



教辅图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年创始人专注教育行业

加加练

JIAJIALIAN

回归学科基础 · 查漏补缺
衔接一轮复习 · 节时高效

主 编 肖德好

高考
英语

CONTENTS



第一部分 主题词汇练+主题语篇练

人与自我

第 1 天	个人生活	001
第 2 天	学校生活	004
第 3 天	家庭、社区生活	007
第 4 天	健康的生活方式，积极的生活态度	010
第 5 天	语言学习	013
第 6 天	优秀品行及生命价值	016
第 7 天	职业及未来规划	019

人与社会

第 8 天	人际关系与社会交往	022
第 9 天	公益事业及志愿服务	025
第 10 天	文学	028
第 11 天	艺术	031
第 12 天	影视与音乐	034
第 13 天	体育活动	037
第 14 天	文化习俗与节日	040
第 15 天	著名人物	043
第 16 天	历史与文化	046
第 17 天	科技发展	049
第 18 天	社会进步	052

人与自然

第 19 天	旅游与地理	055
第 20 天	自然灾害与防范	058
第 21 天	环境保护	061
第 22 天	宇宙探索	064

第二部分 3500词夯基练

第 23 天~第 42 天 变形词汇练 (345 个) + 构词法词汇 (108 个) + 高频短语运用 (200 个) + 高分句式 (79 个)

第三部分 语法基础练+语法应用练

第 43 天	动词的时态及语态 (一)	107
第 44 天	动词的时态及语态 (二)	109
第 45 天	非谓语动词 (一)	111
第 46 天	非谓语动词 (二)	113
第 47 天	定语从句	115
第 48 天	名词性从句	117
第 49 天	并列句与状语从句	119
第 50 天	特殊句式	121
第 51 天	名词 + 形容词 + 副词	123
第 52 天	冠词 + 代词 + 介词	125
第 53 天	语法填空专项练 (一)	127
第 54 天	语法填空专项练 (二)	129
第 55 天	写作提能增分练 (一)	131
第 56 天	写作提能增分练 (二)	133

第四部分 题型组合限时练

第 57 天	阅读理解 + 阅读七选五 + 语法填空 + 完形填空	135
第 58 天	阅读理解 + 阅读七选五 + 语法填空 + 完形填空	138
第 59 天	完形填空 + 阅读理解 + 阅读七选五 + 应用文写作 (二选一类)	141
第 60 天	阅读理解 + 阅读七选五 + 语法填空 + 完形填空	144
第 61 天	阅读理解 + 阅读七选五 + 语法填空 + 读后续写 (友情)	147
第 62 天	阅读理解 + 阅读七选五 + 语法填空 + 完形填空	150
第 63 天	完形填空 + 阅读理解 + 阅读七选五 + 应用文写作 (新闻报道)	153
第 64 天	阅读理解 + 阅读七选五 + 语法填空 + 完形填空	156
第 65 天	应用文写作 (推荐信) + 读后续写 (人与动物)	159
第 66 天	应用文写作 (短文投稿) + 读后续写 (历险故事)	160

■ 参考答案	161
--------	-----



第一部分 主题词汇练+主题语篇练

注:加※为《普通高中英语课程标准》(2025年修订版)新增词汇

第1天 个人生活 (时间:40分钟)

个人生活高频词汇集锦

routine, caution, determine, distinguish, balance, goal, fashion, schedule, imagine, sympathy, leisure, weep, create, enthusiastic, elegant, confident, embarrass, abandon, nod, absolute, access, complain, concentrate, disturb, flexible, illustrate, origin, mess, possess, gentle, recommend, regulate, significant, tolerate, visible, lonely, casual, fortune

主题词汇练

❶ 词形转换

※1. When you make important decisions, it's wise to be _____ (caution) and think twice instead of rushing to a conclusion.

2. The new house was decorated with beautiful furniture, which looked very modern and _____ (fashion).

3. The work was complicated because it demanded boundless energy and endless _____ (imagine).

4. My cousin gave me a _____ (determine) look—the kind that said she would not change her mind.

5. Group discussions can bring out the best in students, as sharing ideas often inspires deeper thinking and _____ (create) solutions.

6. When I struggled with maths problems, my deskmate helped me solve them _____ (enthusiastic) without hesitation.

7. The old lady walked slowly across the park, and her every move showed _____ (elegant) that impressed everyone around.

※8. With _____ (confident), I was convinced that I could get a satisfying score in the next exam.

9. I felt so _____ (embarrass) that I couldn't do anything but sit there, keeping my body unmoved.

10. He suffers from back trouble too, so he is

very _____ (sympathy) to my problem.

11. A good night's sleep is crucial for maintaining normal _____ (concentrate) and focus, as well as a healthy body and mind.

12. When you plan an exercise routine, the first thing to consider is what you expect to improve: heart and lung efficiency, muscle strength or _____ (flexible).

13. My teacher's _____ (recommend) of this classic novel made me decide to read it, and I later found its deep themes really worth thinking about.

14. It wasn't until she volunteered at the community centre that she truly understood the _____ (significant) of helping those in need.

15. The three expressions that best describe my room are: relaxing, slightly messy and quite _____ (origin).

❷ 熟词生义练

写出下列句子中黑体部分的汉语意思

1. [2025·全国一卷] Each exchange provided a chance to **spare** the landfill and to please another person I might not otherwise have encountered. _____

2. [2025·全国一卷] There was just one thing I hadn't counted on: my brother chose to bring his dog Toby, a 50-pound ball of **fire**. _____

3. [2021 · 全国甲卷] I came across a small clearing and immediately noticed the dead yellow grasses set **against** the fresh snow. _____

4. The car broke down on a **lonely** stretch of a country road. _____

5. He **jammed** his fingers in his ears. _____

微语篇

Lucy used to follow a daily **routine** at weekends: studying in the morning, enjoying **leisure** time in the afternoon, and having dinner with her family in the evening.

