



教辅图书



功能学具



学生之家

基础教育行业专研品牌

30<sup>+</sup>年创始人专注教育行业

# 全品学练考

AI智慧升级版

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练习册

高中英语

必修第一册 RJ



本书为智慧教辅升级版

“讲题智能体”支持学生聊着学，扫码后哪里不会选哪里；随时随地想聊就聊，想问就问。



长江出版传媒  
崇文书局

## 01

### 培养核心素养，聚焦主题语境

## WELCOME UNIT

### 主题素养积累

#### How to adjust to a new school

【导读】学校是孩子们学习成功的基础。适应一所新学校会让人感到紧张和害怕。当你去上一所新学校的时候，你可能会担心你不认识任何人或者不能适应新的环境。阅读本文，或许你能从中感悟到应该怎样去适应一所新学校。

**School is a child's base (基础), where they learn to succeed.** Adjusting to a new school can make you feel nervous and scared. When you go to a new school, you might worry that you don't know anyone or that you won't fit in. As you get into your schoolwork and after-school activities, you'll find that you're making friends and that life is getting easier. Knowing about your school, **preparing for** the first day and knowing how to make friends can make this transition (过渡) a lot easier.

Take a tour of your school. Before you start school, go with your parents to visit the school. Find out where your classroom will be, as well as the cafeteria, auditorium (礼堂), gym and other important places.

Learn the rules of the school. Every school has its own set of rules that helps students stay safe and

starting a new school, you should follow your teachers' instructions very closely. **Making a good impression on** your teachers will go a long way towards **making a positive adjustment to** a new school.

Make good decisions about making friends. When you are in a new school, you have the chance to make friends with anybody. It can be tempting (诱人的) to try to **fit in with** cool kids. You should, however, spend most of your effort making friends with people that you're comfortable around.

**Set goals for yourself.** By setting goals for yourself every day or every week, you can see how you are adjusting to your new school in very real ways. For example, you can say "I'll attend one club meeting this week", so that when you attend the meeting, you'll know you're trying hard to adjust.

#### 【主题词句背诵】

1. adjust to... = adapt to... 适应……
2. prepare for 为……做好准备
3. keep sb out of trouble 使某人远离麻烦
4. make a good impression on 给……留下好印象
5. make a positive adjustment to... 积极适应……

## 02

### 夯实语言基础，搭建知识框架

#### 词汇点睛

**1. exchange** *n.* 交换; 交流; 互换 *vt.* 交换; 交流; 交易; 兑换

- |                      |          |
|----------------------|----------|
| (1) in exchange      | 作为交换     |
| in exchange for      | 作为对……的交换 |
| (2) exchange A for B | 拿 A 换 B  |
| exchange sth with sb | 与某人交换某物  |

#### 【佳句背诵】

Having spent the past year as **an exchange student** in Hong Kong, Linda appears more mature than those of her age.

由于琳达过去一年在香港做交换生，所以她看起来比同龄人更成熟。

#### 句型透视

**1. (教材 P4) What if no one talks to me?**  
要是没人跟我说话该怎么办呢?

#### 句型公式

What if...? 要是……将会怎么样?

#### 【句式点拨】

what if 用于提出假设或提出邀请和建议时，意为“要是……将会怎么样？如果……怎么样？”，其后句子要用陈述语气（用一般现在时）。

【温馨提示】 what if 也可用于虚拟语气，此时从句谓语用一般过去时或“should + 动词原形”。

(1) **What if** it rains when we can't find shelter?

假如下起雨来，我们又没处避雨可怎么办？（提出假设，用于陈述语气）

(2) **What if** you join us for lunch?

你同我们一起吃午饭怎么样？（提出邀请或建议，用

## 课内基础巩固

## ① 单词拼写(每小题1分,满分10分)

1. Everyone in the group \_\_\_\_\_ (交换) e-mail addresses in order to keep in touch with each other at yesterday's meeting.
2. The **male** voice is deeper than the \_\_\_\_\_ (女性的) voice, as is generally believed.
3. Although they are of different \_\_\_\_\_ (国籍), the students at the school share the same language.
4. Through this online platform, the students are able to \_\_\_\_\_ (登记) and hand in homework.

2. She lives in France but has British \_\_\_\_\_ (nation).
3. The young \_\_\_\_\_ (design) is working hard to create a unique fashion collection for the upcoming show.
4. As it turned out to be a small house party, we needn't have dressed up so \_\_\_\_\_ (formal).
5. The platform is **designed** for \_\_\_\_\_ (exchange) information quickly among team members.
6. It's hard to find words that match well \_\_\_\_\_ this music.

## 课后素养提升

## ④ 阅读理解(每小题2.5分,满分20分)

## A [2025·合肥市高一六校期中联考]

In the years of my growing up, my older sister always told me that going to high school would allow me to have more fun. But on the night before the first day, going to sleep was difficult. I was up all night thinking about how the day would go. What if my friends aren't in any of my classes? What if I get made fun of? What will people think of when they first see me?

The next morning, as I started walking towards the gate of the school I had butterflies in my stomach. There were a lot of students. As I looked around, I started to notice the familiar (熟悉的) faces of my friends who went to primary school with me. For some reason, I would get very nervous when someone new got close to me.

- ( ) 1. How did the author feel before his first day?
- A. He was too nervous to sleep.
  - B. He missed his old friends badly.
  - C. He felt certain about his future life.
  - D. He was worried about meeting new teachers.
- ( ) 2. What did the author do at the gate of the school?
- A. He asked others about the campus.
  - B. He communicated with new friends.
  - C. He asked for leave because of his illness.
  - D. He saw his old friends in primary school.
- ( ) 3. What happened when the author was on his way to his first class?
- A. He lost his way.

