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教辅图书



功能学具



学生之家

基础教育行业专研品牌

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全品智能作业

QUANPIN ZHINENGZUOYE

AI智慧升级版

高中英语1 | 必修第一册 RJ

主 编 肖德好



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。



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编写依据

以新教材为本，以课程标准（2017年版2020年修订）为纲。

选题依据

- 研究新教材使用地区最新题源，研究新教材新课标形式下的同步命题特点。
- 选题注重落实必备知识，满足同步教学中的基础性要求，兼顾一定的综合性。
- 强调试题的情境性、开放性，拓展学科知识的应用性和创新性。

▼ 课时作业

特点一 细分课时，并针对重难点设置重难点突破练

特点二

课时作业 分层设置

基础达标练

语篇限时练

单元提升练+难点题型练

- 紧贴教材,落实必备知识
- 精选语篇、提升拓展
- 精准强化重难点

特点三

1+1手册 提升素养

晨背与默写

写作手册

- 教材基础、背诵要点、默写检测
- 写作夯基、素材积累、写作应用



▼ 素养测评卷

单元素养
测评卷

阶段素养
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测评卷

**精选一线好题，拒绝知识倒挂及选题超纲现象，
助力同步高效学习！**



CONTENTS

目录



WELCOME UNIT

Period One	Listening and Speaking & Reading and Thinking	001
	基础达标练/001 语篇限时练/002	
Period Two	Discovering Useful Structures & Listening and Talking	005
	基础达标练/005 语篇限时练/006	
Period Three	Reading for Writing & Building Up Your Vocabulary	009
	基础达标练/009 语篇限时练/010	
🔍	单元提升练 + 难点题型练	013

01

Unit 1 TEENAGE LIFE

Period One	Listening and Speaking & Reading and Thinking	016
	基础达标练/016 语篇限时练/017	
Period Two	Discovering Useful Structures & Listening and Talking	020
	基础达标练/020 语篇限时练/021	
Period Three	Reading for Writing & Assessing Your Progress	024
	基础达标练/024 语篇限时练/025	
🔍	单元提升练 + 难点题型练	028

02

Unit 2 TRAVELLING AROUND

Period One	Listening and Speaking & Reading and Thinking	031
	基础达标练/031 语篇限时练/032	
Period Two	Discovering Useful Structures & Listening and Talking	035
	基础达标练/035 语篇限时练/036	
Period Three	Reading for Writing & Assessing Your Progress	039
	基础达标练/039 语篇限时练/040	
🔍	单元提升练 + 难点题型练	043

03

Unit 3 SPORTS AND FITNESS

Period One	Listening and Speaking & Reading and Thinking	046
	基础达标练/046 语篇限时练/047	
Period Two	Discovering Useful Structures & Listening and Talking	050
	基础达标练/050 语篇限时练/050	
Period Three	Reading for Writing & Assessing Your Progress	054
	基础达标练/054 语篇限时练/055	
🔍	单元提升练 + 难点题型练	058

04

Unit 4 NATURAL DISASTERS

Period One	Listening and Speaking & Reading and Thinking	061
	基础达标练/061	语篇限时练/062
Period Two	Discovering Useful Structures & Listening and Talking	065
	基础达标练/065	语篇限时练/066
Period Three	Reading for Writing & Assessing Your Progress	069
	基础达标练/069	语篇限时练/070
	单元提升练 + 难点题型练	073

05

Unit 5 LANGUAGES AROUND THE WORLD

Period One	Listening and Speaking & Reading and Thinking	076
	基础达标练/076	语篇限时练/077
Period Two	Discovering Useful Structures & Listening and Talking	080
	基础达标练/080	语篇限时练/081
Period Three	Reading for Writing & Assessing Your Progress	084
	基础达标练/084	语篇限时练/085
	单元提升练 + 难点题型练	088