Last Saturday, Lucy was studying in the study 1. _____ her younger brother suddenly

rushed in, throwing toys all over the floor. She felt annoyed but tried 2. _____ (**tolerate**) it, knowing he was **lonely** when their parents were busy.

She took a deep breath, set down her pen, and 3. _____ (**gentle**) asked, “Buddy, do you want to play a game after I finish this maths exercise? It’ll only take 20 minutes.” Her brother’s eyes lit up instantly, and he 4. _____

(**nod**), quietly picking up his toys to wait by her side. When Lucy closed her textbook later, they built a small “toy castle” together—no more 5. _____ (**mess**) floors, just soft laughs filling the study.

主题语篇练

Ⅶ 阅读理解 [2026 · 湖南部分学校高三联考]

文体:新闻报道 主题:人与社会 词数:324

When extreme heat hits the Boston area, emergency departments are packed with people who are dehydrated (脱水的), experiencing kidney or heart problems, or having heat cramps (痛性痉挛). Faced with this recurrent crisis, Mass General Brigham (MGB) is exploring a new line of defense: using AI to identify and warn the weakest patients before they ever reach the hospital.

The warning system is simple: use AI to sort through electronic health records to find patients who have health conditions or take medications that might make them particularly prone to overheating. The AI program would warn them when a heatwave is coming and tell patients how to protect themselves so they don’t end up in an emergency room.

“Just as we want our patients to control their blood sugar if they have diabetes (糖尿病), trying to help them protect themselves from heat by communicating when they are at high risk is a health care responsibility, and we are trying to do better,” Biddinger, one of the doctors in MGB, said.

But actively warning patients is a tall order

for humans to do on their own. Patients with complicated medical conditions are assigned care managers, who follow patients more closely and contact them before a heatwave strikes to “support their health”. But there’s not enough staff to reach every patient. This staffing gap is exactly what the AI-powered warning system is designed to fill.

“Our primary care doctors are so busy these days, and we don’t want our patients to be stuck on hold waiting for their doctor when we can use AI to help them find cooling centres or public places with air conditioning where they can stay cool,” Biddinger said. “We hope health centres across the country can adopt the same tool. Ultimately, the goal is simple—fewer heat-related emergencies and safer summers for our patients,” he added.

() 1. What is the main problem described in the Boston area?

- A. Most of the hospitals lack adequate cooling systems.
- B. There is a shortage of medical staff in most hospitals.
- C. Emergency rooms are flooded with heat-related patients.
- D. The expenses of treating heat diseases increase sharply.

- ()2. What does Paragraph 2 mainly talk about?
- A. The main steps of taking medications.
B. The initial aims of predicting heatwaves.
C. The best means of identifying patients.
D. The working principles of the warning system.
- ()3. What can be inferred from Paragraph 4?
- A. The AI system will make up for a lack of human resources.
B. Patients prefer receiving warnings from the AI system.
C. Care managers' job was affected by unstable weather.
D. Most patients are in favour of human-to-human contact.
- ()4. Which of the following can be the best title for the text?
- A. Doctors on strike: a summer crisis
B. AI to the rescue: safer summers ahead
C. Reforming primary care through law
D. The rise of cooling centres worldwide

完形填空

[2026·湖北武汉部分高中高三调研考试]

文体:记叙文 主题:人与自我 词数:240

Hillary Krieger was sitting in her parents' house with her friend, David. The man 1 squirted (喷溅) orange juice all over himself. "I shouted, 'Oh, the orange just orbisculated,'" she later 2. David was thrown into 3, "It did what?"

Curious herself, Hillary quickly grabbed a dictionary and 4 to the "O" section—only to freeze. The word was nowhere to be found. 5, she marched into her father's study. Wearing an awkward smile, he admitted he'd 6 the word back in college, never imagining it would 7—yet he'd used it naturally around the family for years and everyone had 8 it was real.

At first, Hillary felt frustrated, wondering how many other make-up words had 9 her vocabulary without her noticing. But that frustration faded fast. Soon, she began to see

"orbisculate" not as a mistake, but as a 10—a small window into her father's inventive soul. "It speaks to his 11," she believes. "Even when something is annoying—like orange juice in your eye—he found a way to laugh at it, turning a 12 moment into something fun."

Two decades later, Hillary's father passed away. Sorrow settled over her, but so did 13: "orbisculate" deserved a place in the dictionary. Her goal wasn't just to get a word 14; it was to keep her father's joy alive. This, she thought, was the best way to 15 him.

- ()1. A. carefully B. intentionally
C. accidentally D. constantly
- ()2. A. recalls B. comments
C. complains D. insists
- ()3. A. panic B. confusion
C. desperation D. embarrassment
- ()4. A. contributed B. responded
C. applied D. turned
- ()5. A. On time B. At random
C. In disbelief D. With admiration
- ()6. A. chosen B. invented
C. misused D. encountered
- ()7. A. stick B. improve
C. transform D. disappear
- ()8. A. denied B. pretended
C. suspected D. assumed
- ()9. A. slipped into B. escaped from
C. broken down D. gone against
- ()10. A. secret B. lesson
C. gift D. challenge
- ()11. A. adaptability B. productivity
C. creativity D. responsibility
- ()12. A. messy B. cheerful
C. critical D. memorable
- ()13. A. relief B. patience
C. sympathy D. determination
- ()14. A. revised B. defined
C. translated D. corrected
- ()15. A. assist B. honour
C. contact D. accompany

第2天 学校生活 (时间:40 分钟)

学校生活高频词汇集锦

encourage, talent, strategy, graduate, revise, explain, acquire, analyse, struggle, explore, absent, challenge, register, eager, debate, awkward, enrich, effect, inspire, confuse, panic, facility, absorb, optimistic, involve, feedback, potential, collect, appetite, average, subject, puzzle, semester, teenage

主题词汇练

❶ 词形转换

1. Timely _____ (encourage) from a teacher is really of great significance to his/her students.
2. The Mozart family were very _____ (talent) and his sister, Maria Anna, was also a brilliant musician.
3. At the _____ (graduate) ceremony, she was very proud to stand with a class full of care, manners and confidence.
4. The chemistry teacher provided a detailed _____ (explain) of the experiment's results during the class.
5. After careful _____ (analyse), we found our group project lacked clear task division.
6. To improve our English grades, we should make a _____ (strategy) study plan instead of just learning without clear goals.
7. Please excuse my _____ (absent) from class today, because I got a bad cold yesterday evening.
8. I woke up early and rushed out of the door in my _____ (eager) to get to know my new school.
9. As a student, the most important thing is to study, so it is necessary for you to find an _____ (effect) method in your study.
10. It was my English teacher's _____ (inspire) that resulted in my slow but steady progress.