## ⑤ 写作

## 第一节 应用文写作(满分15分)

[2025·河南省九师联考高一期中]

假定你是高一学生李华,你的美国好友Eric发邮件询问你的高中校园生活情况。请你回复邮件,内容包括:

1. 在新学校的见闻;
2. 你对未来的憧憬。

注意:1. 写作词数应为80个左右;

2. 请按如下格式在相应位置作答。

Dear Eric,

## 第二节 读后续写(满分25分)

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。

I still remember the first day when I entered high school. Everywhere on the campus I could smell excitement in the fresh air, yet a thread of nervousness wound through my stomach. As I walked through the campus road, I gazed up at the towering buildings and the busy students, knowing that a new chapter of my school life was about to unfold.

In my first maths class, I quickly realized

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# WELCOME UNIT

★ 提示：加底纹词汇为本单元词汇

## Period One Listening and Speaking

### 课内基础巩固

#### ❶ 单词拼写(每小题 1 分,满分 10 分)

1. Everyone in the group \_\_\_\_\_ (交换) e-mail addresses in order to keep in touch with each other at yesterday's meeting.
2. The **male** voice is deeper than the \_\_\_\_\_ (女性的) voice, as is generally believed.
3. Although they are of different \_\_\_\_\_ (国籍), the students at the school share the same language.
4. Through this online platform, the students are able to \_\_\_\_\_ (登记) and hand in homework.
5. The president is going on a \_\_\_\_\_ (正式的) visit to the neighbouring country next week.
6. The hall seats 2,000 people, but is of poor \_\_\_\_\_ (设计).
7. However weak the \_\_\_\_\_ (国家) may be, it will never give in to a greater power.
8. All students will be considered regardless of age, \_\_\_\_\_ (性别) or **nationality**.
9. He showed me around the \_\_\_\_\_ (校园) when I first arrived.
10. The professor who comes from Peking University is going to give us a \_\_\_\_\_ (讲座) on how to **improve** our spoken English.

#### ❷ 单句填空(每小题 1.5 分,满分 12 分)

1. At last, the **exchange** student from the UK found the \_\_\_\_\_ (register) office.
  2. She lives in France but has British \_\_\_\_\_ (nation).
  3. The young \_\_\_\_\_ (design) is working hard to create a unique fashion collection for the upcoming show.
  4. As it turned out to be a small house party, we needn't have dressed up so \_\_\_\_\_ (formal).
  5. The platform is **designed** for \_\_\_\_\_ (exchange) information quickly among team members.
  6. It's hard to find words that match well \_\_\_\_\_ this music.
  7. I've just bought this tie, but can I **exchange** it \_\_\_\_\_ that one?
  8. Professor Black will give us a **lecture** \_\_\_\_\_ English literature tomorrow afternoon.
- #### ❸ 短语填空(每小题 2 分,满分 10 分)
1. Many students \_\_\_\_\_ (报名) second foreign language courses every year.
  2. The television programme \_\_\_\_\_ (为做……而设计) educate children to share things with their friends.
  3. In Germany, your interview might \_\_\_\_\_ (以……开始) a very short conversation followed by a **formal** interview.
  4. We will face many challenges \_\_\_\_\_ (将来), but we are **confident** that we can overcome them.
  5. There will be a **lecture** for **exchange** students \_\_\_\_\_ (在校园里), so you can attend it.

Ⅳ 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·合肥市高一六校期中联考]

In the years of my growing up, my older sister always told me that going to high school would allow me to have more fun. But on the night before the first day, going to sleep was difficult. I was up all night thinking about how the day would go. What if my friends aren't in any of my classes? What if I get made fun of? What will people think of when they first see me?

The next morning, as I started walking towards the gate of the school I had butterflies in my stomach. There were a lot of students. As I looked around, I started to notice the familiar (熟悉的) faces of my friends who went to primary school with me. For some reason, I would get very nervous when someone new got close to me.

The one thing I was most nervous about was walking in late to one of my classes. Guess what? That was exactly what happened. Going to the first period was simple because luckily, other students were helping us find our class. Not to mention, I ended up having that class with a couple of friends.

As I made my way down the halls to get to my second-period class, we had about five minutes to get to our classes. Finally, I ended up getting lost and coming to class ten minutes after the bell had rung, which resulted in the class looking at me when I walked in. I felt self-conscious. Everyone had already taken their seats so I rushed to sit down as well. However, I had to sit with someone new. It took me a while to begin talking to him but once I did, things became easier because I was able to ask for help when needed.

In high school I was going to be meeting new people in unfamiliar places, getting used to a new environment, and receiving more responsibilities. But I'm still looking forward to it.

( ) 1. How did the author feel before his first day?

- A. He was too nervous to sleep.
- B. He missed his old friends badly.
- C. He felt certain about his future life.
- D. He was worried about meeting new teachers.

( ) 2. What did the author do at the gate of the school?

- A. He asked others about the campus.
- B. He communicated with new friends.
- C. He asked for leave because of his illness.
- D. He saw his old friends in primary school.

( ) 3. What happened when the author was on his way to his first class?

- A. He lost his way.
- B. He was offered help.
- C. He made a new friend.
- D. He ran into his class teacher.

( ) 4. What does the underlined word "self-conscious" in Paragraph 4 mean?

- A. Angry.
- B. Embarrassed.
- C. Excited.
- D. Comfortable.

B [2025·福建福州高一期中]

Welcome to your freshman year of high school! Junior high is behind you, and now you enter a whole new world. But what should you expect about your freshman year of high school?

High schools are usually larger than any other school you've ever attended. Often, they seem to require a GPS to get from place to place. As a result, it's important to take orientation days (迎新日) seriously. Take your schedule and walk it a few times before the first day of school. The more you know going in, the faster you'll feel comfortable.

