

全品



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

主编  
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练习册

高中英语

必修第一册 WY



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。



江西美术出版社  
全国百佳图书出版单位

## 01

### 培养核心素养，聚焦主题语境

#### Unit 1 A new start

##### 主题素养积累

进入新学校的第一天难免令人有些紧张,但是我们也会遇到友好的老师和同学,来听听“我”第一天在新学校的经历吧!



**What a day!** I started my new school this morning and had the best time. I made lots of new friends and really liked my teachers. I was nervous the night before, but I had no reason to be. Everyone was so friendly and polite. They made me feel at ease. **It was like I'd been at the school for a hundred years!**

The day started very early at 7:00 am. I had my breakfast downstairs with my mum. She could sense that I was very nervous. Mum kept asking me what

close straight away. We spent all morning together and began to talk to another girl named Stacey. The three of us sat together in the class all day and we even made our way home together! **Time went by so quickly.** Our teacher told us that tomorrow we would really start learning and developing new skills.

**I cannot wait until tomorrow and feel as though I am really going to enjoy my time at my new school.** I only hope that my new friends feel the same way, too.

##### 【主题词句背诵】

1. drop sb off 让某人下车
2. wave at sb 向某人招手
3. It turns out that... 结果是……
4. What a day! 多么美好的一天啊!

## 02

### 夯实语言基础，搭建知识框架

#### 词汇点睛

**1. curious** *adj.* 好奇的,求知欲强的;稀奇古怪的

(1) be curious about	对……感到好奇
be curious to do sth	很想做某事
(2) curiously <i>adv.</i>	好奇地
(3) curiosity <i>n.</i>	好奇心
with curiosity	好奇地
out of curiosity	出于好奇

##### 【佳句背诵】

Mandy **was curious to know** what it was that prevented her joining the club.

曼迪很想知道究竟是什么原因使她不能加入这个俱乐部。

#### 句型透视

**1. (教材 P2) I was looking at the photos on the noticeboard when I heard a voice behind me.** 我正在看布告栏上的照片,这时听到身后有个声音。

(教材 P3) **I was organising my words in my head when the girl next to me gave me a nudge.** 我正忙着在脑海中组织语言,这时我旁边的那个女孩轻轻推了我一下。

##### 句型公式

be doing... when...

##### 【句式点拨】

when 在句中是并列连词,连接并列句,意为“这时”。when 作并列连词,表示“就在这时/那时”时,常位于主句之后,主句中的谓语动词往往表示正在做、刚做完或将要做。常用结构还有:

## 课内基础巩固

## ① 单词拼写(每小题1分,满分5分)

- The **moment** we saw the conference \_\_\_\_\_ (设施), we were **impressed** by its modern design.
- When she saw the **insect**, she p \_\_\_\_\_ and jumped away from it.
- After meeting the famous a \_\_\_\_\_, I was left with a great **impression** from his kind smile and wise words that I would remember forever.
- The students decided to **explore** the c \_\_\_\_\_ during their lunch break, discovering hidden gardens they hadn't

a favourite among the junior students, who valued the opportunity to learn.

- Climbing that high mountain in such bad weather is really a \_\_\_\_\_ (challenge) task for us.
- They're \_\_\_\_\_ (curiosity) about the history of this ancient building.
- When giving a \_\_\_\_\_ (describe), you should give a lot of details, so that your meaning will be easier to understand.
- The hiker pushed ahead in his \_\_\_\_\_ (eager) to reach the mountain top before sunset.
- The local library has a special \_\_\_\_\_

## 课后素养提升

## ② 阅读理解(每小题2.5分,满分10分)

[2025·江苏扬州中学高一期中]

I am a multi-sport athlete and seasoned coach. When I was growing up, school wasn't really my thing, but sport very much was. Athletics connected me to my school community by giving me a sense of belonging and success even when I struggled in the classroom. When I entered education, I knew I wanted to be more than a coach on the field and court—I wanted to help students like me make meaningful connections to school through sports.

I designed a programme around the concepts of comfort and stretch zones. On day one, I set up a range of equipment for different sports across a field. In groups, students discussed sports that they felt comfortable and safe playing. They then took turns selecting

is challenging, if we recognize the difficulty and intentionally practise, we give ourselves the opportunity to overcome it over time.

The programme required more than just adjusting my curriculum (课程)—it also meant some changes to the way I taught. I found myself opening up to my students and sharing my own hardships and successes with them. As a result, my students felt freer to be their real selves.

- ( ) 1. What did the author think of sport when he was a student?
- It helped him get attached to school.
  - It led to a decline in his grades.
  - It made him struggle in the classroom.
  - It appealed mainly to seniors.
- ( ) 2. Why did the author design the programme?
- To change curricula and teaching methods.
  - To prepare students for unexpected

## ③ 写作

## 第一节 应用文写作(满分15分)

[2025·广东东莞高一期中]

假定你是李华,你的英国笔友 David 刚升入高中,但因一时无法适应新的校园生活而焦虑,写信向你倾诉他的烦恼。请你给他回复一封邮件,内容包括:

- 分析可能的原因;
- 给出合理的建议。

注意:写作词数应为80个左右。

Dear David,

\_\_\_\_\_

\_\_\_\_\_

## 第二节 读后续写(满分25分)

[2025·辽宁大连滨城联盟高一期中]

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。

My love for dance began when I was very young and I would dream of being a star dancer from time to time. With the drama festival approaching, the school's drama club had released a notice for the dancer audition (试镜) for *The Twelve Dancing Princesses*. And of course I was the first one to sign up.