11. In the beginning, learning English well seemed to be so _____ (challenge) that I wanted to give up without even trying.
12. Staring at the messed-up exam papers, I stood in _____ (confuse), not knowing where to start correcting my mistakes.
13. _____ (absorb) in their game, these children didn't even notice me come in.
14. Education is a process of facilitating learning or the _____ (acquire) of knowledge, skills, values, attitudes and habits.
15. These students _____ (panic) when they saw smoke coming out of the engine, too anxious to know what to do.

❷ 熟词生义练

写出下列句子中黑体部分的汉语意思

1. [2025·全国一卷] I found myself wondering just how my students, who'd created these people, knew their **subjects** so well. _____
2. Faced with my falling maths grades, I decided to **address** the problem by asking my teacher for extra help. _____
3. She has an amazing **appetite** for knowledge. _____
4. I was just an **average** sort of student. _____

❸ 微语篇

Today is my first day of senior high. I went to school early, **eager** 1. _____ (**explore**) the new campus. The moment I got to the school gate, Eric, a student receptionist,

greeted me and volunteered to show me around. He led me to the library first, 2. _____ books were neatly organized on the shelves. Then we went to the gym, and I was deeply impressed by the modern sports 3. _____ (facility) there. At last Eric showed me into my classroom. The headteacher was already there. Seeing me 4. _____ panic, he smiled warmly at me, which reduced my pressure and

calmed me down. After my headteacher **explained** the school schedule, we 5. _____ (ask) to introduce ourselves one by one. With butterflies in my stomach, I took a deep breath and started. Although feeling 6. _____ (frighten), I finally gave an impressive description of my hobbies and personality.

School was over at 6 pm. My first day of school is truly a day I will hold dear in my heart.

主题语篇练

Ⅳ 阅读理解 [2026·福建福州高三质量检测]

文体:记叙文 主题:人与社会 词数:294

When Tina Farr visits the Year 2 classroom at her Oxford primary school, she can feel the changed atmosphere since play was put firmly back on the curriculum (课程). “The children come running up with things they have made. There is always a shop on the go so they will be pricing something up or giving change,” the headteacher says.

Play-based learning—letting children move around, make up games and explore within loosely guided activities—usually stops when they attend primary school. Lessons then become desk-based, focused on reading and writing.

Farr had long championed the value of play, working hard to bring it into break time. “Teachers would recognise what we do and it doesn’t take any more planning than the standard approach.” With play-based learning in place for her Year 1 and 2 children, Farr then looked at where else she could change any practices that weren’t working. “If a practice isn’t in line with healthy child development, why are we doing it?”

The school’s Year 5 children—aged nine and ten—were struggling to sit still in a tight

space so she removed all the furniture. “The impact was immediate and impressive. Children now choose where and how to learn. A class once struggling with attention is now calm and engaged.” A teacher noted: “Their self-regulation has improved greatly. They settle down to work much more readily.”

Farr believes the outdated system needs urgent change. “We have neuroscience (神经科学) to know children learn through play.” In June the school sailed through its Ofsted inspection. “The inspector really understood our play-based learning.” Farr’s message is that her approach can be rolled out. “It’s blown my mind how engaged the children are. It’s phenomenal,” she says.

() 1. What change does Farr bring to her school?

- A. Additional income.
- B. Flexible environments.
- C. Upgraded equipment.
- D. Diverse outdoor games.

() 2. What is the main reason for Farr to introduce play-based learning?

- A. To reduce teachers’ workload.
- B. To enhance the school’s reputation.
- C. To improve students’ academic results.
- D. To promote kids’ well-being and growth.

()3. Which best describes the students with the new seating arrangement?

- A. More focused. B. More energetic.
C. More self-centred. D. More courageous.

()4. What is the last paragraph mainly about concerning Farr's approach?

- A. Its theory. B. Its challenge.
C. Its purpose. D. Its effectiveness.

⑦ 完形填空 [2026·浙江强基联盟高三一模]

文体:记叙文 主题:人与社会 词数:262

One afternoon, as I was diving into life's deeper questions with my students, a thoughtful boy named Jack raised his hand. "Why do so many people feel lost?" he asked. 1 their curiosity, I decided to show them the ropes through an experience rather than simply 2. "Follow me," I said, leading them towards the nearby 3.

Whispers filled the air. "Why are we going there?" Emma murmured. "Are there wild animals?" Liam added nervously. "Are we even going to 4 this?" a voice trembled from the back. I stayed 5, walking calmly ahead. The students trailed behind me, their minds racing with 6. Some panicked over 7 lions; others pictured snakes. With every step, their anxiety 8, yet I said nothing.

After forty minutes, we stopped at the forest's edge. 9 them, I smiled. "Don't worry—we won't be entering. But tell me, what did you notice on our way here?" The students fell silent. "You were so caught up in 10 of the unknown," I continued, "that you 11 the birds singing, the sunlight filtering through the leaves, and the 12 around you."

Jack's eyes lit up with realization. "So ...

we worry so much about the future that we 13 to live now?"

