth | |
| help oneself (to sth) | 自己取(食物等) |
| can't help doing sth | 忍不住做某事 |
| can't help but do sth | |
| (2) with the help of.../with one's help | |
| 在……的帮助下 | |
| be of any/great/little/no help (to...) | |
| (对……)有一些/有很大/几乎没有/没有帮助 | |

句型透视

1. (教材 P2) **I'm crazy about basketball, and pretty good at it too, which is probably why I was so mad when we lost our last match.** 我酷爱打篮球,打得也很好,也许正因如此,在我们队输掉了最近的比赛时我才相当恼怒。

句型公式

why 引导的表语从句

【句式点拨】

句中 why 引导表语从句,意为“……就是……的原因。”why 在表语从句中作原因状语,不能省略。

【归纳拓展】

because... 表示“这/那/它是因为……”,because 后跟事情的原因。

(1) This/That/It is

why... 表示“这/那/它就是……的原因”,why 后跟事情的结果。

课内基础巩固

① 单词拼写

- _____ (蒸汽) engines were used to power trains and boats, helping people to travel greater distances in much shorter times.
- The best _____ (策略) to let off steam is to engage in physical activities such as running or going to the gym.
- Instead of being quick to blame others, analyse the problem, and if it is indeed your own fault, be ready to admit your mistake and then correct it.
- Her bottom lip _____ trembled, big tears rolling down her cheeks.

- It has been proven that active people tend to have _____ (have) better immune systems and are at lower risk of diseases.
- The more I reflected, the more I felt myself _____ (blame) and it was my responsibility to find a way out.

② 短语填空

- I don't want to _____ my parents _____ (使失望) by failing the exam, so I'm going to study harder.
- I didn't say anything, but after school, I ran around the track a couple of times just to _____ (宣泄情绪).
- He is such a kind person that he is always willing to _____ others _____ (帮一把).

课后素养提升

③ 阅读理解

[2024·福建师范大学附属中学高一期中]

For lots of kids, toddlerhood (幼儿期) is an important time for friendship. Studies show that the earlier kids learn to form positive relationships, the better they are at relating to others as teenagers and adults. Playing together also helps these kids practise social behaviours, such as kindness, sharing, and cooperation.

Even so, how quickly your child develops into a social creature may also depend on his temperament (性格). Some toddlers are very social, but others are shy. In addition, the way that toddlers demonstrate that they like other children is markedly different from what adults think of as expressions of friendship. Researchers at The Ohio State University in Columbus found that a toddler's way of saying

problem ("Maybe he would feel better if you let him play the ball."). When your child shares or shows empathy (同情) towards a friend, praise him ("Ben stopped crying! You made him feel better.").

Another way to encourage healthy social interaction is by encouraging kids to use words—not fists—to express how they feel. It's also important to be mindful of how your child's personality affects playtime. Kids are easy to get angry when they're sleepy or hungry, so schedule playtime when they're refreshed.

- () 1. What does it indicate when toddlers copy their playmates' behaviour?
- They are interested in acting.
 - They are shy with the strangers.
 - They are fond of their playmates.
 - They are tired of playing games.

④ 写作

第一节 应用文写作

[2024·黑龙江大庆实验中学高一期中]

假定你是学生李华，你的留学生朋友 David 因为排练英语短剧的问题和小组成员意见不一致，闹了矛盾，很是苦恼，写邮件向你求助。请你给他回复一封邮件，内容包括：

- 表示理解；
 - 分析产生分歧的原因；
 - 给出解决问题的建议。
- 注意：1. 词数 80 个左右；
2. 可以适当增加细节，以使行文连贯。
参考词汇：排练 rehearsal

第二节 读后续写

[2024·辽宁沈阳第二中学高一期中]

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

As a sixth grader, I began noticing how other kids were separated into groups. I wasn't sure where I belonged. I found it hard to fit in.

Our teacher had assigned "secret friends" for the coming week. She wrote each kid's name on a piece of paper and threw them into a glass; then we each closed our eyes and caught one piece of paper from the glass on which was the name of a classmate who we were to secretly befriend and support each other over

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Period One Starting out & Understanding ideas

课内基础巩固

Ⅰ 单词拼写

- _____ (蒸汽) engines were used to power trains and boats, helping people to travel greater distances in much shorter times.
- The best _____ (策略) to let off steam is to engage in physical activities such as running or going to the gym.
- Instead of being quick to blame others, analyse the problem, and if it is indeed your own fault, be ready to admit your mistake and then correct it.
- Her bottom lip _____ trembled, big tears rolling down her cheeks.

Ⅱ 单句填空

- On a quiet morning in the mountains, feel the sun on your skin, and _____ (breath) in the sweet scent of fresh flowers while birds greet the new day with their morning song.
- The parcel had only been _____ (loose) wrapped, and the paper had come off.
- Local officials were _____ (concern) that the pollution was damaging the natural environment and felt that urgent steps should be taken to resolve the issue.
- The United Nations passed a _____ (resolve) to increase aid to developing nations.
- The *Titanic* was a passenger ship which _____ (sink) after hitting an iceberg in 1912.
- He stood up, _____ (signal) to the police officer that he had finished talking with his client.