Making new friends is both exciting and scary in high school. You'll be taking classes

with people you've never met before, and they have whole new world views. Your friends may not share their lunch or study hall, so keep yourself open to finding others to sit with during those times. Other freshmen will be going through the same situation as you, and they'll need someone to sit with. If you see another freshman looking for a seat, provide a seat for him/her at your table.

When you entered high school, you found your coursework became more difficult. Your coursework will greatly increase, and expectations (期待) from your teachers will be much greater than before. You'll have more homework, more papers, and harder exams. So learning how to study well is very important in high school.

One of the great things about high school is that there are more chances to take part in activities that interest you. You can expect to choose a number of fun activities during your freshman year. Taking part in activities allows you to meet new people and find out what you're really interested in.

- ( ) 5. What is the purpose of the "orientation days"?
- A. To ask the first-year students to get a GPS.
- B. To teach the freshman to be serious about senior high school.
- C. To allow the freshman to make a schedule.
- D. To help the students with a better understanding of the new campus.
- ( ) 6. What does the author suggest doing after entering high school?
- A. Being open to new people.
- B. Building a new world view.
- C. Sharing the study hall with friends.
- D. Spending certain time with old friends.
- ( ) 7. What is the great thing about high school mentioned in the last paragraph?

- A. There are more chances to explore new things.
- B. There are many fun activities to choose from.
- C. Freshmen can learn to be more creative.
- D. It's easy to make friends in high school.

- ( ) 8. What is the writer's intention of writing this text?
- A. To encourage high schoolers to study harder.
- B. To explain the differences between middle school and high school.
- C. To show the importance of orientation days in high school.
- D. To tell about the freshman year of high school.

Ⅴ 语法填空 (每小题 1.5 分, 满分 15 分)

[2025 · 广东深圳高级中学高一期中]

How are you getting along in your senior high school? It may be hard for you as this is the first time that you 1. \_\_\_\_\_ (leave) your parents. You may often feel lonely and anxious, having trouble 2. \_\_\_\_\_ (communicate) with others. That's because you are new here 3. \_\_\_\_\_ people don't know about you. But I think you can overcome the 4. \_\_\_\_\_ (difficult) if you follow the advice below.

First, you should take 5. \_\_\_\_\_ active part in the discussions and show your own opinions, and at the same time, learn to listen to other people's views 6. \_\_\_\_\_ (careful).

Second, you should learn about your classmates' likes and dislikes to get on 7. \_\_\_\_\_ them. Only in this way can you get to know more different people and show them that you are just as 8. \_\_\_\_\_ (friend) as they are. Last but not least, join in more after-class activities 9. \_\_\_\_\_ will help you make more friends and enrich your school life. There's no need 10. \_\_\_\_\_ (worry) too much. As long as you have confidence in yourself, you can adjust to the new life quickly.

## Period Two Reading and Thinking

### 课内基础巩固

#### ❶ 单句填空(每小题 1.5 分,满分 15 分)

1. My twin brother is \_\_\_\_\_ (outgoing) than me although we are raised much in the same way.
2. It's really \_\_\_\_\_ (annoy) when a train is late and there's no explanation.
3. The \_\_\_\_\_ (frighten) look on her face suggested that something terrible must have happened to her.
4. If you're worried about your health, share your \_\_\_\_\_ (anxious) with your doctor.
5. I have great \_\_\_\_\_ (confident) in you and I believe you can make it in the end.
6. She smiled \_\_\_\_\_ (awkward) when she realized she had made a mistake in front of everyone.
7. It was hard to follow what he was saying, and finally I lost \_\_\_\_\_ (concentrate).
8. One of the most \_\_\_\_\_ (impress) memories was the opportunity to learn about the cultural traditions of our city.
9. Chemistry is great because we do \_\_\_\_\_ (experiment) in the science lab and our teacher, Mr King, is so funny.
10. Through \_\_\_\_\_ (explore) of different cultures, we can gain a deeper understanding of the world around us.

#### ❷ 短语填空(每小题 2 分,满分 16 分)

1. My schedule is very tight \_\_\_\_\_ (现在), but I'll try to fit you in.
2. If you \_\_\_\_\_ (专注于) what you don't have, you will never, ever have enough.

3. \_\_\_\_\_ (对……有信心) yourself, and you will make your dream come true.
4. There was a time when he \_\_\_\_\_ (对……生气) the noise from the construction site at midnight.
5. He \_\_\_\_\_ (为……担忧) the job interview tomorrow, fearing that he might not perform well.
6. On my first day at **senior high**, my English teacher \_\_\_\_\_ (给……留下深刻的印象) me.
7. \_\_\_\_\_ (最后), after twenty hours on the boat, they arrived at their destination.
8. I feel **annoyed** right now, so you might as well \_\_\_\_\_ me \_\_\_\_\_ (不打扰).

#### ❸ 句型训练(每小题 3 分,满分 12 分)

1. \_\_\_\_\_ and we are not prepared for it? (what if)  
如果天气突然变化而我们没有准备好怎么办?
2. During our travel we \_\_\_\_\_.  
(find + 宾语 + 宾补)  
在我们的旅程中,我们发现村民们非常友好并且乐于助人。
3. Could you please \_\_\_\_\_?  
I'm busy with my report now. (tell)  
你能告诉那个女孩保持安静并让我一个人待一会儿吗? 我现在忙着赶报告呢。
4. Travelling is a good way \_\_\_\_\_ and broaden the mind.  
(explore)  
旅行是探索不同文化和开阔眼界的好方法。

Ⅳ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·河北保定六校联盟高一期中联考]

High school can be challenging for everyone. You are going through an awkward time and you may either fit in right away or feel like a complete outcast. But no matter how well you may fit in (or not), joining a club will be good for you in the short term and long term.