"Exactly," I replied. "Life is a 14. If we let fright take over, we'll miss its wonders." The students nodded, their faces brightening.

As we walked back, they laughed, finally noticing the world they'd overlooked before. The lesson was simple but profound: the 15 shapes the future. Don't let fright steal today's gifts.

- | | |
|---------------------|----------------|
| ()1. A. Ignoring | B. Sensing |
| C. Inspiring | D. Celebrating |
| ()2. A. complain | B. argue |
| C. explain | D. announce |
| ()3. A. mountain | B. river |
| C. desert | D. forest |
| ()4. A. survive | B. enjoy |
| C. remember | D. control |
| ()5. A. curious | B. silent |
| C. shocked | D. amused |
| ()6. A. plans | B. guesses |
| C. decisions | D. jokes |
| ()7. A. hungry | B. magical |
| C. fierce | D. imaginary |
| ()8. A. grew | B. emerged |
| C. faded | D. fell |
| ()9. A. Calling on | B. Pointing at |
| C. Turning to | D. Waiting for |
| ()10. A. joy | B. fear |
| C. anger | D. hope |
| ()11. A. heard | B. missed |
| C. avoided | D. recorded |
| ()12. A. beauty | B. harmony |
| C. warmth | D. mystery |
| ()13. A. refuse | B. pretend |
| C. forget | D. hate |
| ()14. A. game | B. battle |
| C. gift | D. journey |
| ()15. A. present | B. chance |
| C. effort | D. luck |



第二部分 3500词夯基练

注:加※为《普通高中英语课程标准》(2025年修订版)新增词汇

第23天 变形词汇练 + 构词法词汇 + 高频短语运用 + 高分句式 (时间:30分钟)

❶ 变形词汇练 (ab—ad)

1. The applicant, who is a man of extraordinary _____ (able), has an obvious advantage over other candidates.
2. Having finished the primary _____ (accumulate) of wealth, he turned to some charity causes and pursued spiritual goals.
3. Being unable to use a computer makes it difficult for him to do his _____ (academy) research.
4. An increasing number of scientific programmes have been carried out, making science _____ (access) to more people.
5. We can never lay too much emphasis on the _____ (accurate) of data when doing experiments.
6. Doing household chores helps me learn to be more independent and responsible, thus making me feel a sense of _____ (achieve).
7. Hotel _____ (accommodate) is usually included in the price of your holiday in a package tour.
8. Completing the marathon was a significant _____ (accomplish) for her, months of her hard work paying off.
9. The delicate flowers, tied with a soft silk ribbon, were a small _____ (acknowledge) of your kindness.
10. She moved to Chattanooga, where she spent the next several years working as an _____ (account) to raise her family.

11. He erased the wrong line on the sketch and redrew it carefully; when he stepped back, the proportion looked _____ (accept).
12. Though her father never approved of her going to drama school, she became a well-known _____ (act).
13. Life is a process about the _____ (acquire) of knowledge, wealth and happiness.
14. Most middle schools prefer to buy _____ (adjust) desks, which can be adjusted to students' growing height.
15. A TV _____ (adapt) of the book, starring two famous actors, was a huge hit when broadcast in 2025.
16. When the little girl heard about the _____ (adopt) of the dog, she clapped her hands excitedly and hurried to prepare a soft bed for it.

❷ 构词法词汇

前缀 over-表示“在上面”、“过度”等。

猜测词义:写出黑体部分的汉语意思

1. The rapid growth of travel has led to **overtourism** in certain regions. ()
2. She **overestimated** how quickly she could paint the park scene; as time ran out, her hands shook, and frustration showed in her eyebrows. ()
3. Training too much can be bad for your health, so make sure you do not **overdo** it. ()

4. During the race, he managed to **overtake** his competitors in the final lap, securing first place. ()

5. The project manager was hired to **oversee** the construction of the new building, ensuring that everything was completed on time. ()

高频短语运用

1. The hard-working peasants and their happy life we saw in the countryside _____ (给……留下好印象) us.

2. I find it hard to _____ (集中精力于) my study with some people chatting around me.

3. She has asked to be _____ (不打扰,不惊动) but the press photographers follow her everywhere.

4. When they saw the old box under the tree, the children leaned forward, eyes wide, as they _____ (对……好奇) what hidden treasures it might hold.

5. To their credit, some volunteers in our community _____ (打扫干净) the central park last weekend.

6. She considers herself _____ (对……适合的) the job because she speaks English fluently.

7. My adviser recommended that I should _____ (报名参加) the English speech contest because I like English and I'm good at it.

8. He realized he _____ (负责……) organizing the class picnic, so he took out a notebook and listed details carefully.

9. It is not unusual for teenagers of your generation to be _____ (喜爱) computer games and the online world.

10. Kate has been invited to a meeting in Iceland, who will _____ (申请) a visa soon.

高分句式

1. 形容词作状语

_____, I headed towards the door, hoping to see what was happening. 我既好奇又紧张,向门口走去,想看看发生了什么。(读后续写之人物动作和心理活动描写)

2. 过去分词短语作状语

_____ made by her grandma, the girl walked onto the stage, her eyes shining with confidence. 穿着奶奶亲手做的特制礼服,女孩走上舞台,眼里闪烁着自信的光芒。(读后续写之动作和神态描写)

3. 让步状语从句

_____, don't hesitate to turn to your classmates or teachers for help. 在调整学习计划的过程中,无论你遇到什么困难,都别犹豫,尽管向同学或老师求助。(应用文写作之建议信)

4. 不定式短语作目的状语

_____, my sister cooked vegetable salads for lunch and walked after dinner. 为了健康减肥,我姐姐午餐做蔬菜沙拉,晚餐后去散步。(应用文写作之健康的生活方式)

❶ 变形词汇练 (ad—ap)

