



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 YLNJ

01

培养核心素养，探究主题意义

Unit 1 Back to school

主题素养积累

How to prepare for the first day of senior high school



Beginning the first day of senior high school can be difficult. You will need to **adjust to** new **surroundings**, new teachers and new classmates. However, you need not worry about these changes. Here are a number of things you can do to make your first day of senior high school become a happy memory.

Schedule a visit to the school before classes start, if your senior high school allows this. Bring your class schedule and try to find all your rooms. You can learn to walk around your new surroundings in a short amount of time and long before your

Schedule your morning activities. Set your alarm and plan on getting up earlier than **normal** so that you have plenty of time to get ready. Choose the clothes you will wear before you go to bed. **Any decision you can make or step you can take the night before will be one less thing to worry about in the morning.**

【主题词句背诵】

1. adjust to 适应
2. surroundings *n.* 环境
3. schedule *v.* 安排
4. arrangement *n.* 安排, 筹备
5. ahead of time 提前
6. make sure 确保; 弄清楚
7. normal *adj.* 正常的; 平常的
8. Make sure you have this arranged ahead of time so you'll know exactly **when to leave your house on the morning of your first day of senior high school.** (宾语从句)

02

夯实语言基础，搭建知识框架

词汇点睛

1. challenge *n. & vt.* 挑战; 质疑
(教材 P2) The path before you leads to a world full of **challenges**: a new environment, new knowledge and new ways of thinking.
你们面前的路通向一个充满挑战的世界: 新的环境、新的知识和新的思维方式。

- (1) face/meet a challenge 面临/迎接挑战
accept/take up a challenge 接受挑战
(2) challenge sb to (do) sth 向某人挑战(做)某事
(3) challenging *adj.* 有挑战性的; 考验能力的

【活学活用】

- (1) 单句填空
① I know there will be many difficult and _____

句型透视

1. (教材 P3) To fully realize your potential, it is important for you to make the most of our school resources. 要想全面发挥自己的潜能, 充分利用我们学校的资源对你们来说是很重要的。

句型公式

It + be + *adj.* + (for sb) + to do sth.

【归纳拓展】

- (1) 在 “It + be + *adj.* + (for sb) + to do sth.” 句型中, it 作形式主语, 不定式作真正的主语, 常用于这个句型的形容词有 easy, difficult, important, true, possible, probable, likely, certain, necessary, natural 等, 这些形容词多与事物的特征有关。
(2) 如果形容词表示的是主语的品行、性格、性质

课内基础巩固

① 单词拼写(每小题1分, 满分10分)

- Only with a p_____ attitude can you improve your ability and create more opportunities.
- S_____ students often share useful study skills with junior ones to help them adapt to school life fast.
- We can a_____ knowledge not only from books but also through social practice.
- Teachers often use online r_____ to create more interactive lessons for their students.
- Modern digital f_____ in the library help us find needed information quickly and
- If we have made great efforts _____ (prepare) for the speech contest, we will be more confident to stand on the stage.
- To improve your overall health, it is important to have a _____ (balance) diet.
- It is your _____ (responsible) to follow the rules and regulations of the new school.
- Travelling abroad gives students an opportunity _____ (experience) different cultures and become more well-rounded individuals.
- Much to my _____, he was able to

课后素养提升

② 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

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. _____

- So it's okay if it doesn't go perfectly.
- What you choose to do is completely up to you.
- This means making and sticking to study schedules.
- You should challenge yourself to the best of your ability.
- These social practices will in turn benefit your school life.

③ 写作

第一节 应用文写作(满分15分)

[2025·浙江丽水五校高一期中]

假设你是李华, 你校新成立了国画社团和民乐社团, 你的新西兰同学 Richard 对这两个社团很感兴趣, 但不知如何选择, 写信向你求助, 请你给他回信, 内容如下:

- 推荐某一社团;
- 说明理由;
- 告知申请方式。

注意: 1. 词数 80 个左右;

2. 可以适当增加细节, 以使行文连贯。

参考词汇: 民乐社团 Folk Music Club

Dear Richard,

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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Unit 1 Back to school

★提示：加底纹词汇为复现词汇

Period One Welcome to the unit & Reading— Reading comprehension

● 阅读理解(每小题 2.5 分, 满分 30 分)

A [2026·广东广州西关外国语学校高一期中]

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 (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.

