



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

默写本

MOXIEBEN

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高中英语

必修第一册 BS

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Unit 1 LIFE CHOICES

默写练习一 Topic Talk

[限时 30 分钟, 满分 100 分]

默写检测

① 单词默写 (每小题 1 分, 共 23 分)

【写作词汇】

1. _____ *adj.* 较高的, 高级的
2. _____ *adj.* 中等教育; 中级的; 次要的
3. _____ *adj.* 以前的, 先前的
4. _____ *adj.* 充满活力的; 精力充沛的
5. _____ *n.* 校园
6. _____ *n.* 日程表, 计划表 *v.* 安排;
为……安排时间
7. _____ *n.* 一段时期; 章节
8. _____ *n.* 公寓套房
9. _____ (*ante meridiem*) 午前, 上午
10. _____ *n.* (工厂、医院等轮班制的) 当
班时间 *v.* 转移
11. _____ *n.* 空闲, 闲暇, 业余时间
12. _____ *adj.* 有利的, 好的 *prep.* 加
13. _____ *vi.* (_____, _____)
(问题或困难) 出现, 发生

【拓展词汇】

14. _____ *adj.* 充满压力的, 紧张的→
_____ *n.* 重音, 重读; 压力 *vt.* 强
调, 着重; 重读→_____ *adj.* 焦虑的,
紧张的
15. _____ *adj.* 富有挑战性的→
_____ *n.* 挑战; 艰巨任务 *vt.* 挑战; 怀疑
16. _____ *vi.* 不同, 不一样, 有区别→
_____ *adj.* 不同的; 相异的→
_____ *n.* 不同; 区别→_____ *adv.* 不同地; 相
异地

17. _____ *n.* 期待; 预料, 预期→
_____ *v.* 预料, 预期, 预计; 期待; 猜
想, 认为→_____ *adj.* 预料的; 预
期的→_____ *adj.* 出乎意料的; 意想
不到的
18. _____ *n.* 自信, 信心; 信赖→
_____ *adj.* 有信心的, 自信的→_____ *adv.*
确信地, 肯定地; 自信地
19. _____ *n.* 能力, 胜任→
_____ *adj.* 足以胜任的, 有能力的→
_____ *adv.* 胜任地, 适合地
20. _____ *n.* 压力→_____ *v.*
按, 压, 施加压力; 催促
21. _____ *vi.* 恢复健康, 康复 *vt.* 全额收
回; 寻回; 重新获得; 恢复→_____ *n.*
恢复; 复苏; 痊愈
22. _____ *n.* 伤, 损害→
_____ *vt.* 伤害, 使受伤; 损害→_____ *adj.*
受伤的; 有伤的
23. _____ *adv.* 不幸地; 令人遗憾地→
_____ *adv.* 幸运地→
_____ *n.* 运气; 命运; 财富, 财产→
_____ *adj.* 幸运的; 吉利的→_____ *adj.* 不
幸的

② 短语检测 (每小题 2 分, 共 10 分)

1. _____ 总而言之, 总的来说
2. be _____ 与……不同
3. _____ 成排地
4. _____ 闲坐
5. _____ /varieties of 各种各样的

III 佳句再现(每小题 5 分,共 15 分)

1. 非淡泊无以明志,非宁静无以致远。(双重否定结构)

One _____ show high ideals _____ simple living; one _____ have lofty aspirations _____ a peaceful state of mind.

2. 作为一名经理意味着我可以做出重要的决定,这让我真的很享受。(动名词短语作主语)

_____ I get to make important decisions and I really enjoy that.

3. 不幸的是,这份工作也会有压力,尤其是当挑战出现时,而且我工作太多,以至于我觉得不能经常与家人见面。(结果状语从句)

Unfortunately, the job can also be stressful, especially when challenges arise and _____.
_____ I feel I don't see my family enough.