- It has been proven that active people tend _____ (have) better immune systems and are at lower risk of diseases.
- The more I reflected, the more I felt myself _____ (blame) and it was my responsibility to find a way out.

Ⅲ 短语填空

- I don't want to _____ my parents _____ (使失望) by failing the exam, so I'm going to study harder.
- I didn't say anything, but after school, I ran around the track a couple of times just to _____ (宣泄情绪).
- He is such a kind person that he is always willing to _____ others _____ (帮一把).
- Hard work isn't hard when you _____ (专注于) your passions and dreams.
- Before developing a new strategy for the project, I _____ (吸一口气) to clear my mind and focus on the task.
- As a team member, to _____ (做好分内事) and do your part is at the core of your responsibility.
- Don't forget to _____ (求助于) your parents, teachers, and career advisers for useful suggestions before making the final decision.
- When it comes to Hangzhou, the first thing that _____ (我想起) is West Lake, which has been a scenic spot for hundreds of years.

Ⅳ 句型训练

- _____, I headed towards the door, hoping to see what was happening. (形容词作状语)

我既好奇又紧张,向门口走去,想看看发生了什么。

2. It suddenly occurred to me that the king snake preferred warm and dry places, _____.

我突然想到,王蛇更喜欢温暖且干燥的地方,这就是为什么我的沙盒里有蛇。

3. _____, he was all wet. (分词作状语)
因为淋了一场大雨,所以他全身湿透了。

课后素养提升

Ⅰ 阅读理解

[2024·福建师范大学附属中学高一期中]

For lots of kids, toddlerhood (幼儿期) is an important time for friendship. Studies show that the earlier kids learn to form positive relationships, the better they are at relating to others as teenagers and adults. Playing together also helps these kids practise social behaviours, such as kindness, sharing, and cooperation.

Even so, how quickly your child develops into a social creature may also depend on his temperament (性格). Some toddlers are very social, but others are shy. In addition, the way that toddlers demonstrate that they like other children is markedly different from what adults think of as expressions of friendship. Researchers at The Ohio State University in Columbus found that a toddler's way of saying "I like you" during play is likely to come in the form of copying a friend's behaviour.

This seemingly unusual way of demonstrating fondness can result in unpleasant behaviour. Regardless of how much they like a playmate, they may still grab his toys, refuse to share, and get bossy. But experts say that this is a normal and necessary part of friendship for kids this age. Through play experiences, toddlers learn social rules. That's why it's so important to take an active role in your toddler's social encounters by setting limits and offering frequent reminders of what they are. When you establish these guidelines, explain the reasons behind them.

Begin by helping your child learn sympathy ("Ben is crying. What's making him so sad?"), and then suggest how he could resolve the

problem ("Maybe he would feel better if you let him play the ball."). When your child shares or shows empathy (同情) towards a friend, praise him ("Ben stopped crying! You made him feel better.").

Another way to encourage healthy social interaction is by encouraging kids to use words—not fists—to express how they feel. It's also important to be mindful of how your child's personality affects playtime. Kids are easy to get angry when they're sleepy or hungry, so schedule playtime when they're refreshed.

- () 1. What does it indicate when toddlers copy their playmates' behaviour?
A. They are interested in acting.
B. They are shy with the strangers.
C. They are fond of their playmates.
D. They are tired of playing games.
- () 2. What does the author suggest parents do for their kids?
A. Design games for them.
B. Find them suitable playmates.
C. Play together with them.
D. Help them understand social rules.
- () 3. What is the function of the quoted statements in Paragraph 4?
A. Giving examples.
B. Explaining concepts.
C. Providing evidence.
D. Making comparisons.
- () 4. Which of the following is the best title for the text?
A. How children adapt to changes
B. How to be a role model for children
C. How your baby learns to love
D. How to communicate with your kid

Ⅶ 阅读七选五

[2024·浙江杭州学军中学高一期中]

Like-minded mates

It's fun to spend time with people who have similar interests to you. Friendships based on mutual passions enable you to indulge (沉溺) in the things you enjoy doing while you share your creativity and experiences with others. Here are some of the benefits you might discover.

Sense of belonging

1. _____. And having a place where you can explore and develop your creative self is fulfilling and energizing. Groups enable you to gain support, seek advice, and find inspiration. They can be a welcome break and somewhere to relax after a busy day.

Chance to escape and recharge

Taking part in activities that differ from those in your daily life is a good way to refocus and recharge. Time away from school is uplifting. 2. _____. Engaging in creative pursuits with others also helps you to be more mindful, meaning you're more present in the moment and less likely to be thinking about the past or worrying about the future.

3. _____. Talking through projects can help you to discover and develop new ideas. 4. _____. You might uncover an innovative technique, a way to streamline your work. Creative groups enable you to experiment with things you might not have considered, exposing you to new modes of expression.

Motivation

Learning and growing with friends allow you to make more of your potential. Sharing a journey can give you a push forward if you become stuck. And the enthusiasm of others is a great motivator. 5. _____, everyone in the group can support each other, working towards your various goals.