B [2026·山东济南第一中学高一期中]

When I started my faculty position (教师职位), I was excited to be leading my own lab—and nervous. I'm deaf and rely on lip-reading for verbal communication. I had managed fine as a postdoc (博士后), though not without challenges. But leading a team was different. I had no idea whether I would be able to communicate effectively with my lab members. My pronunciation is sometimes off because of my disability, which leads some people to believe that I lack intelligence.

But after almost 2 years in the position, I've come up with a set of solutions to help me out. In addition to regular one-on-one meetings with my students, I decided to have each student work with me for entire days in the lab when they first join my group. That way, they can see what I'm doing and ask questions as we go along. And time with the students allows me to carefully explain the principle behind each experimental step.

I also established written communication as the most important way to exchange information. Through instant messaging services, I can quickly reach out to my students and share ideas, materials and links. Before they get going with any experiment, I ask them to write a detailed

protocol (实验计划) as well, which has allowed me to double-check whenever I spot something that I must have missed during our verbal discussions.

At first, I feared my students would feel that writing out all of their experimental design steps and data analysis plans was unnecessary. But they've told me this step allows them to deepen their understanding of the project before starting experiments.

I'm still early in my faculty career, but I feel these strategies are working well for me. I no longer worry that I'm missing important information. And I've been able to guide students in a way that would have been difficult for me to do through verbal communication alone. Looking back, I wish I'd followed these strategies earlier in my career.

- () 5. What was the author's concern at the beginning of his faculty position?
- A. He couldn't get along with others.
B. He had insufficient work experience.
C. He couldn't focus on scientific research.
D. He would suffer communication problems.
- () 6. Which of the following shows the author's efforts to improve his teaching effect?
- A. Encouraging communication in various ways.
B. Strengthening students' interest in science.
C. Connecting students whenever possible.
D. Asking students to learn lip-reading.
- () 7. What was the result of the students' writing down protocols?
- A. It practised their writing skills.
B. It slowed down the project process.
C. It benefited both the author and the students.
D. It inspired them to come up with new ideas.

()8. What is the author's tone (语气) at the end of the text?

- A. Surprised. B. Confident.
C. Impatient. D. Anxious.

C [2025·安徽六安第一中学高一期中]

A pilot programme in North County is teaching students about nutrition and where their food comes from. The five-week Farm to School programme is a partnership between Escondido Union School District and the Farm to Institution Centre. It encourages elementary school children to try vegetables they may not have tried before.

“I think that understanding just the roots of where our food comes from and how it gets to our table is meaningful,” said Jeremy Lyche, principal of Bernardo Elementary School. “You saw the kids' excitement today. They love it.”

The students in Paul Erickson's class have been in the programme for over a month. “We've been doing multiple lessons where we're learning about and teaching about local farms in our community, as well as some healthier choices like produce (农产品), just getting students to join in farming,” Erickson said.

Once a week for the past five weeks, Alexis Anderson from the Farm to Institution Centre has been coming by to teach these kids more about farming and what it takes to get fresh produce to their tables. Wednesday was the students' last session in the programme. She said the main takeaway for the kids is learning where their food comes from.

“Eat and support local food because it not only benefits their community economically, but also benefits their health and overall education of

knowing what's available,” Anderson said.

After Wednesday's lesson, the students went to the school garden for a game of bingo to identify the things they'd learned. One of the goals of the school garden is for the students to try new things. For Escondido Union School District, the ultimate goal for the school garden is for the produce to end up in the cafeteria for the children to eat. But there are some health regulations the district still needs to overcome before that can happen.

()9. What is the purpose of the Farm to School programme?

- A. To promote local farms and their products.
B. To provide money for school gardens.
C. To get students to know the source of food.
D. To motivate children to plant vegetables.

()10. What does the underlined word “takeaway” probably mean in Paragraph 4?

- A. Focus. B. Gain.
C. Challenge. D. Choice.

()11. Which is the benefit of eating locally according to Anderson?

- A. It supports the local economy.
B. It reduces the food waste.
C. It lowers food production cost.
D. It improves farming skills.

()12. What should the school district do to achieve the goal?

- A. Expand the garden to produce more food.
B. Increase the variety of vegetables grown.
C. Train more teachers to take part in the programme.
D. Ensure the produce meets health regulations.

