

听力部分

一、听后选择(共两节,21 分)

第一节 听短对话选择(共 4 小题;每小题 1.5 分,共 6 分)

听下面四段对话,每段对话后有一道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听对话前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话你将听一遍。

- ()1. What is Tom planning to do after graduation?
A. Become a teacher.
B. Become a software engineer.
C. Become a doctor.
- ()2. What is Mike’s favourite subject?
A. Maths. B. History. C. Science.
- ()3. What is John’s problem?
A. He can’t decide on his major.
B. He doesn’t like his classes.
C. He hasn’t talked to his career advisor.
- ()4. How does Sarah manage her time?
A. She studies in the afternoons and works in the mornings.
B. She studies in the mornings and works in the afternoons.
C. She doesn’t have a strict schedule.

第二节 听长材料选择(共 10 小题;每小题 1.5 分,共 15 分)

听下面五段对话或独白,每段对话或独白后有两道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话或独白你将听两遍。

听下面一段对话,回答第 5 至第 6 小题。

- ()5. What career is Mark considering?
A. A doctor. B. A journalist. C. A teacher.
- ()6. What did Mark do last summer?
A. He studied abroad.
B. He worked at a local newspaper.
C. He worked as a teacher.

听下面一段对话,回答第 7 至第 8 小题。

- ()7. What book does the woman suggest?
A. *Pride and Prejudice*. B. *The Great Gatsby*.
C. *Moby-Dick*.

- ()8. What are the speakers mainly talking about?
A. Why they love reading books.
B. How to learn different views on books.
C. What books to choose for the meeting.

听下面一段对话,回答第 9 至第 10 小题。

- ()9. What career does Lisa want to pursue?
A. A veterinarian. B. A teacher. C. A doctor.
- ()10. What is Lisa waiting for?
A. To hear back from veterinary schools.
B. To start a new job.
C. To graduate from college.

听下面一段对话,回答第 11 至第 12 小题。

- ()11. What is the man’s concern about the new school policy?
A. It will make students less motivated.
B. It will increase the workload for teachers.
C. It will encourage students to procrastinate.
- ()12. What is the woman’s attitude towards the new policy?
A. She is sceptical about its effectiveness.
B. She believes it will benefit students.
C. She thinks it will create more competition.

听下面一段独白,回答第 13 至第 14 小题。

- ()13. Who might the speaker be talking to?
A. Professional educators.
B. Students looking to improve their study habits.
C. Researchers in the field of education.
- ()14. What is the main purpose of the speaker’s talk?
A. To introduce a new teaching method.
B. To share effective learning strategies.
C. To promote a specific educational programme.

二、听后记录并转述(共两节,15 分)

本大题共两节。第一节,听两遍短文,根据所听内容和提示,将所缺的关键信息填写在相应位置上,每空只需填写一个词。第二节,听第三遍短文,根据所听内容和提示进行转述。

第一节 听后记录信息(共 4 小题;每小题 1.5 分,共 6 分)

现在,你有 1 分钟的时间浏览提示信息。

How to improve English reading comprehension skills	
Expand your vocabulary	Make it a habit to learn new words daily... Try to understand the context in which 15. _____ are used
Practise 16. _____ reading	17. _____ with the text by asking questions, making predictions, and summarizing what you’ve read. Take notes while reading

(续表)	
Read 18. _____ and diversely	Choose a variety of materials. Expose yourself to different writing styles and topics

下面,请在 90 秒钟内将所缺信息填写到指定的答题区域。

第二节 转述短文内容(本节 9 分)

请再听一遍短文,完成转述。

你的转述可以这样开始:

Sam Smith introduces some tips on how to improve English reading comprehension skills...

下面,请准备录音。听到录音提示音后,在 2 分钟内完成转述。

三、朗读短文并回答问题(共两节,14 分)

第一节 朗读短文(本节 8 分)

现在,你有 1 分钟的时间浏览内容并做录音准备。

Joining school club activities is a great way to enrich your school experience and develop new skills. Clubs provide opportunities to explore interests, meet like-minded peers, and contribute to the school community. Whether it’s a sports team, debate club, or art society, there’s something for everyone.

Participating in school clubs offers numerous benefits. Academically, it helps you develop time management and organizational skills as you balance club activities with schoolwork. Socially, it allows you to build friendships and improve teamwork and communication skills.

However, it’s important to approach club activities wisely. First, choose clubs that genuinely interest you rather than joining too many just for the sake of it. Second, contribute to the club’s activities to help you gain the most from the experience and build meaningful connections. Lastly, communicate with club leaders or teachers if you feel overwhelmed or need guidance.

