

单元素养测评卷(一)

Unit 1



(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·广东惠州高一期中]

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 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·江苏苏州高一月考]

Today, we study literature (文学) from a young age—learning about our histories, faraway worlds and influential people. Whether we notice or not, these stories guide us throughout our lives. They allow us to see the world through another’s eyes, open up our world and teach us about every subject known to man. Although they are important, many people throw out their old books—laying waste the wisdom that lies on each page. Trying to save this knowledge and share it with people, a garbage man (清洁工) in Bogota, Colombia has been saving thrown-away books for 20 years and sharing them with those in need.

“I hated to see all the books in the dustbins of wealthier neighbourhoods. So I started to rescue them,” said Gutierrez. The first book he found was a copy of the classic novel *Anna Karenina* written by Leo Tolstoy (托尔斯泰). The Tolstoy book was later joined by *The Little Prince*, *Sophie’s World*, *The Iliad* and a number of novels. Today, he has collected around 25,000 books.

His growing collection didn’t go unnoticed. Gutierrez’s neighbours were soon borrowing the books to help with their children’s homework. “There was a lack of them in our neighbourhood, so we started to help,” said Gutierrez.

The ground floor of Gutierrez’s home is now filled with books, from floor to ceiling. He opened it up as a free library, with the help of his wife Luz Gutierrez and their three children.

Word finally spread around about Gutierrez and his books. Most of the books now come from donations. He now travels around the country delivering free books to poor and remote areas. The library named The Strength of Words, has donated books to some 235 schools, institutions and community libraries across Colombia.

- ()24. How does the author introduce the topic of the text?
A. By giving some numbers.
B. By writing a diary.
C. By describing the nature.
D. By stating some facts.

- ()25. What did the Tolstoy book mean to Gutierrez?
A. A heavy box of books.
B. The beginning of his kindness.
C. A real friend in difficult times.
D. The book written by himself.
- ()26. Which saying does Gutierrez’s story lead us to believe?
A. One man’s garbage is another man’s wealth.
B. A bad beginning makes a bad ending.
C. Actions speak louder than words.
D. Practice makes perfect.
- ()27. What’s the best title for the text?
A. Tolstoy books recovered from dustbins
B. A garbage man builds a library from rescued books
C. Free libraries are popular with neighbourhood kids
D. Literature now attracts garbage collectors

C

As the founder of Khan Academy, which provides free online exercises, videos and software to over 100 million users in 46 languages, I’m something of a poster child for online learning.

Despite all this, I’ll be the first to say that for most students, distance learning can’t replace a great in-person experience. Remember that school is where most of us develop our deepest friendships, are inspired or motivated by amazing teachers and learn to cooperate with others.

So virtual school will never be a perfect replacement for in-person school, but we can do a lot better.

To ensure that kids keep progressing on both the academic and social-emotional fronts, it’s important that educators provide live teacher-led video conference sessions. These live exchanges should promote discussions not only between teachers and students but also among the students themselves. Teachers should do cold-calling to ensure students are on their toes and to pull them out of their screens. Teachers need to constantly ask students to work on questions together and share their thinking.

I have also seen teachers use high-quality asynchronous (不同时存在的) online tools to ensure students get enough practice and content coverage that can’t all happen over Zoom sessions. With these online resources, students receive practice at their own time and pace. The teacher gets real-time reports on who is engaged and progressing and who needs help. Through personalized practice,

each student can work on the skills that are most appropriate for them with a focus on the gaps that they may need to fill.

Finally, distance learning has made it much more difficult to ensure that students are doing their own work. To avoid a situation where students either get credits for knowledge they don’t have or the other way around, educators need simple ways to examine student work. For example, teachers could ask students to share or upload recordings of themselves thinking out loud while taking an exam.

- ()28. Compared with in-person school, what does virtual school lack?
A. Amazing teachers.
B. Inspiration from friends.
C. Rich learning resources.
D. Social-emotional experience.
- ()29. What does the underlined phrase “on their toes” in Paragraph 4 mean?
A. Attending class on schedule.
B. Sitting in front of computer screens.
C. Keeping active and involved in class.
D. Understanding the teaching materials.
- ()30. What does the author advise teachers to do according to Paragraph 5?
A. Guarantee content coverage sufficiency.
B. Learn to use online tools of high quality.
C. Monitor students’ learning situation online.
D. Provide students with personalized practice.
- ()31. What does the last paragraph mainly talk about?
A. Online tools used to turn in homework.
B. Difficulty in examining students’ work.
C. Ways to make sure students do their work.
D. Inconvenience caused by distance learning.

D [2026·广东江门高一期中]

“Practice makes perfect” is a very popular expression. However, can we take this saying literally?