班级

姓名

题号
答题区
阅读理解

1

2

3

4

5

6

7

8

9

10

11

12

Period Two Welcome to the unit & Reading—Language points

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 10 分)

1. Only with a p_____ attitude can you improve your ability and create more opportunities.
2. S_____ students often share useful study skills with junior ones to help them adapt to school life fast.
3. We can a_____ knowledge not only from books but also through social practice.
4. Teachers often use online r_____ to create more interactive lessons for their students.
5. Modern digital f_____ in the library help us find needed information quickly and accurately.
6. Though there are challenges on the _____ (道路) ahead, we have made up our minds to face them.
7. As long as you make efforts, you have the _____ (潜力) to become a well-rounded student.
8. Though Lucy and Lily are twins, they differ in _____ (个性) and hobbies.
9. The primary _____ (目标) of education is to equip students with the skills they need for the future.
10. Discussing problems with classmates will improve our _____ (思想,想法) and deepen our understanding of knowledge.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. Every individual has the right to be treated _____ (equal) in the eyes of the law.
2. With the help of the _____ (advance) technology, we can complete the task in advance.

3. If we have made great efforts _____ (prepare) for the speech contest, we will be more confident to stand on the stage.
4. To improve your overall health, it is important to have a _____ (balance) diet.
5. It is your _____ (responsible) to follow the rules and regulations of the new school.
6. Travelling abroad gives students an opportunity _____ (experience) different cultures and become more well-rounded individuals.
7. Much to my _____, he was able to recite the whole passage from memory, which was _____. (amaze)
8. Facing such a _____ (challenge) task, she didn't lose heart, but bravely accepted the challenge.
9. To his parents' great joy, the child tied his shoes _____ (independent) for the first time.
10. Anyone who has a good attitude and strong _____ (confident) is more likely to succeed during the long journey of growth.

❸ 短语填空(用所给词的适当形式填空,有两项多余)(每小题 2 分,满分 12 分)

take advantage of; lie in; make a difference; in time; last but not least; lead to; look forward to; rise to

1. Everyone _____ seeing what great invention he will create next.
2. Despite the difficulties, she was able to _____ the challenge and complete the project on time.

3. Every small action _____ in protecting our planet, so start from yourself.
4. The solution to the problem between you and Tom always _____ the change of your attitude.
5. _____, the more we communicate with our parents, the better we can understand each other's thoughts and feelings.
6. The student _____ the holiday to review lessons, which helped improve his grades.

Ⅳ 句型训练(每小题 3 分, 满分 9 分)

1. Onto the stage _____

_____, greeted by thunderous applause from the audience. (完全倒装)
那位著名的年长的演讲者走上舞台, 受到了观众雷鸣般的掌声欢迎。

2. A curious mind _____, as it turns ordinary questions into exciting journeys of discovery. (be + of + 抽象名词)

一颗好奇心对学习非常重要, 因为它能将普通的问题转变为激动人心的探索之旅。

3. English is an international language, so _____.
(it 作形式主语)

英语是一门国际语言, 所以我们很有必要学习它。

课后素养提升

Ⅴ 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.

Ⅵ 语法填空(每小题 1.5 分, 满分 15 分)

[2025·湖北襄阳东风中学高一月考]

Every year, many high school students from all around the world make a huge 1. _____ (decide). They leave their home and go to another

Period Three Grammar and usage & Integrated skills

课内基础巩固

❶ 指出画线部分所作的句子成分(每小题 1 分,满分 8 分)

- I find it important to make the most of the library resources and school facilities.

- There are two paths ahead but I don't know which one to choose.

- He has a positive attitude to life and always looks on the bright side.

- She started taking online courses to improve her language skills.

- You should take advantage of the opportunity to study abroad and experience a new culture.

- When faced with difficulties, we should rise to the challenge and find solutions instead of giving up.

- All individuals are equal before the law, whether they are powerful or weak, rich or poor.

- Frightened, she asked me to go with her.

❷ 选出下列句子属于哪种句子结构(每小题 2 分,满分 16 分)

- ①SV ②SVO ③SVP ④SVOO ⑤SVOC
⑥SVA ⑦SVOA ⑧There be...

- It is a great pleasure to talk with you.

- You should keep the room clean and tidy.

- Grandma told me an interesting story.

- The books of this kind sell well among students.

- There is a garden at the back of the house.

- Most of the workers living in the room have left.

- All the students think highly of his teaching.

- She stopped teaching English two years ago.

