

单元素养测评卷(一)

WELCOME UNIT

(时间:120分钟 分值:150分)



第一部分 听力(共两节,满分30分)

第一节(共5小题;每小题1.5分,满分7.5分)

听下面5段录音。每段录音后有一个小题,从题中所给的A、B、C三个选项中选出最佳选项。听完每段录音后,你都有10秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

- ()1. Whose birthday is it today?
A. Mike's. B. Richard's. C. Susan's.
- ()2. What does the man want to be?
A. A cook. B. A teacher. C. A gardener.
- ()3. What are the speakers mainly talking about?
A. Their friend Jane.
B. A weekend trip.
C. A radio programme.
- ()4. Why is Emma tired?
A. She has just finished a report.
B. She climbed a mountain.
C. She did a lot of housework.
- ()5. How does the man always feel?
A. Full. B. Hungry. C. Energetic.

第二节(共15小题;每小题1.5分,满分22.5分)

听下面5段录音。每段录音后有几个小题,从题中所给的A、B、C三个选项中选出最佳选项。听每段录音前,你将有时间阅读各个小题,每小题5秒钟;听完后,每小题都有5秒钟的作答时间。每段录音播放两遍。

听第6段录音,回答第6、7题。

- ()6. From whom did the woman know the man likes watching movies?
A. The manager.
B. The man's wife.
C. The man's brother.
- ()7. What will the man do this weekend?
A. Listen to classical music.
B. Go to the movies.
C. Visit his brother.

听第7段录音,回答第8至10题。

- ()8. What is the man's plan for Saturday evening?
A. To go shopping. B. To attend a concert.
C. To walk by a lake.
- ()9. Where will the man stay during the weekend trip?
A. At his uncle's. B. In a five-star hotel.
C. In a country cottage.
- ()10. What will the woman do this weekend?
A. Read some novels. B. Go boating.
C. Visit her parents.

听第8段录音,回答第11至13题。

- ()11. Why is Angela Zhang in the news?
A. She won a contest.
B. She gave away \$100,000.
C. She reads 300 books a year.
- ()12. How old is Nithin Tumma?
A. 13. B. 18. C. 19.
- ()13. Where is Neveah Mosher from?
A. California. B. Michigan. C. New York.

听第9段录音,回答第14至16题。

- ()14. Where is the woman from?
A. Singapore. B. China. C. America.
- ()15. What is the woman good at?
A. Swimming. B. Skiing. C. Skating.
- ()16. What is the probable relationship between the speakers?
A. Interviewer and interviewee.
B. Strangers.
C. Friends.

听第10段录音,回答第17至20题。

- ()17. When did Manfred Steiner earn his medical degree?
A. In 1951. B. In 2000. C. In 1955.
- ()18. Where was the research programme set up?
A. In North Carolina. B. In Vienna.
C. In Rhode Island.
- ()19. What did Steiner's professor think of him?
A. Generous. B. Kind. C. Determined.
- ()20. What is Steiner's plan for his future?
A. To publish his story.
B. To help the professors in Brown.
C. To offer advice on success.

第二部分 阅读(共两节,满分50分)

第一节(共15小题;每小题2.5分,满分37.5分)

阅读下列短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

A [2026·湖南师大附中高一月考]

Undergraduate (本科) study—Computer Science

Cambridge is a leader of Computer Science and continues to lead its development. Our course covers all aspects of modern Computer Science along with practical skills.

• Subject requirements

You need to have studied high school mathematics (A Level Mathematics).

No previous programming knowledge is needed.

It's recommended to also study more advanced maths (A Level Further Mathematics). If unavailable (不可获得的), try to learn as much pure maths and discrete maths as you can. Doing well in maths competitions can help your application.

Please note, all applicants (申请者) are required to take the Test of Mathematics for University Admission (TMUA), and you need to register (注册) for it in advance.

• Course costs

Tuition fees (学费)

Home students: £9,250/year

International students: £39,162/year

Additional (额外的) course costs

Each year of study: payment at the beginning of each year is required.

Year	Copies of textbooks	Cost
1	Part I A courses	£150
2	Part I B courses	£150-£250
3	Part II courses	£150-£250
4	Part III courses	£150-£250

For further Computer Science undergraduate admissions information, please click here: www.cl.cam.ac.uk/admissions/undergraduate.

- ()21. What is a must for applicants for Computer Science?
A. Knowledge of programming.
B. A Level Further Mathematics.
C. Top prizes in maths competitions.
D. Registration for TMUA in advance.

- ()22. How much should a first-year student from China pay?
 A. £ 9,250. B. £ 9,400.
 C. £ 39,162. D. £ 39,312.
- ()23. Where is this text probably taken from?
 A. A website. B. A magazine.
 C. A textbook. D. A newspaper.

