



教育图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年专注教育行业

全品学练考

主编 肖德好

练习册

高中英语

必修第一册 WY

01

培养核心素养，探究主题意义

Unit 1 A new start

主题素养积累

进入新学校的第一天难免令人有些紧张，但是我们也会遇到友好的老师和同学，来听听“我”第一天在新学校的经历吧！



What a day! I started my new school this morning and had the best time. I made lots of new friends and really liked my teachers. I was nervous the night before, but I had no reason to be. Everyone was so friendly and polite. They made me feel at ease. **It was like I'd been at the school for a hundred years!**

The day started very early at 7:00 am. I had my breakfast downstairs with my mum. She could sense that I was very nervous. Mum kept asking me what was wrong with me. **She told me I had nothing to worry about and that everyone was going to love me.** If they didn't love me, Mum said she would have a good talk with them in her own way. I couldn't stop laughing.

My mum **dropped me off** at the school gate

were in the same class. She was very nice and we became close straight away. We spent all morning together and began to talk to another girl named Stacey. The three of us sat together in the class all day and we even made our way home together! Time went by so quickly. Our teacher told us that tomorrow we would really start learning and developing new skills.

I cannot wait until tomorrow and feel as though I am really going to enjoy my time at my new school. I only hope that my new friends feel the same way, too.

【主题词句背诵】

1. drop sb off 让某人下车
2. wave at sb 向某人招手
3. It turns out that... 结果是……
4. It was like I'd been at the school for a hundred years!
就像我在这个学校待了很久一样!
5. She told me I had nothing to worry about and that everyone was going to love me.
她告诉我没什么好担心的，每个人都会爱我的。
6. I cannot wait until tomorrow and feel as though

02

夯实语言基础，搭建知识框架

词汇点睛

1. **curious** *adj.* 好奇的，求知欲强的；稀奇古怪的

(1) be curious about	对……感到好奇
be curious to do sth	很想做某事
(2) curiously <i>adv.</i>	好奇地
(3) curiosity <i>n.</i>	好奇心
with curiosity	好奇地
out of curiosity	出于好奇

【佳句背诵】

Mandy **was curious to know** what it was that prevented her joining the club.

曼迪很想知道究竟是什么原因使她不能加入这个俱乐部。

句型透视

1. (教材 P2) **I was looking at the photos on the noticeboard when I heard a voice behind me.** 我正在看布告栏上的照片，这时听到身后有个声音。

(教材 P3) **I was organising my words in my head when the girl next to me gave me a nudge.** 我正忙着在脑海中组织语言，这时我旁边的那个女孩轻轻推了我一下。

句型公式

be doing... when...

【句式点拨】

when 在句中是并列连词，连接并列句，意为“这时”。when 作并列连词，表示“就在这时/那时”时，常位于主句之后，主句中的谓语动词往往表示

课内基础巩固

I 单词拼写(每小题1分, 满分5分)

- The **moment** we saw these _____ (设施), we were impressed by their modern design.
- When she saw the **insect**, she p_____ and jumped away from it.
- Many famous a_____ spent years reading widely before they wrote their popular and meaningful works.
- The students decided to **explore** the c_____ during their lunch break, discovering hidden gardens they hadn't noticed before.

- When we finally reached the top of the hill, we could _____ (breath) fresh air and enjoy the beautiful view below.
- _____ (curious) often leads us to explore new things and learn more about the wonderful world around us.
- When giving a _____ (describe), you should give a lot of details, so that your meaning will be easier to understand.
- The hiker pushed ahead in his _____ (eager) to reach the mountain top before sunset.

课后素养提升

V 阅读理解(每小题2.5分, 满分10分)

[2026·广东广州高一期中]

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

to them. Some of my students were shy and others slightly frustrated (沮丧的) 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 (课程)—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?

II 写作

第一节 应用文写作(满分15分)

[2025·广东东莞高一期中]

假定你是李华, 你的英国笔友 David 刚升入高中, 但因一时无法适应新的校园生活而焦虑, 写信向你倾诉他的烦恼。请你给他回复一封邮件, 内容包括:

- 分析可能的原因;
- 给出合理的建议。

注意: 写作词数应为 80 个左右。

参考词汇: 学术的 academic 棘手的 tricky

Dear David,

第二节 读后续写(满分25分)

[2026·安徽阜阳高一月考]

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。

A farewell party

We learned that our class teacher, Mr Read, was about to be transferred to another school in a week. All the pupils adored Mr Read as he was a very good and dedicated teacher. He never shouted at us and was very patient with the slower pupils.