One popular theory (理论) is that if a person practises for at least 10,000 hours, they will reach “perfection”—or, in other words, become an expert in their field. This theory was made famous by Malcolm Gladwell in his 2008 best-selling book, *Outliers: The Story of Success*. He gave the examples of the

music group The Beatles and Microsoft co-creator Bill Gates, who clearly put in over 10,000 hours of practice before they became successful.

However, Gladwell's book has been said by many to be too simplistic and generalising. Although Gladwell's work was largely based on research done by Anders Ericsson, Ericsson argued that 10,000 hours was just an average figure. Some people, for example, needed far fewer than 10,000 hours, and others many more. More importantly, Ericsson said that just practising a lot was not enough; the type and quality of practice were also significant. He went on to explain the importance of "deliberate practice", which is when a person practises a specific part of a skill in depth rather than practising a skill as a whole. Deliberate practice is said to be much more effective, though more tiring.

Many other studies argue that practice alone is far from enough. In fact, a more recent study from Princeton University stated that practice only accounted for up to 26% of reaching an expert level. Many other factors contribute to people becoming experts. Natural talent is an important factor, which is especially evident in sports. For instance, many baseball players in America have amazing vision that allows them to see the ball much sooner than others do. Besides, IQ, personality, attitude, and starting age are decisive factors, too. It is also important to note that becoming an expert doesn't equal instant success. Success also relies on social factors, environmental factors, and even just being in the right place at the right time!

In conclusion, practice may not make perfect, but deliberate practice has been shown to lead to significant improvement.

- () 32. Why does the author ask a question in the first paragraph?
- A. To make a comparison.
B. To highlight his opinion.
C. To inspire a reflection.
D. To give a definition.
- () 33. What can we infer from Paragraph 3?
- A. Gladwell's theory is easy to understand.
B. Gladwell misinterprets Ericsson's research.
C. Ericsson objects to deliberate practice.
D. Ericsson believes quality outweighs number.

- () 34. What makes many American baseball players outstanding?
- A. Their personality.
B. Their physical talent.
C. Their identity.
D. Their deliberate practice.
- () 35. Which statement will the author probably agree with?
- A. Attitude is everything.
B. Patience determines success.
C. Talent counts most.
D. Practice makes a difference.

第二节(共5小题;每小题2.5分,满分12.5分)

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。

Your mind is very powerful. Yet, if you're like most people, you probably spend very little time reflecting on the way you think. After all, who thinks about thinking? 36. _____

If you draw wrong conclusions about whom you are and what you're capable of doing, you'll limit your potential. Your thoughts are a catalyst (催化剂) for self-perpetuating (自我持续的) cycles. 37. _____ So if you think you're a failure, you'll feel like a failure. Then, you'll act like a failure, which strengthens your belief that you must be a failure. I see this happen all the time in my office. Someone will come in saying, "I'm just not good enough to advance in my career." That opinion leads her to feel discouraged and causes her to put in less efforts. 38. _____

Once you draw a conclusion about yourself, you're likely to do two things: look for evidence that strengthens your belief and consider anything that runs against your belief unimportant. Someone who develops the belief that he's a failure, for example, will view each mistake as evidence that he's not good enough. 39. _____ Consider for a minute that it might not be your lack of talent or lack of skills that is holding you back. Instead, it might be your belief that keeps you from performing at your peak (巅峰).

40. _____ That's not to say positive thoughts have magical power. But optimistic thoughts lead to productive acts, which increase your chances of having a successful outcome.

- A. When he does succeed, he'll owe it to luck.
B. Once that belief gets rooted in his mind, he will suffer a lot.
C. That lack of efforts prevents her from having a better career.
D. Creating a more positive thought can lead to better outcomes.

- E. What you think influences how you feel and how you behave.
F. However, the way you think about yourself turns into your reality.
G. If we make an effort on purpose, you can learn to think more positively.

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)

[2026·山东济宁高一期中]

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。

At the end of the last school year, I told my kids we would have a screen-free summer. They agreed when I explained that we would replace screens with extra 41 activities like hiking, swimming, and playing with friends.

This wasn't a(n) 42 decision. I had noticed that my kids were spending too much time on screens, and their behaviour was negatively 43. They easily got angry, and fought more with each other. I believe with some planning, parents can help kids build 44 habits, and screen-free activities can become our 45 choices.

Our summer didn't exactly go according to 46. A bad flu got the best of me and I spent much of the summer too sick to 47 the house.