As I left the stage after my audition at school, I could feel it. The power. The future. I knew that someday when dancers' magazines

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# Unit 1 A new start

★ 提示：加底纹词汇为复现词汇

## Period One Starting out & Understanding ideas

### 课内基础巩固

#### ❶ 单词拼写(每小题 1 分, 满分 5 分)

1. The **moment** we saw the conference \_\_\_\_\_ (设施), we were **impressed** by its modern design.
2. When she saw the **insect**, she p\_\_\_\_\_ and jumped away from it.
3. After meeting the famous a\_\_\_\_\_, I was left with a great **impression** from his kind smile and wise words that I would remember forever.
4. The students decided to **explore** the c\_\_\_\_\_ during their lunch break, discovering hidden gardens they hadn't noticed before.
5. Last Sunday, all the students in S\_\_\_\_\_ One took part in a tree-planting activity **organised** by our school.

#### ❷ 单句填空(每小题 1.5 分, 满分 15 分)

1. In her book, she **described** what encouraged her to start the \_\_\_\_\_ (organise) and what the biggest **challenges** were.
2. Under great \_\_\_\_\_ (press), he took a deep **breath** to **calm** himself and focus on the task ahead.
3. The fireworks show on New Year's Eve was so colourful and truly \_\_\_\_\_ (impress).
4. Facing the new **challenge**, she gathered her \_\_\_\_\_ (confident) and stepped forward with determination.
5. The \_\_\_\_\_ (tradition) art class was

a favourite among the junior students, who valued the opportunity to learn.

6. Climbing that high mountain in such bad weather is really a \_\_\_\_\_ (challenge) task for us.
7. They're \_\_\_\_\_ (curiosity) about the history of this ancient building.
8. When giving a \_\_\_\_\_ (describe), you should give a lot of details, so that your meaning will be easier to understand.
9. The hiker pushed ahead in his \_\_\_\_\_ (eager) to reach the mountain top before sunset.
10. The local library has a special \_\_\_\_\_ (collect) of children's picture books.

#### ❸ 短语填空(每小题 2 分, 满分 12 分)

1. \_\_\_\_\_ (一个接一个地) he took out the ancient vases and wiped them cautiously.
2. The project \_\_\_\_\_ everyone \_\_\_\_\_ (使……处于压力下), but to everyone's surprise, John remained **calm**.
3. Whether we go on the trip will \_\_\_\_\_ (取决于) the weather forecast for the weekend.
4. The exciting football match yesterday \_\_\_\_\_ (给……留下深刻的印象) the kids.
5. The mechanic checked the **engine** \_\_\_\_\_ (一遍一遍地) to make sure it was running smoothly.
6. He took a deep **breath**, trying to \_\_\_\_\_ (保持平静).

Ⅳ 句型训练(每小题 3 分,满分 12 分)

1. Johnny \_\_\_\_\_ his favourite book  
\_\_\_\_\_ something fell out from the  
book.  
约翰尼正在看他最喜欢的书,这时有什么东  
西从书中掉了出来。
2. The young man stepped on the platform  
\_\_\_\_\_. (with 复  
合结构)这个年轻人走上演讲台,心里很紧张。

3. With so many eyes staring at her, she was  
\_\_\_\_\_ a word.  
那么多双眼睛盯着她,她太紧张了,根本说  
不出话来。
4. When he stepped into the classroom, he  
\_\_\_\_\_ that everyone  
was trying to hide something.  
当他走进教室时,他惊讶地发现每个人都在  
试图隐藏什么。

课后素养提升

Ⅴ 阅读理解(每小题 2.5 分,满分 10 分)

[2025·江苏扬州中学高一期中]

I am a multi-sport athlete and seasoned coach. When I was growing up, school wasn't really my thing, but sport very much was. Athletics connected me to my school community by giving me a sense of belonging and success even when I struggled in the classroom. When I entered education, I knew I wanted to be more than a coach on the field and court—I wanted to help students like me make meaningful connections to school through sports.

I designed a programme around the concepts of comfort and stretch zones. On day one, I set up a range of equipment for different sports across a field. In groups, students discussed sports that they felt comfortable and safe playing. They then took turns selecting their comfort sport on the field, doing a brief sharing, and playing with their group. Afterward, we had a class discussion on the importance of doing things that bring joy and passion, and how sharing that passion with others motivates us and the people around us. On day two, with the same field design and sporting equipment, I introduced the idea of stretch zones. Students formed the same groups as on day one and discussed which sports were out of their comfort zone and more challenging to them. Some of my students were shy and others slightly frustrated (沮丧的) as they struggled to perform the skills in sports in which they were not comfortable. Then we discussed, as a class, how even when something

is challenging, if we recognize the difficulty and intentionally practise, we give ourselves the opportunity to overcome it over time.

The programme required more than just adjusting my curriculum (课程)—it also meant some changes to the way I taught. I found myself opening up to my students and sharing my own hardships and successes with them. As a result, my students felt freer to be their real selves.