Joining a club is a great way to meet new people especially if you are new to the school. Joining a club forces you to communicate with people who have similar interests to you. Even if you are the shyest and quietest person, you are sure to develop a relationship with at least one person in the club that you decide to join.

Another really nice thing about joining a club is that doing activities looks good on college applications (申请). Being known as outgoing is a highly important quality; it shows that you are determined and willing to try new things. Another nice thing is that it could help you develop skills that you could use during a college interview.

Many students struggle with productivity. Most teens go to school and then come home and spend the rest of the day in front of the television or phone, but activities can prevent this. Teens are easily influenced and if they end up with the wrong group of people, they may face bad results such as problems with the law. Clubs provide a safe place to spend time with friends.

Maybe the most important reason why you should join a club is the long-term benefit (益处) it brings. The classroom isn't the only

learning environment in a school. Things such as meeting and speaking to new people, keeping an eye on the time, and being organized are things you will use every single day of your life.

( ) 1. What might the underlined word "outcast" in Paragraph 1 mean?

- A. A person who is popular.
- B. A person who is not smart.
- C. A person who is not accepted.
- D. A person who is confident.

( ) 2. What do colleges think highly of according to the text?

- A. The number of clubs you have joined.
- B. The good personality you have developed.
- C. The strong relationships you have built.
- D. The skills you have learned while forming a club.

( ) 3. What's the advantage of joining a club talked about in Paragraph 4?

- A. Increasing knowledge.
- B. Learning teamwork skills.
- C. Making good use of your time.
- D. Improving your fitness level.

( ) 4. What is the best title for the text?

- A. What club should you join?
- B. How to join a club you like?
- C. Should you join a second club?
- D. Why should you join a club?

Ⅴ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·浙江丽水高一期中]

The transition from middle school to high school can be exciting, but the change can be scary for a lot of people. In fact, there's a lot to look forward to in high school. Try to look at the bright side and don't worry. 1. \_\_\_\_\_



班级	
姓名	
题号	
答题区	
阅读理解	
1	
2	
3	
4	
七选五	
1	
2	
3	
4	
5	

● Stay organized. Your organizational skills are especially important in high school. 2. \_\_\_\_\_ You can write down test dates, homework, and other important information to remind yourself. Then go through your notes every week and throw out anything you no longer need.

● Make friends with a bunch of different people. Move out of your comfort zone and be a friend to everyone. If you stick with the same group of friends and never try to meet new people, you might be missing out on new experiences. 3. \_\_\_\_\_

● 4. \_\_\_\_\_ Get plenty of rest so that you wake up feeling good the next day. Try to eat a healthy diet full of plenty of vegetables, whole grains, and lean protein. It sounds cliché (陈词滥调), and you’ve probably heard it before, but taking care of yourself makes a major difference when it comes to getting through the freshman year.

● Find extra-curricular activities you enjoy. 5. \_\_\_\_\_ If you enjoy movies, see if there’s a film club at school. Most high schools have dozens of extra-curricular activities, and it’s a great way to get engaged at school, relieve stress, and meet other students.

- A. Be kind to your body.
- B. Listen to your teacher’s advice.
- C. Get a weekly plan and update it every day.
- D. Because people like to make friends with outgoing and active people.
- E. Here are some tips for you during your freshman year of high school.
- F. If you love volleyball, ask your physical education teacher when tryouts are.

G. It doesn’t mean you shouldn’t have a best friend, but it’s always a good idea to keep an open mind.

Ⅶ 语法填空(每小题 1.5 分,满分 15 分)

[2025·湖北宜昌协作体高一期中]

High school is the most important time of a person’s life. My own experience has been full 1. \_\_\_\_\_ more laughter, stress, and—most importantly, growth—than I ever could have expected.

The lessons I have learned about the world in the last three years have shaped who I 2. \_\_\_\_\_ (be) today, and that person is far from the inexperienced 14-year-old girl who walked through those glass 3. \_\_\_\_\_ (door) of the teaching building nearly three years ago.

As a freshman, my struggle began with adapting to (适应) what felt like a whole new world. I was eager to make friends. I knew 4. \_\_\_\_\_ it was like to feel lonely in a school with so many strangers. I felt like I had to act a certain way or be a certain person 5. \_\_\_\_\_ (get) close to people in my classes or on my soccer team.

Every day, in my head was how I could manage to make 6. \_\_\_\_\_ (I) look like someone with more friends than I 7. \_\_\_\_\_ (actual) had at the time.

At the end of my freshman year and into the next, I had 8. \_\_\_\_\_ good time. School wasn’t particularly 9. \_\_\_\_\_ (challenge), and I was spending my weekends having fun with my friends and going to basketball games. I had finally created a routine and was mostly 10. \_\_\_\_\_ (please) with my life.