语境运用

I 词形变化填空(每小题 2 分,共 20 分)

1. After a _____ (challenge) exam, she spent some time finding areas for improvement.
2. Tai chi has taught me to relax my mind, enabling me to stay cool in _____ (stress) situations.
3. _____ ideas are put forward at the meeting and I think every idea will make a _____. (differ)
4. She spoke _____ during the meeting, and her _____ inspired everyone in the room. (confident)
5. We should live up to our parents' _____ (expect), who expect us to achieve success and live a happy life.

6. The selection process is based on various tests of _____ and experience. If you're very skilled in your former work, you can handle the new job _____. (competent)
7. To begin with, many students who study abroad face great economic _____ (press).
8. _____ often occurs in the football games, so measures should be taken to prevent players from being _____. (injure)
9. After her _____ (recover) from the illness, she'll go to live in the south.
10. I feel _____ (fortune) to meet good teachers who guide and encourage me every day.

II 高频短语填空(用本课时默写检测中的短语填空)(每小题 4 分,共 20 分)

1. Classrooms are large and pupils sit at single desks _____.
2. It's up to the teacher to provide _____ types of input in the classroom.
3. What you eat for lunch may _____ the lunch of someone who lives in another country.
4. This is important to do. You can't just _____ and do nothing.
5. _____, although we are students, we can still do a lot to protect our environment, and we should take action from now on.

III 重点句型仿写(每小题 6 分,共 12 分)

1. One _____ lasting self-discipline.
一个人没有长久的自律能力,就无法实现自己的梦想。
2. She worked _____ she achieved outstanding results in all her subjects.
她学习非常努力,以至于在所有科目中都取得了优异的成绩。

默写练习二 Lesson 1 Lifestyles

[限时 30 分钟, 满分 100 分]

默写检测

① 单词默写 (每小题 1 分, 共 29 分)

【阅读词汇】

1. laptop *n.* _____

2. hardware *n.* _____

【写作词汇】

3. _____ *n.* 生活方式

4. _____ *vi.* & *n.* 闲谈, 聊天

5. _____ *n.* 少年, 十几岁的孩子

6. _____ *n.* 本地人

7. _____ *n.* 一系列; 范围; 山脉 *v.* (在一定的范围内) 变化

8. _____ *n.* 质量, 品质

9. _____ *n.* 新闻媒体, 大众传播媒介 (总称)

10. _____ *vt.* 拖, 拉

11. _____ *n.* 目标, 目的

12. _____ *n.* 目标 *v.* 把……作为目标

13. _____ *adv.* 与此同时

14. _____ *n.* 格言, 谚语

15. _____ *adv.* 在前面; 向前

【拓展词汇】

16. _____ *vi.* & *vt.* 冲浪 → _____
n. 冲浪 (运动)

17. _____ *adj.* 志愿的; 服务的; 自愿的 → _____ *vi.* & *vt.* 自愿 *n.* 志愿者

18. _____ *n.* 引擎 → _____ *n.* 工程师; 工兵 → engineering *n.* 工程; 工程学

19. _____ *adv.* 确切地, 肯定地 → _____ *adj.* 无疑的; 确定的

20. _____ *adj.* 数字的, 数码的 → digit *n.* 数位; 数字 → digitise *vt.* 把……转变成数字形式, 使……数字化

21. _____ *adj.* 各种各样的; 多种 (类型) 的 → _____ *vi.* 变化 → _____

n. 种类; 多样性 → variation *n.* 变异, 变化

22. _____ *n.* 必需品 → _____
adj. 必需的, 必要的; 必然的, 无法避免的 → _____
adv. 必然地, 不可避免地

23. _____ *adj.* 方便的, 便利的 → _____
n. 方便, 便利 → _____
adj. 不方便的 → _____ *n.* 不方便 → _____
adv. 方便地, 便利地

24. _____ *n.* 对……着迷的人; 瘾君子 → _____
adj. 上瘾的; 沉迷于某种嗜好的 → _____ *adj.* 使人上瘾的 → _____
n. 瘾, 入迷, 嗜好