Our class decided to hold a farewell(告别) party for this model teacher. But we needed to have the permission of the school's headmaster

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■ 另附主题读写

Unit 1 A new start

★ 提示：加底纹词汇为复现词汇

Period One Starting out & Understanding ideas

课内基础巩固

❶ 单词拼写(每小题 1 分, 满分 5 分)

1. The **moment** we saw these _____ (设施), we were impressed by their modern design.
2. When she saw the **insect**, she p_____ and jumped away from it.
3. Many famous a_____ spent years reading widely before they wrote their popular and meaningful works.
4. The students decided to **explore** the c_____ during their lunch break, discovering hidden gardens they hadn't noticed before.
5. Last Sunday, all the students in S_____ One took part in a tree-planting activity **organised** by our school.

❷ 单句填空(每小题 1.5 分, 满分 15 分)

1. In her book, she **described** what encouraged her to start the _____ (organise) and what the biggest **challenges** were.
2. Under great _____ (press), he took a deep breath and then focused on the task ahead.
3. The fireworks show on New Year's Eve was so colourful and truly _____ (impress).
4. Facing the new **challenge**, she gathered her _____ (confident) and stepped forward with determination.
5. The _____ (tradition) art class was a favourite among the junior students.

6. When we finally reached the top of the hill, we could _____ (breath) fresh air and enjoy the beautiful view below.
7. _____ (curious) often leads us to explore new things and learn more about the wonderful world around us.
8. When giving a _____ (describe), you should give a lot of details, so that your meaning will be easier to understand.
9. The hiker pushed ahead in his _____ (eager) to reach the mountain top before sunset.
10. The local library has a special _____ (collect) of children's picture books.

❸ 短语填空(每小题 2 分, 满分 12 分)

1. _____ (一个接一个地) he took out the ancient vases and wiped them carefully.
2. The little girl ran out _____ (惊慌地) when she heard a loud and sudden noise from the next room.
3. Whether we go on the trip will _____ (取决于) the weather for the weekend.
4. The exciting football match yesterday _____ (给……留下深刻的印象) the kids.
5. The truck driver checked the **engine** _____ (一遍一遍地) to make sure it was running smoothly.
6. The boy stood there trying to _____ (保持平静) while waiting for the result of his English exam.

④ 句型训练(每小题 3 分,满分 12 分)

1. Johnny _____ his favourite book _____ something fell out from the book. 约翰尼正在看他最喜欢的书,这时有什么东西从书中掉了出来。
2. The young man stepped on the platform _____ .
(with 复合结构)这个年轻人走上演讲台,心里很紧张。

3. With so many eyes staring at her, she was _____ a word.
那么多双眼睛盯着她,她太紧张了,根本说不出话来。
4. When he stepped into the classroom, he _____ that everyone was trying to hide something.
当他走进教室时,他惊讶地发现每个人都在试图隐藏什么。

课后素养提升

⑤ 阅读理解(每小题 2.5 分,满分 10 分)

[2026·广东广州高一期中]

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 (沮丧的) 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 (课程)—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?
- A. It helped him get attached to school.
B. It led to a decline in his grades.
C. It made him struggle in the classroom.
D. It appealed mainly to seniors.
- () 2. Why did the author design the programme?
- A. To change curricula and teaching methods.
B. To prepare students for unexpected challenges.
C. To deepen students' connections with school.
D. To share hardships and successes with students.

- ()3. What was a problem facing the author on the second day of the programme?
- A. Students wanted material rewards.
B. It was difficult to group students.
C. Some students feared challenges.
D. The sports field became crowded.
- ()4. What can we infer about the author?
- A. He is involved in one sport.
B. He used to be very shy.
C. He is in favour of safe sports.
D. He is a creative teacher.

Ⅶ 阅读七选五(每小题 2.5 分, 满分 12.5 分)

[2026·河南新乡高一期中]

How to manage your time

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

First, make a to-do list every day. It makes it easy to plan any activities or meetings you may have in addition to homework. Be sure to set priorities(优先的事物). 1. _____

Use spare time wisely. Do you have time for self-study? Instead of wasting that time, read a book or do homework. 2. _____ If a friend asks you to do something and you have homework to do, realize which is more important and see your friend later.

Decide on the time that is good for you to do certain things. If you are more of a morning person, try getting up an hour earlier and do schoolwork before school. Review your notes every day. 3. _____ If you spend a few minutes at the end of every day going over what you learned, it will mean less time studying when it is time for the exam.