A. Ideas and inspiration
B. Opportunities to make new friends

- C. It gives healthy balance between work and play
- D. By sharing what you'd like to achieve with others
- E. You may feel isolated joining a new group at first
- F. Meeting people with the same interests obtains a feeling of being a part
- G. And watching others is a great way to view what you do from a fresh perspective

Ⅷ 语法填空

[2024·辽宁朝阳高一月考]

The teacher-student relationship

A good teacher-student relationship will make learning enjoyable and interesting for the students.

To set up a good teacher-student relationship, a teacher's 1. _____ (behave) is important. The teacher should motivate (激发) the students so that they want to learn. A good teacher should be 2. _____ (patience), friendly and strict. However, being too friendly may cause students to become lazy and stop making progress. On 3. _____ other hand, being too strict may make the students 4. _____ (frighten). So a teacher should avoid going to extremes (极端) in treating his students. And teachers should encourage the students to think 5. _____ (independent) and learn to study by 6. _____ (they).

As for the students, they must always respect their teachers. Students should be eager 7. _____ (work) hard. It's important to listen with attention in class and it's more important to learn to raise questions and work out problems 8. _____ new ways.

Above all, both students and teachers have to focus on what they should do most, 9. _____ means that the students have to study hard and teachers have to be responsible when teaching. Besides, students and teachers have to respect each other, which is a necessary basis of 10. _____ (build) up a good teacher-student relationship.

班级	
姓名	
题号	答题区
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七选五	
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Period Two Using language

课内基础巩固

① 单句填空

- _____ (face) with the difficult challenge, she showed great courage and **resolve**.
- _____ (see) from space, the earth is like a water-covered globe.
- Though _____ (annoy) with myself for losing face, I had to go on and **pull my weight**.
- When I was little, my mother would often sit by my bed, _____ (tell) me stories till I fell asleep.
- _____ (amaze) at how skilful they were, I determined to be just as good.
- _____ (praise) warmly for his work, he was too excited to fall asleep.
- _____ (found) in the early 20th century, the school keeps on inspiring children's love of art.
- _____ (hear) the news, all the staff present jumped with joy.
- If _____ (accept) by the company, you'll be informed soon.
- _____ (lose) in the woods, the hikers had to rely on their instincts to find their way out.

② 句型转换(用分词改写句子)

- When he was asked what his favourite sport was, the boy didn't hesitate to answer that it was boxing.
→ _____,
the boy didn't hesitate to answer that it was boxing.
- Although we were exhausted by the climb, we continued our journey.
→ _____,
we continued our journey.

- He was born in a small town and dreamed of studying and living in one of the **core** cities in China.
→ _____, he dreamed of studying and living in one of the **core** cities in China.
- After it was broken into pieces, the vase was no longer usable.
→ _____, the vase was no longer usable.
- She was dressed in a beautiful evening dress and suddenly appeared on the stage.
→ _____, she suddenly appeared on the stage.
- He was seated in the corner and remained silent.
→ _____, he remained silent.
→ He was seated in the corner, _____.

③ 句型训练

- _____ her daughter, she decided to get there to figure out what happened.
由于担心她的女儿,她决定去那里弄清楚发生了什么事。
- He hid behind the door and waited patiently, _____.
他躲在门后耐心地等待,希望不被发现。
- _____, Suzhou is an ancient city with a long history.
苏州位于中国东部,是一座历史悠久的古城。
- _____, the city lights looked like a sea of stars.
从远处看,城市的灯光看上去像一片星海。
- _____, the audience gave him a standing ovation.
被演讲者的话深深打动,观众起立鼓掌。

Ⅳ 完形填空

[2024·江苏镇江中学高一期中]

A school in Sarajevo is making the headlines. The 1 began in September last year. Mirzana Coralic requested the primary school in her neighbourhood to 2 her six-year-old son, Zejd, who has a 3 disability. The teacher, Sanela Ljumanovic, accepted almost 4, but on the first day of school, she noticed Zejd sitting all by himself, unable to 5 with anyone.

Sanela determined to find a(n) 6 and tried developing a few tricks and signs. But a parent of another child 7 a better idea—getting the whole class to 8 sign language along with Zejd. They got a sign language teacher, and three months later, Zejd was happily able to communicate with all his classmates about 9 things like homework and games.

The other kids in the class are quite happy as well. “I 10 to learn Zejd’s language so I can talk to him and other deaf people,” said one of his classmates. Now, sign language is getting quite 11 at the primary school, with kids from other classes 12 to learn as well. It is hoped that it can be 13 as part of the official course.

“Sign language is great because it 14 communication and also helps children become more 15 to people with disabilities,” said Sanela.