25. _____ *adv.* 实际上, 事实上 → _____
adj. 真实的; 实际的

26. _____ *n.* 目的, 意图 *v.* 力争达到; 瞄准, 对准 → _____ *adj.* 漫无目的的 → _____
adv. 漫无目的地

27. _____ *vt.* 更新; 向……提供最新消息 *n.* 更新; 最新消息 → _____
adj. 更新的

28. _____ *n.* 距离, 间距 *v.* 使与……保持距离, 撇清和……的关系 → _____
adj. 遥远的; 远亲的; 冷淡的, 疏远的

29. _____ *vi.* & *vt.* 复习 → _____
n. 修订; 复习

② 短语检测 (每小题 2 分, 共 18 分)

1. _____ 网上冲浪, 浏览因特网

2. search engine _____

3. from _____ 有时; 偶尔; 间或

4. _____ 起居室

5. _____ 按……所说, 根据

6. _____ 亲自
7. _____ 社交媒体
8. _____ 易于做某事; 往往会/倾向于做某事
9. get _____ 取得进步, 获得成功

III 佳句再现 (每小题 3 分, 共 9 分)

1. 你会发现我经常坐在笔记本电脑前。(find + 宾语 + 宾语补足语)
You'll often _____.
2. 事实上, 我非常清楚我有时需要强迫自己不上网, 特别是因为现实生活也可以一样有趣。(强调谓语)
Actually, I _____ I need to drag myself away from the online world sometimes, especially because real life can be just as interesting.
3. 我总是在所有课上专心听讲、积极思考, 这样放学后我就能有更多空闲时间做其他我感兴趣的事。(so that 引导目的状语从句)
I am always attentive in all classes and think actively, _____ other things that I'm interested in after school.

语境运用

I 词形变化填空 (每小题 1.5 分, 共 15 分)

1. As a computer _____ (engine), there's always a new challenge just around the corner!
2. In her spare time she did _____ (volunteer) work when she was at college.
3. I have to admit that it _____ (definite) feels good to be back in the city again.
4. A new drugstore has been built for the _____ (convenient) of the residents.
5. Some people want to hold _____ activities for the students, while others want

to offer a _____ of books for the students to read. (vary)

6. We should keep away from game _____ (addict) to live a positive and healthy life.
7. I saw that shoes were _____ (actual) sold downstairs on the ground floor, not the first floor.
8. Seen at a _____ (distant), the house looked more beautiful.
9. After several hours of _____ (aim) searching, we were getting low on fuel.
10. Only after complete _____ (revise) can you have confidence to take the exam.

II 高频短语填空 (用本课时默写检测中的短语填空) (每小题 3 分, 共 15 分)

1. If all goes _____ the plan, the first concert will be on Tuesday evening.
2. I _____ forget things unless I mark them down.
3. In fact, we can all _____ in our studies or work through hard work.
4. We check our mobiles _____ during the meal, to see whether we get "liked" or not.
5. Although the man is in his eighties, he grows vegetables _____ in his garden.

III 重点句型仿写 (每小题 7 分, 共 14 分)

1. I get up early every morning _____ the day ahead.
我每天早上早起, 以便能为即将到来的一天做好充分准备。
2. I _____, and I'm learning to use it wisely every day.
我确实知道时间管理的重要性, 我正在学习每天有效地利用时间。

默写练习三 Lesson 2 Understanding and Coping with Stress

[限时 30 分钟, 满分 100 分]

默写检测

① 单词默写 (每小题 1 分, 共 20 分)

【写作词汇】

- _____ *n.* 咖啡馆, 小餐馆
- _____ *adv.* 向/在城镇商业中心区
- _____ *n.* 专家, 行家 *adj.* 专家的; 经验(或知识)丰富的; 熟练的; 内行的
- _____ *n.* 职位; 位置 *vt.* 安装; 安置
- _____ *n.* 军队, 武装力量
- _____ *n.* 程度
- _____ *adv.* 因此, 因而, 从而
- _____ *vt.* (_____, _____) 寻求; 请求; 争取