- The art lover wandered in the museum, gazing at those valuable paintings in _____ (admire).
- Though working hard day in and day out, she failed to gain _____ (admit) to the university of her choice.
- I saw your _____ (advertise) for the post of personal assistant on your website and I would like to apply for the position.
- Working out in the morning provides _____ (addition) benefits beyond being physically fit.
- A good student should always reflect on his learning strategies and make an _____ (adjust) when necessary.
- When I suggested painting the sunset together next time, she nodded in _____ (agree), her eyes lighting up with excitement.
- He became _____ (aggression) when he felt his opinions were being ignored, raising his voice and interrupting others.
- Climate change poses a significant threat to _____ (agriculture) stability in many developing countries.
- Her eyes widened in _____ (amaze) when she saw the surprise party waiting for her.
- To his _____ (amuse), the dog tried to catch its own tail for nearly five minutes, spinning in circles.
- Although they shared the same _____ (ambition) and energetic approach to life, their careers unfolded in contrasting ways.
- He kept checking the clock every few

minutes in _____ (anticipate) of his friend's arrival, his fingers tapping lightly on the edge of the chair.

- The student felt a wave of _____ (anxious) before the final exam, worrying he hadn't made full preparations.
- Prior to making a decision, the manager asked for a thorough _____ (analyse) of the potential risks and benefits of the project.
- We waited anxiously for the _____ (announce) of the competition results, hoping our team had won.
- Jack left the classroom _____ (angry), leaving Tom feeling mad and sorry for his inappropriate remarks.
- Given that Mr Smith currently has a tight schedule, if you want to meet him, you will need to make an _____ (appoint).
- I would like to express my _____ (appreciate) to those who are always giving me timely help when I am in trouble.

❷ 构词法词汇

前缀 a-表示“处于……状况”、“以……方式”、“加强”等。
前缀 de-表示“取消”、“去掉”、“除掉”、“……的反义”等。

1. 单句填空

- (1) A cup of coffee kept me _____ (wake) all night, so I had to listen to some music to kill time.
- (2) Not until two days after the earthquake did she find her mother _____ (live), which made her overjoyed.

(3) After finishing his homework, he was so exhausted that he fell _____ (sleep) at his desk.

(4) Emotional or mental problems can _____ (rise) from a physical cause.

2. 猜测词义: 写出黑体部分的汉语意思

(1) She didn't **devalue** the handicraft I made; instead, she nodded softly, eyes warm with encouragement. ()

(2) Make sure you **defrost** the chicken completely before cooking. ()

(3) A dishonest action like that will **degrade** you and decrease the trust that others have in you. ()

III 高频短语运用

1. Spain _____ (控制) Peru in the 16th century and ruled until 1821.

2. I became so nervous that I could not hear anything _____ (除了) my heart beating heavily.

3. The grammar and vocabulary which people from many different countries brought to Britain _____ (构成, 组成) the English language.

4. After he described the dog to her _____ (详细地), she immediately wanted to come over.

5. Guests must _____ (结账离开) before noon, or they will be charged for the day.

6. If you have learnt some maths in school, you can quite quickly _____ (计算出) that one eleventh is about 9 percent.

7. I was about to _____ (放弃) my effort to work on the puzzle when a good idea struck me.

8. Teachers should always _____ (为……树立榜样) students by showing respect and patience in class.

9. I've tried asking him, but his explanations didn't seem to _____ (合乎情理).

10. Losing two important players was a big challenge, but the coach didn't _____ (失去信心).

IV 高分句式

1. 表语从句

I was always afraid of water. _____

_____ until swimming became a school requirement.
我一直害怕水。那就是在游泳成为学校必修课之前,我从来没有进过游泳池的原因。

2. 主语从句

_____ was the realization that his mistake had been forgiven by everyone.

让他肩膀稍稍放松的是他意识到自己的错误已被大家原谅。

3. 过去分词作定语

“Quanzhou in my eyes” is being launched to display and promote the UNESCO World Heritage—culture of Quanzhou.

一项名为“我眼中的泉州”的短视频征集活动正在启动,以展示和推广联合国教科文组织世界遗产——泉州文化。(应用文写作之传统文化)

4. on + v. -ing 作状语

_____, she burst into tears and almost broke down.

一听到儿子失踪的消息,她就大哭起来,几乎崩溃。(读后续写之动作和情感描写)

第三部分 语法基础练+语法应用练

第 43 天 动词的时态及语态 (一) (时间:30 分钟)

语法基础练

① 单句填空

【基础题】

1. Whenever Lily _____ (buy) a present, she will think about it from the receiver's point of view.
2. The players showcased a remarkable unity and impressive athleticism the moment they _____ (step) onto the court.
3. The beautiful scenery and various traditional customs of this place _____ (bring) great resources to the local tourism industry in the past decade.
4. Looking for him thoroughly once again, she confirmed that the stranger _____ (leave), without saying goodbye.
5. Several groundbreaking discoveries about black holes _____ (report) in 2024, casting light on their mysterious properties.
6. At present, a heated discussion concerning Learning English Beyond the Classroom _____ (hold) among high school students.
7. When I arrived at the community library last Saturday, I was told that the borrowing period for books _____ (extend) by three days due to the heavy rain that week.
8. Right now, Ella and I _____ (sit) by her mum's bedside, chatting softly about our school days to cheer her mum up.
9. I ordered several cups of coffee and some dessert in a nice cafeteria while I _____ (wait) for my friends to come.
10. For a friendship to last long, not only honest

communication when misunderstandings arise but also patience when comforting each other _____ (need).

【易错题】

11. Somebody said that drinking coffee _____ (cause) cancer. Do I have to give it up?
12. The cloth my mum prepared for cleaning the windows _____ (wash) easily, which saved us a lot of time.
13. It is high time that we _____ (take) some measures to solve the problem of traffic jams.
14. I feel so excited! At this time tomorrow morning I _____ (fly) to Shanghai.