- ()1. A. report B. message
C. article D. story
()2. A. admit B. adopt
C. invite D. adjust

- ()3. A. pronunciation B. speech
C. hearing D. sight
()4. A. conditionally B. passively
C. personally D. immediately
()5. A. cooperate B. interact
C. compete D. stay
()6. A. solution B. explanation
C. theory D. duty
()7. A. selected B. imagined
C. presented D. favoured
()8. A. enjoy B. create
C. design D. learn
()9. A. regular B. formal
C. complex D. professional
()10. A. forgive B. like
C. prepare D. wait
()11. A. popular B. confusing
C. challenging D. practical
()12. A. failing B. hesitating
C. trying D. helping
()13. A. described B. known
C. defined D. included
()14. A. enables B. shows
C. stresses D. represents
()15. A. polite B. sensitive
C. adaptable D. annoyed

Ⅴ 阅读七选五

[2024·浙江金华第一中学高一期中]

People disagree about meaningful and small matters on a daily basis. Sometimes you know if you speak your mind you will upset someone. However, you often must express your opinion even if you know others will disagree. By choosing your words carefully you can avoid long-term offence(冒犯).

Ask people about their perspectives(观点).

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Before being honest about how you feel, it's important to know their perspectives. This gives you a chance to show genuine interest and have a conversation. 1. _____ They may even end their explanation with a request to hear your perspective.

Put yourself in their shoes. One of the simplest ways to avoid hurting feelings is to imagine how they will respond to your statement. 2. _____ Practise imagining how they view their own opinion and yours. That their perspective is different doesn't mean it's wrong.

3. _____ Be careful with your honesty. You want to speak the truth in kindness. That means avoiding obvious negative behaviours such as making a face or making fun of their ideas.

Be polite in your responses. Whenever you try to avoid hurting others, it is best to speak with kindness. Simple acts of kindness can make a big difference. They convey respect and show that you value the other person. This situation isn't all about you speaking your mind.

4. _____

Express your perspective as an opinion, not a fact. This shows you value their perspectives, even if you know the facts back you up. If they have an open mind, facts will change their perspectives. If they do not have an open mind, facts will feel like personal attacks. 5. _____ Allow them to discover the truth in their own way, not yours.

- A. They have a right to be incorrect.
- B. It's about them feeling valued.
- C. Control your words and body language.
- D. If they said that to you, would you be upset?
- E. Listening to others' opinion is a very powerful way.

- F. Use facts and try to avoid letting your emotions run high.
- G. This may also give you opportunities to speak up and be honest.

Ⅶ 语法填空

[2024·四川南充高级中学高一月考]

This summer I travelled from noisy Beijing to Wuzhen, a beautiful village in Zhejiang Province. Unfolded before me was 1. _____ unique image of this water country—the stone bridge and the water flowing, all like fairy tales to me.

However, what impressed me most was not the natural scenery, 2. _____ the scene of a grandma bathing a little baby in a wooden basin with the door open. My friends couldn't resist 3. _____ (take) pictures of them. To my surprise, the grandma smiled and waved at us. All of a sudden, my heart was filled with 4. _____ (warm).

I shared the photos and my 5. _____ (forget) experience with my friends. They were 6. _____ (simple) moved as I was, but at the same time they reminded me 7. _____ the unpleasant experiences in big cities. We feel embarrassed to see people quarrelling in public because they 8. _____ (step) on accidentally by strangers.

According to a survey 9. _____ was made in November 2016, 45 percent of the residents don't know the names of their neighbours; 63 percent have never devoted themselves to talking to their neighbours; 67 percent think that the relationship between them and their neighbours is just so-so, or even bad.

Wouldn't 10. _____ be beautiful to say hello to our neighbours who just came back from work and give them a smile?

Period Three Developing ideas

课内基础巩固

❶ 单词拼写

1. He tried to _____ (为……辩护) his actions, but the **embarrassment** on his face made it clear that he knew he had made a mistake.
2. We talked together, we spent our leisure time together, and except for school and work, we were never _____ (分离).
3. The teacher **signaled** for silence, and m_____, she reminded the class that the exam was approaching.
4. Despite her best efforts to hide it, t_____ escaped from her eyes as she realized that the **fault** was her own.
5. I consider it my d_____ to help you **resolve** your differences.

❷ 单句填空

1. I was so _____ (embarrass) that I wanted the floor to open up and consume me.
2. Experiential learning differs from traditional learning in that it encourages _____ (independence) thinking.
3. _____ (frank) speaking, I admitted it was my **fault** and I hoped you can **forgive** me for my carelessness.
4. A small _____ (adjust) at the right place can make a significant difference.
5. Hanging my head, I was _____ (annoy) with myself for giving in so easily.
6. Accepting sadness as part of life helps Riley deal with the emotional _____ (complex) of growing up, and settle down in her new life.
7. After carefully considering our **strategy** for the project, we decided to make some **adjustments** to avoid _____ (criticise) for our mistakes.

8. Information must be stored so that it is secure from _____ (accident) deletion.
9. I bumped into an old man **by accident** on the street, and he was kind enough _____ (forgive) me for my rudeness.
10. More importantly, for the sake of your health, _____ (ensure) enough sleep and rest is essential.

❸ 短语填空

1. It's unfair to _____ (轻视) someone based solely on their appearance or background.
2. Although there seemed only a slim chance that the trees could survive, the difficulty did not _____ her _____ (阻止) trying.
3. _____ (在某种程度上) it was my **fault**, though I didn't mean any harm.
4. I found this old photo album _____ (偶然) while tidying up my room.
5. The child may _____ (和……分开) his mother while he receives treatment.
6. One of the essential aims of AI is to develop computer intelligence capable of learning from experience, _____ (适应) new inputs and performing tasks like humans.
7. Although John _____ (领先) in the game at first, Sean didn't lose heart and tried to catch up with his opponent.
8. In order not to miss the plane, you should arrive at the airport _____ (提前).