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

Tell your friends and family about your work timetable. Explain that you will be working at certain times and ask them not to disturb you. 5. _____ You can call your friends later.

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

Ⅷ 语法填空(每小题 1.5 分, 满分 15 分)

[2026·湖南邵东高一期中]

The unique teaching model at 1. _____ high school in Wuhan in Hubei Province proves that self-learning motivated by students' curiosity and passion for knowledge is key to a good *gaokao* performance.

The secret to its success 2. _____ (be) that the school prioritizes students' independent growth, encouraging them 3. _____ (discover) personalized learning approaches based on their strengths, according to Li Haixia, a president of the school. In most classes in Chinese high schools, teachers mainly give 4. _____ (lecture), while students listen and take notes. But at her school, it is the opposite.

Li said here teachers first prepare a guided learning plan: pre-class foundation exercises, in-class inquiry tasks 5. _____ post-class consolidation work. At self-study classes, students work independently—simple preparatory (预备的) exercises can 6. _____ (complete) by reviewing the textbook. For more difficult questions, students are separated 7. _____ groups to figure out answers for each question. And at presentation classes, students stand on the rostrum to explain 8. _____ (they) answers using PPT or the blackboard, while peers ask questions and provide the 9. _____ (difference) opinions. The teacher summarizes and gives lessons in the end.

"It sparks collaborative discussion. It is 10. _____ (actual) far more effective than the teacher giving speeches all the time," Li said.

班级

姓名

题号
答题区

阅读理解

1

2

3

4

七选五

1

2

3

4

5

Period Two Using language

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 6 分)

1. I took a deep **breath** and stepped onto the _____ (舞台).
2. The project is going so well that it is likely to be finished ahead of _____ (进度表).
3. She _____ (获得) a lot of useful knowledge and made good friends during the summer camp.
4. The school **organised** a **drama** competition, which was followed by a heated _____ (讨论) about the performance of the plays.
5. They argued about these t_____ for nearly an hour but still didn't reach an agreement.
6. We want to apply to be v_____ for the coming Traditional Chinese Culture Festival in our school.

❷ 单句填空(每小题 1.5 分,满分 9 分)

1. His **description** of the event was not clear, which led to a heated _____ (argue) among the public about what really happened.
2. His _____ (apply) for membership of the **organisation** was turned down again.
3. The museum exhibited a _____ (vary) **collection** of artworks from different time periods.
4. Koalas could disappear from New South Wales by 2050 according to the finding of an official _____ (investigate).
5. The _____ (intelligence) cat found a way to open the food box by itself.
6. The movie had a _____ (drama) ending that left everyone in the theatre surprised.

❸ 指出下面的句子是哪一类句型(每小题 3 分,满分 21 分)

1. We can't **argue** any more.

2. I have **explored** the **campus** a lot.

3. The **engine** wouldn't start.

4. The young boy likes **insects**.

5. She is giving her younger sister a **piano** lesson.

6. The **drama** seems disappointing.

7. The sudden noise caused her to **panic**.

❹ 句型训练(每小题 3 分,满分 15 分)

1. Although after-school activities may _____, I can make a workable plan.
虽然课外活动可能会占用我很多时间,但我会制订一个可行的计划。
2. Keep working hard and I think you _____.
继续努力下去,我相信你最终会成功的。
3. Next time you come to my house, I will _____ I took in Xinjiang.
下次你来我家,我会给你看更多我在新疆拍的照片。
4. Just now, from the window they _____ to the door, with a box in his hand.
就在刚才,他们从窗户看到父亲手里拿着一个盒子,正朝门口走去。
5. _____ when he was waiting for the result.
等待结果时,他越来越紧张。

Ⅴ 完形填空(每小题1分,满分15分)

[2026·广东惠州高一联考]

The sun was shining brightly over our heads and sweat (汗水) was pouring down our backs and faces. We stood still without 1 any noise, all hot and tired. But everyone kept standing as 2 as trees.

It was something most senior high schools give to new Senior One students—military training. We 3 six days in a closed environment. Although we couldn't go home at night and the training was 4 and difficult, our humorous young drillmaster (教官) with a funny accent was a real 5 of our days. We laughed at his jokes, sat 6 singing different songs and listening to him telling true stories about his life. He gave us the feeling that 7 and sweat were not the only things that military training 8.

