

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·广东广州西关外国语学校高一期中]

Gap year volunteer abroad programme

Ready to break free from the ordinary and start an exciting journey of change? Your gap year is your chance to discover what you're truly capable of, and Projects Abroad is here to help you make it unforgettable.

You'll gain real-world experience and support communities in need at the same time. It's an exciting and different way to start the next chapter of your life after high school. If you are looking to do something this autumn or winter, we recommend our Gap Projects:

Gap Project 1: Peru & the Galapagos (8 weeks)

Gap Project 2: Kenya & Tanzania (6 weeks)

Gap Project 3: Nepal & Cambodia (10 weeks)

On a gap year programme abroad after high school, the experience can be designed to benefit your exact interests and goals. You can explore a career you're interested in, like medicine or law, and add relevant work experience to your resume (简历). We have options for students who've put off their university acceptance, and for those who don't feel they're ready for further education just yet.

There's a lot you can get involved in by volunteering abroad during your gap year. You can protect endangered ecosystems and wild animals on a Conservation Project. Or, give children the educational support they desperately need on a Childcare Project. If you're eager to be more independent, we recommend joining Flexi Trips to personalize your gap year programme.

All of our programmes focus on providing long-term, sustainable solutions. We don't believe in quick fixes. So no matter how short or long your gap year abroad is, you'll be part of ongoing efforts to make a real difference.

- ()21. What can the programme help the volunteers to do?
 A. Take a break from busy school life.
 B. Get prepared for university admissions.
 C. Pay a visit to different foreign countries.
 D. Enrich experience and help communities.

- ()22. Which can best meet one's personal needs?
 A. Flexi Trips. B. Childcare Project.
 C. Gap Project to Peru. D. Conservation Project.

- ()23. Who would be interested in the programme?
 A. A job hunter. B. An office worker.
 C. A college teacher. D. A high school graduate.

B [2026·湖南郴州高一第二次阶段监测]

I've been having trouble concentrating on one thing. It made school difficult for me. When everyone else in the class was focusing on tasks, I could not.

In my first literature class, Mrs Smith asked us to read a story and then write on it, all within 45 minutes. I raised my hand right away and said, "Mrs Smith, you see, the doctor said I have attention problems. I might not be able to do it." She glanced down at me through her glasses, "You are not different from your classmates, young man."

I tried, but I didn't finish the reading when the bell rang. I had to take it home.

In the quietness of my bedroom, the story suddenly all became clear to me. It was about a blind person, Louis Braille. He lived in a time when the blind couldn't get much education. But Louis didn't give up. Instead, he invented a reading system of raised dots (点), which opened up a whole new world of knowledge to the blind.

Wasn't I the "blind" in my class, being made to learn like the "sighted" students? My thoughts spilled out and my pen started to dance. I completed the task within 40 minutes. Indeed, I was not different from others; I just needed a quieter place. If Louis could find his way out of his problems, why should I ever give up?

I didn't expect anything when I handed in my paper to Mrs Smith, so it was quite a surprise when it came back to me the next day—with an "A" on it. At the bottom of the paper were these words: "See what you can do when you keep trying?"

Inspired and touched, I began to keep trying hard in my study and struggled against attention problems. I believe one can find his

way out of difficulty with determination (决心) and efforts.

- ()24. Why didn't the author finish his reading in class?
 A. He missed several classes before.
 B. He was not a bit interested in literature.
 C. He was unable to concentrate on his task.
 D. He was used to doing his homework at home.
- ()25. What do we know about Louis Braille from the text?
 A. He was poor. B. He was well-educated.
 C. He was shortsighted. D. He was very creative.
- ()26. What kind of teacher is Mrs Smith according to the text?
 A. Impatient. B. Encouraging.
 C. Disappointing. D. Careless.
- ()27. What can we learn from the last paragraph?
 A. You can never be too old to learn.
 B. Do not judge a book by its cover.
 C. One good turn deserves another.
 D. Where there is a will, there is a way.

C [2026·江苏无锡第三高级中学高一期中]

Today, many people spend a lot of time reading online. Whether reading news or e-books, people are spending more time eyeballing (盯住) screens. While online reading opens up a great deal of knowledge to people, there are some disadvantages too, such as eyestrain, headaches, as well as difficulty in focusing on the text. Now a new reading system, Bionic Reading, developed by Swiss typographic designer Renato Casutt, can help people overcome these issues, and most importantly, it aims to help people read faster online and develop a more in-depth understanding of written content.

The reading system improves the reading process by guiding the eyes through text with artificial fixation points. To make it short: some parts of the words are displayed in bold (粗体). As a result, the reader only focuses on the highlighted letters and lets the brain centre complete the rest. Your brain can "read" faster than your eyes, so by essentially reducing the number of letters your eyes need to look at, you can read faster while still preserving the full context.

Casutt discovered the system by accident. He was working on designing a book in a foreign language and realized he could read it if he sectioned it off. He worked for six years to develop Bionic Reading and is still working to adjust it.

