



题级: _____ 姓名: _____ 得分: _____

单元素养测评卷（一）

WELCOME UNIT



（时间：120 分钟 分值：150 分）

第一部分 听力（共两节，满分 30 分）

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

- () 1. Whose birthday is it today?
A. Mike's. B. Richard's. C. Susan's.
- () 2. What does the man want to be?
A. A cook. B. A teacher. C. A gardener.
- () 3. What are the speakers mainly talking about?
A. Their friend Jane. B. A weekend trip.
C. A radio programme.
- () 4. Why is Emma tired?
A. She has just finished a report.
B. She climbed a mountain.
C. She did a lot of housework.
- () 5. How does the man always feel?
A. Full. B. Hungry. C. Energetic.

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

- () 6. What does the woman suggest buying first?
A. Flowers. B. A scarf. C. Chocolates.
- () 7. Where will the speakers probably go next?
A. To a garden. B. To a shop.
C. To the teacher's office.

听第 7 段材料，回答第 8 至 10 题。

- () 8. Who is Jane probably talking to?
A. A schoolmate. B. A teacher. C. A close friend.
- () 9. Which course does Jane like now?

- A. History of art. B. Ancient Indian history.
C. History and politics in Latin America.
- () 10. What is Jane likely to do this weekend?
A. Go to a party. B. Work on a paper.
C. Have a meal with the man.

听第 8 段材料，回答第 11 至 13 题。

- () 11. Why is Angela Zhang in the news?
A. She won a contest. B. She gave away \$ 100,000.
C. She reads 300 books a year.
- () 12. How old is Nithin Tumma?
A. 13. B. 18. C. 19.
- () 13. Where is Neveah Mosher from?
A. California. B. Michigan. C. New York.

听第 9 段材料，回答第 14 至 17 题。

- () 14. What is the possible relationship between the speakers?
A. Teacher and student. B. Classmates.
C. Colleagues.
- () 15. Where does the conversation probably take place?
A. In the classroom. B. Over the phone.
C. At the woman's home.
- () 16. Why does Tom feel stressed out?
A. He can't speak English well.
B. He has known the exam result.
C. He didn't do well in the English exam.
- () 17. What is the woman's suggestion?
A. Correcting the mistakes now.
B. Paying more attention next time.
C. Communicating with parents.

听第 10 段材料，回答第 18 至 20 题。

- () 18. What is the purpose of the museum?
A. To show more computers. B. To help school children.
C. To develop the industry.
- () 19. Why does the company invite the listeners?
A. To sell them computers.
B. To get some advice.
C. To introduce the history of the company.
- () 20. When will the speaker come back?
A. In half an hour. B. In an hour.
C. In more than an hour.

第二部分 阅读（共两节，满分 50 分）

第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）

阅读下列短文，从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A [2025·福建龙岩一级校联盟高一期中联考]

Study abroad programmes in New Zealand

New Zealand is a land of breathtaking natural beauty, friendly locals, and a unique cultural heritage. Here are some study abroad programmes for high school students.

Homestay Exchange

Students who come to New Zealand for a semester or a whole year usually stay with local host families. This provides a great chance for them to experience the typical daily life in New Zealand. Students learning the language can improve their language abilities by communicating with their host families. And for those who are already good at the language, they can gain a deeper understanding of the local lifestyle.

Adventure Study Tours

These tours are an excellent choice for high school students who want to have a short but meaningful study experience abroad. The tours are often based on different themes such as art exploration, outdoor exploration, or community service. Students will have a special and enjoyable time while combining educational elements such as history or nature studies—without leaving their regular schoolwork behind.

Winter Study Programme

For students who only have their winter break available, a specialized winter programme is ideal. Remember, the winter in the northern hemisphere（半球）is the summer in New Zealand. Frequently, these winter programmes are connected with colleges, enabling students to get university credits.

- () 21. What can Homestay Exchange offer?
A. A complete knowledge of our textbooks.
B. A better chance to understand New Zealand's culture.
C. A great method to communicate with expert educators.
D. A valuable opportunity to make friends from all over the world.
- () 22. Who might be interested in Adventure Study Tours?
A. Those who are interested in music.
B. Those who are fond of art exploration.
C. Those who like indoor activities.
D. Those who wish to do part-time jobs.

- () **23.** What do these three programmes in New Zealand have in common?
- A. They all give university credits to students.
- B. They all only focus on language learning.
- C. They all offer educational activities to foreign students.
- D. They all provide an opportunity to explore different themes.