B [2026·云南昆明高一期中]

In middle school, I was one of the “gifted” kids. I felt like I was on top of the world. I was able to even use my “gifted” title to get accepted into a famous private high school, something I’d never expected.

Then high school began. All of a sudden, I was no longer at the top of my class. Teachers didn’t look to me for the correct answer. My papers were filled with corrections, not praise. To put it simply, all the straight A’s on my report card were quickly disappearing.

My parents’ concern grew—they began to search for tutors and would constantly ask me as if they were trying to find out what was wrong with me. My concern grew too—the pressure to live up to their expectations only became greater and I found myself constantly anxious, and worrying about school.

Last week, watching Simone Biles pull out of the Olympics reminded me of this feeling. Simone Biles: the GOAT (Greatest of All Time). If there was any one person we knew we could depend on to win gold in her event, it was Simone. But that kind of pressure is unbearable. Imagine having to practically carry the Olympics on your back because all of the United States feels as though they can rely on you. However, unlike me and my freshman-year identity crisis, Simone recognized the pressure she was under. She had the bravery and self-reflective skills to be able to realize that the pressure of perfection was too much for her to handle.

Simone Biles has taught me a very important lesson: to be the greatest person of all time, mental health must come first. Instead of getting down on myself for not performing the way I wanted to, I need to take a note from Simone and be kind to myself, taking a break and asking for help when necessary. Taking care of yourself and your mental health is nothing to be ashamed of. After all, if GOAT can do it, so can we!

- ()24. How might the author find her middle school life?
 A. Challenging. B. Peaceful.
 C. Meaningless. D. Satisfying.

- ()25. What may be a reason for the author’s anxiety?
 A. Disappointing her parents.
 B. Caring about her appearance.
 C. Failing to be admitted to college.
 D. Being unable to complete her papers.

- ()26. What might Simone Biles be?
 A. A professional athlete.
 B. An Olympic official.
 C. An event organizer.
 D. A medal presenter.

- ()27. What did the author learn from Biles?
 A. Deal with pressure on our own.
 B. Taking care of ourselves matters.
 C. Never seek help whatever happens.
 D. Winning comes first in all the fields.

C [2026·湖北十堰高一月考]

Students and teachers joined hands in a community activity aimed at cutting down on bird window hits during the fall migration (迁徙). They hoped their efforts could also raise awareness about bird protection among the whole school.

The windows at E.J.Pratt Library have recently been upgraded to be more bird-friendly, as part of a campus-wide effort to help keep birds from crashing into Victoria College’s beautiful buildings.

The bird-friendly building project, a partnership between BirdSafe U of T and Victoria College in the University of Toronto, brought together students and teachers who care about protecting the birds that share our space. The window-treatment process included drawing dense (密集的), high-contrast patterns on the outside surface, which can help break up the reflection and warn birds about the glass. The goal is to reduce the number of deaths from bird-window hits on Vic C’s campus this fall migration.

Hearing the concerns (担忧) about bird safety on Vic C’s campus from students and teachers, Kam Jahresi, the senior manager of campus operations, helped organize the event with BirdSafe U of T. Students and teachers put up prints of the bird-friendly drawings, using them as guides to paint the outside windows of E.J.Pratt Library. Vic C’s president Rhonda McEwen also joined the event. Jahresi was thankful for the community support. “Students

loved both the art and the event’s environmental focus,” he said. “They are interested in taking part in similar events in the future! The partnership shows that sustainability is a team effort.”

BirdSafe U of T co-creator Carly Davenport was gratified to see the results of the event. “Everyone showed interest in our cause and took part,” she said. “It was great to speak with students from different backgrounds who came to learn about the event. Some students even asked how they could start similar projects in their hometowns.”

- ()28. What danger do birds encounter on Victoria College’s campus?
 A. Being driven away by the campus staff.
 B. Crashing into the buildings when flying.
 C. Being attacked by other animals on the campus.
 D. Lacking enough food during their fall migration.

- ()29. What measure did Vic C’s students and teachers take for birds?
 A. Putting up warning signs.
 B. Painting on window glass.
 C. Setting up bird shelters.
 D. Increasing the area of trees.

- ()30. What does the underlined word “gratified” in the last paragraph probably mean?
 A. Doubtful. B. Frightened.
 C. Satisfied. D. Intelligent.

- ()31. What is the author’s purpose in writing this passage?
 A. To explain how to design bird-friendly patterns on campus windows.
 B. To compare different ways of protecting birds during the fall migration.
 C. To discuss the importance of sustainability in campus management.
 D. To describe a campus activity for better sharing of space with birds.