After this journey, we were more 9 than we had imagined and we were much braver than 10. Girls who looked pale rested for a while, and then came back to the team. Boys who were being punished 11 to the playground at once and began to run. Sweat flowed down our faces when we thought about how to shout 12 than other classes.

Military training taught us determination and never 13. On the last day of our training, the confidence could be seen on our faces. We shouted so loud that our 14 could be heard across the playground. With eyes like

burning torches (火炬), we walked into the future. Now the sun is 15 at all of us.

- ()1. A. crying B. making
C. sending D. telling
- ()2. A. flat B. tall
C. bent D. straight
- ()3. A. wasted B. took
C. kept D. spent
- ()4. A. strict B. curious
C. impressive D. normal
- ()5. A. success B. pleasure
C. worry D. wonder
- ()6. A. in use B. in turns
C. in rows D. in detail
- ()7. A. sunlight B. wealth
C. desire D. health
- ()8. A. received B. helped
C. offered D. happened
- ()9. A. concerned B. determined
C. interested D. surprised
- ()10. A. expected B. expressed
C. disliked D. found
- ()11. A. escaped B. moved
C. rode D. rushed
- ()12. A. larger B. stronger
C. louder D. lower
- ()13. A. giving out B. giving up
C. giving away D. giving off
- ()14. A. voices B. feelings
C. opinions D. thoughts
- ()15. A. travelling B. falling
C. setting D. smiling

Ⅶ 阅读七选五 (每小题 2.5 分, 满分 12.5 分)

[2026·山东济宁高一期中]

High school is an exciting opportunity to continue learning and growing. 1. _____

This is because high school is an important step to help you prepare for college and develop your skills. Below are some pieces of advice to follow as you go through high school so that you can get the most out of your experience.

The first year of high school can be challenging. Maybe your grades aren't as good as you'd like, or maybe you don't take part in as many activities as you have hoped. 2. _____ Try to think about your strengths and weaknesses and set some goals for the coming year. You will grow rapidly each year of high school.

3. _____ When you have adapted to the level of the course, you should push yourself by choosing levels that are more difficult in your school's courses. All of the skills you build upon this habit provide an important foundation (基础) for your life in the following years.

In high school, you may find that you have more chances than you did in middle school. If you find that these possibilities are offered to you, try out a new hobby, learn a new skill, or meet a new person in school. 4. _____ The activities may introduce you to new opportunities for personal growth.

The growth during high school is not limited to the campus. Whenever possible, you should try to join in activities to support your community. This could be playing a community sport, doing community service, or caring for a family member. 5. _____

- A. So it's okay if it doesn't go perfectly.
- B. What you choose to do is completely up to you.
- C. This means making and sticking to study schedules.

D. You should challenge yourself to the best of your ability.

E. These social practices will in turn benefit your school life.

F. It's also where many students begin thinking about higher education.

G. However, instead of feeling discouraged, you can make a positive effort.

Ⅷ 语法填空 (每小题 1.5 分, 满分 15 分)

[2026·福建莆田高一期中]

High school is the most important time of a person's life. My own experience has been full 1. _____ more laughter, stress, and—most importantly, growth—than I ever could have expected.

The lessons I have learned about the world in the last three years have shaped who I 2. _____ (be) today, and that person is far from the inexperienced 14-year-old girl who walked through those glass 3. _____ (door) of the teaching building nearly three years ago.

As a freshman, my struggle began with adapting to (适应) what felt like a whole new world. I was eager to make friends. I knew 4. _____ it was like to feel lonely in a school with so many strangers. I felt like I had to act a certain way or be a certain person 5. _____ (get) close to people in my classes or on my soccer team.

Every day, in my head was how I could manage to make 6. _____ (I) look like someone with more friends than I 7. _____ (actual) had at the time.

At the end of my freshman year and into the next, I had 8. _____ good time. School wasn't particularly 9. _____ (challenge), and I was spending my weekends having fun with my friends and going to basketball games. I had finally created a routine and felt mostly 10. _____ (satisfy) with my life.

Period Three Developing ideas

课内基础巩固

❶ 单词拼写(每小题1分,满分4分)

1. I just shared it with you because I _____ (认为,以为) you were the only one who could keep a secret.
2. Our school provides various o_____ for us to show our talents and develop our abilities.
3. The cloud lifted, and the tops of the mountains suddenly came into v_____.
4. She worked hard for the school play and finally won two important drama a_____ last month.

