



教育图书



功能学具



学生之家

基础教育行业专研品牌

经浙江省中小学教辅材料
评议委员会评议通过

全品智能作业

学·练·考

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练习册

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高中英语

必修第一册 RJ 浙江省

长江出版传媒
崇文书局

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Period One Listening and Speaking &

Reading and Thinking

基础巩固

I 单句填空

- The book _____ (design) for the students who are new to **senior high school** English.
- Failure is quite _____ (annoy), but what failure teaches us may not be taught in other ways.
- When we need to give a speech in front of the whole class, it is common to feel a certain amount of _____ (anxious).
- His dream is to go on an _____ (explore) to the farthest island in the southern sea that no one has reached.
- When he heard the _____ news that an earthquake hit again, a _____ look crossed his face. (frighten)
- What's more, you taught me some helpful speaking skills and made me full of _____ (confident).
- Learning Chinese _____ (nation) traditions helps us know more about our motherland's rich culture.
- My first _____ of him was that he was a kind and _____ young man. (impress)
- The first chemistry class began with hands-on _____ (experiment), creating an exciting learning environment.
- On the day of freshman _____ (register), we'll get our student cards and start our colourful high school life together.

II 短语填空

- The teacher's **lecture** on history _____ (给……留下深刻的印象) the students and sparked their lasting

interest in the past.

- She finds it difficult to _____ (集中精力于) her studies when there is so much noise around.
- To balance study and school activities, it is important to manage your time _____ (以合适的方法).
- I'd like to _____ (一个人待着) when I have something on my mind and need to think.
- After months of hard work, she _____ (最后,终于) completed her novel and sent it to the publisher.
- John is so good a boy that every student in our class wants to _____ (与……交朋友) him.
- New life _____ (在校园内) provides opportunities to make some new friends, with whom ideas can be **exchanged**.

III 写作应用

- _____ 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。
- 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。
- _____ 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?我急得眼泪都要夺眶而出了。

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

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!

素养提能

Ⅴ 阅读理解

A [2026·安徽省滁州市高一期中]

I am a shy girl. I find it quite difficult to start small talk when I meet someone for the first time. I always wonder how the other kids my age can be so natural when they are introduced to people they've never met before.

On the morning of my first day in high school, I had butterflies in my stomach. I'd heard lots of the first day in high school stories. Many high-schoolers had bad memories that they just couldn't let go of for quite a while. On the way to school I was thinking about what to do when I walked into the classroom. "Shall I wave to those students who're in the classroom? Or shall I just give them a smile and nod at them? What if they don't wave back or don't smile back?" I couldn't stop imagining the worst situation of my first day in high school.

I kept my head down when I got close to my classroom. "Hello, little miss, I'm Mrs Sccar, would you like to start your high school life with a game?" What a relief it was to hear your new teacher talking to you in such a pleasant way! "Sure, I'd love to," I answered in a low but happy voice.

Mrs Sccar gave me a piece of paper and it

was a new school bingo game. On the paper there were 40 squares, with 20 having questions and 20 empty. The questions were like "Have you ever visited England?" "Do you have three older sisters?" Holding these pieces of paper, we went to the other classmates and asked them the questions. If any of them answered "yes" to a question, I wrote down his or her name in the empty square following the question. When I'd filled in all the empty squares, I knew everyone in my classroom. I quite enjoyed my first day in high school, especially the bingo game.

- () 1. What does the underlined part "I had butterflies in my stomach" in Paragraph 2 mean?
- A. I was proud.
B. I felt nervous.
C. I seemed unfriendly.
D. I looked dangerous.
- () 2. What did the author do on the way to school?
- A. She waved to other people.
B. She nodded at other people.
C. She imagined some bad situations.
D. She thought about seeing smiling faces.

() 3. How did the author feel when Mrs Sccar talked to her?

- A. Warm. B. Lost.
C. Frightened. D. Successful.

() 4. What did the author do during the bingo game?

- A. She asked Mrs Sccar questions.
B. She talked about her own sisters.
C. She collected her classmates' names.
D. She wrote down "yes" in the squares.

B [2026·福建省漳州市高一月考]

This year some twenty-three hundred teenagers (young people aged from 13-19) from all over the world will spend about ten months in US homes. They will attend US schools, meet US teenagers, and form impressions of the real America. At the same time, about thirteen hundred American teenagers will go to other countries to learn new languages and gain a new understanding of the rest of the world.