❸ 语法与写作(每小题 3 分,满分 18 分)

- Although after-school activities may _____, I can make a workable schedule.
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。
- Keep working hard and I think you _____.
继续努力下去,我相信你最终会成功的。
- After a whole day's hard work, _____, which looked brand-new and comfortable.
经过一整天的努力,我们使房间干净整洁。它看起来崭新而舒适。
- From the window they _____ to the door, with a box in his hand.
他们从窗口看到他们父亲手里拿着一个盒子向门口走去。
- Whenever _____, she is always the first to offer help.
每当有人遇到困难,她总是第一个伸出援手。
- _____ in the garden, with various colours and fragrances, making the whole place look like a fairyland.
花园里有许多美丽的花,有着各种各样的颜色和香味,使整个地方看起来像仙境一样。

Ⅳ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2026·陕西咸阳高一第一次质量检测]

How to do better in school

The start of a new school year is a great opportunity to improve your grades and experience at school, but you can choose to do better at any point during the year! 1. _____. Read our list of tips to have the best school year ever!

Take notes on class material.

Take notes to help you remember and understand what you learn. Taking notes not only helps you remember what you hear or read, but it also helps your brain stay active and absorb information adequately. 2. _____, and make a note of questions you have about the material while you read.

Ask lots of questions.

3. _____. It's your teacher's job to help you learn and understand, so don't hesitate to ask them questions! Asking questions will not only help you learn the material better, but it will also show your teachers that you're engaged and interested.

Participate in class.

For certain classes, class participation might make up a percentage of your grade. 4. _____, and it will show your teacher that you're serious about doing a good job. If your teacher asks questions or opens the floor to a class discussion, don't be afraid to jump in and share your perspective.

Prioritize (排序) your assignments and other responsibilities.

Complete time-sensitive or difficult assignments first. When you have a lot of things on your plate, it can be hard to know where to begin. To avoid feeling overwhelmed or stuck, create

a to-do list and put your most difficult or urgent assignments at the top. 5. _____.

- A. When you don't understand something, raise your hand
- B. Write down key points mentioned by your teacher or the textbook
- C. The key to doing better in school is promoting healthy study habits
- D. Don't try to answer every question or give an opinion on every topic
- E. Keeping your time and supplies organized enables you to do better in school
- F. Once you've dealt with those, move on to smaller and less urgent items on the list
- G. Even if it doesn't, participating in class can help you better remember the material

Ⅴ 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, 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

Period Four Extended reading & Project & Assessment

课内基础巩固

❶ 单词拼写(每小题1分,满分10分)

1. Beijing is the only city in the world to h_____ both the Summer Olympic Games and Winter Olympic Games.
2. When we learn traditional paper-cutting, we only need simple m_____ like red paper and scissors.
3. Those teachers who help us a lot in s_____ schools will always remain in our memory.
4. We have confidence that our team can overcome the t_____ challenges ahead.
5. The f_____ of our discussion today is how to protect natural resources.
6. I am writing to invite you to the _____ (书法) exhibition to be held at the city museum.
7. We are looking forward to meeting the new _____ (交换) student.
8. The teacher gave us some _____ (指点) on how to deal with the challenges in senior high school.
9. The supermarket put up a _____ (海报) to attract more potential buyers.
10. I like my new teacher's teaching _____ (风格) because it encourages students to actively participate in the class.

❷ 单句填空(每小题1.5分,满分15分)

1. The hikers lost their way in the forest, but _____ (fortunate), they had a map and compass to guide them back.
2. I was _____ (alarm) when I saw the smoke coming from the kitchen.
3. Most of the visitors are _____ by the _____ town, which is a famous tourist _____. (attract)
4. Though she met many challenges on her path to becoming a _____

(profession) basketball player, she never gave up.

5. I need to acquire more _____ (detail) materials about the project before making a decision.
6. The new technology is expected to make a positive _____ (contribute) to environmental protection.
7. _____ (base) on the survey about eating habits, many teenagers should eat more vegetables and less fast food for better health.
8. I make a _____ (propose) that you should keep a balance between work and relaxation.
9. This photo will remind me _____ (think) of the wonderful experience I had in that foreign country.
10. Moral education aims _____ (teach) people how to live and act as a responsible individual.

❸ 短语填空(用所给词的适当形式填空,有两项多余)(每小题2分,满分10分)

as well; get on well with; be used to; as a result of; stick to; over time; with the help of

1. He always _____ doing sports after school to keep healthy and full of energy.
2. _____ the traffic jam, we completely missed the important opening speech we had been looking forward to.
3. Mr Liu can speak English fluently, and he can speak French _____.
4. _____, our project team developed better cooperation skills and finally completed the challenging task successfully.
5. We _____ our tour guide, who told us many interesting stories.