❷ 单句填空(每小题1.5分,满分12分)

1. The stranger spoke in such a _____ voice that the _____ child began to cry. (frighten)
2. I think highly of the drama, _____ (particular) the second half.
3. At the _____ (graduate) ceremony, the former headmaster was invited to give an inspiring speech to the graduates.
4. We can get a discount if we pay for the annual _____ (subscribe) to the English learning app.
5. The bookstore offers a wide _____ (select) of English novels for high school students.
6. The instructions were not clear enough, so could you please explain _____ (specific) which steps I need to follow?
7. We need to _____ (sharp) our pencils before the exam to make our writing neat and clear.
8. We can borrow different _____

(refer) books from the school library to solve our study problems.

❸ 短语填空(每小题2分,满分12分)

1. Once you have set your goals, you will _____ (全力以赴) to realize them.
2. She has many hobbies, but painting, _____ (尤其), brings her the most joy and relaxation.
3. _____ (一看到) the wild deer in the forest, the hikers stopped in their tracks.
4. When doing research tasks, we may _____ (参考) some books for helpful information.
5. Thank you for considering my application, and I _____ (期待) hearing from you.
6. _____ (回顾) this term, I'm filled with happy memories with my classmates and teachers.

❹ 句型训练(每小题3分,满分9分)

1. _____ a big stone was pressing me here. I needed to go out to take a breath.
我觉得这儿好像有一块大石头在压着我。我需要出去喘口气。
2. Suddenly, Allen realized that he _____ the cage open after cleaning it.
突然,艾伦意识到他一定是打扫完笼子后没关笼子。
3. There are moments in life _____ in ourselves. But hang in there, and we'll see hope. (定语从句)
人生中总是会有些我们对自己失望的时刻。但是坚持下去,我们就会看到希望。

Ⅶ 阅读理解(每小题 2.5 分,满分 20 分)

A

Every school has students who stand out for their abilities and their eagerness to learn. In Mexico, a school created a programme to work with them. In 2019, both teachers Lotta Andersson and John Rennie got the idea to provide learning opportunities for students with a desire for knowledge. They are English coordinators (协调员) in the school. “We want to have a programme to encourage students who really have the abilities and the interests to learn more and continue accepting challenges,” Andersson said during a recent interview.

Students in the programme, which was called Learning Challenges, met with the teachers about once a month. Andersson and Rennie would help them choose research topics. The students then worked with the teachers to find books, interview subjects and Internet sources.

When asked what skills students had formed in the programme, Andersson said, “They had learned to ask questions, be more open-minded and see things from different angles (角度). Also, they mastered the skills—reflecting more, acting actively, and learning not to put limits on themselves.”

A student, Yihane Abed, carried out research on the sun, the moon, stars, planets, etc, while in Learning Challenges. “The skills I developed were teamwork and the ways to do research and give a good presentation,” she said.

Andersson and Rennie continue to help students pursue their love of learning. “The programme doesn’t exist formally, but as an important part of the culture at school, it is still needed,” Andersson said. “There is much more difference, not only for students who need extra help, but also for those who are higher achievers.”

() 1. What’s the purpose of creating Learning Challenges?

- A. To help some students learn more.
- B. To guide students to work out problems effectively.
- C. To raise students’ interest in travelling around the country.
- D. To encourage English students to help others.

() 2. What is Paragraph 3 mainly about?

- A. Methods that students used in the programme.
- B. Abilities that students got from the programme.
- C. Difficulties that students met in the programme.
- D. Topics that students selected from the programme.

() 3. Which kind of research did Yihane Abed carry out?

- A. The universe. B. Teamwork.
- C. The fashion industry. D. Travelling.

() 4. What does Andersson think of the programme?

- A. Tough. B. Formal.
- C. Necessary. D. Passive.

B [2026·广东深圳高一期中]

When we think about high school's lasting impact, we often focus on grade point averages, extracurricular 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 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. Social expectations.
 - B. Economic policies.
 - C. Educational resources.
 - D. 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

班级

姓名

题号
答题区

阅读理解

1

2

3

4

5

6

7

8

Period Four Writing

课内基础巩固

① 补全句子(每小题 3 分,满分 24 分)

1. 今天是我在高中的第一天,我对新的学校生活充满了好奇。

Today is my first day at **senior high** and I _____ my new school life.

2. 校园漂亮整洁,设施齐全。

The **campus** is beautiful and **neat** _____.