【拓展词汇】

- _____ *n.* 压力; 忧虑; 紧张; 强调 *v.* 强调, 着重; 重读 → _____ *adj.* 充满压力的, 紧张的 → _____ *adj.* 焦虑的, 紧张的
- _____ *vi. & vt.* 遭受(痛苦); 变差 → _____ *n.* 受苦者, 受难者; 患者 → _____ *n.* 痛苦, 苦难
- _____ *vt.* 减少; 降低; 缩小 → _____ *n.* 减少; 降低; 减价
- _____ *adj.* 坦率的, 坦诚的 → _____ *adv.* 坦率地; 直率地 → _____ *n.* 率直, 坦率, 坦白
- _____ *n.* 编辑, 主编 → _____ *v.* 编辑 → *edition* *n.* (报纸、杂志的) 一份; (广播、电视节目的) 一期, 一辑; 版次
- _____ *vt.* 移走; 去掉 → _____ *n.* 移动; 调动; 去除; 免职
- _____ *adv.* 完全地, 彻底地 → _____ *adj.* 全部的, 整个的
- _____ *adv.* 正是, 当然 → _____ *adj.* 完全的; 全部的; 绝对的

- _____ *n.* 紧张; 焦虑 → _____ *adj.* 紧张的
- _____ *vt.* 组织, 筹划 → _____ *n.* 组织, 团体, 机构 → _____ *adj.* 有组织的, 系统的, 有条理的 → _____ *n.* (活动等的) 组织者
- _____ *vi.* 运转, 工作 *n.* 功能 → _____ *adj.* 功能的; 作用的; 职能的; (能) 起作用的, 工作的, 运转的; 机能的; 实用的
- _____ *adj.* 专业的, 职业的 → _____ *n.* (需要高等教育或训练的) 职业, 行业 → _____ *adv.* 娴熟地, 老练地; 内行地 → _____ *n.* 教授

② 短语检测 (每小题 2 分, 共 16 分)

- _____ (身体或精神上) 遭受…… (痛苦)
- _____ 坦白说, 坦率地说
- due _____ 因为
- _____ 换句话说
- _____ 往往; 通常; 多半
- _____ 寻找; 请求; 寻求, 谋求
- _____ 在某种程度上
- _____ 列清单

③ 佳句再现 (每小题 4 分, 共 16 分)

- 听之前, 先看标题、图片和关键词, 猜测你将听到的信息类型。(时间状语从句)
_____, look at the title, pictures and key words to guess the types of information you will hear.
- 他们可能会觉得没有足够的时间来完成每件事。(不定式作定语)
They may feel they don't have enough time _____.

3. 因此,为了回答你的问题,社交场合对一些人来说压力很大。(不定式作目的状语)

Thus, _____, social situations can be very stressful for some people.

4. 如果你压力过大,以至于无法正常生活,你应该寻求专业帮助。(条件状语从句)

_____ that you can't function properly, you should seek professional help.

语境运用

① 词形变化填空(每小题 2 分,共 20 分)

- The government has announced a new policy aimed at the _____ (reduce) of carbon emissions to protect the environment.
- I suffered a lot when young. I wrote down my _____ (suffer) to give advice to more people like me.
- She _____ (frank) told me that bad habits would affect our whole life.
- Clearance of the site required the _____ (remove) of a number of trees.
- The first _____ was published in 2002, which was written by a former _____. (edit)
- In the absence of the mobile phone, I was _____ (absolute) absorbed in reading.
- Before the exam, I felt nervous. But after it, the _____ (tense) disappeared naturally.
- Safety should be put in the first place even though this kind of car is _____ (function).
- An _____ will hold an activity themed "Green Living". The _____ is a former graduate from our school. (organise)
- Harper was a basketball player, whose _____ (profession) skills enabled him to play basketball well.