❹ 句型训练

1. Jane eventually accepted _____ she would have to get around in a wheelchair. (同位语从句)
简最终接受了这样一个事实:她将不得不坐在轮椅上四处走动。

2. _____ and turn to him for help, he will do everything in his power to help me out.

每次我遇到麻烦并向他寻求帮助时,他都会尽其所能帮助我。

3. _____, we can hear the waterfall pouring down from the top of

the mountain. (分词作状语)

站在远处,我们能听到瀑布从山顶倾泻而下的声音。

4. I'm practising my speaking skills _____.

我正在练习我的口语技能,以便能更好地与母语者交流。

课后素养提升

Ⅴ 阅读理解

A [2024·NT20 河北名校高一期中]

"Anybody has a bandage?" a voice echoed down the dormitory hallway. It was our first week at college and we were all experiencing "forgot-this-or-that". I had forgotten to bring my favourite snacks. Some poor girls on the wing had obviously forgotten bandages. We all felt a little displaced.

Several months before, I sat at my high school graduation party admiring my gifts and battling waves of post high school sadness. The usual and inspirational books were spread around my feet, silently offering the wealth of wisdom they wished to share. They would repeatedly show their givers' thoughtfulness over and over during my college career.

But one gift struck me as strange. I frowned when I opened it. Medicine? A small packet of pills and creams lay within the wrappings. Who would give that as a gift? "You'll need that once you're at school," Mum pointed out. "You won't have to chase down the campus nurse for every cough."

Not long after, in August, I packed my life into a borrowed truck and put the bag of medicine in with my toiletries (洗漱用品). I hardly thought about it once I reached the campus, being busy unpacking, buying books, scheduling and meeting new friends.

When "anybody has a bandage?" rang out in the dormitory hall that day, I remembered my little medicinal package. "Actually," I gave a little wave, "I have one." "Great," my new wing-mate replied. As I dug out the kit, we began to chat.

Soon, many of the other girls on the wing heard of my little kit and paid me a visit. One had bug bites and anti-itch cream popped out of my supply. The wing-mate with the headache nearly kissed my hands when I passed her simple painkillers. As the cold season approached, many needed cough drops. Each girl stayed to chat for a few moments.

The little gift I had questioned led me towards new friendships. As it broke fevers, it also broke the ice, allowing me to meet and befriend many on the wing.

() 1. How did the author feel when opening the gift from her mother?

- A. Excited. B. Frightened.
C. Puzzled. D. Satisfied.

() 2. Which word can best describe the author's mother?

- A. Considerate. B. Generous.
C. Respectful. D. Energetic.

() 3. How did the medical kit help the author?

- A. She kept physically healthy.
B. She earned some pocket money.
C. She built connections with others.
D. She gained recognition from teachers.

() 4. What is the author's purpose of writing the text?

- A. To express gratitude to her mother.
B. To share her unexpected experience.
C. To describe her wonderful college life.
D. To give advice on how to make friends.

B [2024·浙江丽水高一月考]

Students who are better able to understand and manage their emotions effectively, a skill known as emotional intelligence (EI), do better at school than their less-skilled classmates,

according to research published by the American Psychological Association.

“It’s not enough to be smart and hard-working. Students must also be able to understand and manage their emotions to succeed at school,” said Carolyn MacCann, the lead author of the study. MacCann and her colleagues analysed data from more than 160 studies, representing more than 42,000 students from 27 countries, published between 1998 and 2019. The students ranged in age from primary school to college. The researchers found that students with higher EI tended to get higher grades and better achievement test scores than those with lower EI scores. This finding held true even when they were controlling intelligence and personality factors. What was most surprising to the researchers was the association held despite different ages.

As for why EI can affect academic performance, MacCann believes a number of factors may come into play. “Students with higher EI may be better able to manage negative emotions, such as anxiety, boredom and disappointment, which can negatively affect academic performance,” she said. “Also, these students may be better able to manage the social world around them, forming better relationships with teachers, classmates and family, all of which are important to academic success.” Finally, the skills required for EI, such as understanding human motivation and emotion, may overlap with (与……重叠) the skills required to master certain subjects, such as history and language, giving students an advantage in those subject areas, according to MacCann.

However, MacCann cautions against widespread testing of students to identify and target those with low EI as it may stigmatize (给……打上烙印) those students. Instead, she recommends interventions that involve the whole school, including additional teacher training and a focus on teacher well-being and

emotional skills. “Programmes that integrate emotional skill development into the existing curriculum would be beneficial, as research suggests that training works better when run by teachers rather than external specialists,” she said. “Increasing skills for everyone—not just those with low EI—would benefit everyone.”