- ( ) 1. What did the author think of sport when he was a student?
- A. It helped him get attached to school.  
B. It led to a decline in his grades.  
C. It made him struggle in the classroom.  
D. It appealed mainly to seniors.
- ( ) 2. Why did the author design the programme?
- A. To change curricula and teaching methods.  
B. To prepare students for unexpected challenges.  
C. To deepen students' connections with school.  
D. To share hardships and successes with students.
- ( ) 3. What was a problem facing the author on the second day of the programme?
- A. Students wanted material rewards.  
B. It was difficult to group students.  
C. Some students feared challenges.  
D. The sports field became crowded.
- ( ) 4. What can we infer about the author?
- A. He is involved in one sport.  
B. He used to be very shy.  
C. He is in favour of safe sports.  
D. He is a creative teacher.

Ⅶ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·辽宁大连滨城联盟高一期中]

Determining the ideal study time is a common worry for students who go all out to achieve academic (学业的) success, with various elements to consider, such as individual learning styles and personal goals. 1. \_\_\_\_\_ Here are some suggestions for establishing the best study time that meets your unique needs and ensures a well-rounded academic experience.

Understanding your learning style is significant in determining the ideal study time. 2. \_\_\_\_\_ Some common learning styles include visual, auditory and kinesthetic (动觉的) learning. Once you understand your learning style, you can tailor your study sessions accordingly, making them more efficient and productive.

3. \_\_\_\_\_ Are you studying for a standardized test, preparing for an important exam or simply trying to improve your knowledge on a specific subject? Not all subjects require the same amount of study time. Your study time should be enough to meet these requirements and help you become excellent academically.

Balance your extracurricular (课外的) activities. While studying is important, it's also necessary to maintain a healthy balance between academics and extracurricular activities. Participating in sports or other hobbies can provide a much-needed break and help reduce pressure. 4. \_\_\_\_\_

Studying for long hours without breaks can lead to reduced productivity and tiredness. 5. \_\_\_\_\_ Schedule short breaks throughout your study sessions to recharge and maintain excellent performance.

Eventually, the ideal study time varies from person to person. Consider your learning style, goals and other commitments to determine your best study time.

A. A good study environment can help you maintain focus.

- B. Taking regular breaks can enhance concentration and memory.
- C. Finding a study schedule that works best for you is important.
- D. Set aside time for these activities without affecting your study time.
- E. Setting clear goals is the first step towards academic progress and success.
- F. The amount of study time can vary depending on your academic requirements.
- G. People learn differently and what works for one person may not work for another.

Ⅷ 语法填空(每小题 1.5 分,满分 15 分)

[2025·四川大学附中高一期中]

I can well remember that I was once asked to deliver a speech titled “A real test in my life” before the whole class at the age of 9! You can imagine how 1. \_\_\_\_\_ (terrible) shy I was with so many eyes 2. \_\_\_\_\_ (fix) upon me. I had no 3. \_\_\_\_\_ (choose) but to prepare for it, though.

First of all, I was to draft the speech, which was just a piece of cake for me, a good writer. But the hardest part 4. \_\_\_\_\_ (lie) in my oral presentation from my memory—for to read from the paper was not allowed. The real moment began 5. \_\_\_\_\_ I stood on the platform with my legs trembling and my mind blank. But my listeners were waiting patiently without any signs of rushing me. Gradually, I found myself back, 6. \_\_\_\_\_ (deliver) my speech with difficulty. After what seemed to be a hundred years, I found my audience applauding—I made 7. \_\_\_\_\_ ! From then on, my fear of talking before an audience disappeared. Actually, with my 8. \_\_\_\_\_ (confident) building up, I now turn out to be a great speaker. Looking back, I know the greatest difficulty on our way 9. \_\_\_\_\_ success is our fear. Overcome it 10. \_\_\_\_\_ we will be able to achieve our goals.

班级	
姓名	
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答题区	
阅读理解	
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## Period Two Using language

### 课内基础巩固

#### ❶ 单词拼写(每小题 1 分,满分 6 分)

1. I took a deep **breath** and stepped onto the \_\_\_\_\_ (舞台).
2. The project is going so well that it is likely to be finished ahead of \_\_\_\_\_ (进度表).
3. Realizing your own advantages can help you \_\_\_\_\_ (获得) **confidence**.
4. The school **organised** a **drama** competition, which was followed by a heated \_\_\_\_\_ (辩论) about the performance of the plays.
5. They **argued** about the t\_\_\_\_\_ of whether artificial **intelligence** (AI) will replace human jobs.
6. I'm writing to **apply** to be a v\_\_\_\_\_ for the coming **Traditional** Chinese Culture Festival in our school.

#### ❷ 单句填空(每小题 1.5 分,满分 10.5 分)

1. His **description** of the event was not clear, which led to a heated \_\_\_\_\_ (argue) among the public about what really happened.
2. His \_\_\_\_\_ (apply) for membership of the **organisation** was turned down again.
3. The museum exhibited a \_\_\_\_\_ (vary) **collection** of artworks from different time periods and cultures.
4. Koalas could disappear from New South Wales by 2050 according to the finding of an official \_\_\_\_\_ (investigate).
5. The \_\_\_\_\_ (intelligence) cat found a way to open the food box by itself.
6. The temperature dropped \_\_\_\_\_ (sharp) overnight, which caused frost to form on the car windows.