Even so, my kids took our screen-free summer 48. They played outside with friends often. When friends were 49, they found other activities around the house—art projects, lego creations, and 50 with their toys. They became better friends to each other. Most importantly, there was less 51 and more smiles all around. It was a(n) 52, though not perfect, summer.

Kids are more creative than we often realize. When we 53 screens, they naturally find other ways to have fun. Screen-free activities quickly became a(n) 54 part of our daily life, and even with the start of school, this new habit has remained. The key was to make it a 55 goal rather than a personal effort, and to point out its positive effects on our health and relationships.

- () 41. A. group B. cultural
C. outdoor D. educational
- () 42. A. wise B. easy
C. sudden D. final

- ()43. A. judged B. ruined
C. expected D. affected
- ()44. A. healthier B. older
C. simpler D. lazier
- ()45. A. free B. relaxed
C. public D. preferred
- ()46. A. action B. plan
C. need D. topic
- ()47. A. leave B. clean
C. share D. visit
- ()48. A. secretly B. proudly
C. kindly D. seriously
- ()49. A. safe B. asleep
C. busy D. honest
- ()50. A. playing B. beginning
C. painting D. filling
- ()51. A. fighting B. waiting
C. joking D. competing
- ()52. A. early B. successful
C. careful D. important
- ()53. A. get through B. deal with
C. come across D. take away
- ()54. A. hard B. usual
C. extra D. strange
- ()55. A. project B. business
C. family D. school

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2026·四川成都实验外国语学校高一月考]

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。

While visiting tourist spots, more and more young people in China 56. _____ (choose) to wear traditional Chinese clothing in recent years.

Passengers wearing traditional Chinese clothing could take the subway for free for about one week in Suzhou City, Jiangsu Province during the Spring Festival holiday. As 57. _____ result, the horse-faced skirt, or *mamianqun* in Chinese, 58. _____ was popular with women in the Ming and Qing dynasties, became a hit among young people during the holiday.

People used to think that it was strange 59. _____

(wear) traditional Chinese clothing while they were walking down a street, 60. _____ they are getting used to it now. Wearing traditional clothing 61. _____ (help) people have a deeper understanding of the cultural meaning behind the clothing. Young people like to wear traditional clothing when travelling because they have realized that their cultural identity is linked to *hanfu* and it has come into fashion. Since ancient times, China has been a nation 62. _____ (pay) much attention to etiquette (礼仪) and a country known for its clothing. Clothing is one of the signs of Chinese etiquette.

The 63. _____ (popular) of traditional Chinese costumes will keep growing. 64. _____ (hopeful), more enthusiasts will devote themselves to the protection, inheritance and innovative development of traditional Chinese clothing through learning, research and practice. It will certainly make a difference 65. _____ our national identity.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分) [2026·吉林长春高一联考]

假定你是李华,上周六你们班前往南山公园进行了秋季徒步活动。请你写一篇短文,向学校英文报投稿分享这次活动,内容包括:

1. 徒步的时间和路线;
2. 你的经历和感受。

注意:1. 词数 80 个左右;

2. 可适当增加细节,以使行文连贯。

参考词汇:路线 route 美味的甜点 tasty snacks 灵魂 soul

An autumn hike to Nanshan Park

第二节(满分 25 分)

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。

My hearing aid was a box that was tied to my shoulders and hung from my neck. I carried it because when I was young I became deaf. After consulting (协商) with a lot of educational experts, doctors, and parents of other deaf children, my parents decided to send me to a school where all of my classmates and teachers would have normal hearing, instead of sending me to a private school for the deaf. So I was the only deaf child at Blue Creek Elementary School.

I experienced great anxiety throughout elementary school. Because in addition to the problems of “fitting in” with the other students, I also struggled with most of my schoolwork. I seemed to spend every spare moment doing homework just so I could keep up. I could feel that my parents and teachers were deeply disappointed in me because of my academic struggles. The teachers didn’t know what to do with me, nor did they show much interest in any of my poor performances.

My hearing disability required me to ask everyone from time to time, “What did he or she say?” I worried that everyone would soon grow tired of repeating everything back to me. When the kids made fun of me, I had no way but to accept it. I was sure that I was a bad person; my self-esteem(自尊心) was quite low. I saw myself as an ugly kid wearing a box around his neck who wasn’t even smart enough to keep up with the rest of the other kids.

Mrs Jordan, my 5th grade teacher, changed all of that with a simple three-word phrase. One morning, she asked the class a question. I read her lips (嘴唇) from my front-row seat and immediately raised my hand. I couldn’t believe it—for once I knew the answer.

注意:续写词数应为 150 个左右。

Paragraph 1:

But, when she called on me, I was afraid. _____

Paragraph 2:

For the first time in my young life, I was a star in my class. _____