下面,请准备录音。听到录音提示音后,在 90 秒钟内完成朗读。

第二节 口头回答问题(共 3 小题;每小题 2 分,共 6 分)

下面,请根据所朗读的内容口头回答 3 个问题,每个问题你将有 15 秒钟的准备时间,在听到录音提示后,你有 30 秒钟的时间作答。

请回答第 1 小题。现在,你有 15 秒钟的时间做答题准备。

Question 1: What is a great way to enrich your school experience and develop new skills?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 2 小题。现在,你有 15 秒钟的时间做答题准备。

Question 2: How can school clubs help you socially?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 3 小题。现在,你有 15 秒钟的时间做答题准备。

Question 3: Please list two tips for participating in school club activities.

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

笔试部分

第一部分 知识运用(共两节,30分)

第一节(共10小题;每小题1.5分,共15分)

[2025·北京交通大学附属中学高一期中]

阅读下面短文,掌握其大意,从每题所给的A、B、C、D四个选项中,选出最佳选项。

When I look back at the first half of the year, I am amazed by how many challenges I have been through. But the biggest one was definitely my high school graduation 1.

When I first arrived in The Czech Republic four years ago, I was just a normal exchange 2 who spoke only English, and then at the end of the year-long exchange programme, I came up with the idea of 3 my high school studies there.

At that time, I was only sixteen and delighted by my new future. But I didn't realize the 4 of completing school in the Czech language, which is considered to be one of the most 5 languages in the world. As I 6 knowledge of certain subjects, I received the worst marks and people around doubted whether I could graduate. However, I practised all the time. Gradually, I could communicate with others fluently and my 7 grew.

The final exam day came. Thinking about everyone who had helped and supported me along my journey, I felt 8 and confident.

In May, I received a notice that I had 9 the exam. At my graduation ceremony, my Czech teacher said very proudly in front of everyone, "One student, she is from China with merely three years of learning Czech; she 10. She deserves a golden folder for the certification."

My journey through high school was finally finished. Though the journey of university is just about to begin, I think I am ready.

()1. A. speech B. exam C. present D. custom

()2. A. teacher B. expert C. engineer D. student

()3. A. finishing B. quitting C. examining D. preparing

()4. A. value B. ability C. challenge D. benefit

()5. A. beautiful B. difficult C. common D. popular

()6. A. lacked B. gained C. increased D. pursued

()7. A. desire B. fear C. confidence D. burden

()8. A. bothered B. troubled C. ashamed D. encouraged

()9. A. passed B. failed C. avoided D. missed

()10. A. got away B. broke down C. made it D. calmed down

002卷 全品学练考 高中英语 1 必修第一册 BS 北京专版

错题本

第二节(共10小题;每小题1.5分,共15分)

[2026·北京大学附属中学高一期中]

阅读下列短文,根据短文内容填空。在未给提示词的空白处仅填写1个恰当的单词,在给出提示词的空白处用括号内所给词的正确形式填空。

A

The Song-Dynasty writer Li Qingzhao is considered one of the greatest 11. _____ (poet) in Chinese history. She was also skilled in calligraphy and painting, all coming from a highly educated family. In 1101, she married Zhao Mingcheng, a man 12. _____ shared her intellectual interests. They had a happy marriage until his death in 1129. Li Qingzhao's earlier poetry is known 13. _____ its lively tone, while her later works reflect the sorrow of losing her husband.

B

As the climate changes, the 14. _____ (frequent) and intensity of extreme weather events increase. Take Beijing for example. Data from the Beijing Climate Centre shows that in 2023, the Beijing Observatory 15. _____ (record) 34 high-temperature days, 2.4 times the annual average. The city suffered both extreme high temperatures in summer and severe cold spells in winter within the same year, 16. _____ (set) its longest consecutive low-temperature record in December.

C

While smartphones are indispensable nowadays, 17. _____ troubles us is people's overuse of this device. Similar to most drugs, smartphones 18. _____ (design) to be addictive in their nature. Most apps use algorithms (算法) that feed users content 19. _____ (base) on their preferences and interactions, keeping 20. _____ (they) engaged for longer periods. It becomes mindless scrolling, and most times the information you see is not even registered in your brain.

第二部分 阅读理解(共两节,38分)

第一节(共14小题;每小题2分,共28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 [2025·北京日坛中学高一期中]

Earn money this summer with Sunny Libraries!

Do you have too much free time this summer vacation? Do you need a summer job to earn extra money? Do you want to be involved in your community (社区)? Sunny Area Library System (SALS) has job opportunities for high school students. These are good chances to get work experience

(续表)

Book Theatre brings children's book stories to life. It has shows at all Sunny Libraries. Applicants should enjoy performing in front of the audience and working with young children. Work Hours: Practice: Fridays 4:00 pm-6:00 pm Performance: Tuesdays 10:00 am Rate of Pay: \$ 16/performance	Computer Tutor helps guests to deal with technology problems, involving Internet searches and using the SALS website to find materials. Applicants should have computer skills. Work Hours: Monday-Friday 9:00 am-5:00 pm Rate of Pay: \$ 8/hour
Bookmobile helps the driver find the routes to libraries. The truck you work in is air-conditioned, and the driver is friendly. Applicants must be able to lift heavy boxes. Work Hours: Sunday and Friday 9:00 am-4:00 pm Rate of Pay: \$ 10/hour	Reader Desk provides service with a smile while checking materials in and out for guests. A friendly attitude and ability to work on the library data system are required. Work Hours: Monday-Tuesday 8:00 am-4:00 pm Rate of Pay: \$ 7.50/hour

()21. If you are interested in acting, _____ should be your choice.