B [2025 • 山东名校考试联盟高一期中]

In middle school, I was one of the “gifted” kids. I felt like I was on top of the world. I was able to even use my “gifted” title to get accepted into a famous private high school, something I’d never expected.

Then high school began. All of a sudden, I was no longer at the top of my class. Teachers didn’t look to me for the correct answer. My papers were filled with corrections, not praise. To put it simply, all the straight A’s on my report card were quickly disappearing.

My parents’ concern grew—they began to search for tutors and would constantly ask me as if they were trying to find out what was wrong with me. My concern grew too—the pressure to live up to their expectations only became greater and I found myself constantly anxious, and worrying about school.

Last week, watching Simone Biles pull out of the Olympics reminded me of this feeling. Simone Biles: the GOAT (Greatest of All Time). If there was any one person we knew we could depend on to win gold in her event, it was Simone. But that kind of pressure is unbearable. Imagine having to practically carry the Olympics on your back because all of the United States feels as though they can rely on you. However, unlike me and my freshman-year identity crisis, Simone recognized the pressure she was under. She had the bravery and self-reflective skills to be able to realize that the pressure of perfection was too much for her to handle.

Simone Biles has taught me a very important lesson: to be the greatest person of all time, mental health must come first. Instead of getting down on myself for not performing the way I wanted to, I need to take a note from Simone and be kind to myself, taking a break and asking for help when necessary. Taking care of yourself and your mental health is nothing to be ashamed of. After all, if GOAT can do it, so can we!

- () **24.** How might the author find her middle school life?
- A. Challenging. B. Peaceful.
- C. Meaningless. D. Satisfying.
- () **25.** What may be a reason for the author’s anxiety?
- A. Disappointing her parents.
- B. Caring about her appearance.
- C. Failing to be admitted to college.
- D. Being unable to complete her papers.

- () **26.** What might Simone Biles be?
- A. A professional athlete.
- B. An Olympic official.
- C. An event organizer.
- D. A medal presenter.

- () **27.** What did the author learn from Biles?
- A. Deal with pressure on our own.
- B. Taking care of ourselves matters.
- C. Never seek help whatever happens.
- D. Winning comes first in all the fields.

C [2025 • 辽宁名校联盟高一期中]

Singing is one of the purest ways to express joy, yet for most of her life, Sofia Zalazar was too shy to lift her voice in song in public.

The high school junior from Argentina was born with a cleft (唇裂), so expressing herself vocally was difficult while she was growing up. The other children laughed at her for the way she spoke, and she struggled to feel like she fitted in.

Sofia was fitted with a bulb (咽球) that fitted inside her mouth to help her form accurate sounds. While Sofia began to make great progress in speaking clearly, she still felt embarrassed around her classmates.

During school lunches, she didn’t want any of them to see her remove her bulb in order that she could eat. She would slip into the bathroom before the meal to remove it, and then remain silent throughout lunch while her classmates chatted and laughed all around her. The process made her feel lonely even when she was surrounded by others.

When she was 15, Sofia learned that Smile Train, the world’s largest cleft charity, would sponsor local professionals at nearby Notti Hospital to perform the operation she had waited so long for. She was overjoyed at the prospect of removing her bulb for good and

living a confident life.

Now Sofia no longer requires a bulb! The operation and ensuing treatments Smile Train sponsored also resulted in permanent speech improvements that made an immediate positive impact on the teenager’s daily life.

After Sofia shared a few verses of her favourite song in a Smile Train video, something truly remarkable happened. Sebastian Yatra, the Colombian singer and songwriter who wrote the hit, saw the video and recorded a special message just for her! Sofia was so excited by Sebastian’s message and by the incredible effect her own voice made!

Smile Train has helped more than 1.5 million children like Sofia, and it continues to let smiles heal families all over the world.

- () **28.** What does the underlined part “expressing herself vocally” mean in Paragraph 2?
- A. Screaming hard.
- B. Speaking weakly.
- C. Talking actively.
- D. Pronouncing properly.

- () **29.** Which one was a challenge for Sofia with a bulb?
- A. Chatting freely.
- B. Looking natural.
- C. Eating things.
- D. Opening her mouth.

- () **30.** What was the outcome of Sofia sharing her singing in a Smile Train video?
- A. She became a professional singer.
- B. She gained widespread recognition on social media.
- C. She was offered a scholarship to a music academy.
- D. She received a special message from a famous singer.

- () **31.** What can be inferred about the impact of Smile Train’s assistance on children like Sofia?
- A. It has a lasting and huge effect on their lives.
- B. It offers a one-time solution to their physical challenges.
- C. It provides a momentary improvement for their confidence.
- D. It is limited and does not address their emotional needs.