7. The movie had a \_\_\_\_\_ (drama) ending that left everyone in the theatre surprised.

#### ❸ 指出下面的句子是哪一类句型(每小题 3 分,满分 21 分)

1. We can't **argue** any more.  
\_\_\_\_\_
2. I have **explored** the **campus** a lot.  
\_\_\_\_\_
3. The **engine** wouldn't start.  
\_\_\_\_\_
4. The young boy likes **insects**.  
\_\_\_\_\_
5. She is giving her younger sister a **piano** lesson.  
\_\_\_\_\_
6. The **drama** seems disappointing.  
\_\_\_\_\_
7. The sudden noise caused her to **panic**.  
\_\_\_\_\_

#### ❹ 句型训练(每小题 3 分,满分 15 分)

1. Although after-school activities may \_\_\_\_\_, I can make a workable schedule.  
虽然课外活动可能会占用我很多时间,但我会制订一个可行的计划。
2. Keep working hard and I think you \_\_\_\_\_.  
继续努力下去,我相信你最终会成功的。
3. Next time you come to my house, I will \_\_\_\_\_ I took in Xinjiang.  
下次你来我家,我会给你看更多我在新疆拍的照片。

4. Just now, from the window they \_\_\_\_\_  
\_\_\_\_\_ to the door,  
with a box in his hand.  
就在刚才,他们从窗户看到父亲手里拿着一

个盒子,正朝门口走去。

5. \_\_\_\_\_ when  
he was waiting for the result.  
等待结果时,他越来越紧张。

### 课后素养提升

#### Ⅶ 完形填空(每小题1分,满分15分)

Growing up in the USA, I always wanted to experience another culture. The 1 came when I was 15. After a few months of planning and 2, I was ready to spend the second 3 of my first high school year as an exchange student in Australia.

4 in Perth was one of the most exciting moments of my life. I realized then that there was no turning back. The family I would live with was 5 meeting me, and it would only be five days before the new school year. The school I attended was 6 my school back in the States. I was quite 7 at first, especially never having been to a new school—even in the US. Everything went without 8, though. The teachers were welcoming and the students were friendly.

The most 9 time was travelling with other exchange students around Australia during our half-term break. The few weeks we 10 together were full of amazing activities.

At the end of our 11 in Australia, we had three weeks to share our stories and help each other deal with leaving. It was only 12 that our last day together was filled with tears. We packed our things, 13 e-mail addresses and gathered together for a final goodbye.

Upon coming home, an open mind was again important. Resettling home took time and 14, but at last I made it. All the while, I was thoughtful to let my family and friends know how happy I was to be home and how much I had missed them—though the experience was still 15 with me. So, if you

have the opportunity to study abroad, you most certainly should.

- ( )1. A. task B. challenge  
C. opportunity D. vacation  
( )2. A. packing B. convincing  
C. performing D. preparing  
( )3. A. term B. campus  
C. topic D. stage  
( )4. A. Flying B. Landing  
C. Travelling D. Studying  
( )5. A. going all out  
B. getting away from  
C. looking back on  
D. looking forward to  
( )6. A. similar to B. different from  
C. as good as D. the same as  
( )7. A. confident B. annoyed  
C. worried D. confused  
( )8. A. hope B. doubt  
C. difficulty D. argument  
( )9. A. valuable B. acceptable  
C. comfortable D. memorable  
( )10. A. spent B. explored  
C. studied D. worked  
( )11. A. stay B. visit  
C. trip D. holiday  
( )12. A. funny B. natural  
C. strange D. simple  
( )13. A. made B. wrote  
C. shared D. exchanged  
( )14. A. effort B. money  
C. ability D. wisdom  
( )15. A. sadly B. clearly  
C. lively D. amazingly



班级	
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Ⅶ 阅读七选五（每小题 2.5 分，满分 12.5 分）

[2025·江苏扬州高邮高一期中]

How to be successful in high school

Being successful in high school may look different for different students. To some, success means good grades, while to others it's getting into a university. 1. \_\_\_\_\_

Setting goals.

As a high school student, you must have a lot of school-related classes and tests. When you add extracurricular (课外的) activities into your life, things can get more challenging. 2. \_\_\_\_\_ The short-term goals may focus on grades and exams, while the long-term goals may focus on getting into an advanced programme or entering a certain university.

Taking part in classroom discussions.

Most high school students are aware of the importance of finishing their homework, studying for tests, and getting good grades. 3. \_\_\_\_\_ While you don't need to monopolize (独占) the conversation to be noticed by others, the more meaningful contributions you make in a class, the more likely you will stand out from your classmates and surprise your teachers.

4. \_\_\_\_\_

Last but not least, you should be sure to build and take advantage of a support network to help yourself get through high school smoothly.

5. \_\_\_\_\_ Of course, parents don't have all the answers, so you should be sure to remember other people you can go to for support, including your classmates, teachers, etc.

- A. Going to parents for advice.  
 B. Setting up a support network.  
 C. Many students don't know how to achieve success.  
 D. However, few of you realize how important

class discussion is.

- E. As a result, you should set both short-term goals and long-term goals.  
 F. Whatever your idea, you can take some measures to enjoy success in high school.  
 G. You can be open to your parents about the challenges you face and ask for their help.