3. 尤其是这里友好的氛围给我留下了深刻的印象。

_____, I _____ the friendly atmosphere here.

4. 自我介绍的时候,我心里发慌。但是我的老师很快用鼓励的话让我平静下来。

When introducing myself, I had _____. But my teacher quickly _____ with encouraging words.

5. 我还交了一个叫安的朋友,她自信又聪明。

I also make a friend named Ann, who is _____.

6. 高中是一个全新的开始。面对新的挑战,我将充分利用每一天,全力以赴学好每门功课。

Senior high is a brand new start. Faced with _____, I will _____ each day to _____ every subject well.

7. 另外,如果可能的话,我还要积极参加各种活动来充实自己。

Moreover, _____, I will also _____ actively to enrich myself.

8. 总之,我对自己满怀信心,正期盼着能有一个美好的高中生活。

All in all, with _____ myself, I _____ a wonderful high school life.

课后素养提升

① 语法填空(每小题 1.5 分,满分 15 分)

Adam is a freshman at senior high school. For him, senior high school is a big challenge. Many things in the first week made him 1. _____ (confuse).

At first, he didn't know which courses 2. _____ (choose). With the help of the school adviser, he chose the suitable courses. He thinks Chinese is very difficult, but he hopes to speak Chinese 3. _____ (fluent) when he graduates. Because he is good at English, he 4. _____ (recommend) by the adviser to sign up for advanced literature.

As for extra-curricular 5. _____ (activity), he wanted to join the school football

team. Sadly, the coach thought he was not skilful enough to be part of the team, 6. _____ he wouldn't quit and was determined to practise more so that he could make 7. _____ team next year. Besides, he joined a volunteer club. He always takes an active part to help those 8. _____ need.

As a freshman, he has difficulty in 9. _____ (get) used to the senior high school life. He is also worried about falling behind others in his advanced course. Still, he is very happy and he believes he will be well 10. _____ (prepare) for university and whatever else comes in the future.

III 写作

第一节 应用文写作(满分 15 分)

[2025·广东东莞高一期中]

假定你是李华,你的英国笔友 David 刚升入高中,但因一时无法适应新的校园生活而焦虑,写信向你倾诉他的烦恼。请你给他回复一封邮件,内容包括:

1. 分析可能的原因;
2. 给出合理的建议。

注意:写作词数应为 80 个左右。

参考词汇:学术的 academic 棘手的 tricky

Dear David,

Yours sincerely,

Li Hua

第二节 读后续写(满分 25 分)

[2026·安徽阜阳高一月考]

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。

A farewell party

We learned that our class teacher, Mr Read, was about to be transferred to another school in a week. All the pupils adored Mr Read as he was a very good and dedicated teacher. He never shouted at us and was very patient with the slower pupils.

Our class decided to hold a farewell(告别) party for this model teacher. But we needed to have the permission of the school's headmaster first. Judy was given the task of writing to the headmaster for permission to hold the party as her handwriting was the neatest and her language skills were excellent. After the letter was written, all the pupils in the class signed the letter and six pupils, myself included, went to the headmaster's office on behalf of the whole class.

The headmaster was mildly curious when he saw the six of us in his office. We gave him the letter of request and after reading it in silence, he frowned. He said that the request was very irregular but after the six of us begged him genuinely, he finally changed his mind and gave us the permission. He allowed us to hold the party during the last period of the following Friday, which would be Mr Read's last day of teaching in our school.

The whole class was excited after getting the permission. We gathered together after school and planned for the party. After some debate and discussion we finally agreed on the things we needed to do.

On the following Friday, after we came into the classroom, we hid the drinks, food, and the farewell gift—*The Complete Sherlock Holmes*—in a corner so that Mr Read would not see them as we wanted to surprise him. On the last period of school, our class monitor, Aaron, approached Mr Read just as he was about to begin the next lesson.

“Sir, we have obtained permission from the headmaster to treat you to a simple farewell party.”

注意:续写词数应为 150 个左右。

Paragraph 1:

Immediately the pupils brought out the drinks and food. _____

Paragraph 2:

After Mr Read's speech, I was given the honour of presenting our farewell gift to him. _____

▶ 单元小测

Unit 1

❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. The local market offers a wide _____ (vary) of fresh fruits and vegetables every day.
2. This young _____ (journal) spent two days interviewing the old scientist to write a good report.
3. Space _____ (explore) has come a long way, and we now hope to discover other planets that are suitable enough to support life.
4. The project will be completed as _____ (schedule) if everything goes well.
5. I keep a **journal** every day to write down what I have learned, and it helps me _____ (memory) the knowledge better.
6. When the _____ (apply) entered the room, he greeted everyone with a big smile.
7. Don't make that noise. It might _____ (fright) the animals in the zoo.
8. The _____ (improve) in sales **figures** had a beneficial effect on the company as a whole.
9. The judges were quite impressed with his excellent _____ (perform) in the final competition.
10. When the experts meet regularly, they enjoy _____ (exchange) **views** on the latest research findings in their field.