② 单句写作

1. 即使明天下大雨,我们也会去参加志愿者活动。(应用文写作之告知信)

Even if _____, we will go to participate in the volunteer activity.

2. 如果你按照我的建议每天留出一小时去阅读,到暑假结束的时候,你就能读完五本经典书籍。(应用文写作之建议信)

By the time the summer vacation ends, you _____ if you set aside one hour every day for reading as I suggested.

3. 这让我意识到,当我们向那些需要我们帮助的人伸出援手时,世界将会是一个更宜居的地方。(读后续写之个人感悟)

It makes me realize that when we give a helping hand to those who need our assistance, the world _____.

语法填空

[2026·浙江鄞州中学高三适应性考试]

文体:新闻报道 主题:人与社会 词数:213

A cultural relic at Nanchong Museum in Sichuan Province has recently become a hot topic. A video posted on the Internet shows a small man-like pottery figure, 1. _____ (refer) to as “Mini Ultraman (奥特曼)” due to its exterior.

The figure has a pointed head, big eyes, and its arms 2. _____ (raise) slightly. Strangely enough, it is quite a rare occurrence for the pottery figure to bear such a remarkable 3. _____ (similar) to the animated character Ultraman. Since the video 4. _____ (go) viral, many visitors have rushed to the museum just to have a look at this special figure. A staff member of the museum told reporters that they frequently receive inquiries 5. _____ visitors about the figure. Another member noted, “Actually, we find its head particularly similar to 6. _____ of Ultraman.”

This unexpected popularity of it has created an atmosphere 7. _____ the integration of traditional culture and modern popular culture becomes a talking point, 8. _____ (breathe) new life into the museum and fostering a more imaginative mindset among people. This happening, 9. _____ (public) counted as a bridge between heritage and contemporary society, has drawn widespread interest. As for the museum, they hope that this can be an opportunity 10. _____ (let) more people know about the profound history behind cultural relics.

应用文语段填空(告知信)

How is everything going? It's my great privilege to record a short video about my campus life for your classmates. I'm writing to tell you 1. _____ (将包括什么内容) in the video.

In the first place, as a student, 2. _____ (上不同的课是我的每日常规), so I would like

to record a scene focusing on one of my Chinese classes to show my academic life and Chinese culture. In addition, 3. _____

_____ (每天都举行各种课外活动) in my school and therefore showing my after-school activities is also in my plan, from which your classmates can learn the diversity of Chinese high school life.

I wish such a video could live up to your expectations. 4. _____ (如果有任何需要改进的地方), please don't hesitate to tell me.

读后续写语段填空

【前情提示】本文讲述了 Sebastian 和他的爸爸一起去图书馆给正在屋顶工作的工人们提供水的故事。这个故事传达了善良和关心他人的重要性,以及简单的善举如何能给人带来快乐和满足感。

Sebastian stuffed a bag with water bottles and 1. _____ (和他爸爸一起上车). After they had arrived at the library, Sebastian nervously approached the roofers and offered the water. 2. _____ (一个男人从梯子上下来) and held the bag open for the others to see, signaling them to come into the shade for a water break. The roofers looked surprised but grateful. As they passed around the bottles and opened them, one crew member asked, “How do you guys know we 3. _____ (已经用完了水)?”

“It was all his idea,” Dad smiled, nodding at Sebastian. Sebastian didn't know how to respond. But the crew's smiles said it all. 4. _____ (喝完水后), the roofers thanked Sebastian and his dad again and waved them goodbye as they drove away. Arriving home, 5. _____

_____ (爸爸称赞 Sebastian 的善良). Hearing this, he scratched the back of his neck, cheeks still pink. “I just... thought they looked hot,” he murmured. Then Sebastian rushed to the kitchen to tell his mum about the day.

语法基础练

❶ 单句填空

【基础题】

1. My son told me that he _____ (visit) Disneyland the next day.
2. It is always the case that the police conduct an investigation and look at the evidence that may suggest who _____ (commit) the offence.
3. With people paying attention to fitness, self-service mini-gyms, each covering about 5 square metres, _____ (spring) up in China's major cities these years.
4. The plane _____ (leave) at 7:00 pm, so I have to be at the airport by 6:30 at the latest.
5. By the time the award ceremony started, everyone already knew that the young painter _____ (win) first prize for her work about rural life.
6. When I _____ (choose) to take part in the sport, I felt very surprised because I had never done this before.
7. I _____ (dream) of studying in Beijing Foreign Studies University since childhood.
8. A news report shows that China's urban pet consumer market _____ (expect) to break through the 200 billion *yuan* this year.
9. The city _____ (recognize) as the musical capital of Europe since the 16th century, home to the likes of Mozart and Beethoven.
10. Before the team won the championship, they _____ (seek) the right strategy for months, adjusting their training plan again and again based on each match.

11. After school, we went to the reading room to do some reading, only to find that it _____ (decorate) at that time.

【易错题】

12. I _____ (come) to visit you later that day, but I had to phone and cancel since my bike got a flat tyre on the way.
13. Food supplies in the flood-stricken area _____ (run) out. We must act immediately before there's none left.
14. By the end of next week, we _____ (finish) making a detailed care schedule for Ella's mum, so Ella won't have to worry about arranging daily tasks alone anymore.

❷ 单句写作

1. 当我正走在街上时,烤红薯的香气唤醒了我的味蕾,我忍不住停下来买了一个。(读后续写之场景描写)

When I _____, the aroma of baked sweet potatoes awakened my taste buds and I could hardly resist stopping and buying one.

2. 妈妈做晚饭的时候,我把四岁的妹妹雪莉(Shelly)拉进客厅,并指向神秘的礼物。(读后续写之动作描写)

When Mama cooked dinner, I _____ and pointed to the mystery gift.

3. 垃圾分类不仅可以有效地解决污染问题,而且更多的能源将会被节省。(应用文写作之倡议书)
Not only can garbage classification cope with the pollution issue effectively but also _____.