Ⅷ 语法填空（每小题 1.5 分，满分 15 分）

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 felt mostly 10. \_\_\_\_\_ (satisfy) with my life.

## Period Three Developing ideas

### 课内基础巩固

#### ❶ 单词拼写(每小题 1 分,满分 8 分)

1. A \_\_\_\_\_ (彩虹) came into sight after storms.
2. I just share it with you because I \_\_\_\_\_ (认为,以为) you're the only one who can keep a secret.
3. Every weekend, boys on skateboards \_\_\_\_\_ (努力) to keep their balance in the park.
4. We should make flexible schedules according to \_\_\_\_\_ (具体的) conditions.
5. His work provided him with the o\_\_\_\_\_ to learn about various cultures.
6. The cloud lifted, and the tops of the mountains suddenly came into v\_\_\_\_\_.
7. Allen was about to take another step in his life journey towards j\_\_\_\_\_ high school.
8. The debate on the best project was lively, and finally the "Most Creative Project" a\_\_\_\_\_ went to a team of young inventors.

#### ❷ 单句填空(每小题 1.5 分,满分 15 分)

1. The stranger spoke in such a \_\_\_\_\_ (frighten) voice that the \_\_\_\_\_ (frighten) child began to cry.
2. I think highly of the drama, \_\_\_\_\_ (particular) the second half.
3. At the \_\_\_\_\_ (graduate) ceremony, the former headmaster was invited to give an inspiring speech to the graduates.
4. The \_\_\_\_\_ (improve) in sales figures had a beneficial effect on the company as a whole.
5. I keep a journal every day to write down what I have learned, and it helps me

\_\_\_\_\_ (memory) the knowledge better.

6. The judges were quite impressed with his excellent \_\_\_\_\_ (perform) in the final competition.
7. When the experts meet regularly, they enjoy \_\_\_\_\_ (exchange) views on the latest research findings in their field.
8. He made the whole speech without \_\_\_\_\_ (refer) to the notes in front of him.
9. Yesterday, after a second try, I \_\_\_\_\_ (select) for the school badminton team in the end.
10. At the science fair last year, the young inventor \_\_\_\_\_ (award) a gold medal for his creative invention.

#### ❸ 短语填空(每小题 2 分,满分 12 分)

1. Since you have set your goals, you will \_\_\_\_\_ (全力以赴) to realize them.
2. She has many hobbies, but painting, \_\_\_\_\_ (尤其), brings her the most joy and relaxation.
3. \_\_\_\_\_ (一看到) the wild deer in the forest, the hikers stopped in their tracks.
4. Out of curiosity, he stood there for a while to see how the girl would \_\_\_\_\_ (处理) it.
5. Thank you for considering my application, and I \_\_\_\_\_ (期待) hearing from you.
6. \_\_\_\_\_ (回顾) this term, I'm filled with happy memories with my classmates and teachers.

#### ❹ 句型训练(每小题 3 分,满分 12 分)

1. The course \_\_\_\_\_ I couldn't figure out what the professor was saying.  
这个课程很难,以至于我搞不清楚教授在说什么。



2. \_\_\_\_\_ a big stone was pressing me here. I needed to go out to take a **breath**.

我觉得这儿好像有一块大石头在压着我。我需要出去喘口气。

3. Suddenly, Allen realized that he \_\_\_\_\_ the cage open after cleaning it.

突然,艾伦意识到他一定是打扫完笼子后没关笼子。

4. There are **moments** in life \_\_\_\_\_ in ourselves. But hang in there, and we'll see hope. (定语从句)  
人生中总是会有些我们对自己失望的时刻。但是坚持下去,我们就会看到希望。

### 课后素养提升

#### Ⅶ 阅读理解(每小题 2.5 分,满分 20 分)

##### A [2025·广东省潮州高一期中]

My teacher, Mr August J. Bachmann, was the most influential teacher I ever had.

I had got into trouble in his class; another student had pushed me for fun, and I became angry and began to hit him. Mr Bachmann stopped the fight, but instead of sending me to the office, he sat me down and asked a simple question, "Penna, why are you wasting your life? Why aren't you going to college?"

I didn't know anything about colleges or scholarships. No one had ever considered that a fatherless boy from the poorest neighbourhood had a future. That day, instead of rushing off for lunch, he stayed and explained possible education options to me. At the end of our talk, he sent me to see a secretary who had a child at a state college. This was in 1962 at Emerson High School in Union City, New Jersey.

Well, 55 years have passed, and what have I done with the knowledge he gave me? I gained a PhD from Fordham University when I was only 29. I taught English and social studies and then moved up the chain of command from teacher to principal(校长). I've sat on the board for Magnet Schools of America and represented

that organisation at the United Nations. I've won a number of great educational awards. But where would I be if a truly caring teacher had not taken the time out of his lunch period to speak to me? It was without question only his confidence in me that helped me forward.

I have repaid his kindness hundreds of times by encouraging misguided youngsters to aim higher. If I have saved any children, it is because of him. If I have been a successful educator, it is because I had a great role model in Mr Bachmann.

- ( ) 1. The writer \_\_\_\_\_ before Mr Bachmann talked to him.  
A. was an active boy  
B. was an aimless boy  
C. liked making troubles in class  
D. would get punished by his teachers
- ( ) 2. Which of the following best describes Mr Bachmann?  
A. Fair.                      B. Confident.  
C. Inspiring.                D. Humorous.
- ( ) 3. How did Mr Bachmann influence the writer?  
A. He set the writer on the right path.  
B. He was strict with the writer.  
C. He helped the writer with his study.  
D. He tried to set a good example to the writer.

