



30⁺年创始人专注教育行业

默写本

MOXIEBEN

主 编 肖德好



高中英语

必修第一册 BS

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Unit 1 LIFE CHOICES

默写练习一 Topic Talk

[限时 30 分钟, 满分 100 分]

默写检测

① 单词默写 (每小题 1 分, 共 23 分)

【写作词汇】

1. _____ *adj.* 较高的, 高级的
2. _____ *adj.* 中等教育; 中级的; 次要的
3. _____ *adj.* 以前的, 先前的
4. _____ *adj.* 充满活力的; 精力充沛的
5. _____ *n.* 校园
6. _____ *n.* 日程表, 计划表 *v.* 安排; 为……安排时间
7. _____ *n.* 一段时期; 章节
8. _____ *n.* 公寓套房
9. _____ (*ante meridiem*) 午前, 上午
10. _____ *n.* (工厂、医院等轮班制的) 当班时间 *v.* 转移
11. _____ *n.* 空闲, 闲暇, 业余时间
12. _____ *adj.* 有利的, 好的 *prep.* 加
13. _____ *vi.* (_____, _____) (问题或困难) 出现, 发生

【拓展词汇】

14. _____ *adj.* 充满压力的, 紧张的 → _____ *n.* 压力; 忧虑; 紧张 → _____ *adj.* 焦虑的, 紧张的
15. _____ *adj.* 富有挑战性的 → _____ *n.* 挑战; 艰巨任务 *vt.* 挑战; 怀疑
16. _____ *vi.* 不同, 不一样, 有区别 → _____ *adj.* 不同的; 相异的 → _____ *n.* 不同; 区别 → _____ *adv.* 不同地; 相异地
17. _____ *n.* 期待; 预料, 预期 → _____ *vt.* 预料, 预期, 预计; 期待; 猜想, 认为 → _____ *adj.* 预料的; 预期的 → _____ *adj.* 出乎意料的; 意想不到的

18. _____ *n.* 自信, 信心; 信赖 → _____ *adj.* 有信心的, 自信的 → _____ *adv.* 确信地, 肯定地; 自信地
19. _____ *n.* 能力, 胜任 → _____ *adj.* 足以胜任的, 有能力的 → _____ *adv.* 胜任地, 适合地
20. _____ *n.* 压力 → _____ *vt.* 按, 压, 施加压力; 催促
21. _____ *vi.* 恢复健康, 康复 *vt.* 全额收回; 寻回; 重新获得; 恢复 → _____ *n.* 恢复; 复苏; 痊愈
22. _____ *n.* 伤, 损害 → _____ *vt.* 伤害, 使受伤; 损害 → _____ *adj.* 受伤的; 有伤的
23. _____ *adv.* 不幸地; 令人遗憾地 → _____ *adv.* 幸运地 → _____ *n.* 运气; 命运; 财富, 财产 → _____ *adj.* 幸运的; 吉利的 → _____ *adj.* 不幸的

② 短语检测 (每小题 2 分, 共 16 分)

1. _____ 总而言之, 总的来说
2. be _____ 与……不同
3. _____ 在许多方面
4. _____ 成排地
5. _____ 闲坐
6. _____ 培养自信
7. _____ /varieties of 各种各样的
8. _____ 一直

③ 佳句再现 (每小题 3 分, 共 9 分)

1. 非淡泊无以明志, 非宁静无以致远。(双重否定结构)
One _____ show high ideals _____ simple living; one _____ have lofty aspirations _____ a peaceful state of mind.

2. 作为一名经理意味着我可以做出重要的决定,这让我真的很享受。(动名词短语作主语)

_____ I get to make important decisions and I really enjoy that.

3. 不幸的是,这份工作也会有压力,尤其是当挑战出现时,而且我工作太多,以至于我觉得我不能经常与家人见面。(结果状语从句)

Unfortunately, the job can also be stressful, especially when challenges arise and _____ I feel I don't see my family enough.