② 高频短语填空(用本课时默写检测中的短语填空)(每小题 2 分,共 12 分)

- _____, it is easier to make a plan than to carry out a plan.
- _____, I prefer the former to the latter.
- His mistake was _____ youth and inexperience.
- I began to _____ headaches, which left me feeling completely tired.
- How we read a given text also depends _____ on our particular interest in reading it.
- The two countries signed a number of agreements in which they will _____ cooperation in the areas of economy, science and technology.

③ 重点句型仿写(每小题 4 分,共 16 分)

- _____, we packed up our things and went inside, so we stayed dry and safe.
在下雨之前,我们收拾好东西进了屋,所以我们没有被淋湿,很安全。
- _____, we will go hiking in the mountains and have a picnic by the lake.
如果明天不下雨,我们将去山里徒步旅行,并在湖边野餐。
- I am looking for a chance _____ to the team.
我正在寻找一个展示才华和向团队证明自己的机会。
- I'm writing _____ for a school trip to the museum, to learn more about history and culture.
我写信是想邀请你和我们一起去博物馆的学校旅行,以了解更多关于历史和文化的知识。

默写练习四 Lesson 3 Your Life Is What You Make It & Other parts

[限时 30 分钟, 满分 100 分]

默写检测

① 单词默写 (每小题 1 分, 共 35 分)

【写作词汇】

1. _____ *vt.* 以……为特色, 是……的特征 *n.* 特色; 特征; 特点
2. _____ *n.* 省
3. _____ *n.* 合格证书
4. _____ *n.* 种, 类; 类型 *v.* 整理; 分类
5. _____ *n.* 供应, 供给 *v.* 供给, 供应, 提供 (所需物品)
6. _____ *vi.* & *vt.* 闪现, 闪过 *n.* 照相机闪光灯
7. _____ *n.* 笑; 笑声
8. _____ *prep.* 除……之外
9. _____ *n.* 联系, 联络 *vt.* (写信, 打电话) 联系 (某人)
10. _____ *n.* 慈善机构, 慈善团体
11. _____ *adj.* 低年级的
12. _____ *n.* 体育馆, 健身房
13. _____ *n.* 某一时刻
14. _____ *adv.* 向前; 进展
15. _____ *n.* 娱乐, 消遣
16. _____ *adj.* 农村的, 乡村的, 田园的

【拓展词汇】

17. _____ *adj.* 平常的, 一贯的; 典型的 → _____ *adv.* 一般; 典型地, 具有代表性; 不出所料
18. _____ *vi.* 毕业; 获得学位 *n.* 毕业生 → _____ *n.* 毕业; 毕业典礼
19. _____ *v.* 申请; 请求; 应用, 运用; 涂抹, 敷 → _____ *n.* 申请人 → _____ *n.* 请求, 申请; 申请表; 应用
20. _____ *adj.* 热切的; 渴望的 → _____ *n.* 热切, 渴望 → _____ *adv.* 渴望地; 热切地
21. _____ *adv.* 独立地, 自立地 → _____ *adj.* 独立的; 自主的 → _____ *n.* 独立, 自主, 自立
22. _____ *n.* 电, 电力; 力量; 影响力; 能