A preliminary (初步的) study was conducted by the Swiss Institute InnoSuisse, but more research is needed before it can be definitively shown that the system improves reading. Some people with ADHD (多动症) prove that Bionic Reading helps them focus and comprehend what they are reading. Other people don't seem to notice a big difference compared to regular text. There's also no evidence to suggest Bionic Reading is any better than regular text. The best way to know if the Bionic Reading helps you read better online is to try it yourself.

- ()28. What is the main purpose of Bionic Reading?
 A. To point out people's reading problems.
 B. To teach people necessary reading skills.
 C. To reduce readers' screen time and eye stress.
 D. To improve people's reading speed and comprehension.
- ()29. What does the underlined phrase "artificial fixation points" in Paragraph 2 refer to?
 A. Words displayed in capital letters.
 B. Useful expressions.
 C. Difficult sentences in the text.
 D. Bold letters.
- ()30. What do some people with ADHD think of the system according to the text?
 A. It is complex.
 B. It can be beneficial.
 C. It needs to be improved.
 D. It has little effect on them.
- ()31. What is the text mainly about?
 A. A reading project for ADHD.
 B. Research on language learning.
 C. A system to help with online reading.
 D. A tool for treating reading disability.

D [2026·河南安阳多校联考高一期中]

A Sprague's pipit—a kind of songbird that shows if the grasslands are healthy—was mad at an enemy's call and dived down to fight, only to find a plastic decoy (诱饵) tied to a loudspeaker. Caught in a net, it became part of Boyce's study on songbird migration.

For years, tiny songbirds like Sprague's pipits have had secret migration routes (路线). Their small size and changing routes made them hard to track again. But small radio-frequency rings changed

this, leading to the creation of the Motus network; a line of towers from Canada to Argentina. These towers pick up signals (信号) from the rings on birds, and give information on where they fly, when, and how fast, making GPS no longer necessary.

Researchers noted its size, put a Motus ring on it and freed the pipit. Philip Taylor created the network, which started in 2010 with towers at Ontario's Long Point Bird Observatory. Quickly, it spread across Canada, Central America, and later the US. By 2015, it tracked birds across the world, uncovering new routes for other types of birds like Swainson's thrushes and Arctic shorebirds. Today, over 55,000 animals have rings, using 2,200 stations in 34 countries. Researchers build and care for the 6- to 11-metre towers, working with landowners and governments. Even with problems like lightning or cows damaging towers, the network grows.

Motus makes it easy for researchers to share collected information. It's cheaper than satellite tracking, a great tool for studying migrating animals. Boyce's team used it to track Sprague's pipits from Central America to southern Canada.

Of course, the network faces problems, like when researchers have trouble getting enough money or change projects. But with more global teamwork, more funding, and better technology for towers and rings, the Motus network will get past its present troubles and play a big part in helping learn how animals migrate in the future.

() 32. What once made it hard to retrack Sprague's pipits?

- A. The difficulty in telling them from other birds.
- B. Their migration routes that were not fixed.
- C. The long journeys they travelled.
- D. Their cleverness in avoiding traps.

() 33. What does Paragraph 3 focus on?

- A. The rapid development of Motus.
- B. The great effort to protect pipits.
- C. The process of studying pipits.
- D. The reason for creating Motus.

() 34. What makes the Motus network different from satellite tracking?

- A. It is more affordable.
- B. It can track more kinds of animals.
- C. It provides exact GPS information.
- D. It is not limited by weather conditions.

() 35. How does the author feel about the future of Motus?

- A. Curious.
- B. Hopeful.
- C. Doubtful.
- D. Uncaring.

第二节(共5小题;每小题2.5分,满分12.5分)

[2026·辽宁沈阳高一月考]

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。

As a high school student, you're likely used to learning through reading textbooks. 36. _____ This lies at the heart of "experiential appreciation", a philosophy that encourages you to engage directly with the world around you. It's about learning from real-life experiences, and discovering a more profound and engaging way to learn.

To practise experiential appreciation, you can start by getting involved in hands-on activities related to your subjects. They will provide a first-hand understanding of the concepts you're studying, making learning active and meaningful. So, try joining a sports team, picking up a paintbrush, or taking part in a local charity event. 37. _____

As you dive deeper, immerse yourself fully in the surroundings and activities. When you're in nature, don't just look around. 38. _____ Touching the leaves, feeling the wind and listening to the birds can enrich your learning and make each moment more memorable.

39. _____ After trying something new, ask yourself what you learned and how it made you feel. Write in a journal or discuss it with friends. This self-discovery turns experiences into life lessons and offers a deeper understanding of the world.

Experiential appreciation transforms learning from a task to be completed into a journey to be treasured. 40. _____ So, explore the world around you, let every experience shape you, and discover the endless possibilities that await. This is the core of true learning, where every moment is a step towards a richer, more enlightened life.

- A. These activities bring learning to life.
- B. It extends learning far beyond textbooks.
- C. Instead, activate your senses for a stronger tie with it.
- D. Mind the impact of your actions on the environment.
- E. Take your experiences further by reflecting on them.