参考答案 / 091



晨背与默写

同步教材
词句基础
背诵要点
默写检测



写作手册

应用文写作
读后续写
素材积累
写作应用

■ 另附8K素养测评卷

Period One Listening and Speaking & Reading and Thinking

(限时:20 分钟,分数:58 分)

Ⅰ 单句填空(每题 1.5 分,共 15 分)

1. The book _____ (design) for the students who want to learn English well.
2. Failure is quite _____ (annoy), but what failure teaches us may not be taught in other ways.
3. I was waiting for the writing contest result with _____ (anxious) as if I were sitting on pins and needles.
4. This is one of the farthest places that _____ (explore) so far in that country.
5. When he heard the _____ (frighten) news that an earthquake hit again, a _____ (frighten) look crossed his face.
6. What's more, you taught me some helpful speaking skills and made me full of _____ (confident).
7. The concert began with the _____ (nation) anthem and ended up with a piece of soft music.
8. My first _____ (impress) of him was that he was a kind and _____ (impress) young man.
9. The first chemistry class began with hands-on _____ (experiment), creating an exciting learning environment.
10. On the day of freshman _____ (register), many volunteers offered to help the new students.

Ⅱ 短语填空(每题 2 分,共 16 分)

1. The teacher's lecture on history _____ (给……留下深刻的印

象) the students as they prepared for their exams last month.

2. She finds it difficult to _____ (集中精力于) her studies when there is so much noise around.
3. To succeed in school life, it is important to manage your time _____ (以合适的方法).
4. You can _____ (与……谈话) experts in the field or seek advice from your teachers.
5. I'd like to _____ (一个人待着) when I am doing an important and difficult experiment.
6. After months of hard work, she _____ (最后,终于) completed her novel and sent it to the publisher.
7. John is so good a boy that every student in our class wants to _____ (与……交朋友) him.
8. New life _____ (在校园内) provides opportunities to make some new friends, with whom ideas can be exchanged.

Ⅲ 写作应用(每题 3 分,共 12 分)

1. _____ you will make great progress if you pay attention to your study. (confident)
如果你关注你的学习,我相信你会取得很大的进步。
2. I _____ because it can help me know more about other kinds of cultures. (find + 宾语 + 宾补)
我发现英语很有趣,因为它可以帮我了解更多其他文化。

3. _____ I should fail in the coming examination? I am so anxious that tears well up in my eyes.

如果我在即将到来的考试中不及格怎么办?
我急得眼泪都夺眶而出了。

4. He is always the first _____ and the last _____. (动词不定式作后置定语)

他总是第一个来,最后一个离开。

Ⅳ 课文语篇填空(每题 1.5 分,共 15 分)

Han Jing is a senior high school student now. On the first day, she felt anxious and was not sure if she could make a good first 1. _____. (impress). Her first maths class was very difficult. The teacher, kind and friendly, told

them a funny story, 2. _____ (make) the students laugh. However, in the chemistry class, a guy tried to talk to her the whole time, 3. _____ made it impossible for her to concentrate 4. _____ the experiment. She just wanted the guy 5. _____ (be) quiet and leave her alone. After the 6. _____ (one) day, Han Jing had a different opinion about the life at senior high. She didn't feel awkward or 7. _____ (frighten) at all. Though she missed her former friends, she believed she 8. _____ (make) new ones. She felt much 9. _____ (confident) than that morning and thought the next day would be 10. _____ great day!

语篇限时练

(限时:30 分钟,分数:47.5 分)

Ⅴ 阅读理解(每题 2.5 分,共 20 分)

A [2025·河南驻马店高一大联考]

I knew my first day of high school would be challenging. There would be higher expectations and the teachers would be stricter. Would I fit in? Would I make friends? Would I have nice teachers? Would I look like an ugly duckling (小鸭) among my classmates? But my mum told me that I was great. Then I was hopeful about the new day.

On Friday, one day before the first day of school at La Canada High School, the phone rang, sounding incredibly serious. The principal said that school would be delayed until Tuesday because of the fire in La Canada Flintridge. Disappointed as I was with the fire, strangely, I was also happy because I had several extra days of vacation.