- ()5. What surprised the researchers most during MacCann’s study?
A. Intelligence mattered more than EI for academic success.
B. EI had an effect on learning for students of all ages.
C. College students benefited more from EI than pupils.
D. Personality affected academic performance greatly.
- ()6. What can be a reason for the conclusion of MacCann’s study?
A. High-EI students hardly experience negative emotions.
B. High-EI students seldom develop social relationships.
C. High-EI students tend to easily focus on their study.
D. High-EI students have helpful skills for certain subjects.
- ()7. What does MacCann suggest in the last paragraph?
A. Equipping teachers with emotional skills.
B. Designing tests to identify students with low EI.
C. Developing special programmes for students with low EI.
D. Employing emotional specialists to give training to students.
- ()8. What can be a suitable title for the text?
A. Should EI be taught in school?
B. How can students develop high EI?
C. Students with high EI do better in school
D. Good students do better in managing emotions

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Period Four Writing

课内基础巩固

❶ 补全句子

1. I'm sorry to learn that you are _____
_____ your classmate.

我很遗憾得知你和你的同学发生了冲突。

2. I'd like to _____ how to
get along well with your classmate.

我想就如何与你的同学和睦相处提出一些建议。

3. The first thing you need to do is _____
_____ your classmate to
clear up the misunderstanding between you.

你需要做的第一件事是冷静下来,和你的同学沟通,消除你们之间的误解。

4. In order to get along well with your
classmates, you should _____
to them.

为了和你的同学相处得很好,你应该友善地对待他们。

5. Moreover, you'd better learn _____
_____.

另外,你最好学会控制你的情绪。

6. As far as I am concerned, if you _____
_____, you would
understand them better.

在我看来,如果你把自己放在别人的位置,你会更好地理解他们。

❷ 语法填空

[2024·江西南昌第十九中学高一期中]

Thanks to advances in technology, how we make friends and communicate with them has

changed 1. _____ (significant).

Nowadays, we can move around the world and still stay in touch 2. _____ the people that we want to make friends with.

Social media tools let us see what our friends are up to and maintain friendships. The digital age also enables us 3. _____ (find) people who share our interests, such as collecting model cars or 4. _____ (play) an unusual instrument. Whatever our 5. _____ (hobby) are, the Internet can connect us with others who also enjoy doing them, even if they live on the other side of the world.

Nevertheless, the “friends” online don't necessarily become our real friends. If people always exchange true 6. _____ (person) information online, then these friendships can be real and meaningful. But we need to keep in mind that what we see on social media 7. _____ (be) often not the whole truth about a person. On social media sites, people tend to post only positive updates 8. _____ make them appear happy and friendly and the smiling photos can hide real problems.

9. _____, this doesn't mean that we should throw the baby out with the bath water. Although in recent years technology 10. _____ (change) the way we acquire friends, the meaning of friendship and our longing for friends remain the same.

写作

第一节 应用文写作

[2024·黑龙江大庆实验中学高一期中]

假定你是学生李华,你的留学生朋友 David 因为排练英语短剧的问题和小组成员意见不一致,闹了矛盾,很是苦恼,写邮件向你求助。请你给他回复一封邮件,内容包括:

1. 表示理解;
2. 分析产生分歧的原因;
3. 给出解决问题的建议。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

参考词汇:排练 rehearsal

Dear David,

Yours,
Li Hua

第二节 读后续写

[2024·辽宁沈阳第二中学高一期中]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

As a sixth grader, I began noticing how other kids were separated into groups. I wasn't sure where I belonged. I found it hard to fit in.

Our teacher had assigned "secret friends" for the coming week. She wrote each kid's name on a piece of paper and threw them into a glass; then we each closed our eyes and caught one piece of paper from the glass on which was the name of a classmate who we were to secretly befriend and support each other over the next five school days. By the middle of the week, everyone, including me, had turned this assignment into a competition to see whose

secret friend could leave the best gift. We left cards, pens and even money. It seemed that everyone was getting cool presents from their friend except me.

On the last morning of our assignment, I walked into my classroom and noticed there was a package. I opened the wrapping paper and inside was a box of powder (美容粉). The girls sitting near me laughed at the gift I had received. To make matters worse, the powder had already been opened.

I tried to forget about the embarrassing gift, but when I was in the bathroom during the break, the girls who had seen me open the powder started speaking ill of my secret friend. I quickly joined in: "How terrible!" I heard myself saying "What could my friend be thinking by giving me such a stupid gift? My grandmother wouldn't even want it." The girls laughed at my remarks and rushed out of the bathroom. I stayed to wash my hands and let the water run through my fingers as I thought about what I had just said. It wasn't normal like me to say mean things like that about someone.

注意:续写词数应为 150 个左右。

Paragraph 1:

Then I saw my classmate Janet come out of a bathroom booth (厕所隔间), tears streaming down her face. _____

Paragraph 2:

Along with my apologies, I explained the reason. _____

► 单元小测

Unit 1

❶ 单句填空

1. After a series of intense **boxing** matches, he was _____ (breath) and ready for a break.
2. Overwhelmed by mixed feelings of regret and shame, I ask for my mum's _____ (forgive).
3. I looked up into her eyes and we smiled at each other without any _____ (embarrass).
4. College is an ideal place to practise adults' responsibility and _____ (independent).
5. **Take a breath** and relax yourself instead of focusing on what makes you _____ (annoy), and you will fall asleep soon.
6. After hearing the news about the **accident**, she felt deeply _____ (concern) and her heart **sank** with worry.
7. Unwilling to give up, she **resolved** _____ (try) again next year after failing this year's postgraduate admission exam.
8. The backpack's _____ (adjust) back allows you to change how the bag fits according to your needs.
9. _____ (ensure) success in the future, it is crucial for students to cultivate **independent** thinking and problem-solving skills.
10. _____ (write) in a hurry, our contract may contain some errors.