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姓名	
题号	答案区
阅读理解	
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- ( )4. What does the writer think of his achievement?
- A. He is very proud of himself.
- B. He feels his effort gets paid off at last.
- C. He owes his achievement to Mr Bachmann.
- D. He thinks it an honour to be a successful educator.

**B** [2025·湖南邵东高一期中]

Every school has students who stand out for their abilities and their eagerness (渴望) to learn. In Mexico, a school created a programme to work with them. In 2019, both teachers Lotta Andersson and John Rennie got the idea to provide learning opportunities for students with a desire for knowledge. They are English coordinators (协调员) in the school. “We want to have a programme to encourage students who really have the abilities and the interests to learn more and continue accepting challenges,” Andersson said during a recent interview.

Students in the programme, which was called Learning Challenges, met with the teachers about once a month. Andersson and Rennie would help us choose research topics. We then worked with the teachers to find books, interview subjects and Internet sources. While in Learning Challenges, I gave statements on European culture and the fashion industry.

When asked what skills students had formed in the programme, which ended in June 2020 because of the limits of a common disease, Andersson said, “They had learned to ask questions, be more open-minded and see things from different angles (角度). Also, they mastered the skills—reflecting more, acting actively, and learning not to put limits on themselves.”

A student, Yihane Abed, carried out

research on the sun, the moon, stars, planets, etc, while in Learning Challenges. “The skills I developed were teamwork and the ways to do research and give a good presentation,” she said.

Andersson and Rennie continue to help students pursue their love of learning. “The programme doesn’t exist formally, but as an important part of the culture at school, it is still needed,” Andersson said. “There is much more difference, not only for students who need extra help, but also for those who are higher achievers.”

- ( )5. What’s the purpose of creating Learning Challenges?
- A. To help some students learn more.
- B. To guide students to work out effectively.
- C. To improve students’ interest in visiting Europe.
- D. To encourage English students to help others.
- ( )6. What is Paragraph 3 mainly about?
- A. Methods that students used in the programme.
- B. Abilities that students got from the programme.
- C. Difficulties that students met in the programme.
- D. Topics that students selected from the programme.
- ( )7. Which kind of research did Yihane Abed carry out?
- A. The universe.                      B. Teamwork.
- C. The fashion industry.              D. Travelling.
- ( )8. What does Andersson think of the programme?
- A. Tough.                                B. Formal.
- C. Necessary.                            D. Passive.

## Period Four Writing

### 课内基础巩固

#### ❶ 补全句子(每小题 3 分,满分 24 分)

1. 今天是我在高中的第一天,我对新的学校生活充满了好奇。

Today is my first day at **senior high** and I \_\_\_\_\_ my new school life.

2. 校园漂亮整洁,设施齐全。

The campus is beautiful and **neat** \_\_\_\_\_.

3. 尤其是这里友好的氛围给我留下了深刻的印象。

\_\_\_\_\_, I \_\_\_\_\_ the friendly atmosphere here.

4. 自我介绍的时候,我心里发慌。但是我的老师很快用鼓励的话让我平静下来。

When introducing myself, I had \_\_\_\_\_. But my teacher quickly \_\_\_\_\_ with encouraging words.

5. 我还交了一个叫安的朋友,她自信又聪明。

I also made a friend named Ann, who is \_\_\_\_\_.

6. 高中是一个全新的开始。面对新的挑战,我将充分利用每一天,全力以赴学好每门功课。

**Senior high** is a brand new start. Faced with \_\_\_\_\_, I will \_\_\_\_\_ each day to \_\_\_\_\_ every subject well.

7. 另外,如果可能的话,我还要积极参加各种活动来充实自己。

Moreover, \_\_\_\_\_, I will also \_\_\_\_\_ actively to enrich myself.

8. 总之,我对自己满怀信心,期盼着能有一个美好的高中生活。

All in all, with \_\_\_\_\_ myself, I \_\_\_\_\_ a wonderful high school life.

#### ❷ 语篇填空(每小题 1.5 分,满分 15 分)

[2025·浙江金兰教育合作组织高一期中]

Adam is a freshman at senior high school. For him, senior high school is a big challenge. Many things in the first week made him 1. \_\_\_\_\_ (confuse).

At first, he didn't know which courses 2. \_\_\_\_\_ (choose). With the help of the school adviser, he chose the suitable courses. He thinks Chinese is very difficult, but he hopes to speak Chinese 3. \_\_\_\_\_ (fluent) when he graduates. Because he is good at English, he 4. \_\_\_\_\_ (recommend) by the adviser to sign up for advanced literature.

As for extra-curricular 5. \_\_\_\_\_ (activity), he wanted to join the school football team. Sadly, the coach thought he was not skilful enough to be part of the team, 6. \_\_\_\_\_ he wouldn't quit and was determined to practise more so that he could make 7. \_\_\_\_\_ team next year. Instead, he joined a volunteer club. He always takes an active part to help those 8. \_\_\_\_\_ need.