On Monday evening, I was preparing for my big day. My red backpack was filled with new notebooks. Then the phone rang. Again, the principal told me to stay at home. I could feel the anxiety growing inside of me. When was school going to start? I just wished that the first day of school would hurry up and come soon.

Finally, it was Wednesday, the real first day of school. I walked past the school gate feeling nervous. Everything looked different. The middle school buildings looked so cute. I looked at my schedule. The first period was German. I took a deep breath as I opened the door to my first class. Class started and quickly I was fascinated by the teacher. He was a magician who had super power that kept me spellbound (着迷的). The other teachers were also so great. My first day slipped away quickly before I could even realize it.

In the evening, I recalled what had happened on my first day of high school. All in all, it was really amazing. I enjoyed all my teachers, classmates and classes. I was able to see my friends who I didn't see all summer. But most importantly, I am now in high school. I am well on my way towards a successful high school life!

() 1. What removed the author's anxiety according to Paragraph 1?

- A. Making new friends soon.
- B. His/Her successful experience.
- C. His/Her mother's encouragement.
- D. Greater expectation of the new life.

- () 2. How did the author feel at the principal's first announcement?
- A. Lonely but hopeful.
B. Disappointed but happy.
C. Depressed and worried.
D. Angry and disappointed.
- () 3. What can be inferred about the author's first day at high school according to the text?
- A. It went by slowly and made him/her homesick.
B. It began with an interesting physics lesson.
C. It started as planned despite an unexpected fire.
D. It made him/her hopeful about his/her high school life.
- () 4. In what order is the text organized?
- A. Time. B. Place.
C. Character. D. Importance.

B [2025·河北保定六校高一期中联考]

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 interests similar to yours. 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 see every single day of your life.

- () 5. 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.
- () 6. 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.
- () 7. What's the advantage of joining a club according to Paragraph 4?
- A. Increasing knowledge.
B. Learning teamwork skills.
C. Making good use of your time.
D. Improving your fitness level.
- () 8. 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?

VI 阅读七选五(每题 2.5 分,共 12.5 分)

[2025·云南昆明高一月考]

Many kids find maths difficult or boring. That feeling needs to go extinct as soon as possible as maths is a pillar (支柱) of education. Beyond numbers, maths pushes kids to think critically and become problem solvers. 1. _____? Let's find out!

Change how you talk about maths to kids

When you hear the word “maths” come up, put on a wide smile on your face. Our kids feed off our energy. Let's be clear: we aren't trying to make maths cool. 2. _____. This goes double for those struggling with maths.

Integrate (融合) maths into daily life

3. _____. You can do this at home, during grocery shopping or even at a restaurant. Getting kids a quick maths practice session when they aren't expecting it makes them think on their feet and put things they've learned into practice. They get a moment to shine and you get an opportunity to praise them for showing what they learned.

4. _____

Does your child love sports? Maths helps them keep track of their performance and improve. Figure out a way to take the current maths they are working on in school and then apply it to something they like. This may take some homework on your part, but it will pay off in no time!

Go along with maths games

Let's not try to force maths homework to be fun, but rather find a teaching aid that puts maths in a new light. With advancement in technology, maths games have been designed to teach entire lessons and concepts rather than simple problems like the games of days past. 5. _____.

- A. Listen to the outer voice
- B. Connect maths to kids' interests
- C. What is your learning approach to maths
- D. But how do we help kids build maths confidence
- E. A simple everyday event can turn into a maths problem
- F. Your kids will explore a different world while playing maths games
- G. Instead, we are trying to make maths a positive part of a child's education

VII 语法填空(每题 1.5 分,共 15 分)

[2025·吉林长春高一月考]

In the middle of worry and excitement, my first day of high school eventually came. I walked onto the schoolyard—everything looked and 1. _____(feel) different.