## Period Three Discovering Useful Structures

### 课内基础巩固

❶ 指出下面的句子是哪一类句型(每小题 3 分,满分 15 分)

1. The May Fourth Movement broke out in Beijing in 1919. \_\_\_\_\_
2. That gentleman can speak three languages fluently. \_\_\_\_\_
3. Would you please pass me the dictionary?  
\_\_\_\_\_
4. This kind of food tastes delicious. \_\_\_\_\_
5. The terrible sound made the children frightened. \_\_\_\_\_

❷ 句型训练(每小题 3 分,满分 15 分)

1. \_\_\_\_\_ when he isn't working.  
(like)  
他不工作的时候喜欢画画。
2. \_\_\_\_\_  
\_\_\_\_\_ on my birthday last week. (buy)  
上周我父亲在我生日那天给我买了一辆新自行车。
3. \_\_\_\_\_ on the  
playground just now? (see)  
你刚才看到李明在操场上踢足球了吗?
4. \_\_\_\_\_ when  
spring comes. (get)  
当春天到来时,白天就会变得越来越长。
5. \_\_\_\_\_ to read a few  
stories to my daughter every night before  
she goes to bed. (it 作形式宾语)  
我每天晚上在女儿睡觉之前给她读几个故事,这已经成为惯例。

❸ 语法填空(每小题 1.5 分,满分 15 分)

[2025·湖南怀化高一期中]

As we all know, senior high school life is full of challenges. When you rise to the challenges, you will have the opportunity 1. \_\_\_\_\_ (acquire) great knowledge and enjoy personal growth. Most 2. \_\_\_\_\_ (important), your time and effort at senior high school will open the door to your potential.

Put simply, potential is your natural ability 3. \_\_\_\_\_ can be developed when you try hard enough. The possibilities are endless, and I have confidence 4. \_\_\_\_\_ your ability to make a difference to your family, to your community and to your country. Over the next three years, you 5. \_\_\_\_\_ (discover) your potential while you develop as 6. \_\_\_\_\_ student and as a person.

To fully realize the potential, it is important for you to make the most of school 7. \_\_\_\_\_ (resource). Of equal importance are good study habits, 8. \_\_\_\_\_ (use) skills and a positive attitude. In time you will find 9. \_\_\_\_\_ (you) growing into a well-rounded individual.

Senior high school will help students learn and grow, yet you alone are responsible for 10. \_\_\_\_\_ (realize) your great potential. Be confident, do your best and make us proud!

### 课后素养提升

❹ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·山东省百师联考高一期中]

The first day of high school felt like a big adventure, but also a bit terrible. I didn't know how important studying would be, and I didn't

have any plans for what I wanted to do later in life.

My friend, Alex saw that I wasn't really into school. One day, after a boring science class, he talked to me. "You can do better," he



said seriously. “You just need to put in some effort.” His words made me think.

I started to focus more in class, trying to really understand what the teachers were saying. Alex and I would study together, and he would help me with the difficult parts. Gradually (逐渐地), things that I didn’t make sense of before started to click.

One day, while we were working on a science problem, I had a moment of understanding. I realized that learning is not just about getting good marks; it’s about exploring new ideas and enjoying the challenge of solving problems. It felt great to make things out.

As time went by, my grades got better, and so did my attitude towards school. I started to think about what I wanted to do when I grew up and made plans for college. I understood that high school was a chance to get ready for my dreams.

Now, I’m thankful for that moment when I realized how important learning is and for Alex’s help. It showed me that school is a place to discover what you love and to work towards your goals. I look forward to each day, knowing that every bit of learning brings me closer to becoming the person I want to be.

- ( ) 1. What do we know about the author from Paragraph 1?
- A. He was excited and ready.  
B. He made no plans for the future.  
C. He played an adventurous game.  
D. He wanted to challenge himself.
- ( ) 2. What did Alex do to help the author?
- A. He gave the author extra homework.  
B. He made science classes more interesting.  
C. He encouraged the author to work harder.  
D. He made efforts to change the author’s interest.

- ( ) 3. What made the author see the value of learning?
- A. Getting a high mark.  
B. A talk with a teacher.  
C. Visiting an ideal college.  
D. Solving a science problem.
- ( ) 4. Which would be the best title for the text?
- A. The journey to loving learning  
B. The importance of studying hard  
C. Discovering my future work  
D. My best friend in high school

● 阅读七选五 (每小题 2.5 分, 满分 12.5 分)  
[2025 · 辽宁丹东阶段测试]

**How to be a successful high school student**

Being a successful high school student requires both patience and power. There may be many distractions (使人分心的事) during teen years. To become a successful student, you have to say “no” to them. 1. \_\_\_\_\_ The following are some tips you can try.

**Remember that school is important.**

The truth is that school is important. You need it to get into a good college and later get a good career that will support you for the rest of your life. 2. \_\_\_\_\_ It’s important to have fun and have lots of activities, but school should always be your number one work. Never take homework and tests lightly!

3. \_\_\_\_\_

Make sure you have everything you need. If your teacher likes to lecture, have a notebook to help you remember. Keep papers in order. They’ll be easier to find later. If your binder (活页夹) starts to get full, put old papers into another binder to keep at home. This way you won’t have to put them around, but they will be there when you are studying for tests.

**Make friends.**

There’s too much going on to worry about: who’s friends with whom, who the popular

people are. 4. \_\_\_\_\_ Be confident and be yourself. Get into the habit of saying “Hi” to people and not being afraid to talk to new classmates. The more comfortable you become with people, the more people will like you.

**Take part in a sport.**

It's easy to forget to stay in shape when the work becomes more, so joining a team makes it less worrying. If you're going for all three seasons, that's great, but make sure you're being practical with your time. Try your hardest at both your sport and your schoolwork and you should be more than great. 5. \_\_\_\_\_

A. Make a plan.  
B. Stay organized.  
C. It may be hard, but hard work always pays off.  
D. You're healthy and on top of your schoolwork.  
E. Make friends with someone who takes school seriously.  
F. The best thing to do is be friendly to and with everyone.  
G. Even if you decide not to go to college, school does help a lot socially.

**Ⅶ 完形填空(每小题 1 分,满分 15 分)**

[2025·福建龙岩高一期中]

I knew that my first day of senior high school would be challenging. I was 1 that I would spend my first day in senior high school.