语法填空 [2026 · 广东广州高三一模]

文体:说明文 主题:人与社会 词数:224

Mount Tai, a towering peak in Shandong Province, China, is famous for its steep terrain (地形) with over 7,000 steps. Climbing this mountain is challenging, especially for the elderly and those with mobility issues.

Fortunately, AI-powered exoskeletons (人工智能外骨骼机器人) are making the journey simpler. These robotic legs, 1. _____ (weigh) only 1.8 kilograms, are designed to wrap around users' waists and legs, offering assistance 2. _____ (ease) the burden on legs. Users reported feeling like someone was pulling them uphill, making the climb much easier. However, some mentioned 3. _____ (convenience) in using the device for activities like tying shoelaces or using the bathroom. 4. _____ these issues, the exoskeletons are seen as a "true blessing" for senior citizens and the mobility-impaired visitors. This innovation not only aids mountain climbing 5. _____ highlights potential applications in elderly care, 6. _____ growing market in China, in 7. _____ the population of seniors is rapidly increasing.

The smart elderly care market 8. _____ (estimate) at 6.8 trillion *yuan* last year. Kenqing Technology, the co-developer, is eyeing this vast market now and has launched an exoskeleton 9. _____ (specific) designed for elderly users.

To fully unlock the potential of elderly care robots, industry insiders told Xinhua News Agency that stronger policy support is needed to promote the large-scale application while keeping prices 10. _____ (afford) for all.

应用文语段填空 (祝贺信)

Learning that 1. _____ (你被授予一等奖) in the poster design competition held in your city, with the theme of "Protecting the World's Wildlife", 2. _____

_____ (我写信向你表示祝贺).

I think it is a prize that you deserve. First of all, 3. _____ (你有艺术天赋). Secondly, your rich imagination is one of the advantages over other competitors. Furthermore, 4. _____

_____ (你一直对野生动物感兴趣) from an early age, which makes your work stand out among the posters.

Once again, congratulations on your well-earned prize!

读后续写语段填空

【前情提示】本文讲述了 Jenny 与她的动物伙伴 Brucie 之间的故事, Brucie 以坚定的陪伴支持 Jenny 坚持日常跑步, 还陪她完成了人生首次马拉松。这个故事展现了人与动物之间深厚的信任与羁绊。

What happened later proved that Jenny was wrong. 1. _____ (事实证明, Brucie 是最值得信赖的跑步伙伴) she could have ever hoped for. No matter how cold and dark it was, he 2. _____

_____ (总是热切地在她身边等着), ready to start their daily run together. His unwavering dedication and enthusiasm 3. _____ (作为一个不断的提醒) of the commitment she had made to herself, helping her maintain her motivation even in the toughest conditions.

One spring morning, Jenny started her first marathon, accompanied by Brucie. The race was challenging, but with each step she took, she 4. _____

_____ (感到一种巨大的成就感和感激之情). She knew that without Brucie's unwavering support and companionship, she 5. _____

_____ (永远不可能实现) this incredible milestone. As they crossed the finish line together, Jenny couldn't help but feel a deep connection with her loyal running partner, who 6. _____

_____ (不仅已经帮助她实现了梦想) but also taught her the true meaning of perseverance and determination.

第四部分 题型组合限时练

第 57 天 阅读理解 + 阅读七选五 + 语法填空 + 完形填空 (时间:40 分钟)

① 阅读理解

[2026·湖南郴州高三教学质量监测]

文体:记叙文 主题:人与社会 词数:350

Born in Xi'an, the eastern starting point of the ancient Silk Road, Xu Wen never imagined that a casual visit to an English antique shop would tie her to the route's western end. Two decades ago, she and her British husband, Alastair Blackburn, were immediately captivated by three small, vividly coloured, finely detailed paintings.

Upon close examination, the couple found they weren't just ordinary watercolours, as the paper was unique, and the pigments (颜料) seemed mineral-based. They bought the works on the spot. These pieces marked the couple's first encounter with Tongcao painting, or pith painting, which served as a window to 19th-century China, an era without cameras.

Tongcao paintings are created on dried pith from a rice paper plant, whose honeycombed texture differs sharply from fibrous ordinary paper. This unique material prevents watercolours from sinking in; instead, the paint sits on top, creating a subtle three-dimensional effect that modern reproductions struggle to match.

Xu later explained that these artworks were like "Eastern postcards" made by Guangzhou artisans. When Guangzhou was China's only port open to Western trade, painters adapted Western styles to depict daily life, festivals, and customs for curious Western merchants. Fascinated by this forgotten chapter of cross-cultural exchange, the couple spent 20 years collecting Tongcao paintings. They searched antique shops, auctions, and private collections

across Europe, eventually amassing over 2,000 pieces depicting 19th-century Chinese life and customs.

Their passion led them to build a museum in 2023, which was opened in a renovated historical building in Macclesfield—Blackburn's hometown, long recognized as the Silk Road's western terminus. "This museum bridges the two ends of the Silk Road," Xu said. Many Chinese visitors have come and appreciated in person the town's long history with China through the museum and the way local shops and cultural centres celebrated their ties to the Silk Road, Blackburn observed.

To further promote this heritage, the couple founded the Silk Road Foundation in 2023 and invited students to copy Tongcao works. Xu also collaborated with schools in Xi'an, hoping to pass on this intangible culture. "These paintings are living history," she said. "We must make sure they keep telling their stories of East-West connection."

() 1. What made Tongcao painting attractive to the couple?

- A. Its special paper.
- B. Its low price.
- C. Its interesting contents.
- D. Its artistic form.

() 2. What does the underlined word "amassing" in Paragraph 4 probably mean?

- A. Accumulating. B. Selling.
- C. Sorting. D. Donating.

() 3. Why did the couple set up the Silk Road Foundation?

- A. To attract Chinese tourists to boost local culture.