My first period was German. Our German teacher was friendly and I thought that she would teach us a lot because she was very much to the point. I liked her from the 2. _____. (begin). After three periods, I was 3. _____(hunger). The fourth period used to be the time to eat lunch in the canteen, 4. _____ not anymore. We had one more period before lunch.

All went well. However, the 5. _____(five) period changed everything. I didn't feel ready after all. The English teacher 6. _____ was named Mr Dawson came in. He told us that we would have to write forty 7. _____. (article). I was 8. _____(frighten) at that moment. Anyway, I wouldn't give up easily.

9. _____ a word, the first day of senior high school was good. I loved my teachers, classmates, and classes. Most importantly, though it was my first day, I already felt like I was going to have 10. _____ successful high school career.

Period Two Discovering Useful Structures & Listening and Talking

(限时:20 分钟,分数:45 分)

I 单句填空(每题 1.5 分,共 15 分)

1. I've been looking forward to _____ (see) you so much.
2. We all thought computers would make our jobs _____ (easy).
3. _____ (read) is necessary for you to expand your knowledge.
4. She found the gift _____ (practise) as well as beautiful.
5. The information could be extremely _____ (help) during the class meeting.
6. We have found _____ easy to learn English well since we became his students.
7. It must have been so _____ (excite) to watch the first man land on the moon.
8. But whatever the result is, I will face it _____ (calm).
9. A man immediately rushed to the girl to give her first aid and I joined in _____ hesitation.
10. I'll definitely remember his _____ (kind) and help forever.

II 写作应用(每题 3 分,共 15 分)

1. 剪纸活动将于 6 月 20 日在我们学校开始,为期一周。(last)

2. 这次展览会帮助你对中国传统绘画有更好的理解。

3. 这个故事听起来很有趣。(sound)

4. 他昨天给我们带来了一份特别的礼物。(bring)

5. 她是一个害羞的女孩,她觉得在公众面前唱歌很困难。(形式宾语)

III 语篇填空(每题 1.5 分,共 15 分)

[2025·黑龙江哈尔滨高一月考]

How time flies! I will be a senior high school student this term. I am very excited and nervous. I feel excited because I 1. _____ (learn) more knowledge from my new teachers. 2. _____ (especial), I can learn more about English, maths, physics, chemistry and biology. I think they are 3. _____ (interest). I can meet many new 4. _____ (friend) in senior high school as well. I think they, 5. _____ (I) new friends, will be friendly and kind-hearted. I believe I will get along well 6. _____ all of my new classmates. 7. _____ the saying goes, "A friend is 8. _____ (easy) to be lost than found." If you want to make friends with others, you should treat them true-heartedly. It is really hard, 9. _____ I will try.

I feel nervous because I heard that it is difficult 10. _____ (study) in senior high school. I think I will meet many problems and setbacks many times. But it's nothing serious, because I know if I work hard, I will be successful at last.

IV 阅读理解(每题 2.5 分,共 20 分)

A [2024·云南师范大学附属中学高一期中]

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

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 interest 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 them choose research topics. Students then worked with the teachers to find books, interview subjects and Internet sources. While in Learning Challenges, some students 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.

Ⅴ语法填空(每题 1.5 分,共 15 分)

Grade Ten is 1. _____ important year as you start high school. It's a time to focus on your studies, enjoy your hobbies, 2. _____ spend time with family and friends. Here are some simple suggestions to help you balance everything.

First, focus on your schoolwork. High school grades 3. _____ (be) important, so try to study regularly. Make a study schedule and stick to it. Don't forget 4. _____ (take) a short break to rest your mind. This will help you stay focused and do 5. _____ (well) in your studies than studying without rest.

Next, enjoy your hobbies. Whether you enjoy 6. _____ (play) sports, drawing, or others, make sure you find time for these activities. They help you relax and have fun. Plus, you can meet new friends 7. _____ like the same things.