❷ 短语填空(每小题 2 分, 满分 12 分)

1. We've only got two days' holiday, so let's _____ (充分利用) it and have good relaxation.
2. After recovering from his illness, he was advised _____ (开始从事)

gardening as a hobby.

3. When we had a **debate** last week, Lucy _____ (提到) a **specific** example to support her **view**.
4. The hikers got lost in the forest and began to **struggle** _____ (惊慌地), not knowing which direction to take.
5. Fear may be high and frightening, but it's often extremely thin if we _____ (全力以赴).
6. _____ (一看到) the **neat** and tidy room, she couldn't help but smile with satisfaction.

❸ 句型训练(每小题 3 分, 满分 12 分)

1. _____, he just stood there, scared to death. (分词作状语)
走进房间,他只是站在那里,吓得要死。
2. He _____ with his friend on the phone _____ he bumped into a tree.
他正在和朋友有说有笑地打电话,突然撞到了一棵树上。
3. "Be **confident**, Patty. You can do this. I'll help you." _____, I raised my head and nodded firmly. (with 复合结构)
“自信点,帕蒂。你能做到的。我会帮助你。”眼里含着泪水,我抬起头,坚定地点了点头。
4. I **panicked** when I saw smoke coming out of the **engine**, _____ what to do. (anxious)
当我看到发动机冒出烟时,我惊慌失措,急得不知道该怎么办。

Ⅴ 阅读理解(每小题 2.5 分,满分 20 分)

A [2026·湖北部分省级示范高中高一期中]

For many students, staying awake all night to study is common practice. According to Medical News Today, around 20 percent of students pull all-nighters at least once a month, and about 35 percent stay up past three in the morning once or more weekly.

That being said, staying up all night to study is one of the worst things students can do for their grades. In October of 2022, two MIT professors found a relationship between sleep and test scores: the less students slept during the semester, the worse their scores.

So, why is it that sleep is so important for test scores? In the last 20 years, scientists have found that sleep impacts more than just students' ability to perform well; it improves their ability to learn, memorize, retain (保存), recall, and use their new knowledge to solve problems creatively, which contributes to better test scores.

When learning facts and information, most of what we learn is temporarily stored in a region of the brain called the hippocampus (海马体). Some scientists believe that, like most storage centres, the hippocampus has limited storage capacity. This means, if the hippocampus is full, and we try to learn more information, we won't be able to.

In one study, a group of 44 participants underwent two sessions of learning, once at noon and again at 6:00 pm. Half of the group was allowed to nap (小睡) between sessions, while the other half took part in standard activities. The researchers found that the group that napped between learning

sessions learned just as easily at 6:00 pm as they did at noon. The group that didn't nap, however, experienced a significant decrease in learning ability.

It's no surprise that the MIT study previously mentioned revealed no improvement in scores for those who only guarantee good sleep the night before a big test. In fact, the MIT researchers concluded that if students want to see an improvement in their test scores, they have to guarantee good sleep during the entire learning process.

- () 1. What did the two MIT professors find in 2022?
- A. Most students were lacking in sleep.
B. Students were under too much pressure.
C. Good sleep improved students' memory.
D. Insufficient sleep worsened students' grades.
- () 2. According to some scientists, what will happen if our hippocampus fills up?
- A. We'll forget things easily.
B. We'll fail to learn new things.
C. We'll get ready to think creatively.
D. We'll activate other parts of our brain.
- () 3. What may the MIT researchers advise students to do to improve their test scores?
- A. Study late before a test.
B. Sleep as much as they can.
C. Form good sleep habits.
D. Focus on study during the daytime.
- () 4. How does the author try to prove his point?
- A. By offering research results.
B. By providing experts' views.
C. By analysing some theories.
D. By sharing some experiences.

B [2026·福建泉州高一月考]

Some students get so nervous before a test. They do poorly even if they know the material. Sian Beilock, a professor at the University of Chicago in Illinois, has studied these highly anxious test-takers. The students start worrying about the results. And when they worry, it actually uses up attention and memory resources (资源).