D [2025 • 河南郑州十校高一期中联考]

Have you ever played a computer game for a long time and then kept seeing the game’s images afterward? This happened to me with

the classic shape-falling game *Tetris* (俄罗斯方块), created in 1985 by Alexey Pajitnov.

Feeling stressed one evening, I turned on my Switch to find a game to play and relax with. That was when I discovered *Tetris*. Before I knew it, I was extremely interested. Even when I stopped, my brain was still playing, with the blocks falling in my mind. I started looking at objects in the real world and thinking about how they could be moved and stacked (堆叠) together. I even dreamed about *Tetris*. I was experiencing the common “Tetris Effect”.

Introduced by journalist Jeffrey Goldsmith in his 1994 *Wired* magazine article called “This Is Your Brain on Tetris”, the effect has been observed by psychologists (心理学家) and researchers. The lasting images of *Tetris* are due to the “Zeigarnik Effect”, in which people have better memories of uncompleted tasks than those of completed ones. *Tetris*, being a game that technically never ends, keeps you thinking of the game’s unfinished task, reported *Tech Times*. And the pleasant music stays with you, too.

There are also positives to the Tetris Effect. In his 1991 study, psychologist Richard Haier at the University of California found that continuously playing *Tetris* resulted in the thickness of the cerebral cortex (大脑皮层) increasing, which improves brain function (功能), reported psychology website Practical Pie.

Tetris has also been researched for use as a treatment for mental suffering. The *Yale Scientific Magazine* reported that researchers at John Radcliffe Hospital in Oxford, UK, found that playing *Tetris* appeared to reduce unpleasant memories in the short term for people affected by motor vehicle accidents.

So, the next time you want to play a computer game, why not try the classic *Tetris* and see if it improves your brain function? But be warned, you'll likely be seeing falling blocks everywhere.

() **32.** What happened to the author after playing the game *Tetris*?

- A. He was relaxed completely.
- B. He was addicted to it.
- C. He saw some falling blocks everywhere.
- D. He kept thinking about it even after it was over.

() **33.** What can be learned about the “Tetris Effect” from the text?

- A. It was introduced by a researcher.
- B. It was caused by the game's music.
- C. It is related to the way our memory works.
- D. It is common among computer game players.

() **34.** What benefit can people get from continuously playing *Tetris*, according to Haier?

- A. Better brain function.
- B. Improving happiness.
- C. Reducing short memory.
- D. Comfort from bad experiences.

()35. What do you think of the author in the last paragraph?

- A. Serious.
- B. Humorous.
- C. Worried.
- D. Surprised.

第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

[2025·广西南宁高一期中]

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Participating in high school extra-curricular activities is important for personal growth. They can teach you a lot, introduce you to good friends and give you ideas about what to do in future.

36.

The most important thing to consider before taking part in extra-curricular activities is: What do you like to do? 37. _____ Once you've made a list of interests, it's time to search for opportunities. Usually, your teachers and parents know more about what is going on in your community than you do. 38. _____ And never underestimate the power of a simple online search!

Now you know how to find extra-curricular activities, there is one more problem most high school students have; how to find the time. You need to go to school, do your homework, and maybe even work a part-time job. 39. _____ However, time is not something too difficult to get. You have to make the time to do extra-curricular activities if you really want to get involved. You can sit down and make your schedule hour by hour and take an honest look at what you do with your free time. 40.

Whether you give up one Saturday every month to volunteer or one hour every week to attend club meetings, you are making the time to make a difference and prepare for your future.

- A. You might be surprised by how much free time you “find”.
- B. You’ll find a world of opportunities waiting for you.
- C. They won’t mind helping you out a little bit.
- D. You don’t need to travel far to find extra-curricular activities.
- E. If you’re going to spend hours every week doing something, you need to enjoy it.
- F. You feel there’s not enough time to participate in extra-curricular activities.
- G. So if you’re a high school student wondering where to get started, look no further.

第三部分 语言运用(共两节,满分 30 分)

第一节(共 15 小题;每小题 1 分,满分 15 分)

[2025·浙江台金七校高一期中]

阅读下面短文,从每题所给的 A、B、C、D 四个选项中选出最佳选项。

It has been four years since I learnt to ride a horse from Work to Ride. The programme was put forward by Hi, who was a former competitive rider. But now he 41 helping inner-city kids find courage and confidence through riding horses. He 42 the programme for teenagers playing polo (马球). Each student is offered a “care horse”—an animal they are 43 for raising and caring for. Though it’s free for teens to take part, 44 the programme requires other cost.