As a freshman, he has difficulty in 9. \_\_\_\_\_ (get) used to the senior high school life. He is also worried about falling behind others in his advanced course. Still, he is very happy and he believes he will be well 10. \_\_\_\_\_ (prepare) for university and whatever else comes in the future.

## III 写作

### 第一节 应用文写作(满分 15 分)

[2025·广东东莞高一期中]

假定你是李华,你的英国笔友 David 刚升入高中,但因一时无法适应新的校园生活而焦虑,写信向你倾诉他的烦恼。请你给他回复一封邮件,内容包括:

1. 分析可能的原因;
2. 给出合理的建议。

注意:写作词数应为 80 个左右。

Dear David,

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Yours sincerely,  
Li Hua

### 第二节 读后续写(满分 25 分)

[2025·辽宁大连滨城联盟高一期中]

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。

My love for dance began when I was very young and I would dream of being a star dancer from time to time. With the drama festival approaching, the school's drama club had released a notice for the dancer audition (试镜) for *The Twelve Dancing Princesses*. And of course I was the first one to sign up.

As I left the stage after my audition at school, I could feel it. The power. The future. I knew that someday when dancers' magazines wrote about me, they would say this moment was when my rise to a star began.

My ballet slippers hurt my feet, but I figured that was helpful. In *The Twelve Dancing Princesses*, the princesses danced all night so they probably had foot pain, too. My performance was more genuine because of my pain. I needed to show my devotion even when

I wasn't on stage, so I approached Mr Ellison, the drama club advisor. He told me that casting (角色分配) will be posted tomorrow. "Thank you, sir," I said, using the almost British pronunciation of Hollywood stars in the 1940s. I was so sure that Mr Ellison would cast me as a princess.

The next morning, I went to read the cast list. The twelve princesses were first, by number. I scanned from One to Twelve, but none by me. At the bottom of the cast list, my name finally appeared. My role was a really small one, an old woman who helped a soldier, not one of the princesses! I was desperately disappointed. Mr Ellison must have made a mistake! No one else in the school had my skills or preparation!

I found him in his classroom, but he insisted there was no mistake and emphasized that every role in a play was important. Unable to accept the fact, I burst into tears. Mr Ellison managed to calm me down and encouraged me to have a try in the rehearsal (排练).

注意:续写词数应为 150 个左右。

#### Paragraph 1:

*The next day, I dragged myself to the rehearsal.* \_\_\_\_\_

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#### Paragraph 2:

*Finally, the great day arrived and "the old woman" couldn't wait to get on stage.* \_\_\_\_\_

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## ► 单元小测

Unit 1

### ❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. The local market offers a wide \_\_\_\_\_ (vary) of fresh fruits and vegetables every day.
2. When the dog barked loudly, she was terrified and forgot to \_\_\_\_\_ (breath) for a moment.
3. Space \_\_\_\_\_ (explore) has come a long way, and we now hope to discover other planets that are suitable enough to support life.
4. The project will be completed as \_\_\_\_\_ (schedule) if everything goes well.
5. At the international meeting, people from different countries **exchanged** ideas and showed great \_\_\_\_\_ (curious) about each other's cultures.
6. When the \_\_\_\_\_ (apply) entered the room, he greeted everyone with a big smile.
7. Don't make that noise. It might \_\_\_\_\_ (fright) the animals in the zoo.
8. Do you feel totally \_\_\_\_\_ (confidence) about the **challenge** you are faced with?
9. Every time the topic comes up, the local residents \_\_\_\_\_ (argument) against the new shopping mall near their homes.
10. The students were **eager** \_\_\_\_\_ (explore) the new science museum that opened in their city last week.

### ❷ 短语填空(每小题 2 分, 满分 16 分)

1. We've only got two days' holiday, so let's \_\_\_\_\_ (充分利用) it and have good relaxation.
2. After recovering from his illness, he was advised \_\_\_\_\_ (开始从事) gardening as a hobby.
3. I \_\_\_\_\_ (对……印象深

刻) his **intelligence** and humour the first time we met.

4. When we had a debate last week, Lucy \_\_\_\_\_ (提到) a **specific** example to support her **view**.
5. The hikers got lost in the forest and began to **struggle** \_\_\_\_\_ (惊慌地), not knowing which direction to take.
6. Fear may be high and frightening, but it's often extremely thin if we \_\_\_\_\_ (全力以赴).
7. I think we should \_\_\_\_\_ (想出, 找到) some ways to stop people from polluting the river and call on them to fight against pollution.
8. \_\_\_\_\_ (一看到) the **neat** and tidy room, she couldn't help but smile with satisfaction.

### ❸ 句型训练(每小题 3 分, 满分 15 分)

1. \_\_\_\_\_, he just stood there, **frightened** to death. (分词作状语)  
走进房间, 他只是站在那里, 吓得要死。
2. He \_\_\_\_\_ with his friend on the phone \_\_\_\_\_ he bumped into a tree.  
他正在和朋友有说有笑地打电话, 突然撞到了一棵树上。
3. "Be **confident**, Patty. You can do this. I'll help you." \_\_\_\_\_, I raised my head and nodded firmly. (with 复合结构)  
“自信点, 帕蒂。你能做到的。我会帮助你。”眼里含着泪水, 我抬起头, 坚定地点了点头。
4. Ms Susan was \_\_\_\_\_ her jaw almost dropped when she saw us. (结果状语从句)  
苏珊女士看到我们时惊讶得下巴都要掉下来了。

5. I was \_\_\_\_\_  
when the lights suddenly went out.  
灯突然熄灭,我吓得动弹不得。

Ⅳ 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·浙江金砖高中联盟高一期中]

Psychological avoidance (心理回避) or avoiding emotions, a common way to escape painful and uncomfortable thoughts, feelings or situations, can harm the emotional well-being and personal growth of high school freshmen. Actually, psychological avoidance can lead to increased levels of anxiety and stress. Avoiding fears and worries only allows them to grow stronger.