Professor Beilock and another researcher, Gerardo Ramirez, have developed a possible solution. Just before an exam, highly anxious test-takers spend ten minutes writing about their worries about the test.

The researchers tested the idea on a group of twenty anxious college students. They gave them two short maths tests. After the first one, they asked the students to either sit quietly or write about their feelings about the upcoming second test.

Professor Beilock says those who sat quietly scored an average of 12% worse on the second test. But the students who had written about their fears improved their performance by an average of 5%. Next, the researchers used younger students in a biology class. They told them before final exams either to write about their feelings or to think about things unrelated to the test. Professor Beilock says highly anxious students who did the writing got an average grade of B+, compared to a B- for those who did not.

“What we showed is that for students who are highly test-anxious, who’d done our writing intervention (干预), all of a sudden there was no relationship between test anxiety and performance. They were performing just as well as their classmates who don’t normally get nervous in these tests.”

But what if students do not have a chance to write about their fears immediately before an

exam? Professor Beilock says students can try it themselves at home or in the library and still improve their performance.

- ()5. What may the students start worrying about before an exam?
- A. Whether they can pass the exam.
 - B. What other students do during the test.
 - C. Whether they have remembered the materials.
 - D. What kind of problems they will meet on the test paper.
- ()6. What is the solution developed by the two researchers?
- A. Asking the students to think nothing of the test.
 - B. Asking the students to focus on the test.
 - C. Asking the students to sit quietly before the test.
 - D. Asking the students to write about their worries before the test.
- ()7. According to Professor Beilock, those who thought about things unrelated to the test _____.
- A. became less nervous before the test
 - B. were better at controlling their feelings
 - C. did worse than those who wrote about their feelings
 - D. did better than those who took two tests
- ()8. What can be learned from the last paragraph?
- A. Writing about worries before an exam can work a bit.
 - B. Studying in the library can improve students’ performance.
 - C. Students can only write about worries right before an exam.
 - D. It doesn’t matter where to write about worries before an exam.

Ⅶ 完形填空(每小题 1 分,满分 15 分)

[2026·广东广州高一期中]

Recently, we went on a six-day field trip in a village, where I had many heart-warming memories. The most unforgettable part for me was climbing the 4.2-metre high “Graduation wall” without any 1.

The 2 began at once. Originally, the boys climbed 3, making the wall seem less scary. However, my fear 4 as I imagined their potential fall. Finally, it was my turn. My heart 5, and my fear increased. Trembling, I 6 to step on my classmates’ knees and shoulders, concerned that my dirty shoes would get their clothes dirty. Then, the boy below called out, “Just step on my shoulders!”, as if sensing my 7. Driven by the supportive spirit of my classmates, I carefully placed my feet on his 8.

Not knowing whose hand I was holding, I was quickly lifted up, and my legs followed, my action becoming unexpectedly 9. Upon reaching the top, I 10 stared at the edge (边缘) from my new point on the platform. In what felt like several seconds, I had risen above the 11 height of 4.2 metres that had seemed impossible before. As a result, our class 12 the challenge in just 16 minutes!

What influenced me most was the 13 of my classmates: every gaze was fixed upward, and every hand held strongly to secure the 14. The sight of dirty shoulders and sweaty palms, 15 waves of

encouragement, made me realize that it’s our joint spirit that creates a deep sense of belonging and unity.

- ()1. A. abilities B. tools
 C. difficulties D. companions
- ()2. A. argument B. opportunity
 C. performance D. challenge
- ()3. A. slowly B. easily
 C. suddenly D. tiredly
- ()4. A. ran out B. melted away
 C. broke down D. built up
- ()5. A. stopped B. raced
 C. lightened D. ached
- ()6. A. managed B. dared
 C. hesitated D. desired
- ()7. A. anger B. joy
 C. satisfaction D. worry
- ()8. A. shoulders B. arms
 C. legs D. back
- ()9. A. terrible B. strange
 C. smooth D. struggling
- ()10. A. carefully B. crazily
 C. calmly D. confidently
- ()11. A. exciting B. frightening
 C. pleasing D. boring
- ()12. A. finished B. started
 C. accepted D. admitted
- ()13. A. courage B. power
 C. improvement D. support
- ()14. A. player B. helper
 C. traveller D. climber
- ()15. A. along with B. instead of
 C. far from D. except for

班级	
姓名	
题号	答题区
阅读	理解
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