语境运用

Ⅰ 词形变化填空(每小题2分,共20分)

- Anyone, when _____, can often do what is beyond his ability. So one important aim of our school is to prepare us for anything _____ so that we can face all the _____. (challenge)
- What I want to say is that in our daily life, if we meet with something _____, we usually felt _____. (stress)
- _____ ideas are put forward at the meeting and I think every idea will make a _____. (differ)
- She spoke _____ during the meeting, and her _____ inspired everyone in the room. (confident)
- We should live up to our parents' _____ (expect), who expect us to achieve success and live a happy life.
- The selection process is based on various tests of _____ and experience. If you're very skilled in your former work, you can handle the new job _____. (competent)
- He's good at dealing with _____ (press), so he designed some different styles to help those in need to address their problems.
- _____ often occurs in the football games, so measures should be taken to prevent players from being _____. (injure)
- After her _____ (recover) from the illness, she'll go to live in the south.
- Louis and Russell would never forget the terrible scene of the attack, but they were _____ (fortune) enough to be among the few survivors.

Ⅱ 高频短语填空(用本课时默写检测中的短语填空)

(每小题2.5分,共20分)

- Classrooms are large and pupils sit at single desks _____.
- It's up to the teacher to provide _____ types of input in the classroom.
- That phone ringing _____ is driving me crazy.
- What you eat for lunch may _____ the lunch of someone who lives in another country.
- This is important to do. You can't just _____ and do nothing.
- _____, although we are students, we can still do a lot to protect our environment, and we should take action from now on.
- For example, it is common to _____ after one has repeatedly done something with some success.
- We can observe that artificial intelligence has already made an impact on our lives _____.

Ⅲ 重点句型仿写(每小题4分,共12分)

- _____ not only helps us grow but also builds resilience for future challenges.
从我们的错误中学习不仅能帮助我们成长,还能让我们建立韧性以应对未来的挑战。
- There is no doubt that you _____ overcoming challenges and staying committed to your goals.
毫无疑问,没有克服挑战并坚持你的目标,你就无法获得真正的成功。
- She worked _____ she achieved outstanding results in all her subjects.
她学习非常努力,结果在所有科目中都取得了优异的成绩。

默写练习二 Lesson 1 Lifestyles

[限时 30 分钟, 满分 100 分]

默写检测

① 单词默写 (每小题 1 分, 共 29 分)

【写作词汇】

- _____ *n.* 生活方式
- _____ *vi.* & *n.* 闲谈, 聊天
- _____ *vi.* & *vt.* 冲浪
- _____ *n.* 少年, 十几岁的孩子
- _____ *n.* 笔记本电脑, 便携式电脑
- _____ *adj.* 数字的, 数码的
- _____ *n.* 本地人
- _____ *n.* 一系列; 范围; 山脉 *v.* (在一定的范围内) 变化
- _____ *n.* (计算机) 硬件
- _____ *n.* 质量, 品质
- _____ *n.* 新闻媒体, 大众传播媒介 (总称)
- _____ *vt.* 拖, 拉
- _____ *n.* 目标, 目的
- _____ *n.* 目标
- _____ *vt.* 更新
- _____ *adv.* 与此同时
- _____ *n.* 格言, 谚语
- _____ *adv.* 在前面; 向前

【拓展词汇】

- _____ *adj.* 志愿的; 服务的; 自愿的 →
_____ *vi.* & *vt.* 自愿 *n.* 志愿者
- _____ *n.* 引擎 → _____ *n.* 工程师; 工兵 → engineering *n.* 工程; 工程学
- _____ *adv.* 确切地, 肯定地 → _____
adj. 无疑的; 确定的
- _____ *adj.* 各种各样的; 多种 (类型) 的 →
_____ *vi.* 变化 → _____ *n.* 种类; 多样性 → variation *n.* 变异, 变化
- _____ *n.* 必需品 → _____
adj. 必需的, 必要的; 必然的, 无法避免的 →
_____ *adv.* 必然地, 不可避免地