❷ 短语填空

1. Though we met with some difficulties at first, everything _____ (进展顺利) as planned at last.
2. To be **frank**, success doesn't happen _____ (偶然地).
3. If I leave for Beijing tomorrow, I will inform you about my schedule _____ (提前).

4. It took him quite a while to _____ (适应) living an **independent** life.
5. Deeply **concerned** about the injured in the **accident**, the local charity was organizing a volunteer group to _____ (帮一把) those in need.
6. She was angry at seeing the kitchen _____ (乱糟糟), the drawers all open, and some oil on the floor.
7. Instead of constantly **criticising** others, we should focus on _____ (尽责) and contributing positively to the team's success.
8. **Taking a few deep breaths** can help you _____ (冷静下来) and relax during stressful situations.
9. Seeing the coach still hesitant, Paul stepped forward and raised his voice, "Trust me, coach! I won't _____ you _____ (使失望)!"
10. They dashed out of the car, put up the tent and _____ (舒适地坐下) on the grass, enjoying the surrounding breathtaking sights.

❸ 句型训练

1. It's our **duty** to protect the environment, _____.
保护环境是我们的责任,这就是我们应该回收和减少浪费的原因。
2. _____ the unexpected sense, I left the room without any words immediately. (形容词短语作状语)
对这种意想不到的感觉感到尴尬,我立刻一言不发地离开了房间。
3. _____, he said, "It was like seeing colour for the first time." (分词作状语)
他被这段音乐打动了,他说:"那种(兴奋的)感觉就像第一次看到色彩一样。"

4. _____
_____, he felt a sense of accomplishment. (分词作状语)

在解决了这个具有挑战性的数学问题后,他感到了一种成就感。

5. Hearing the news _____
_____, he was too excited to fall asleep last night. (同位语从句)

昨晚听到他最喜欢的团队赢得比赛的消息,他兴奋得难以入眠。

Ⅳ 语法填空

My friend and I have been close for several years. We're hardly out of each other's sight. But last Saturday she 1. _____ (break) my heart.

2. _____ (original), we planned to see a film that afternoon, but in the morning, I learnt from a message 3. _____ (post) on social media that she had a cold. I gave her 4. _____ call telling her to make a recovery at home and she thanked me for my thoughtfulness.

5. _____ my surprise, however, she was seen chatting with another girl in a cafe on Saturday afternoon, when she 6. _____ (expect) to stay at home. Obviously, she lied about her illness. I was filled with 7. _____ (angry) and avoided meeting her all day and still don't feel like making any 8. _____ (respond) to her online messages. I don't know 9. _____ I should forgive her if she ignores my feelings or refuses to back down. Some people advise me to have a full and frank talk with her while others suggest 10. _____ (rethink) our relationship. I am at a total loss.

Ⅴ 阅读理解

A [2024 · 湖北武汉重点中学 5G 联合体
高一期中]

Scientists continue to discover ways in which a lack of sleep affects our mental and physical health—now a new study reveals that a

serious lack of sleep can even influence the way we see other people.

When we've gone without sleep, we spend less time fixing our eyes on others' faces, the study shows. As that's an important part of reading social signals from those around us, our relationships are likely to suffer. "Since facial expressions are helpful in understanding the emotional state of others, spending less time focusing on faces after serious sleep loss may increase the risk that you misunderstand others' feelings," says sleep researcher Lieve van Egmond from Uppsala University in Sweden.

The study authors recruited 45 participants who went through a night without sleep, and another night with 8 hours of sleep, separated by at least a week. In each case, eye-tracking sensors were used the morning after to monitor the subjects as they looked at images of faces. A mix of expressions was shown on the faces: happy, angry and fearful. Participants were also asked to assess the attractiveness and trustworthiness of the faces they saw. When it came to face focus, there was a drop in duration (持续时间) between 6.3—10.6 percent after sleep loss, and this drop happened regardless of the emotion being shown. Overall, faces were regarded as less trustworthy and less attractive after a night without sleep.

"The finding indicates that sleep loss is associated with more negative social impressions of others," says neuroscientist Christian Benedict from Uppsala University. "This could result in less motivation to interact socially."

It's perhaps no surprise that a lack of sleep makes us less likely to want to engage with others, but the study adds some interesting data to the mix. Negative social impressions of people after sleep loss may lead to social withdrawal by those with sleep issues, suggest the researchers.