Ⅳ 句型训练(每小题 3 分,满分 9 分)

1. Her performance in the competition was _____ she regained her confidence completely. (结果状语从句)
她在比赛中的表现如此惊人,以至于她完全重拾了信心。
2. On hearing the heartwarming news, I _____, tears

clouding my eyes. (find + 宾语 + 宾补)

听到这个暖心的消息,我发现自己既兴奋又自豪,泪水模糊了眼睛。

3. I think you will end up hurting his pride by laughing at the way _____ . (定语从句)
我觉得你嘲笑他说英语的方式最终会伤害他的自尊心。

课后素养提升

Ⅴ 阅读理解(每小题 2.5 分,满分 20 分)

A [2026·江苏扬州中学高一月考]

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 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.

- () 1. 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.
- () 2. 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.

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- () 3. 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.

- () 4. 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

B [2025·广东广雅中学高一期中]

Let's get one thing straight: Studying sometimes is boring, right? But it is extremely necessary. After all, working through difficult material 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 look at difficult courses either 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 a testimony (证明) to their intelligence, they can't enjoy it. In contrast, students with the growth mindset 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.

- () 5. 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 mindset determines their ability.
 D. Failure is caused by their intelligence.
- () 6. 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.
- () 7. 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.
- () 8. What may the author suggest learners 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.

Period Five Writing

课内基础巩固

❶ 补全句子(每小题3分,满分18分)

1. _____, we'd like to start a Youth Reading Club.

为了鼓励学生们养成阅读的好习惯,我们想要开办一个青年阅读俱乐部。

2. Our club _____ for students.

我们的俱乐部旨在给学生们提供各种各样的阅读素材。

3. We _____ in a different style each week.

我们打算每个星期阅读一篇不同风格的短篇小说。

4. Our Youth Reading Club calls for _____ in the short story after reading.

我们的青年阅读俱乐部提倡在阅读后讨论短篇小说的写作风格和技巧。

5. Moreover, we will also hold reading salons regularly to _____ to deepen our understanding of the books.

而且,我们还会定期举办阅读沙龙来面对面交流想法,以深化对书籍的理解。

6. This is a unique chance _____ .
这是一个独特的机会,它提供了一个共同成长与探索的友好社群。

❷ 续写语段填空(每小题2分,满分14分)

After admitting my mistake, I 1. _____ (低下头), filled with fear. Mrs Hill walked towards me and asked 2. _____ (用温柔的声音), "Why did you have the courage to stand up?" I said I wanted to be honest and 3. _____ (我意识到我所做的事是错误的). Unexpectedly, Mrs Hill 4. _____

_____ (对……很惊讶) my answer and praised me for that. Then, she asked me to sit down. We continued reading books. After we finished, Mrs Hill 5. _____

(提醒我们要记住) that everyone should 6. _____ (对……负责) his behaviour.

We all agreed with her. And I was happy that in a way I 7. _____

(为……树立了好榜样) my classmates.

❸ 语篇填空(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 quite different from the inexperienced 14-year-old girl who walked through those glass 3. _____ (door) of the teaching building 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.

课后素养提升

Ⅳ 阅读理解(每小题 2.5 分, 满分 10 分)

[2025·广东台山第一中学高一期中]

Dr Degenaar came into the lecture room on the first Friday morning of the term and asked us to write down our own understanding of the “soul”. Here was the “teacher” asking us what we thought—it was really an exciting experience. He was not telling us what he thought but asking us how we saw something. The following discussion was interesting. That was my first experience of real learning in a classroom.

Almost 50 years have passed since that experience. Of the other lecturers who “taught” me during that year, I remember they “taught” me the history of Greek philosophy (哲学), but I remember little of that history and nothing of those lecturers. And most of what I remember about Greek philosophy is what I learned in Dr Degenaar’s class, for my own interest.

I took further courses with Dr Degenaar in the following years. Like the first class, there was little “lecturing”, but far more involvement (参与) of us all in a process of common discovery in which we learned a lot about each other and the key points of the day. The excitement of discovery stays with me. Then it took me almost another 20 years to get a deeper understanding of what had happened in that lecture hall: experiential learning.

Traditionally, learners have been seen as “empty containers” waiting to be “filled” with learning given them by the teacher. The learner is, therefore, dependent on the teacher for what to think and how to think. Compliance (遵从) is rewarded and so independent and original thinking is not developed.

In comparison, in experiential learning, the learner is encouraged to think for himself/

herself, not to repeat the thought patterns of the teacher. The learning happens not because of what a “teacher” or “lecturer” says but because of what the learner does. In this sense, I think this is the best way to learn and everyone should try it and learn from it.