- _____ *adj.* 方便的, 便利的 → _____
n. 方便, 便利 → _____ *adj.* 不方便的 →
_____ *n.* 不方便 → _____ *adv.*
方便地, 便利地
- _____ *n.* 对……着迷的人; 瘾君子 →
_____ *adj.* 上瘾的; 沉迷于某种嗜好的 →
_____ *adj.* 使人上瘾的 → _____
n. 瘾, 入迷, 嗜好
- _____ *adv.* 实际上, 事实上 → _____
adj. 真实的; 实际的
- _____ *n.* 目的, 意图 *v.* 力争达到; 瞄准, 对准 → _____ *adj.* 漫无目的的 →
_____ *adv.* 漫无目的地
- _____ *n.* 距离, 间距 *v.* 使与……保持
距离, 撇清和……的关系 → _____ *adj.*
遥远的; 远亲的; 冷淡的, 疏远的
- _____ *vi.* & *vt.* 复习 → _____
n. 修订; 复习

② 短语检测 (每小题 2 分, 共 18 分)

- _____ 网上冲浪, 浏览因特网
- search engine _____
- from _____ 有时; 偶尔; 间或
- _____ 起居室
- _____ 按……所说, 根据
- _____ 亲自
- _____ 社交媒体
- _____ 易于做某事; 往往会/倾向于
做某事
- get _____ 取得进步, 获得成功

③ 佳句再现 (每小题 3 分, 共 9 分)

- 你会发现我经常坐在笔记本电脑前。(find + 宾语 + 宾语补足语)
You'll often _____
_____.

2. 事实上,我非常清楚我有时需要强迫自己不上网,特别是因为现实生活也可以一样有趣。(强调谓语)

Actually, I _____ I need to drag myself away from the online world sometimes, especially because real life can be just as interesting.

3. 我总是在所有课上专心听讲、积极思考,这样放学后我就能有更多空闲时间做其他我感兴趣的事。(so that 引导目的状语从句)

I am always attentive in all classes and think actively, _____ other things that I'm interested in after school.

语境运用

① 词形变化填空(每小题 1.5 分,共 15 分)

- When the engine broke down, we engaged the services of a famous _____ (engine).
- In her spare time she did _____ (volunteer) work when she was at college.
- This experience has _____ (definite) changed my perspective on life and made me appreciate every moment.
- The _____ of this service is that it allows people to shop _____ wherever they are. (convenient)
- Some people want to hold _____ activities for the students, while others want to offer a _____ of books for the students to read. (vary)
- WeChat can be _____. But never be _____ to it, for this _____ will bring us some trouble. (addict)
- _____ (actual), she had taken pages of notes, but she had not yet got down to doing the writing.
- Seen at a _____ (distant), the house looked more beautiful. Seeing that, he made up his mind that in the future he would like to have his own house.

9. After several hours of _____ (aim) searching, we were getting low on fuel.

10. _____ for exams gives you a chance to bring together all the individual parts of the course. Only after a complete _____ can you have confidence to take the exam. (revise)

② 高频短语填空(用本课时默写检测中的短语填空)

(每小题 2.5 分,共 20 分)

- If all goes _____ the plan, the first concert will be on Tuesday evening.
- You could _____ if you wanted to know about the World Middle School Games.
- _____ has become a platform for advertisements.
- We were sitting on the couch in the _____ watching TV.
- I _____ forget things unless I mark them down.
- In fact, we can all _____ in our studies or work through hard work.
- We check our mobiles _____ during the meal, to see whether we get “liked” or not.
- Although the man is in his eighties, he grows vegetables _____ in his garden.

③ 重点句型仿写(每小题 3 分,共 9 分)

- I wake up early every morning _____ the day ahead.
我每天早上早起,以便能为即将到来的一天做好充分准备。
- I _____, which helped me see things from a new perspective.
我发现这场讲座既有信息量又鼓舞人心,它帮助我从新的角度看问题。
- I _____, and I'm learning to use it wisely every day.
我确实知道时间管理的重要性,我正在学习每天有效地利用时间。

默写练习三 Lesson 2 Understanding and Coping with Stress

[限时 30 分钟, 满分 100 分]

默写检测

① 单词默写 (每小题 1 分, 共 20 分)

【写作词汇】

- _____ *n.* 咖啡馆, 小餐馆
- _____ *adv.* 向/在城镇商业中心区
- _____ *n.* 专家, 行家 *adj.* 专家的; 经验 (或知识) 丰富的; 熟练的; 内行的
- _____ *n.* 职位; 位置
- _____ *n.* 军队, 武装力量
- _____ *n.* 程度
- _____ *adv.* 因此, 因而, 从而
- _____ *vt.* (_____, _____) 寻求; 请求; 争取