8. _____ (final), spend time with family and friends. They are there to support you and make you feel happy. Talk to them about your day and your feelings. Good 9. _____ (relationship) make life better and help you feel more confident.

In conclusion, balancing schoolwork, hobbies, and social time is key to a happy and successful Grade Ten. By managing your time well and taking care of 10. _____ (you), you can enjoy this important year to the fullest.

VI 完形填空 (每题 1 分, 共 15 分)

[2024·河北石家庄精英中学高一月考]

On my first day at high school, I woke up very early. I felt excited and 1 as I put on my new school clothes. It was a mix of feelings that I would never 2. Both my parents took me to school, and as I 3 the classroom, I saw my classmates laughing and chatting. My new teacher, a kind lady, greeted me with a 4 smile. She introduced me to the class, and to my joy, my classmates made me feel like we were 5.

After the teacher's welcome speech, I 6 conversations with my new classmates. They not only broke the ice but also helped me feel included into the community. The day was 7 activities, which was helpful to my personal 8. What's more, I had developed a few new 9.

What's important was that I was 10 to have my older sister in the same school, who was a great 11 to me. She got permission to take

me out to the playground where we swung (荡秋千) and had 12 together. Her presence (出现) made me feel 13 and confident.

At the end of the day, my confidence increased 14. I am now part of a new, exciting world, ready to catch all the wonderful chances high school 15.

- () 1. A. annoyed B. surprised
C. curious D. nervous
- () 2. A. revise B. break
C. forget D. cover
- () 3. A. watched B. entered
C. changed D. left
- () 4. A. sweet B. solid
C. formal D. primary
- () 5. A. families B. neighbours
C. sisters D. stars
- () 6. A. received B. started
C. encouraged D. improved
- () 7. A. carried out B. spent on
C. filled with D. broken into
- () 8. A. promise B. nature
C. design D. growth
- () 9. A. hobbies B. skills
C. friendships D. habits
- () 10. A. fit B. able
C. eager D. lucky
- () 11. A. pride B. help
C. courage D. goal
- () 12. A. experience B. influence
C. experiment D. fun
- () 13. A. safe B. awkward
C. traditional D. wise
- () 14. A. quietly B. recently
C. greatly D. easily
- () 15. A. flashes B. brings
C. shares D. agrees

Period Three Reading for Writing & Building Up Your Vocabulary

(限时:20 分钟,分数:51 分)

I 单词拼写(每题 1 分,共 5 分)

1. When he was thinking over the plan, a new idea f _____ into his mind.
2. I like the teaching s _____ of my English teacher, which is very interesting.
3. He found a job in a famous c _____ after he graduated from Peking University.
4. Using proper learning _____ (策略) can save you a lot of time to remember the key points.
5. No matter what you want to learn, it is important to decide on your _____ (目标) before you make a plan.

II 单句填空(每题 1.5 分,共 15 分)

1. Some girls would rather do their _____ (revise) at home than go outside.
2. They help us understand science subjects better and arouse our _____ (curious) about science.
3. Your English has been much better since last month, but there's still room for _____ (improve).
4. Your _____ (person) really made a deep impression on me when we met for the first time.
5. The teacher told the students to revise their papers according to their _____ (partner) remarks.
6. She always finds something _____ (excite) to do during her summer vacations, like hiking or surfing.
7. This is the best way you think of _____ (make) a living.

8. I joined the _____ (organise) to help those seniors in the nursing home.
9. I was _____ (frighten) at the sight of the test paper, but then I calmed down and focused on the questions.
10. Teachers often use different teaching _____ (strategy) to meet the needs of their students.