D [2026·福建泉州四校联考高一期中]

Nowadays, handwriting seems to become less necessary, for young children learn to tap and touch screens before they have even learned to pick up a pencil or tie their shoelaces. Most of our written communication is done through texting on mobile phones or typing

on a keyboard. And voice recognition softwares are becoming more and more advanced—making even keyboards unnecessary!

So, are handwriting skills important to your child? Actually, handwriting is an exercise in eye-hand coordination (协调), an important part of visual-motor (视觉运动) skills, which are connected with achievements in study. Scientists found that developing fine visual-motor skills in early childhood can lead to not only writing success, but better performance in reading and maths in elementary school. It was also found that kids who fail to write neatly and efficiently are often accused of being lazy, and this may affect their behaviour and self-worth. Moreover, a study showed that when a group of children were asked to come up with ideas for an article, the ones with better handwriting were more active and had quicker minds. In some ways, handwriting helps their brains' development.

The first attempts at writing can be challenging for preschool children—whose fine motor skills are not yet fully developed. But some skills to prepare for handwriting are simple to build at home and in preschool. Parents should provide lots of opportunities for kids to copy and draw shapes and simple pictures in early childhood before letters are introduced. Let your child copy your shapes in the sand, or with chalks on a board before trying to draw the shapes on their own. Encourage your child to spend less time on electronic devices and more time on activities to improve eye-hand coordination.

Let's face it—technology is certain to continue developing and more research is needed to find the best ways to teach handwriting to young children. But, there's plenty of evidence that the handwriting practice can provide young children with a good start in developing skills needed for a healthy and successful journey in school.

()32. According to Paragraph 1, handwriting is _____.

- A. easy to learn on a touch screen
- B. used less frequently now
- C. more difficult than typewriting
- D. totally replaced by softwares

()33. How does the author explain the benefits of handwriting?

- A. By presenting some research findings.
- B. By mentioning examples of the kids around him.
- C. By giving some news reports on handwriting.
- D. By providing data about pupils with good grades.

()34. What does the author suggest parents do?

- A. Keep young children away from electronic devices.
- B. Teach preschool children to write letters with chalks.
- C. Help children get ready for handwriting before school.
- D. Encourage children to face writing challenges bravely.

()35. What can be the best title for the text?

- A. Does poor handwriting really mean being lazy?
- B. Should handwriting be taken seriously in children's growth?
- C. How can handwriting affect children's self-confidence?
- D. Should homework be done through handwriting or typewriting?

第二节(共5小题;每小题2.5分,满分12.5分)

[2026·河北保定六校联考高一期中]

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Participating (参加) in high school extra-curricular activities is important for personal growth. They can teach you a lot, introduce you to good friends, and give you ideas about what to do in the future. 36. _____

The most important thing to consider before taking part in an extra-curricular activity is: 37. _____ If you're going to spend hours every week doing something, you need to enjoy it. Once you've made a list of interests, it's time to search for opportunities. Usually, your teachers and parents know more about what is going on in your community than you do. 38. _____ And never underestimate (低估) the power of a simple online search!

Now you know how to find extra-curricular activities. There is one more problem most high school students have: how to find the time. You need to go to school, do your homework, and maybe even work a part-time job. 39. _____ However, time is not something too difficult to get. You have to make the time to do extra-curricular activities if you really want to get involved (参与). You can sit down and make your schedule hour by hour and take an honest look at what you do with your free time. 40. _____

Whether you give up one Saturday every month to volunteer or one hour every week to attend club meetings, you are making the time to make a difference and prepare for your future.

- A. What do you like to do?
- B. They won't mind helping you out a little bit.

- C. You may not like some extra-curricular activities.
- D. You'll find a world of opportunities waiting for you.
- E. You might be surprised by how much free time you "find".
- F. You feel there's not enough time to participate in extra-curricular activities.
- G. So if you're a high school student wondering where to get started, look no further.

第三部分 语言运用(共两节,满分30分)

第一节(共15小题;每小题1分,满分15分)

[2025·浙江台金七校高一期中]

阅读下面短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

It has been four years since I learnt to ride a horse from Work to Ride. The programme was put forward by Hi, who was a former competitive rider. But now he 41 helping inner-city kids find courage and confidence through riding horses. He 42 the programme for teenagers playing polo (马球). Each student is offered a "care horse"—an animal they are 43 for raising and caring for. Though it's free for teens to take part, 44 the programme requires other cost.