【拓展词汇】

- _____ *n.* 压力; 忧虑; 紧张; 强调 *v.* 强调, 着重; 重读 → _____ *adj.* 充满压力的, 紧张的 → _____ *adj.* 焦虑的, 紧张的
- _____ *vi. & vt.* 遭受 (痛苦); 变差 → _____ *n.* 受苦者, 受难者; 患者 → _____ *n.* 痛苦, 苦难
- _____ *vt.* 减少; 降低; 缩小 → _____ *n.* 减少; 降低; 减价
- _____ *adj.* 坦率的, 坦诚的 → _____ *adv.* 坦率地; 直率地 → _____ *n.* 率直, 坦率, 坦白
- _____ *n.* 编辑, 主编 → _____ *v.* 编辑 → edition *n.* (报纸、杂志的) 一份; (广播、电视节目的) 一期, 一辑; 版次
- _____ *vt.* 移走; 去掉 → _____ *n.* 移动; 调动; 去除; 免职
- _____ *adv.* 完全地, 彻底地 → _____ *adj.* 全部的, 整个的
- _____ *adv.* 正是, 当然 → _____ *adj.* 完全的; 全部的; 绝对的
- _____ *n.* 紧张; 焦虑 → _____ *adj.* 紧张的

- _____ *vt.* 组织, 筹划 → _____ *n.* 组织, 团体, 机构 → _____ *adj.* 有组织的, 系统的, 有条理的 → _____ *n.* (活动等的) 组织者
- _____ *vi.* 运转, 工作 *n.* 功能 → _____ *adj.* 功能的; 作用的; 职能的; (能) 起作用的, 工作的, 运转的; 机能的; 实用的
- _____ *adj.* 专业的, 职业的 → _____ *n.* (需要高等教育或训练的) 职业, 行业 → _____ *adv.* 娴熟地, 老练地; 内行地 → _____ *n.* 教授

② 短语检测 (每小题 2 分, 共 20 分)

- _____ (身体或精神上) 遭受…… (痛苦)
- _____ 坦白说, 坦率地说
- due _____ 因为
- _____ 换句话说
- _____ 将……与……进行比较
- _____ 往往; 通常; 多半
- _____ 寻找; 请求; 寻求, 谋求
- _____ 在某种程度上
- _____ 在某个时候
- _____ 列清单

③ 佳句再现 (每小题 3 分, 共 12 分)

- 听之前, 先看标题、图片和关键词, 猜测你将听到的信息类型。(时间状语从句)
_____, look at the title, pictures and key words to guess the types of information you will hear.
- 他们可能会觉得没有足够的时间来完成每件事。(不定式作定语)
They may feel they don't have enough time _____.
- 因此, 为了回答你的问题, 社交场合对一些人来说压力很大。(不定式作目的状语)
Thus, _____, social situations can be very stressful for some people.

4. 如果你压力过大,以至于无法正常生活,你应该寻求专业帮助。(条件状语从句)
- _____ that you can't function properly, you should seek professional help.

语境运用

Ⅰ 词形变化填空(每小题 2 分,共 20 分)

1. The government has announced a new policy aimed at the _____ (reduce) of carbon emissions to protect the environment.
2. I _____ a lot when young. I felt more than ordinary human sympathy for him in his misfortune, and I was deeply moved as a fellow _____. I wrote down my _____ to give advice to more people like me. (suffer)
3. She _____ admitted her responsibility. I think her _____ is really something to be appreciated. (frank)
4. Clearance of the site required the _____ (remove) of a number of trees.
5. The first _____ was published in 2002, which was written by a former _____. (edit)
6. In the absence of the mobile phone, I was _____ (absolute) absorbed in appreciating the reading materials, which brought me a sense of achievement.
7. Before the exam, I felt nervous. But after it, the _____ (tense) disappeared naturally.
8. Safety should be put in the first place except that this kind of car is _____ (function).
9. An _____ will hold an activity themed "Green Living". The _____ is a former graduate from our school. (organise)
10. Harper was a basketball player, whose _____ (profession) skills enabled him to play basketball well.