- () 1. Which word best describes the author’s first Greek philosophy class taught by Dr Degenaar?
- A. Boring. B. Amazing.
C. Confusing. D. Depressing.
- () 2. Why does the author compare Dr Degenaar and the other lecturers?
- A. To praise Dr Degenaar’s attitude to his job.
B. To stress Dr Degenaar’s great influence on him.
C. To point out Dr Degenaar’s popularity among students.
D. To show the author’s deep interest in Greek philosophy.
- () 3. How does experiential learning differ from traditional learning?
- A. It has no specific learning places.
B. It applies knowledge to medical care.
C. It encourages independent thinking.
D. It focuses more on the result of learning.
- () 4. What is the text mainly about?
- A. A respected teacher.
B. A favourite university lesson.
C. The factors of experiential learning.
D. An effective learning method.

Ⅴ 阅读七选五(每小题 2.5 分, 满分 12.5 分)

[2026·山东枣庄高一期中]

High school is an extremely important period in a teenager’s life, marked by academics (学业), social experiences, and personal growth.

It is a time filled with opportunities and challenges that shape the path towards adulthood.

Academics are central to high school life. Students take a variety of subjects. 1. _____. For example, science includes experiments and research, while English classes focus on reading literature and writing practice. Dealing with schoolwork, projects, and exams requires good time management skills, which help students develop problem-solving abilities.

After-school activities play an important role in high school life. Students can join clubs, or arts programmes. Clubs like debate team, or chess club allow students to meet like-minded people. Activities like drama or music enable students to express their creativity and perform in the school play. 2. _____.

3. _____. High school is a time for self-discovery and setting personal goals. Students begin to explore their interests, which can guide their future choices. They start thinking about their college choices, future jobs, and what they want to achieve in life. This period of growth is important for building confidence and preparing for the transition (过渡) to adulthood.

Challenges are also a part of high school life. Students might face academic pressure, or other problems. 4. _____. Teachers, schoolmates, or friends are a good help. Students will benefit a lot from managing challenges.

Community involvement (参与) is another important part of high school. 5. _____. This involvement helps them understand the importance of giving back and being part of a larger community. It also provides practical experience in working with others and addressing real-world issues.

- A. Make the most of your education
- B. It's important to ask for support when necessary
- C. Personal growth is another key part of high school

- D. Each subject comes with its own set of requirements
- E. There's always a way to be part of something you love
- F. Many schools encourage students to do volunteer work
- G. These activities help students build skills and friendships

Ⅶ 语法填空 (每小题 1.5 分, 满分 15 分)

[2026·湖北武汉部分学校高一期中调研考试]

Each summer, new faces arrive at Fonian School in Weishan Town, Liling, Hunan with lessons, laughter, and dreams.

Fan Yichao, 1. _____ studies at East China Normal University (ECNU), finished a two-week volunteer teaching programme at Fonian School this summer. Over the past 11 years, more than 100 ECNU volunteers 2. _____ (complete) over 800 hours of service.

Fan first attended the camp as a fourth-grade student in 2015. His admiration 3. _____ the teachers encouraged him to become one. "In the past, the summer camp always brought something new to me," he said.

These fresh 4. _____ (experience) came not only with the arrival of new volunteer teachers 5. _____ from the creative and carefully designed lessons they brought with them. This year, for example, the team prepared about 40 lessons for the two-week camp, 6. _____ (cover) all kinds of topics across eight subjects. Facing students from first to sixth grade, they also adjusted (调整) the difficulty 7. _____ (suit) all levels.

"We are glad to see the students' 8. _____ (curious) and excitement about the new courses," Fan said. "Two weeks is 9. _____ short time, but what we hope to give the students is a chance to enrich their knowledge and better understand themselves so that they can face the challenges in life 10. _____ (confident)."

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写作

第一节 应用文写作(满分 15 分)

[2025·浙江丽水五校高一期中]

假设你是李华,你校新成立了国画社团和民乐社团,你的新西兰同学 Richard 对这两个社团很感兴趣,但不知如何选择,写信向你求助,请你给他回信,内容如下:

1. 推荐某一社团;
2. 说明理由;
3. 告知申请方式。

注意:1. 词数 80 个左右;
2. 可以适当增加细节,以使行文连贯。

参考词汇:民乐社团 Folk Music Club

Dear Richard,

Yours,
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. In 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.