On Monday I was 2 for my first day of senior high school. My backpack was 3 with materials I needed, such as pencils, notebooks and so on. I hoped the first day of senior high school would go 4. Finally the first day of school 5. As I walked into the classroom, I saw my first class was 6. I didn't do well in maths. Doing maths at first in the morning could be 7. I was surprised at what the maths teacher said, “8 wherever you'd like. There are no fixed seats in maths class.” My maths teacher was 9 very nice, and I liked her from the start. My next class was English. My English teacher was Ms

Popstar. She was so knowledgeable that we 10 her. After lunch I had a biology class, I figured the day was closing out and I didn't feel too 11 about senior high school.

I knew this year was going to be a 12 because I started to realize that I was growing up to be an adult. I would 13 my classes. There were many fun and unknown things for me to 14 in senior high school. I 15 some new friends and new teachers that were so nice and welcoming on the first day.

- ( )1. A. careless                      B. nervous  
    C. annoyed                          D. amazed
- ( )2. A. preparing                      B. looking  
    C. asking                            D. calling
- ( )3. A. satisfied                        B. disappointed  
    C. impressed                        D. filled
- ( )4. A. suitable                        B. advanced  
    C. perfect                            D. expert
- ( )5. A. passed                         B. missed  
    C. improved                        D. arrived
- ( )6. A. Chinese                        B. maths  
    C. PE                                 D. physics
- ( )7. A. tiring                            B. doubtful  
    C. unique                            D. informal
- ( )8. A. Stand                            B. Leave  
    C. Sit                                 D. Play
- ( )9. A. actually                        B. secretly  
    C. officially                        D. partly
- ( )10. A. tested                         B. cheated  
    C. admired                         D. helped
- ( )11. A. strange                        B. dangerous  
    C. wonderful                        D. bad
- ( )12. A. job                             B. change  
    C. plan                                D. goal
- ( )13. A. give up                        B. concentrate on  
    C. believe in                        D. carry out
- ( )14. A. recommend                    B. exchange  
    C. explore                            D. support
- ( )15. A. met                             B. recognised  
    C. tracked                            D. greeted

班级	
姓名	
题号	答案
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七选五	
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完形填空	
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## Period Four Listening and Talking & Reading for Writing

### 课内基础巩固

#### ❶ 单句填空(每小题 1.5 分,满分 15 分)

1. Her thoughts kept \_\_\_\_\_ (flash) back to the embarrassing moment she had earlier in the day.
2. The UN is an international \_\_\_\_\_ (organise) that helps countries to solve the problems peacefully.
3. He looked at me \_\_\_\_\_ (curious) as if he had some doubt that he was unwilling to express.
4. It's only a small \_\_\_\_\_ (improve), but at least it's a step in the right direction.
5. \_\_\_\_\_ (revise) is a must if you want to grasp what you have learned.
6. It is wise \_\_\_\_\_ (plan) your trip in advance to avoid any last-minute chaos.
7. She has a very **outgoing** and friendly \_\_\_\_\_ (personal), which makes her popular among her peers.
8. English textbooks often require students to master new study skills and learning \_\_\_\_\_ (strategy).
9. We **look forward to** \_\_\_\_\_ (exchange) views with you face to face.
10. The old woman hated spending her holiday alone, so she took her daughter \_\_\_\_\_ company.

#### ❷ 短语填空(每小题 2 分,满分 10 分)

1. As a **curious** teenager, I \_\_\_\_\_

(期望) **exploring** the universe and discovering its truths.

2. Children should be encouraged to **explore** whatever they \_\_\_\_\_

(对……感到好奇).

3. People who \_\_\_\_\_ (做笔记) remember the material better than those who don't.

4. Success in study mainly \_\_\_\_\_ (取决于) one's own efforts.

5. I can't \_\_\_\_\_ (集中精力于) what I'm doing with all that noise going on.

#### ❸ 句型训练(每小题 3 分,满分 12 分)

1. \_\_\_\_\_ depends on \_\_\_\_\_.

(名词性从句)

他是否会来取决于他是否有足够的时间。

2. Wherever she is, you will \_\_\_\_\_ her cellphone. (never...without...)

无论她在哪里,你会发现她手机不离身。

3. \_\_\_\_\_, please think twice before you act. (no matter what)

不管你想做什么事,请三思而后行。

4. If a student is invited to a dinner at a home, \_\_\_\_\_ between

the time stated and 10 minutes later. (it)

如果一个学生被邀请到(别人)家里去吃饭,明智的做法是在约定时间之后的十分钟内到。

Ⅳ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·云南师大附中高一期中]

Educators have long realized that ninth-graders are likely to meet with greater academic and social problems than students at any other level. Not only are the students making a difficult transition (过渡) from junior high or middle school to high school, but courses are more challenging than ever before and the pressure to fit in socially also increases. As a result, innovation (创新) programmes are started to help freshmen adjust to and succeed in high school. In Sewell, New Jersey, a four-day camp programme is prepared for incoming freshmen at Washington Township High School. This past summer, 217 students joined in the camp.

The opening day of the camp includes icebreaker activities and a treasure hunt that includes finding classrooms. The camp is housed in the building where freshman courses are offered, so students can become familiar with the entire school.

On the second day of the camp, students go into classrooms and work on skills they will need, such as time management, study and test-taking strategies, and even college planning. They learn what lockers are like and how they work.

On the third day students take part in games to deepen the ideas introduced earlier in the week. They play study skills bingo, a musical chairs game based on the interests they share, and a four corners game to identify the holidays they have in common as well as similar tastes in food and music.

The camp closes with a ceremony during which the campers are given a certificate and a celebratory pizza party. The transition from middle school to high school has a social aspect, and the camp gives students a sense that they're not alone.