Ⅱ 高频短语填空(用本课时默写检测中的短语填空)

(每小题 2 分,共 16 分)

1. _____, it is easier to make a plan than to carry out a plan.

2. Listen, if you always _____ yourself _____ others, you'll never feel good enough.
3. _____, I prefer the former to the latter.
4. His mistake was _____ youth and inexperience.
5. I began to _____ headaches, which left me feeling completely tired.
6. How we read a given text also depends _____ on our particular interest in reading it.
7. That means that everyone will, _____ in their life, have to make a number of major reinvestments in their skills.
8. The two countries signed a number of agreements in which they will _____ cooperation in the areas of economy, science and technology.

Ⅲ 重点句型仿写(每小题 3 分,共 12 分)

1. _____, we packed up our things and went inside, so we stayed dry and safe.

在下雨之前,我们收拾好东西进了屋,所以我们没有被淋湿,很安全。

2. _____, we will go hiking in the mountains and have a picnic by the lake.

如果明天不下雨,我们将去山里徒步旅行,并在湖边野餐。

3. I am looking for a chance _____ to the team.

我正在寻找一个展示才华和向团队证明自己的机会。

4. I'm writing _____ for a school trip to the museum, to learn more about history and culture.

我写信是想邀请你和我们一起去博物馆的学校旅行,以了解更多关于历史和文化的知识。

默写练习四 Lesson 3 Your Life Is What You Make It & Other parts

[限时 30 分钟, 满分 100 分]

默写检测

① 单词默写 (每小题 1 分, 共 35 分)

【写作词汇】

1. _____ *vt.* 以……为特色, 是……的特征
2. _____ *n.* 省
3. _____ *n.* 合格证书
4. _____ *n.* 种, 类; 类型
5. _____ *n.* 供应, 供给 *v.* 供给, 供应, 提供 (所需物品)
6. _____ *vi. & vt.* 闪现, 闪过 *n.* 照相机闪光灯
7. _____ *n.* 笑; 笑声
8. _____ *prep.* 除……之外
9. _____ *n.* 联系, 联络 *vt.* (写信, 打电话) 联系 (某人)
10. _____ *n.* 慈善机构, 慈善团体
11. _____ *adj.* 低年级的
12. _____ *n.* 体育馆, 健身房
13. _____ *n.* 某一时刻
14. _____ *adv.* 向前; 进展
15. _____ *n.* 娱乐, 消遣
16. _____ *adj.* 农村的, 乡村的, 田园的

【拓展词汇】

17. _____ *adj.* 平常的, 一贯的; 典型的 →
_____ *adv.* 一般; 典型地, 具有代表性
地; 不出所料
18. _____ *vi.* 毕业; 获得学位 *n.* 毕业生 →
_____ *n.* 毕业; 毕业典礼
19. _____ *v.* 申请; 请求; 应用, 运用; 涂抹,
敷 → _____ *n.* 申请人 →
_____ *n.* 请求, 申请; 申请表; 应用
20. _____ *adj.* 热切的; 渴望的 →
_____ *n.* 热切, 渴望 → _____ *adv.* 渴望地; 热
切地
21. _____ *adv.* 独立地, 自立地 →
_____ *adj.* 独立的; 自主的 →
_____ *n.* 独立, 自主, 自立