Here is a two-way student exchange in action. Fred, nineteen, spent last year in Germany with George's family. In turn, George's son Mike spent a year in Fred's home in America.

Fred, a lively young man, knew little German when he arrived, but after two months' study the language began to come to him. School was completely different from what he had expected—much harder. Students rose respectfully when the teacher entered the room. They took fourteen subjects instead of the six that were usual in the United States. There were almost no outside activities.

Family life, too, was different. The father's word was law, and all activities were around the family rather than the individual. Fred found the food too simple at first. Also, he missed having a car. "Back home, you pick up some friends in a car and go out and have a good time. In Germany, you walk, but you soon learn to like it."

At the same time, in America, Mike, a friendly German boy, was also forming his idea. "I suppose I should criticize American schools," he said. "It is far too easy by our level. But I have to say that I like it very much. In Germany we do nothing but study. Here we take part in many outside activities. I think that maybe your schools are better in training for citizens. There ought to be some middle ground between the two."

() 5. What is the main purpose of the whole exchange programme?

- A. To help teenagers in other countries get to know the real America.
B. To send American students to travel in Germany.
C. To enable students to learn something about other countries.
D. To allow teenagers to learn new languages.

() 6. What is special about American schools?

- A. There is some middle ground between the two teaching buildings.
B. There are a lot of outside activities.
C. Students usually take 14 subjects in all.
D. Students go outside to enjoy themselves in a car.

() 7. What did Mike think after experiencing the American school life?

- A. A better education should include something good from both America and Germany.
B. German schools trained students to be better citizens.
C. American schools were not as good as German schools.
D. The easy life in the American school was more helpful to students.

() 8. What's Mike's attitude towards American education?

- A. Praised. B. Indifferent.
C. Doubtful. D. Blameful.

VI 阅读七选五 [2026·山东省泰安市高一期中]

So what's senior high school life really like? Is there more homework? More stress? If you are having thoughts like these, you're not alone. 1. _____ Here are a few topics that freshmen want to know about.

Getting used to a new school

2. _____ How are you going to make friends among this sea of unknown faces? Most senior high schools hold freshman orientation (迎新会) before school starts. These are helpful not only because you learn your way around the building and get to meet some of your teachers, but because you get to meet fellow freshmen.

Getting organized

The work in senior high school builds on what you have learned in junior high school, offering you more advanced knowledge of many subjects. 3. _____ Don't let these challenges frighten you away. Designing a schedule can help you get organized and have more independence. If you are faced with some difficult problems, you can ask teachers or classmates for help.

Taking part in extra-curricular activities

Senior high school has more extra-curricular activities than junior high school does, such as clubs, music and theatre groups and sports teams. 4. _____ Who says school has to be all work and no play? These activities may help to improve your time management skills in your first year. Remember to leave free time for yourself.

Everybody needs some downtime

It's perfectly OK if you're nervous and confused in your first days and weeks in senior high school. Even if you don't get off to the best start, that's normal too. 5. _____ Once you've got used to your new independence, you may find you can go farther than you ever imagined.

- A. Just wait calmly and keep trying.
- B. Lots of other freshmen are feeling the same way.
- C. They're all new to the school and don't know what to wear.
- D. This is a great time to explore your interests and try new things.
- E. You may not know a lot of people when you start senior high school.
- F. So you may find you have more homework to do or that it's a bit harder.
- G. Senior high school gives you the chance to learn how to be more confident.

VII 语法填空 [2026·河北省唐山市高一月考]

I woke up this morning, feeling excited but 1. _____ (terrible) nervous as today was the day when I would begin my journey of senior high school. Thousands of thoughts rushed through my mind, "What 2. _____ I can't fit in? Will I make a good first 3. _____ (impress)?" I couldn't even enjoy the big breakfast that my mum had made for me. Seeing I was so nervous, my mum told me I would be fine if I followed the school rules.

So I smiled and hoped for the best possible outcome. The bus ride seemed so long, but soon enough there I was. I stood outside of the school building. It seemed a bit 4. _____ (big) than what I had imagined.

As soon as I 5. _____ (enter) the classroom, I saw a lot of students 6. _____ looked anxious and worry spread over everyone's face. Then I knew I was not the only one feeling this way.

I spent the rest of the day 7. _____ (explore) what everything was like. The worried faces disappeared as time went on. We got to know 8. _____ (we) teachers a bit more. They were neither unfriendly 9. _____ strict.