By avoiding challenging situations, it prevents students from developing important skills, limiting their opportunities for self-discovery and improvement. The famous author J. K. Rowling once said, "It is impossible to live without failing in something, unless you live so carefully that you might as well not have lived at all."

Psychological avoidance directly affects how well students do in their studies. Freshmen who turn to avoidance will always procrastinate, or even miss deadlines. By avoiding the necessary efforts and tasks required for learning, students may struggle to gain information, reducing the opportunity to succeed in grades.

Psychological avoidance can also cause stress or discomfort to relationships. High school students may avoid discussing their feelings with friends or family members, leading to misunderstandings and a breakdown in communication. Instead of dealing with their emotions, they hold back or hide themselves. Students miss out on the chance to deepen their connections with friends, family and peers (同龄人), making it harder for them to form healthy relationships.

Psychological avoidance may provide comfort

for a short period, but in the long run it can have negative impacts on our mental health, personal growth, academic performance, relationships and other aspects of life. Breaking free from avoidance behaviours is important for academic success and self-confidence, and recognizing the harmful effects of avoidance is the first step.

( ) 1. J. K. Rowling might agree that by avoiding challenging situations, \_\_\_\_\_.

- A. we fail to discover our thoughts and feelings
- B. we can avoid failing in something more easily
- C. we miss out on valuable learning experience
- D. we have opportunities to avoid fears and worries

( ) 2. What does the underlined word "procrastinate" in Paragraph 3 probably mean?

- A. Put off tasks.
- B. Escape from reality.
- C. Miss out on chances.
- D. Get out of control.

( ) 3. How does psychological avoidance affect students' ability to form healthy relationships?

- A. It leads to difficult discussions.
- B. It deepens their connections with others.
- C. It makes them fail to make new friends.
- D. It causes them to escape further communication.

( ) 4. What will the following paragraph probably talk about?

- A. The harmful effects of psychological avoidance.
- B. The forms of psychological avoidance behaviours.
- C. The strategies of overcoming psychological avoidance.
- D. The importance of breaking free from avoidance behaviours.



**B [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 Chicago in Illinois, 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.

- ( ) 5. What may the students start worrying about before an exam?
- A. Whether they can pass the exam.
  - 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.
- ( ) 6. 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.
- ( ) 7. 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
- ( ) 8. 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 完形填空(每小题 1 分,满分 15 分)

[2025·江苏省连云港市高一期中]

Recently, we went on a six-day field trip in a village, where I had many heart-warming memories. The most unforgettable part for me was climbing the 4.2-metre high “Graduation wall” without any 1 .

The 2 began at once. Originally, the boys climbed 3 , making the wall seem less scary. However, my fear 4 as I imagined their potential fall. Finally, it was my turn. My heart 5 , and my fear increased. Trembling, I 6 to step on my classmates’ knees and shoulders, concerned that my dirty shoes would get their clothes dirty. Then, the boy below called out, “Just step on my shoulders!” as if sensing my 7 . Driven by the supportive spirit of my classmates, I carefully placed my feet on his 8 .

Not knowing whose hand I was holding, I was quickly lifted up, and my legs followed, my action becoming unexpectedly 9 . Upon reaching the top, I 10 stared at the edge (边缘) from my new point on the platform. In what felt like several seconds, I had risen above the 11 height of 4.2 metres that had seemed impossible before. As a result, our class 12 the challenge in just 16 minutes!

What influenced me most was the 13 of my classmates: every gaze was fixed upward, and every hand held strongly to secure the 14 . The sight of dirty shoulders and sweaty palms, 15 waves of

encouragement, made me realize that it’s our joint spirit that creates a deep sense of belonging and unity.

- ( )1. A. abilities B. tools  
C. difficulties D. companions
- ( )2. A. argument B. opportunity  
C. performance D. challenge
- ( )3. A. slowly B. easily  
C. suddenly D. tiredly
- ( )4. A. ran out B. melted away  
C. broke down D. built up
- ( )5. A. stopped B. raced  
C. lightened D. ached
- ( )6. A. managed B. dared  
C. hesitated D. desired
- ( )7. A. anger B. joy  
C. satisfaction D. worry
- ( )8. A. shoulders B. arms  
C. legs D. back
- ( )9. A. terrible B. strange  
C. smooth D. struggling
- ( )10. A. carefully B. crazily  
C. calmly D. confidently
- ( )11. A. exciting B. frightening  
C. pleasing D. boring
- ( )12. A. finished B. started  
C. accepted D. admitted
- ( )13. A. courage B. power  
C. improvement D. support
- ( )14. A. player B. helper  
C. traveller D. climber
- ( )15. A. along with B. instead of  
C. far from D. except for

班级	
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阅读理解	
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