III 短语填空(每题 2 分,共 16 分)

1. You should _____ (记笔记) in class, which will help you revise what you have learned.
2. One way to train ourselves to be happy is to _____ (记下,写下) the little things that cheer us up each day.
3. Students hope to _____ experience _____ (与……交流) each other in learning foreign languages.
4. I'm glad that you _____ (对……好奇) the Safety Education Week of our school and it's my pleasure to give you a brief description.
5. I have formed a good habit of _____ (写日记) in English since 2018.
6. If we are to make a difference in life, it's important that we _____ (由……开始) small things.
7. Li Ming _____ (整理思路) before he made a speech.
8. The freshman had no idea how to _____ (注册) classes or even how to borrow a book from the library.

IV 写作应用(每题 3 分,共 15 分)

1. _____, you should be careful.
(when + v. -ing)
过马路时,你应当小心。
2. _____ will
make your visit to the UK much more enjoyable.
(动名词作主语)
学习这个国家的历史会使你的英国之旅更加愉快。
3. _____ is to

attend the meeting tomorrow. (either...or...)
要么是你,要么是你的一个学生要参加明天的会议。

4. My dream _____ after I
grow up. (动词不定式作表语)
我的梦想是长大后当一名英语老师。
5. _____
_____, I'll invite you to the show.
如果你想了解中国传统文化,我会邀请你去参观这个展览。

语篇限时练

(限时:35 分钟,分数:52.5 分)

V 阅读理解(每题 2.5 分,共 10 分)

[2025·广东广雅中学高一期中考试]

Let's get one thing straight: Studying sometimes is boring, right? But it is extremely necessary. After all, working through difficult material is a necessary part of the learning process—which leads to the obvious question: If I have to do it, is there at least a way to make it fun?

During Carol Dweck's research for her book *Mindset: The New Psychology of Success*, she found that students deal with learning in one of the two ways: they either look at difficult courses with a fixed mindset or with a growth mindset. Those with fixed mindsets believe that intelligence and talent are set in stone. For example, if they find a certain maths problem difficult, they'd think, "I guess I'm just not a maths person." In contrast, students with growth mindsets are certain that they could change and grow in every area of their lives. If they come across a difficult problem, they will think, "I can get better at this...But I have to tough it out."

Dweck found that most students start out pretty interested in a subject. Yet over the semester, something happens. Students with the

fixed mindset may stay interested only when they do well right away. Those who find it difficult are likely to show a big drop in their interest and enjoyment. If it isn't testimony (证明) to their intelligence, they can't enjoy it. In contrast, students with the growth mindset are able to continue to show the same high level of enjoyment even when they find the work very difficult. Difficulty and interest go hand in hand.

If you want to succeed and enjoy your studying, don't think of your classes as a series of tests that show just how intelligent or unintelligent you are. Instead, think of them more as ongoing opportunities to learn and grow.

- () 1. Which of the following might students with fixed mindsets believe?
- A. They are not interested in maths.
 - B. Their abilities are not valued.
 - C. Their mindsets determine their abilities.
 - D. Failure is caused by their intelligence.
- () 2. What does the underlined phrase "tough it out" mean in Paragraph 2?
- A. Stick to it.
 - B. Get away from it.
 - C. Give in to it.
 - D. Refer to it.

- () 3. What can we learn from Paragraph 3?
- A. Students who are able to deal with difficult problems do better in their studies.
 - B. Students who find it hard to fix problems lose their interest in their studies.
 - C. Students' mindsets play a huge role in how interested they are in their studies.
 - D. Students' interest has a big effect on how well they perform in their studies.
- () 4. What may the author advise learners to do to make studying fun?
- A. Choose an active and positive mindset.
 - B. Regard learning as a test of intelligence.
 - C. Pay little attention to the task difficulty.
 - D. Look for a strong inspiration to succeed.

VI 阅读七选五(每题 2.5 分,共 12.5 分)

[2024·江苏盐城高一期中]

For many high school students, it seems that there is never enough time. There are several steps you can take to organise your time better.

Make a to-do list every day. It makes it easy to plan any activities or meetings you may have in addition to homework. Be sure to set priorities (优先事项). 1. _____.