Before I knew it, the day was over. I don't know why I felt nervous and worried. Senior high school may seem 10. _____ (frighten), but it's just like junior high.

Period Two Discovering Useful Structures

基础巩固

I 单句填空

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 China get the chance to host the Olympic Games.
8. But whatever the result is, I will face it _____ (calm).
9. He can't understand the passage _____ a basic knowledge of English words.
10. A little _____ (kind) from others can warm our hearts and make life better.

II 写作应用

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

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) 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

A

[2026·广东省广州市高一期中]

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

I designed a programme around the concepts of comfort and stretch zones. On day one, I set up a range of equipment for different sports across a field. In groups, students discussed sports that they felt comfortable and safe playing. They then took turns selecting their comfort sport on the field, doing a brief sharing, and playing with their group. Afterward, we had a class discussion on the importance of doing things that bring joy and passion, and how sharing that passion with others motivates us and the people around us.

On day two, with the same field design and sporting equipment, I introduced the idea of stretch zones. Students formed the same groups as on day one and discussed which sports were out of their comfort zone and more challenging to them. Some of my students were shy and others slightly frustrated (沮丧) as they struggled to perform the skills in sports in which they were not comfortable. Then we discussed, as a class, how even when something is challenging, if we recognize the difficulty and intentionally practise, we give ourselves the opportunity to overcome it over time.

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

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

B [2026·江苏省扬州中学高一月考]

When we think about high school's lasting impact, we often focus on grade point averages, extra-curricular activities, and close friendships. But according to a new study, the influence of high school stretches far beyond the teenage years and into our very bodies.

The study tracked a nationally representative sample of individuals who were high school sophomores (二年级学生) and seniors in 1980. Researchers followed these participants into their early 50s and found strong links between high school experience and midlife body mass index (BMI). This relationship held even when accounting for college education, academic attainment, and weight during high school itself.

This research argues that high schools are more than institutions of learning—they are health shapers. For decades, we've known that educational attainment is linked to health outcomes, including weight. But this study pushes the timeline back, suggesting that the process of becoming educated—especially the early stages that happen in high school—is just as crucial.

So, what parts of high school matter? It turns out that attending private schools, being in high socioeconomic status (High-SES) environments, and enrolling in advanced curricular tracks were associated with lower midlife BMI, especially for women. These factors weren't just minor contributors; they maintained their influence even after researchers controlled for a host of variables like college degrees and adult income.

Interestingly, popularity during high school also played a role for women. In a society where women and girls face heightened pressure around body image, early social acceptance may help establish healthier long-term habits and body ideals.

The gender differences in this study are striking. For women, both family SES and school SES, along with popularity, were significantly linked to adult weight. For men, the connection existed but was less pronounced. One possible reason? The cultural landscape. Girls and women often deal with more pressure to be thin and face harsher judgement about

their weight than boys and men. These pressures likely strengthen how high school experiences—both academic and social—shape long-term behaviours and self-perceptions.

- () 5. What does the study mainly reveal about high schools?
- A. They predict academic success.
 - B. They foster social relationships.
 - C. They determine career achievements.
 - D. They shape long-term physical health.
- () 6. Which factor relates to lower adult BMI for women?
- A. Adult income status.
 - B. High school popularity.
 - C. College degree level.
 - D. High school sports activities.
- () 7. Why do gender differences exist in findings?
- A. Because of social expectations.
 - B. Because of economic policies.
 - C. Because of educational resources.
 - D. Because of biological distinctions.
- () 8. What can be a suitable title for the text?
- A. Gender differences in educational environments
 - B. The link between school grades and adult success
 - C. High school's long-term impact on physical health
 - D. The role of social activities in adolescent development

V 语法填空 [2026·山西省太原市高一期中]

As a teenager, I often heard people say, “High school is the best years of life!” So I looked forward 1. _____ beginning a new life as a freshman.

Actually, there were really too many unforgettable moments in those years. Whether they were bad moments or 2. _____ (excite) moments, all of them left a deep 3. _____ (impress) on me.

During those years, I liked to volunteer and took an active part in debate, often pushing myself in order 4. _____ (grow). Going all out in every activity, I could face the challenges 5. _____ (confident). And it was at that time that I met my best friend Ann, 6. _____ unique and lovely girl. Just like me, she was also active, helpful and always spent her time 7. _____ (explore) something interesting. She would help me whenever I was in trouble. She was the best friend in my youth. We 8. _____ (keep) in touch since graduation.