- B. To preserve the rare material used in Tongcao artwork.
- C. To carry forward the legacy of intangible cultural heritage.
- D. To display their extensive collection of Tongcao paintings.
- () 4. Which saying best reflects the main idea of the passage?
- A. When in Rome, do as the Romans do.
- B. East meets West and a bridge is built.
- C. A journey of a thousand miles begins with a single step.
- D. We don't inherit the earth, but borrow it from our children.

㊦ 阅读七选五 [2025·广东六校高三联考]

文体:记叙文 主题:人与自我 词数:280

It was a winter morning when I received a package with no return address. The plain brown wrapping gave no clues, and my name was handwritten in shaky letters. 1. _____

Inside was a small wooden box, its surface carved with intricate patterns of vines and birds. I lifted the lid. A faint scent of cedar (雪松) filled the air. 2. _____ It was my grandmother's brooch (胸针)—the one she always wore to Sunday dinners, with a single pearl suspended like a dewdrop. She had passed away three months earlier, and the family assumed the jewellery had been lost in the chaos of her estate.

My hands trembled as I picked it up. 3. _____ The weight of the brooch in my palm felt like a connection to a past I had been neglecting. Then I noticed a slip of paper tucked beneath the velvet lining. The handwriting matched the package: "For the girl who loved listening to stories under the old oak tree. Keep this close when you write yours."

4. _____ Only Grandma called me that during our summer visits. I hadn't seen her in two years before her death—too busy with

school and friends to visit. Guilt washed over me like a tide. How easily life's distractions can pull us away from what truly matters.

That evening, I examined the brooch under lamplight. 5. _____ The year Grandma and I had spent afternoons recording made-up tales about the birds in her garden. I sat there, tears blurring my vision, as I remembered those carefree days. From that moment on, I vowed never to let life's busyness overshadow the simple joys of family and connection.

- A. A glimmer of silver caught my eye.
- B. The nickname "Storybird" leaped out at me.
- C. The postmark showed a town 200 miles away.
- D. On the back was a date, the summer I turned ten.
- E. Whoever sent this knew my childhood intimately.
- F. For a moment, I simply stared, afraid it might vanish.
- G. Layers of dust suggested it hadn't been opened for decades.

㊦ 语法填空 [2026·河北衡水高三二模]

文体:说明文 主题:人与社会 词数:219

Fridge magnets (冰箱贴) used to be the go-to souvenirs that young people bought when 1. _____ (visit) museums. Today, however, a new trend is emerging—cultural and creative jewellery inspired by museum artworks is becoming 2. _____ popular choice among young consumers.

Museums across China are designing rings, necklaces and bracelets (手镯) 3. _____ (model) after pieces in their collections. These items are not made of real gold, and are priced 4. _____ (affordable) between 100 and 200 *yuan* (\$ 14.07 and \$ 28.14).

The Palace Museum was among the first 5. _____ (popularize) the trend with its elegant and refreshing "Auspicious Koi"

series, 6. _____ features the koi fish—a traditional Chinese symbol of good luck and prosperity. At the Suzhou Museum, a bracelet inspired by the sword of King Fuchai of Wu during the Spring and Autumn Period (770—476 BC) 7. _____ (consider) a budget-friendly alternative to Cartier’s iconic “Juste un Clou” nail collection.

Young consumers appreciate that, although museum jewellery is not luxury-branded, it offers genuine recreations of ancient 8. _____ (masterpiece)—designs that may well resemble those worn by historical figures themselves.

As noted by *Tide News*, these small jewels serve 9. _____ a bridge across centuries, allowing wearers to plainly connect with and appreciate the profound 10. _____ (wise) and aesthetics (美学) of their ancestors.

Ⅳ 完形填空 [2025·江西南昌高三模拟]

文体:记叙文 主题:人与自我 词数:268

On a freezing winter night in Minnesota, heavy snow blanketed the roads. 1 I wouldn’t drive in that kind of weather, but I’d been at a Tupperware party all evening, and I was so exhausted. The desire to be in the 2 of my own home 3 my better judgement. I was only on the road for a minute before I regretted my decision not to stay put. The winding country road was nearly 4, and my car’s headlights could barely 5 the heavy fog.

As I 6 forward, my headlights suddenly 7 a small brown rabbit frozen, right at the farthest point they could reach. I braked (刹车) hard, frightened, and got out to 8. The rabbit’s leg was caught in a trap, its eyes 9 with fear. Despite the biting cold, I knelt down and worked to 10 it, my numb fingers 11 with the metal. The little creature stopped struggling, staring at me with a mix of fear and hope. Just as I released

the rabbit, a train 12 past—its dark shape with faint light was briefly visible before disappearing into the heavy fog, leaving only the steam behind.

My heart pounded as I realized: had I not stopped, my car would have been on those hidden 13. The rabbit’s dilemma had 14 saved my life. As I drove home, the snow lightened, and a quiet smile crossed my face. This encounter became a constant reminder that in a world with uncertainties, kindness has its own 15.

- ()1. A. Surprisingly B. Normally
C. Honestly D. Excitedly
- ()2. A. comfort B. content
C. company D. convenience
- ()3. A. mistook B. interrupted
C. beat D. decreased
- ()4. A. sharp B. invisible
C. flat D. obvious
- ()5. A. cut through B. look through
C. pull through D. come through
- ()6. A. rushed B. raced
C. walked D. inched
- ()7. A. blinded B. revealed
C. discovered D. felt
- ()8. A. solve B. explore
C. investigate D. consult
- ()9. A. narrow B. close
C. wide D. fixed
- ()10. A. approach B. free
C. touch D. escape
- ()11. A. struggling B. dealing
C. cooperating D. sticking
- ()12. A. pushed B. slipped
C. roared D. edged
- ()13. A. roads B. tracks
C. traps D. metals
- ()14. A. naturally B. roughly
C. unfortunately D. unknowingly
- ()15. A. purpose B. voyage
C. appointment D. reward