Use spare time wisely. Instead of wasting your spare time, read a book or do homework. 2. _____. If a friend asks you to do something and you have homework to do, think about which is more important and see your friend later.

Decide on the time that is good for you to do certain things. If you are more of a morning person, try getting up an hour earlier and do schoolwork before school. Review your notes every day. 3. _____. If you spend a few

minutes at the end of every day going over what you learned, it will mean less time spent on studying when it is time for the exam.

4. _____. Studies have shown that getting enough rest helps your memory. When you are tired, everything seems more difficult. It is best to stay on a regular sleeping cycle as much as possible.

Tell your friends and family about your work timetable. Explain that you will be working at certain times and ask them not to disturb you.

5. _____. You can call your friends later.

- A. Set goals for yourself
- B. Get a good night's sleep
- C. Do the most important tasks first
- D. And also, do not be afraid to say no
- E. You should finish your task on time
- F. Don't take phone calls during the time you set aside for work
- G. Don't wait until just before a test to try and remember everything

VII 语法填空(每题 1.5 分,共 15 分)

[2025·广东深圳高级中学高一期中考试]

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.

Ⅷ 完形填空 (每题 1 分, 共 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 like 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 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 |

单元提升练 + 难点题型练 (限时:40 分钟, 分数:103.5 分)

I 单句填空 (每题 1.5 分, 共 15 分)

1. There is no doubt that animals in some cases can help kids with their _____ (anxious).
2. Students who are brave enough to take this _____ (explore) will learn a lot of skills.
3. After listening to his adventure, she felt both excited and _____ (frighten) at the same time.
4. He got _____ with the _____ noise around him when he was reading books. (annoy)
5. If you want to be a good public speaker, you'd better speak clearly and _____ (confident).
6. It's good to be _____ about the world around you because _____ is the best teacher. (curious)
7. At last, the exchange student from the UK found the _____ (register) office.
8. It was hard to follow what he was saying, and finally I lost _____ (concentrate).
9. Red Cross is an international _____ (organise) that cares for people who are in need of help.
10. One of the most _____ (impress) memories was the opportunity to learn about the cultural traditions of our city.

II 短语填空 (每题 2 分, 共 16 分)

1. He spoke English quite fluently in a presentation, which _____ (留下深刻印象) on us.
2. The following term, I decided to _____

(登记, 注册) an American Sign Language class.

3. Professor Yang _____ (集中精力于) his **experiment** and didn't notice someone coming into the lab.
4. I had a great time here and was _____ (期待) coming here for holiday soon.
5. When I was in London, I taught Henry Chinese _____ (作为……的交换) his teaching me English.
6. While working out in the gym, I want to _____ (不打扰), so that I can have some time of my own.
7. _____ (记笔记) can help you understand and remember what the teacher has taught.
8. Many students will _____ (参加) the sports meeting to be held next week.

III 重点句型 (每题 2.5 分, 共 10 分)

1. 句型: find + 宾语 + 宾语补足语

[教材原句] I **found most of my classmates and teachers friendly and helpful**. 我发现我的大多数同学和老师都很友好和乐于助人。

[句型仿写] 和萨拉面对面交谈, 你会发现她既友好又外向。

Have a face-to-face talk with Sarah, and _____.

2. 句型: there be 句型

[教材原句] ... **there's a lot to explore** at senior high. 高中会有很多事物等待着(我)去探索。

[句型仿写] 我们在计划家庭度假时有很多需要考虑的因素。

There's a lot _____.

3. 句型: **either ... or ...** 或者 ... 或者 ... , 要么 ... 要么 ...

[教材原句] If I'm not in class, I'm **either** in the library **or** in the computer lab. 如果我不在上课, 我不是在图书馆就是在计算机实验室。

[句型仿写] 人们可以把剪纸作为礼物赠送, 也可以把它们挂在家里。

People can _____
_____.