Four years ago, a friend first told me about the programme, saying it would allow me to spend my afternoons 45 horses while riding them for free. I was curious about it, so I followed him to the barn (牲口房) where horses were kept. When I saw my big horse for the first time, I was 46. After months of practice, however, I gradually 47 the fear. I was 48 to ride a horse. It was all because of these 49: feeding my “care horse”, cleaning it and checking it for signs of injury. But I thought the 50 was different from anything I had imagined.

Many kids 51 for the programme and their mums always speak highly of Hi: the programme has been a great 52 . Hi also said, “Developing a relationship with their horses is 53 to those kids.” On the other hand, Hi is strict with the kids. “It’s 54 for kids to come here on time. You’ll be kicked off the programme if you stop 55 classes,” he stressed.

- () **41.** A. focuses on
C. reflects on
B. feeds on
D. depends on

() **42.** A. received
C. completed
B. founded
D. refused

() **43.** A. talented
C. perfect
B. responsible
D. suitable

() **44.** A. joining
C. volunteering
B. improving
D. instructing

() **45.** A. watching for
C. looking after
B. concentrating on
D. trying out

() **46.** A. excited
C. surprised
B. worried
D. frightened

() **47.** A. overcame
C. caused
B. expressed
D. imagined

() **48.** A. chosen
C. recommended
B. afraid
D. delighted

() **49.** A. effects
C. efforts
B. tests
D. hopes

() **50.** A. adventure
C. lesson
B. experience
D. impression

() **51.** A. paid
C. registered
B. waited
D. searched

() **52.** A. competition
C. award
B. treat
D. success

() **53.** A. shocking
C. understandable
B. unbelievable
D. beneficial

() **54.** A. natural
C. necessary
B. possible
D. usual

() **55.** A. attending
C. organizing
B. buying
D. enjoying

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2025·江西宜春一中高一期中]

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

Many students feared the maths subject, and I was among them. Once I failed in the mathematics, I was 56. _____ (annoy). My friends started making fun of me. I was lucky that my mother was a maths teacher. She 57. _____ (help) me, but I

didn't take that seriously.

When my mother 58. _____ (tell) that I didn't pass the maths subject, she got shocked. But 59. _____ (fortunate), she didn't shout at me. Instead, she gave me 60. _____ inspirational speech.

Later on she started teaching me mathematics. She taught me 61. _____ (play) with maths and really I enjoyed a lot, from which maths became my favourite subject. Now I also teach those friends 62. _____ really fear maths. They think that the maths subject is very difficult and it has lots of formulas (公式) to remember. But my mother taught me maths 63. _____ an interesting way. I used that technique to solve problems. From this my 64. _____ (confident) has increased and I'm happy that the most difficult subject has become a game for me.

65. _____ (become) an engineer is my ambition, which may support me through hardships and setbacks.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假设你是李华,你收到刚进入高一年级朋友李明的来信,他告诉你他不知道该如何适应高中生活,对此他很忧虑,于是写信向你寻求帮助,请你写一封电子邮件给他一些建议。

注意:1. 词数 80 个左右;

2. 邮件的开头和结尾已给出,不计入总词数。

词汇提示:适应 adapt to

Dear Li Ming,

[illegible]

Best wishes for a successful and fulfilling high school journey!

Yours,

Li Hua

第二节(满分 25 分)

[2025·湖北省部分高中联考协作体高一期中]

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。

When I was a pupil, I studied at a girls' school. At that time, in order to get us to know each other as soon as possible, our teacher made all the girls in the class sit next to someone different every week. One day, the teacher asked Shirley, with whom I had never talked, to sit beside me. I wanted to get along well with her, but she was always shy and quiet.

On one of those days, I noticed that Shirley was very upset. I asked her what was wrong. She kept silent for a long time. Finally, she told me that she came from a big family and she had several siblings. Her father couldn't afford school books for all of the children. Seeing her pain, I couldn't help but blurt out, "My parents can buy books for all of you." But she refused.

When I came back home, I told my mum the story. Mum said that it was good that I had tried to help, but I should stop worrying about it because there was nothing more that I could do if she had refused my offer to help. A moment later, she recommended that I help Shirley in a way that Shirley might accept.

That night, I tossed and turned in bed, thinking what I should do.

注意:续写词数应为 150 个左右。

Paragraph 1:

Suddenly, an idea flashed into my mind.

Paragraph 2:

On Sunday, I went to her house with the books.