F. Textbooks offer a systematic introduction to essential concepts and principles.

G. Now consider expanding your learning from just reading to actively participating.

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·湖北襄阳第四中学高一期中]

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。

Last semester, our school library announced a book repair volunteer programme. I hesitated at first, feeling 41 about my ability to make contributions. However, my teacher encouraged me to 42 the challenge.

The following week, I found myself 43 an old, worn-out copy of *The Little Prince*. Its cover was torn, and some pages were loose. I felt a bit 44, wondering if I could restore it. My classmate Lily noticed my 45 and offered to help. She had experience with book repair and taught me the 46 techniques.

We spent several afternoons arranging the pages, 47 glue (胶水) carefully, and strengthening the spine (书脊). At times, the work was 48, but we kept going. Slowly, the book seemed to look 49 again.

Through this process, I not only acquired a new skill but also 50 a deeper bond with Lily.

On the day we returned the book to the library, the librarian smiled 51 and said, "You've given this book a new life." Her words filled me with 52. It was then that I realized that through effort and 53, we can overcome difficulties and achieve something meaningful.

This experience taught me that helping others doesn't always require 54 skills. Sometimes, it just requires willingness and 55. Now, I am always looking for opportunities to make a difference, no matter how small.

- () 41. A. anxious B. confident
- C. excited D. curious
- () 42. A. take down B. take off
- C. take up D. take in
- () 43. A. buying B. holding
- C. borrowing D. donating

- ()44. A. upset B. satisfied
C. inspired D. embarrassed
- ()45. A. excitement B. hesitation
C. amazement D. annoyance
- ()46. A. modern B. advanced
C. complex D. basic
- ()47. A. applying B. pressing
C. removing D. sweeping
- ()48. A. confusing B. surprising
C. challenging D. relaxing
- ()49. A. ugly B. ordinary
C. new D. familiar
- ()50. A. broke B. developed
C. lost D. forgot
- ()51. A. coldly B. warmly
C. nervously D. seriously
- ()52. A. pride B. regret
C. doubt D. fear
- ()53. A. creativity B. knowledge
C. cooperation D. courage
- ()54. A. obvious B. simple
C. natural D. particular
- ()55. A. fame B. luck
C. money D. patience

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2026·福建莆田高一期中]

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。

Visiting the Xi'an City Wall is a must-do experience for anyone exploring Xi'an. As the ancient capital of China, it is home to one of the most well-protected city 56. _____ (wall) in the world. Whether you choose to walk, cycle, or take a guided tour, the Xi'an City Wall offers 57. _____ unforgettable journey through ancient China's military and architectural history.

Xi'an was a walled city in the beginning, and even today the wall 58. _____ (consider) a landmark (地标) dividing the city into the inner part and the outer part. The city wall is massive—tall, long and thick. The South Gate and North Gate are

the two main entrances to the inner city. The city 59. _____ (it) is neatly arranged along the city wall.

The wall, 60. _____ was built in 1370 under Emperor Hongwu of the Ming Dynasty, was designed 61. _____ (protect) Xi'an. The design is both practical and defensive, 62. _____ a river surrounding the wall.

The best time to visit Xi'an City Wall 63. _____ (depend) on the season. The spring months of March to May and autumn months of September to November are good 64. _____ the weather is perfect for walking or cycling. Summer can be hot, so bring water and sunscreen if you plan to visit during the hotter months. Winter, on the other hand, can be cold, but it's much quieter, 65. _____ (offer) a peaceful and less crowded experience.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假定你是李华,收到了朋友 John 的电子邮件。他说随着高中课程难度加大,他因很难适应而情绪低落。请给 John 回一封邮件,内容包括:

1. 表示理解;
2. 提出建议(至少两点);
3. 表达祝愿。

注意:1. 写作词数应为 80 个左右;

2. 可以适当增加细节,以使行文连贯。

参考词汇:适应 adapt to

Dear John,

Yours,

Li Hua

第二节(满分 25 分) [2026·河北保定五校高一期中联考]

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。

I used to be afraid of speaking in front of others. My hands would sweat at the thought of standing before an audience. During English class, I'd hide behind my textbook, hoping the teacher wouldn't ask me to stand up and answer questions. Everything changed when our new English teacher, Mr Johnson, arrived.

At first, in his class, I kept doing what I always did—hiding behind my book. But slowly, I found he had a different way of teaching. Instead of asking students to stand up and answer questions, he often let us discuss in small groups first and then asked students to volunteer to answer the questions.

During one such discussion, he moved around the classroom and stopped by my group. I immediately lowered my head, but it was too late—he had heard me making a good point. After class, he asked me to stay behind.

“I couldn't help but notice the excellent point you made in your group discussion,” he said with a gentle smile. “Your ideas are valuable. Would you consider sharing them with the whole class next time?”

My face turned red. “I...I'm afraid of making mistakes in front of everyone,” I said.

“Everyone makes mistakes,” he reassured me. “That's how we learn.” Hearing that, I felt a moment of warm feeling.

注意:续写词数应为 150 个左右。

Paragraph 1:

A few days later, Mr Johnson created a chance for me.

Paragraph 2:

From that moment on, my fear of speaking in front of others began to disappear.