Four years ago, a friend first told me about the programme, saying it would allow me to spend my afternoons 45 horses while riding them for free. I was curious about it, so I followed him to the barn (牲口房) where horses were kept. When I saw my big horse for the first time, I was 46. After months of practice, however, I gradually 47 the fear. I was 48 to ride a horse. It was all because of these 49: feeding my "care horse", cleaning it and checking it for signs of injury. But I thought the 50 was different from anything I had imagined.

Many kids 51 for the programme and their mums always speak highly of Hi: the programme has been a great 52. Hi also said, "Developing a relationship with their horses is 53 to those kids." On the other hand, Hi is strict with the kids. "It's 54 for kids to come here on time. You'll be kicked off the programme if you stop 55 classes," he stressed.

- ()41. A. focuses on
- B. feeds on
- C. reflects on
- D. depends on
- ()42. A. received
- B. founded
- C. completed
- D. refused



错题本

- ()43. A. talented B. responsible
C. perfect D. suitable
- ()44. A. joining B. improving
C. volunteering D. instructing
- ()45. A. watching for B. concentrating on
C. looking after D. trying out
- ()46. A. excited B. worried
C. surprised D. frightened
- ()47. A. overcame B. expressed
C. caused D. imagined
- ()48. A. chosen B. afraid
C. recommended D. delighted
- ()49. A. effects B. tests
C. efforts D. hopes
- ()50. A. adventure B. experience
C. lesson D. impression
- ()51. A. paid B. waited
C. registered D. searched
- ()52. A. competition B. treat
C. award D. success
- ()53. A. shocking B. unbelievable
C. understandable D. beneficial
- ()54. A. natural B. possible
C. necessary D. usual
- ()55. A. attending B. buying
C. organizing D. enjoying

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2026·吉林长春高一期末]

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

Many of you may find 56. _____ hard to make new friends at the beginning of your high school. Here are a few 57. _____ (suggestion) if you want to find people to hang out with.

Firstly, join a club. There're lots of clubs at senior high school and most are always looking 58. _____ new members. You can sign up for the club 59. _____ you like, and then you'll not only meet more people but also learn more about your own interests.

Secondly, be nice. This is an 60. _____ (extreme) important part of making friends! People want to be with friendly

peers (同龄人). Being nice will not only make others feel more comfortable with you but also improve your 61. _____ (confident).

Thirdly, learn to ask questions. People enjoy talking about 62. _____ (they), so ask questions and let them open up.

63. _____ (ask) simple questions in the lunchroom, or in PE class is a great chance for you to get to know others. Ask them if they're new in school, what other classes they're taking or how they feel about the class you're in together.

Last but not least, be patient. Friendship isn't made overnight—it can take several months 64. _____ (get) to know someone well. But please don't become 65. _____ (annoy) if you feel like you aren't making any progress. Be patient, because you'll find your place at school soon enough!

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分) [2026·广东江门高一期中]

假定你是李华,你的英国笔友 Jack 刚刚升入高中,但他一时无法适应新的校园生活,写信向你征求建议。请你就此问题给他回一封信,主要包括:

1. 安慰对方;
2. 提出几点建议(如制订合理的学习计划、多参加集体活动);
3. 表达期望。

注意:1. 词数 80 个左右;
2. 可以适当增加细节,以使行文连贯。

Dear Jack,

Yours,
Li Hua

第二节(满分 25 分) [2026·陕西安康高一期中]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

Jasper was not doing well in high school. He found his classes boring and spent most of his free time on social media and video games. He felt anxious about his future but did not know how to change.

Ms Hannah, his teacher, saw that he was struggling. She noticed he was good at writing funny posts online. One day, she asked to talk to him after class.

“Jasper,” she said, “I see you write very well for the Internet. Our school page is starting a new programme called ‘Graduates Voices’. We will ask successful former students to share their stories. I need a helper to contact them and write interview questions. I think you are the right person for this job. Would you like to try?”

Jasper was very surprised. For the first time, a teacher saw his Internet skills as a talent, not a problem. He felt trusted and excited, and he quickly agreed.

His job was to contact a famous game designer, Alex, who used to study at his school. Ms Hannah then set up a meeting for Jasper to host. Alex not only talked about his success, but also about his hard times. He shared how he failed many times and how the maths and science he learned in high school were very important for his job. “What you learn in school gives you the tools to build your dreams,” he said.

After hearing Alex's words, Jasper felt inspired in his heart. For the first time, he realized that the classroom knowledge he had looked down on was truly connected to his dreams. He was still lost in thought when Ms Hannah gave him a special task. “Jasper, can you come to the front and tell everyone what you learned today?”

注意:续写词数应为 150 个左右。

Paragraph 1:

Jasper felt nervous but walked to the front of the class. _____

Paragraph 2:

From that day on, Jasper changed. _____