- ( ) 1. Why are the camp programmes designed?
- To prepare students to get greater grades.
  - To encourage people to live independently.
  - To enable teachers to know new students.
  - To help freshmen fit in with high school life.
- ( ) 2. What do students benefit from the second day of the camp?
- They taste delicious food.
  - They make more good friends.
  - They get some learning strategies.
  - They become familiar with the campus.
- ( ) 3. What can we learn from the last paragraph?
- The camp helps lessen students' anxiety.
  - The campers find it hard to face challenges.
  - Transition programmes should be planned well.
  - All the campers attend the closing ceremony.
- ( ) 4. What is the text mainly about?
- The schedule of a four-day trip.
  - A transition programme for freshmen.
  - How to adjust to the new school life.
  - What to expect in senior high school.

班级	
姓名	
题号	
阅读理解	
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Ⅶ 写作

第一节 应用文写作(满分 15 分)

[2025·河南省九师联考高一期中]

假定你是高一学生李华,你的美国好友 Eric 发邮件询问你的高中校园生活情况。请你回复邮件,内容包括:

1. 在新学校的见闻;
  2. 你对未来的憧憬。
- 注意:1. 写作词数应为 80 个左右;  
2. 请按如下格式在相应位置作答。

Dear Eric,

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Yours,  
Li Hua

第二节 读后续写(满分 25 分)

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。

I still remember the first day when I entered high school. Everywhere on the campus I could smell excitement in the fresh air, yet a thread of nervousness wound through my stomach. As I walked through the campus road, I gazed up at the towering buildings and the busy students, knowing that a new chapter of my school life was about to unfold.

In my first maths class, I quickly realized it was going to be far harder than what I was used to. The teacher talked so fast, and the mountain of homework was too much, making it hard for me to breathe. I tried to pay attention, but my mind was racing. I started to doubt myself, wondering if I could really handle high

school life. I felt I could hardly follow anything. I felt lost.

After the class, I sat at my desk, feeling like I was in over my head. That was when Mr Smith, my maths teacher, came over. He saw I was upset and asked if I was okay. I told him I was finding everything really hard and wasn't sure I could handle it.

Mr Smith's eyes softened as he smiled, and he said in a comforting tone, "I understand how you feel. High school is a significant leap from junior high, but it's also an opportunity for you to grow. Everyone struggles at first. The important thing is not to give up." He spent some time going over the maths stuff I didn't understand.

His words made me feel a little better, and I listened closely as he explained everything again. By the end of our talk, I felt a bit more hopeful about the rest of the day and the year ahead.

注意:续写词数应为 150 个左右。

Paragraph 1:

*After that day, I made up my mind to face the challenges.* \_\_\_\_\_

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Paragraph 2:

*As the weeks passed, I noticed that I was making progress.* \_\_\_\_\_

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## ► 单元小测

WELCOME UNIT

### ❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. The teacher **designed** a series of tasks to help the students build up their \_\_\_\_\_ (confident).
2. Your art skills are excellent, which leave me a deep \_\_\_\_\_ (impress).
3. The UK is a developed country and its \_\_\_\_\_ (nation) flower is rose.
4. I wonder what learning \_\_\_\_\_ (strategy) you will share with your **partner**.
5. Although it was hard at first, Jane came to enjoy working as a fashion \_\_\_\_\_ (design).
6. It's hard to describe how I feel on my first day at **senior high**. It's a mixture of \_\_\_\_\_ (anxious) and excitement.
7. It's just a(n) \_\_\_\_\_ (formal) party, so you can wear anything you want, like T-shirts and jeans.
8. The teacher was so \_\_\_\_\_ (annoy) with the boy for turning up late every day.
9. If you want to take a book out of the library, you just need to fill in a \_\_\_\_\_ (register) form.
10. \_\_\_\_\_ (learn) to think critically (批判性地) is an important skill today's children will need.

### ❷ 短语填空(每小题 2 分, 满分 16 分)

1. The movie's ending \_\_\_\_\_ (给……留下深刻印象) me—I couldn't stop thinking about it!
2. John lost touch with us one year ago; no one knows what \_\_\_\_\_ (发生) him ever since.
3. We \_\_\_\_\_ (对……感到好奇) how the astronauts drink water while they are standing on their heads.
4. He will \_\_\_\_\_ (不碰) things that might cause trouble; as he often says, "Let sleeping dogs lie."

5. After a long wait the big day for the football match came \_\_\_\_\_ (终于, 最终).
6. When the teacher explained the text, the students listened attentively and \_\_\_\_\_ (记笔记).
7. If you just look at words, you may forget them quickly, but writing them makes you \_\_\_\_\_ (集中精力于) them more efficiently.
8. When you \_\_\_\_\_ (做实验), it is important that you have the patience to observe and record the whole process of the **experiment**.

### ❸ 句型训练(每小题 3 分, 满分 12 分)

1. \_\_\_\_\_? Will the outdoor event still be held? (what if)  
如果明天下雨怎么办? 户外的活动还会举行吗?
2. You can \_\_\_\_\_, but you cannot be a member of both due to time conflicts. (either)  
你可以加入科学俱乐部或者艺术俱乐部, 但由于时间冲突, 你不能同时加入两个。
3. The thought of \_\_\_\_\_ filled her with horror. (leave alone)  
想到被孤零零地留下, 她不寒而栗。
4. Have a face-to-face talk with Sarah, and \_\_\_\_\_.  
和莎拉面对面交谈, 你会发现她既友好又外向。

### ❹ 阅读理解(每小题 2.5 分, 满分 10 分)

[2025·广东茂名高一期中]

Some students get so nervous before a test. They do poorly even if they know the material. Sian Beilock, a professor at the University of Illinois Chicago, has studied these highly anxious test-takers. The students start worrying about the results. And when they worry, it actually uses up attention and memory resources (资源).