Other than voluntary work, I also liked sporting events, 9. _____ were the best parts of the high school life. On sports days, all the students would show up to cheer for 10. _____ (they) sports teams. The shouts, the cheers, the sighs and all the noise you can think of were all brought into one place. What a happy sight!

VI 完形填空

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.

More importantly, 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 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 Listening and Talking & Reading for Writing

基础巩固

I 单词拼写

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. No matter how hard I smiled, I couldn't hide my a_____ feeling when I forgot my lines.
5. We will meet different challenges in s_____ high school that make us become stronger and braver.

II 单句填空

1. Some students would rather do their _____ (revise) at home than take part in outdoor activities.
2. Interesting science experiments 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 the remarks from their _____ (partner).
6. Using _____ (inform) language properly can help us build closer relationships with friends.
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. A _____ (strategy) study plan that suits your own learning pace can greatly improve your exam efficiency.

III 短语填空

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

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 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,要么是你们团队的一员参加明天的会议。

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,我会邀请你去这个展览。

素养提能

Ⅴ 阅读理解

Let's get one thing straight: Studying sometimes is boring, right? But it is extremely necessary. After all, working through difficult materials 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 mindsets 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 [2026·江西省南昌市高一期中]

How to focus

Improving your focus can make you a better student or employee as well as a happier and more organized person. 1. _____

Build up your focus stamina (耐力). Each person may start off with a certain amount of “focus stamina” but this is something that can be improved over time. To build your focus stamina, just give yourself a certain amount of time to do nothing but work on a certain task. 2. _____ It may be just another five minutes or another half hour.

Meditate(沉思). Meditating is more than a great way to relax. 3. _____ When you meditate, you'll be focusing on clearing your head and concentrating on your body and breath. You can easily transfer these skills to clearing your head and focusing on the work ahead of you.

Read more. 4. _____ Try reading something without stopping for just thirty minutes, and slowly build your stamina to reading for an hour or even two hours with only short breaks. Being able to focus on the material in front of you will help you learn to focus on your work.

Multi-task less. 5. _____ However, it is actually harmful to your concentration. When you multi-task, you're not putting all of your

focus and energy into any one task, which actually harms your concentration. Work on getting just one thing done at a time and you will see that you get this done more quickly.

- A. Reading is a great way to build up your focus.
- B. If you want to know how to focus like a laser, just follow these steps!
- C. When that time passes, see how long you can keep going before actually stopping.
- D. Keep going until you feel you need to stop, and try to focus for longer the next day.
- E. Did you waste your whole day reading random articles that people posted on Facebook?
- F. If you meditate for just 10 to 20 minutes every day, you will slowly improve your focus.
- G. Many people think getting two or three things done at once is a great way to accomplish goals more quickly.

VII 语法填空 [2026·山东省泰安市高一期中]

In the UK, I enjoyed most of the classes, but some of them were quite 1. _____ (challenge). Technology classes were fun. I made 2. _____ clock to take home. The teacher helped me put the parts together. I like 3. _____ so much that I still use it as my alarm! I found Maths quite easy and enjoyable because the material was 4. _____ (advanced) in the UK than in China. However, 5. _____ (learn) English was a great challenge for me. There were a lot of difficult English words, especially in Geography and Biology. Class discussion is very important in the UK, but I could not make a great contribution 6. _____ sometimes I wasn't able to express myself clearly in

English. 7. _____ (fortunate), my teachers and classmates were always helpful and gave me lots of 8. _____ (encourage). My language skills 9. _____ (improve) over time. During the hour-long lunchtime, I ate in the school dining hall. There were lots of options 10. _____ (include) bread and butter, chicken pie and puddings, but I still missed my mum's cooking! After school, there were many clubs to join. The one attracting me most was the Rugby Club. I am glad to have the opportunity to experience this different way of life.

 完形填空 [2026·湖北省襄阳市高一月考]

Senior high school began with meeting new friends, which was the most exciting part of that period. However, I noticed the 1 from junior school right away since students around me were trying their best to get good 2.

It was surprising for me to 3 that my friends were no longer willing to meet very often after school. This made me 4 that perhaps I failed to know the true meaning of these years of 5 high school. It became especially 6 after I talked to my best friend. He told me that he was really 7 because I seemed to have no plan when it came to 8 for college. Honestly, he was right.