- () 1. What may lack of sleep contribute to?
- Misreading others' emotions.
 - Becoming angry and fearful.
 - Focusing on others' faces seldom.
 - Behaving in a different way.
- () 2. What did the researchers do while carrying out the study?
- Require participants to evaluate the expressions.
 - Divide participants into two groups.
 - Monitor participants during the whole course.
 - Ask participants to finish the experiment in a row.
- () 3. What can we conclude from the study?
- People lack of sleep are more likely to stay at home.
 - The more we sleep, the more likely we are to interact socially.
 - The focus duration will drop less concerning happy faces.
 - People with sleep loss will have a bad social impression of others.
- () 4. What's the main idea of the passage?
- Lack of sleep makes us less attractive and trustworthy.
 - Sleeping loss impacts our mental and physical health.
 - Lack of sleep influences our social relationship.
 - Sleeping loss leads to paying little attention to others.

B [2024 · 山东潍坊寿光市高一期中]

Does forgiveness go against our human nature? To address this, we need to ask a further question: What makes us human? Simply put, people hold two contrasting views on humanity. The first centres on control and power. In an early paper on forgiveness, Droll (1984) wrote that human nature leans more towards aggression (攻击性) than forgiving allows. Those who forgive are against what they're built for, much to their harm. He

believes that forgivers are risking their own well-being as they show forgiveness to others, who might then take advantage of them.

For the second view, we see respect and love, in the sense of serving others, in the work of Lewis, Amini, and Lannon (2001). They present the scientific argument that we need both to receive love from and offer love to others. From this second viewpoint, forgiveness plays a key role in the overall health of both individuals and communities, both physically and mentally, because one of the outcomes of forgiveness, shown through scientific studies, is the reduction of hatred and the reestablishment of harmony.

Given that control and disrespect can affect a person's psychological (心理的) and relational well-being, the first approach does not seem workable as a way to live. Given that forgiveness has been shown in numerous studies to increase well-being, it follows that the second approach seems more effective, both from the reasoning of philosophy and the supported theories from social science. Even common sense strongly suggests that the will to power over others does not make for harmonious interactions. Consider, how well has slavery (奴隶制) worked as a way of social harmony?

As an important warning, when we take a Classical Realist philosophical viewpoint, that of Aristotle, we see the difference between possibility and actuality. We are not necessarily born with the ability to forgive, but we have the chance to learn and get better at it. The actuality of forgiving, its actual application in conflict situations, grows with certain training.

- () 5. What is Droll's idea about forgiveness?
- It is a sign of weakness.
 - It is a part of human nature.
 - It is a threat to one's well-being.
 - It is a natural response to aggression.

()6. Why does the author mention “slavery” in Paragraph 3?

- A. To blame the unfairness of the system.
- B. To illustrate the harm from over control.
- C. To stress the importance of management.
- D. To promote the idea of harmonious interactions.

()7. What is the author’s attitude towards forgiveness?

- A. Supportive. B. Doubtful.
- C. Objective. D. Uncertain.

()8. How is forgiveness developed according to Aristotle?

- A. Born nature. B. Social upbringing.
- C. Learned practice. D. Outside pressure.

Ⅶ 完形填空

Marcus is a handsome and athletic kid. He plays tennis and 1 the state tournament every year. Marcus’s neighbour, Conrad, is also 2 to compete, but he has rheumatoid arthritis (类风湿性关节炎). Although it pains him just to walk, he 3 painful days at school walking to the sports field. He loves watching his school compete so he doesn’t 4 a game.

Marcus has known Conrad since primary school. They’ve always been 5. He sees Conrad in pain and his 6 at not being able to play sports. So, every day after school, Marcus 7 his classmates to go to Conrad’s for a moment of discussion about the game competition. The discussion is as 8 as a real high school game, which makes Conrad forget the hurt.

Finally, the doctors find a new 9 to reduce the pain. Conrad walks without much pain, and then begins running, but he still has to learn the 10 of running. After a childhood of walking carefully and taking 11 steps, Conrad has to train his walking like a kid again and stay in shape. He pushes himself

every day, building his lungs and doing the leg lift repeatedly for his leg 12. He knows what the pain feels like, but running for Conrad is no longer 13.

To Conrad’s delight, he gets a chance to join the cross country team. Conrad doesn’t win, not once, but Marcus is there, 14 for him who always finishes in the middle of the competitors, breathing in the wind and waving his hands 15.

- ()1. A. gives up B. competes in
C. lets down D. breaks through
- ()2. A. able B. lucky
C. eager D. frank
- ()3. A. bears B. counts
C. forgets D. escapes
- ()4. A. accept B. enjoy
C. lose D. miss
- ()5. A. strangers B. enemies
C. friends D. teachers
- ()6. A. surprise B. sadness
C. embarrassment D. tiredness
- ()7. A. promises B. asks
C. drives D. forces
- ()8. A. long B. noisy
C. boring D. interesting
- ()9. A. treatment B. excuse
C. period D. topic
- ()10. A. goal B. style
C. speed D. skill
- ()11. A. suitable B. serious
C. small D. comfortable
- ()12. A. strength B. show
C. shape D. advantage
- ()13. A. relaxing B. beneficial
C. painful D. meaningful
- ()14. A. criticising B. arguing
C. running D. cheering
- ()15. A. excitedly B. curiously
C. anxiously D. actively

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