Professor Beilock and another researcher, Gerardo Ramirez, have developed a possible solution. Just before an exam, highly anxious test-takers spend ten minutes writing about their worries about the test.

The researchers tested the idea on a group of twenty anxious college students. They gave them two short maths tests. After the first one, they asked the students to either sit quietly or write about their feelings about the upcoming second test.

Professor Beilock says those who sat quietly scored an average of 12% worse on the second test. But the students who had written about their fears improved their performance by an average of 5%. Next, the researchers used younger students in a biology class. They told them before final exams either to write about their feelings or to think about things unrelated to the test. Professor Beilock says highly anxious students who did the writing got an average grade of B+, compared to a B- for those who did not.

“What we showed is that for students who are highly test-anxious, who’d done our writing intervention (干预), all of a sudden there was no relationship between test anxiety and performance. They were performing just as well as their classmates who don’t normally get nervous in these tests.”

But what if students do not have a chance to write about their fears immediately before an exam? Professor Beilock says students can try it themselves at home or in the library and still improve their performance.

- ( ) 1. What may the students start worrying about before an exam?
- A. Whether they can pass the exams.
  - B. What other students do during the test.
  - C. Whether they have remembered the materials.
  - D. What kind of problems they will meet on the test paper.

- ( ) 2. What is the solution developed by the two researchers?
- A. Asking the students to think nothing of the test.
  - B. Asking the students to focus on the test.
  - C. Asking the students to sit quietly before the test.
  - D. Asking the students to write about their worries before the test.
- ( ) 3. According to Professor Beilock, those who thought about things unrelated to the test \_\_\_\_\_.
- A. became less nervous before the test
  - B. were better at controlling their feelings
  - C. did worse than those who wrote about their feelings
  - D. did better than those who took two tests
- ( ) 4. What can be learned from the last paragraph?
- A. Writing about worries before an exam can work a bit.
  - B. Studying in the library can improve students’ performance.
  - C. Students can only write about worries right before an exam.
  - D. It doesn’t matter where to write about worries before an exam.

Ⅴ 语法填空(每小题 1.5 分, 满分 15 分)

[2025·山西太原高一期中]

Students have the opportunity 1. \_\_\_\_\_ (take) part in different after-school activities during their time at senior high—from sport, music and drama to 2. \_\_\_\_\_ (person) development and community service programmes. There are a lot of advantages 3. \_\_\_\_\_ come from involvement (参与) in these programmes.

Weekly activities can offer a welcome break from studies and homework—4. \_\_\_\_\_ (particular) for senior students if they can spare the time. Depending 5. \_\_\_\_\_

students' interests, they may provide the chance to get outside and exercise, see friends, develop 6. \_\_\_\_\_ hobby or simply refresh their mind.

Besides building skills within a specific programme, after-school activities are great for 7. \_\_\_\_\_ (develop) general academic and soft skills. Debating is good for public speaking and sport is good for teamwork. Being involved in different activities 8. \_\_\_\_\_ (help) to improve students' time management skills, while finding an area they enjoy can improve self-confidence.

While students usually have the chance to learn different study areas through a lot of 9. \_\_\_\_\_ (subject), after-school activities allow 10. \_\_\_\_\_ (they) to explore an interest in more depth than in class. They can also provide a great chance for students to broaden their views on the world, especially for those involved in volunteering and community service programmes.

Ⅶ 完形填空(每小题 1 分,满分 15 分)

[2025·福建三明两校协作高一联考]

Jenna had graduated from middle school and was ready for new 1 in high school. 2, high school was different. In the first week, Jenna tried out for a cheerleading team. She 3 very excellent girls, and she knew it would be difficult for her to be chosen. Two hours later, the judge(裁判) 4 a list of the girls for the second tryout. Her name wasn't on the list. Feeling 5, she walked home carrying her schoolbag full of homework. 6 home, she started with maths. She had always been a good maths student, but now she was 7. She moved on to English and history, and was 8 to find that she didn't have any trouble with those subjects. Feeling better, she decided not to 9 maths for the time being.

The next day in 10 class, Jenna spent most of her time working out the problems that had given her so much 11. By the end of class, she finally got the answers. As she gathered (收拢) her books, Jenna 12 she'd continue to try to fit in at her new school. She wasn't sure if she'd succeed, but she knew she had to 13. High school was just as her mum had said, "You will feel like a small fish in a big pond 14 a big fish in a small pond. The challenge is to become the 15 fish you can be."

- ( )1.

A. courses

C. challenges
- ( )2.

A. So

C. Therefore
- ( )3.

A. fought

C. beat
- ( )4.

A. pronounced

C. saw
- ( )5.

A. strange

C. sad
- ( )6.

A. Arriving

C. Staying
- ( )7.

A. struggling

C. working
- ( )8.

A. anxious

C. scared
- ( )9.

A. work with

C. worry about
- ( )10.

A. physics

C. English
- ( )11.

A. pleasure

C. trouble
- ( )12.

A. decided

C. refused
- ( )13.

A. swim

C. ask
- ( )14.

A. in exchange for

C. in terms of
- ( )15.

A. thinnest

C. best
- B. decisions
- D. exercises
- B. However
- D. Besides
- B. connected
- D. encouraged
- B. forgot
- D. heard
- B. happy
- D. lonely
- B. Going
- D. Leaving
- B. improving
- D. continuing
- B. disappointed
- D. relaxed
- B. prepare for
- D. give up
- B. history
- D. maths
- B. hope
- D. courage
- B. accepted
- D. felt
- B. try
- D. travel
- B. in case of
- D. instead of
- B. smallest
- D. gentlest

班级	
姓名	
题号	答案
1	
2	
3	
4	
完形填空	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	