4. 句型: “**no matter + 疑问词**”引导状语从句

[教材原句] **No matter what** you want to learn, it is important to decide on your goal before you make a plan. 无论你想学习什么, 在你制订计划之前, 决定你的目标是很重要的。

[句型仿写] 无论你喜欢做什么, 都有办法在世界地球日参与各种活动。

_____,
there is a way to get involved in activities on The World Earth Day.

IV 语篇词汇串记 (每题 1.5 分, 共 15 分)

注: 黑体词为本单元词汇复现

Tom was an **exchange** student coming from America. In America he was a Grade 11 student at **senior high school**. He studied Chinese painting and pattern **design**. He **looked forward to** being 1. _____ **designer** in the future. Because it was the first time that he had been abroad, he felt **anxious** and even 2. _____ (frighten), trying hard to adapt to the life 3. _____ **campus**. However, Tom was **outgoing** and had a strong 4. _____ (person), which helped him overcome many **awkward** problems.

He was **curious** to **explore** new things. In class, he concentrated 5. _____ his studies, **took notes** frequently and 6. _____ (**revise**) his lessons in time, using different learning **styles** and **strategies** 7. _____ (**improve**) his performance. He even made **flash cards** to help himself study Chinese, which **impressed** us greatly. In everyday life, he was seldom 8. _____ (annoy). He liked to make friends

and helped **organise** many activities. He **registered** for some **organisations** and did some 9. _____ (**experiment**) in **company** with his **partners**. After a school term, he achieved his **goal** in his studies and increased his 10. _____ (**confident**). **At last** the **guy's** hard work **made** a deep **impression** on us.

V 应用文写作 (每题 4 分, 共 20 分)

[2025 · 湖北孝感高一期中联考]

假如你是李华, 你的笔友 Mary 最近写了一封 e-mail 给你, 表达了不能适应高中学习与生活的烦恼。请你用英语写一封邮件安慰 Mary, 并给她建议。内容包括:

1. 表达安慰;
2. 给出建议;
3. 你的祝福。

注意: 1. 词数 80 个左右;

2. 可以适当增加细节, 以使行文连贯。

Dear Mary,

I am sorry to hear 1. _____

(你在适应高中学习和生活方面遇到了困难). Please remember that you are not alone during this journey, and it's normal to feel upset about the transition.

Firstly, I suggest 2. _____

(刚开始时做个学习计划), which will make studying easier. Additionally, it would be beneficial 3. _____

(参加学习小组) or join after-class activities, 4. _____

(在那里你可以交朋友并且变得更快乐). Lastly, if necessary, you'd better 5. _____

(从老师和同学那里寻求帮助), who might offer you valuable help.

I am sending you my best wishes and support and I'm here cheering you up. Wish you an enjoyable and unforgettable freshman life.

Yours sincerely,

Li Hua

VI 阅读七选五(每题 2.5 分,共 12.5 分)

[2025·浙江丽水五校高一期中]

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 on the bright side and don't worry. 1. _____

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 a 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 freshman year.

Find extracurricular 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 in 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(每题 1.5 分,共 15 分)

[2025·湖南湘西高一期中]

Welcome to senior high school! I can't wait 1. _____ (describe) to you what senior high school life is like. The path before you leads to a world full of challenges. However, for those of you with a positive mind, opportunity lies 2. _____ each challenge. Most 3. _____ (important), your time and effort at senior high school will open the door to your potential. "What is potential?" Put simply, potential is your natural ability 4. _____ can be developed when you try hard enough. Over the next three years, you will discover your potential while you develop as a student and as a person. To fully realize your potential, 5. _____ is important for you to make the most of our school resources. There are also a lot of school 6. _____ (activity) for you. Of equal importance 7. _____ (be) good study habits, useful skills and a positive attitude. In time you will find yourself growing into a well-rounded individual. As Lao-Tzu wisely said, "A journey of a thousand miles 8. _____ (begin) with a single step." You need to make 9. _____ effort to train your mind and develop your character. You alone are 10. _____ (responsibly) for realizing your great potential.