力; 权力 → _____ *adj.* 强有力的, 有影响力的 → _____ *adj.* 无力的; 没有能力的

23. _____ *adj.* 不稳定的 → _____ *adj.* 稳固的, 稳定的; 沉稳的 → _____ *adv.* 稳定地 → _____ *n.* 稳定 (性), 稳固 → *stabilize vt. & vi.* (使) 稳固; (使) 安定; (使) 稳定
24. _____ *adj.* 布满灰尘的 → _____ *n.* 尘土, 灰尘
25. _____ *adj.* 泥泞的, 多泥的 → _____ *n.* 泥; 淤泥; 泥浆
26. _____ *adj.* 困难的, 难办的 → *toughness n.* 韧性
27. _____ *adj.* 负责的; 有责任心的 → _____ *adv.* 负责地 → _____ *n.* 责任, 职责, 任务
28. _____ *adj.* 有吸引力的; 好看的, 美观的 → _____ *v.* 吸引, 引起……的兴趣 → _____ *n.* 吸引; 吸引人的事物; 吸引力
29. _____ *n.* 贡献; 捐献, 捐助 → _____ *v.* 贡献, 捐献; 是……的原因之一; 增进; 撰稿
30. _____ *vt.* 计划, 打算, 想要 → _____ *n.* 意图, 目的 → _____ *adj.* 故意的, 有意的, 存心的 → _____ *adv.* 故意地
31. _____ *adj.* 正式的, 官方的 → _____ *adv.* 正式地; 正规地 → _____ *adj.* 非正式的
32. _____ *v.* (使) 适应, (使) 适合; 改编 → _____ *n.* 改编本, 改写本; 适应 → _____ *adj.* 有适应能力的; 能适应的
33. _____ *n.* 报告; 陈述, 说明 → _____ *vt.* 提出; 授予; 提交; 展现
34. _____ *n.* 消化 → _____ *vt.* 消化 (食物); 领悟 *n.* 文摘, 汇编
35. _____ *n.* 娱乐 → _____ *vt.* 使快乐 → _____ *adj.* 有趣的; 令人愉快的

II 短语检测(每小题 1.5 分,共 15 分)

1. _____ 从……毕业
2. _____ 各种各样的
3. _____ 放弃;停止
4. _____ 对付,应付,处理
5. be _____ 对……负责
6. _____ ……以及……
7. _____ 适应某事
8. _____ 此刻,目前,眼下
9. _____ (doing) sth 期待,盼望
10. _____ 申请

III 佳句再现(每小题 3 分,共 6 分)

1. 来贵州省教书对他来说是一次不寻常的体验。
(动名词短语作主语)

_____ has been quite an experience for him.

2. 但是,不是每件事都符合张天的期望。(部分否定)

However, _____ lived up to Zhang Tian's hopes.

语境运用

I 词形变化填空(每小题 2 分,共 24 分)

1. We _____ wanted to meet our long-lost friends. Finally, our _____ was satisfied with the help of the volunteers. (eager)
2. It is a good opportunity for this _____ (apply) to learn more about the job and the company.
3. It's important that parents should allow their children some _____, which can help them do things _____. (independent)
4. Finding the _____ (dust) history book in a room, I felt delighted.
5. Li Bai grew up in the most glorious period of the Tang Dynasty, a time of economic boom and social _____ (stable).
6. During your time at school, you have grown to understand the importance of a well-developed sense of _____ (responsible).
7. You know, _____ places always interest a lot of visitors. Paris has so many _____ —nightclubs, good restaurants, and so on. (attract)

8. With the _____ (intend) of strengthening the relationship of family members, our school organised an activity.

9. A lot of people contributed some money to us poor students, so we made up our minds to make great _____ (contribute) to society.

10. Most living creatures are _____. That is to say, they are capable of _____ when facing a new environment. (adapt)

11. I was asked to give a _____ (present) about my vacation plan in English by my teacher.

12. Eating slowly can improve _____ (digest) and help your body absorb nutrients more effectively.

II 高频短语填空(用本课时默写检测中的短语填空)(每小题 2 分,共 20 分)

1. We must take positive steps to _____ the problem.
2. To become a member of our volunteers, you must be the students who will _____ junior middle school this year.
3. I have achieved varying degrees of fluency in 12 languages, and _____ learning more.
4. You have the right to make a choice, but you should _____ it.
5. I want to _____ the job of volunteering in the Music Festival because I'm addicted to music.
6. Farmers now _____ variable weather by changing their planting schedules.
7. As she rightly pointed out, the illness can affect adults _____ children.
8. There are _____ things that we have to closely monitor, to keep track of what can influence our industry.
9. The weather is very changeable _____.
10. When things aren't going well, he encourages me, telling me not to _____.