9, my best friend was wise and able to explain his 10 to me. Also, he offered to spend time studying with me and getting me ready for the test to make sure I didn't 11 anything meaningful from the textbook. This was surprising for me since I was 12 that activities like reading textbooks could not be enjoyable. I was wrong, and this 13 taught me that having fun in high school doesn't just mean going to parties or spending time in cafes.

Instead, you can have a(n) 14 experience that will also be worthwhile for your future.

I'm glad that I learned from this situation. Now, I am studying harder to 15 more knowledge and try to understand the most interesting subjects to find out what I will study in the future.

- | | |
|------------------------|----------------|
| () 1. A. experiment | B. advance |
| C. difference | D. impression |
| () 2. A. grades | B. strategies |
| C. debates | D. influences |
| () 3. A. explain | B. find |
| C. expect | D. remember |
| () 4. A. concentrate | B. imagine |
| C. explore | D. realize |
| () 5. A. senior | B. junior |
| C. boring | D. unusual |
| () 6. A. normal | B. clear |
| C. exact | D. basic |
| () 7. A. annoyed | B. excited |
| C. worried | D. frightened |
| () 8. A. preparing | B. searching |
| C. making | D. leaving |
| () 9. A. Slowly | B. Luckily |
| C. Strangely | D. Finally |
| () 10. A. personality | B. lecture |
| C. challenge | D. opinion |
| () 11. A. add up to | B. do well in |
| C. miss out on | D. sign up for |
| () 12. A. confident | B. glad |
| C. doubtful | D. curious |
| () 13. A. focus | B. goal |
| C. flash | D. experience |
| () 14. A. suitable | B. enjoyable |
| C. changeable | D. awkward |
| () 15. A. exchange | B. revise |
| C. gain | D. organize |

单元提升练

I 单句填空

1. There is no doubt that animals sometimes 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. Her _____ look showed the deep _____ she felt when others kept interrupting her quiet study. (annoy)
5. If you want to be a good public speaker, you'd better speak clearly and _____ (confident).
6. It's good to be **curious** about the world around you because _____ (curious) is the best teacher.
7. The traditional Chinese opera course that requires online _____ (register) is very popular among students.
8. Due to the difficulty in following what he was saying, I finally lost _____ (concentrate).
9. The 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

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. He _____ (集中精力于) his **experiment** all morning yesterday, with no notice of someone coming into the lab.
4. Having had a great time here, I 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. She chose to stay at home on weekends, a decision that allows her to _____ (不打扰) to enjoy reading quietly.
7. _____ (记笔记) can help you understand and remember what the teacher has taught.
8. We sincerely invite all of you to _____ (参加) the wonderful sports meeting to be held in our school next week.

III 重点句型

1. After having a face-to-face talk with Sarah, _____ (find + 宾语 + 宾语补足语)
和萨拉面对面交谈之后, 我发现她既友好又外向。
2. _____ when we are planning a family vacation. (there be 句型)
我们在计划家庭度假时有很多需要考虑的因素。
3. People can _____ (either...or...)
人们可以把剪纸作为礼物赠送, 也可以把它们挂在家里。

4. _____, there is a suitable activity for you to get involved in for World Earth Day. (no matter + 疑问词)

无论你喜欢做什么, 都有适合你参与的世界地球日活动。

IV 语篇词汇串记

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

假设你是李华, 你的朋友小明在英国一所高中做交换生, 他写了一封 e-mail 告诉你他不适应那里的学习与生活, 希望你能够给他一些建议。请你给他写一封回信, 内容包括:

1. 你的建议;
2. 你的安慰和鼓励。

注意: 1. 词数 80 个左右;

2. 可以适当增加内容以使行文流畅。

Dear Xiaoming,

I was sorry to hear from your e-mail 1. _____ (你难以适应学习) and life in the British high school, 2. _____ (这对于每一位交换生来说都是完全正常的) who first arrives in a new country.

I suggest that you try to communicate more with your classmates and teachers, who are always willing to help you, and take part in after-school activities 3. _____ (以便你能交到更多朋友) and feel less lonely. Besides, you'd better 4. _____ (逐渐适应当地的饮食) and arrange your study time properly 5. _____ (为了避免掉队).

Don't worry too much, for you are brave and adaptable, and I believe you will get used to everything soon and enjoy your exchange life there.

Yours sincerely,
Li Hua