22. _____ *n.* 电, 电力; 力量; 影响力; 能力;
权力 → _____ *adj.* 强有力的, 有影响力
的 → _____ *adv.* 有力地; 强大地; 强烈
地 → _____ *adj.* 无力的; 没有能力的
23. _____ *adj.* 不稳定的 →
_____ *adj.* 稳固的, 稳定的; 沉稳的 →
_____ *adv.* 稳定地 → _____ *n.* 稳定 (性), 稳
固 → _____ *vt. & vi.* (使) 稳固; (使) 安
定; (使) 稳定
24. _____ *adj.* 布满灰尘的 →
_____ *n.* 尘土, 灰尘
25. _____ *adj.* 泥泞的, 多泥的 →
_____ *n.* 泥; 淤泥; 泥浆
26. _____ *adj.* 困难的, 难办的 → toughness
_____ *n.* 韧性
27. _____ *adj.* 负责的; 有责任心的 →
_____ *adv.* 负责地 → _____ *n.*
责任, 职责, 任务
28. _____ *adj.* 有吸引力的; 好看的, 美观
的 → _____ *v.* 吸引, 引起……的兴趣 →
_____ *n.* 吸引; 吸引人的事物; 吸引力
29. _____ *n.* 贡献; 捐献, 捐助 →
_____ *v.* 贡献, 捐献; 是……的原因之一; 增进; 撰稿
30. _____ *vt.* 计划, 打算, 想要 →
_____ *n.* 意图, 目的 → _____ *adj.* 故意的, 有
意的, 存心的 → _____ *adv.* 故意地
31. _____ *adj.* 正式的, 官方的 →
_____ *adv.* 正式地; 正规地 → _____ *adj.* 非正式的
32. _____ *v.* (使) 适应, (使) 适合; 改编 →
_____ *n.* 改编本, 改写本; 适应 →
_____ *adj.* 有适应能力的; 能适应的
33. _____ *n.* 报告; 陈述, 说明 →
_____ *vt.* 提出; 授予; 提交; 展现
34. _____ *n.* 消化 → _____ *vt.* 消
化 (食物); 领悟 *n.* 文摘, 汇编
35. _____ *n.* 娱乐 → _____ *vt.* 使
快乐 → _____ *adj.* 有趣的; 令人愉快的

II 短语检测(每小题 1.5 分,共 15 分)

1. _____ 从……毕业
2. _____ 各种各样的
3. _____ 放弃;停止
4. _____ 对付,应付,处理
5. be _____ 对……负责
6. _____ ……以及……
7. _____ 适应某事
8. _____ 此刻,目前,眼下
9. _____ (doing) sth 期待,盼望
10. _____ 申请

III 佳句再现(每小题 3 分,共 6 分)

1. 来贵州省教书对他来说是一次不寻常的体验。
(动名词短语作主语)

_____ has been quite an experience for him.

2. 但是,不是每件事都符合张天的期望。(部分否定)
However, _____ lived up to Zhang Tian's hopes.

语境运用

I 词形变化填空(每小题 2 分,共 24 分)

1. We _____ wanted to meet our long-lost friends.
Finally, our _____ was satisfied with the help of the volunteers. (eager)
2. Many _____ have presented _____ for the job. Most of them will be satisfied because 80% of those _____ for it have the chance to be admitted. (apply)
3. It's important that parents should allow their children some _____, which can help them do something _____. (independent)
4. Finding the _____ (dust) history book in a room full of ash, I felt delighted first, and then gave the room a thorough cleaning.
5. I am confident that we can restore peace, _____ and respect for the rule of law, and our country will always keep developing _____. (stable)
6. I always took a great _____ on everything, so I could manage my company _____. (responsible)
7. You know, _____ places always interest a lot of visitors. Paris has so many _____ — nightclubs, good restaurants, and so on. (attract)

8. With the _____ (intend) of building the relationship of family members, our school organised an activity.
9. A lot of people _____ some money to us poor students. We made up our minds to make great _____ to society. (contribute)
10. Most living creatures are _____.
That is to say, they are capable of having this _____ when forced to do so. (adapt)
11. I was asked to give a _____ about my vacation plan in English by my teacher. After a full preparation, I _____ an interesting programme in class. (present)

12. Eating slowly can improve _____ (digest) and help your body absorb nutrients more effectively.

II 高频短语填空(用本课时默写检测中的短语填空)
(每小题 2 分,共 20 分)

1. We must take positive steps to _____ the problem.
2. To become a member of our volunteers, you must be the students who will _____ junior middle school this year.
3. I have achieved varying degrees of fluency in 12 languages, and _____ learning more.
4. You have the right to make a choice, but you should _____ it.
5. I want to _____ the job of volunteering in the Music Festival because I'm addicted to music.
6. Farmers now _____ variable weather by changing their planting schedules.
7. As she rightly pointed out, the illness can affect adults _____ children.
8. There are _____ things that we have to obviously monitor, to keep track of what can influence our industry.
9. The weather is very changeable _____.
10. When things aren't going well, he encourages me, telling me not to _____.