A. Book Theatre B. Bookmobile

C. Computer Tutor D. Reader Desk

()22. If you get the job of Bookmobile, you are expected to _____.

A. work with young children B. lift heavy boxes

C. check materials for guests D. repair computers

()23. The purpose of the advertisement is to _____.

A. attract students to libraries B. raise money for libraries

C. introduce new books D. offer job opportunities

B [2026·北京工业大学附属中学高一期中]

Rudolph plays football for Florida State University. When he was visiting a middle school in Florida one Tuesday, he noticed sixth-grader Leo eating his lunch alone. Rudolph grabbed a couple pieces of pizza and joined Leo at his table.

Leo has autism, a condition that can make it hard to make friends and communicate with other people. His mother always worries about him. Two days later, she saw a picture of Rudolph and Leo eating together and it made her so happy that she cried. Then, she shared the picture on the Internet, along with a message about how thankful she was. The story became popular very quickly.

"We just had a great conversation. He started off telling me his name is Leo, telling me how much he loves Florida State. We went from there," said Rudolph. "It was really easy. He had a nice smile on his face. Just a really warm person."

Leo's mother said that middle school can be hard, and she worries about how other kids will treat her son. "Sometimes I'm thankful for his

autism. That may sound like a terrible thing to say, but in some ways I think—I hope—it shields him,” she said.

“He doesn’t seem to notice when people look at him when he flaps (拍打) his hands,” she said. “He doesn’t seem to notice that he doesn’t get invited to birthday parties. And he doesn’t seem to mind if he eats lunch alone.”

The mother said the photo of Rudolph and Leo’s lunch date helped teach people about autism. “The picture speaks more than a thousand words. You can see how far away the rest of the students are, but you can see how engaged Rudolph is with Leo,” she added.

“I just wanted to go say hi to the kid, because I saw him eating alone. I didn’t even know anybody took a photo of it.” Rudolph said he was glad that the story was helping others.

Leo is excited that Rudolph signed his lunch box, and is enjoying all of the attention. “It’s been awesome. Everyone was so proud of me,” Leo said.

Leo and his mother have been invited to dinner with the football team and possibly to a game.

- () **24.** Rudolph chose to eat with Leo because he _____.
A. knew Leo suffered from autism
B. wanted to make friends with Leo
C. promised to sign Leo’s lunch box
D. saw no one sitting at the table with Leo
- () **25.** Leo’s mother shared the picture on the Internet to _____.
A. show her thankfulness
B. teach people about autism
C. help her son to become famous
D. make the other students feel ashamed
- () **26.** What did Leo’s mother mean by saying the sentence underlined in Paragraph 4?
A. Autism protects Leo from being treated badly at school.
B. Autism causes Leo to receive positive public attention.
C. Autism makes Leo not realize his social challenges.
D. Autism helps Leo escape from social activities.
- () **27.** What can we learn from this passage?
A. One good turn deserves another.
B. A loss may turn out to be a gain.
C. A little kindness goes a long way.
D. Chance favours the prepared mind.

C [2026·北京第八十中学高一月考]

In a new study, researchers have unveiled interesting findings that link the consumption of refined carbohydrates—such as sugary snacks and highly processed foods—with changes in facial attractiveness. They found that individuals who consumed a high glycemic (血糖的) load

breakfast were rated as less attractive than those who consumed a low one.

104 participants were asked to attend the study early in the morning on an empty stomach. Upon arrival, they were assigned to consume one of two types of breakfasts having the same caloric values: one high in refined carbohydrates and the other low. About two hours later, they were photographed under standardized conditions to ensure consistency in lighting, background, and positioning. A separate group of raters, who were carefully selected to minimize cultural bias (偏见), assessed the facial photographs, making judgements on overall attractiveness.

To evaluate long-term dietary habits, the participants completed detailed dietary questionnaires concerning their consumption during breakfast, afternoon snacks, and between-meal snacks on the day before the study. This information was used to calculate the glycemic load and energy intake for these meals, providing a comprehensive picture of their usual refined carbohydrate consumption.

The researchers found that participants who consumed a breakfast rich in refined carbohydrates were less attractive than those who consumed a low glycemic breakfast. This effect was observed for both male and female participants. The researchers proposed that this could be related to the physiological effects of low blood sugar, such as changes in skin blood flow and colour, which occur following the consumption of high glycemic foods.

When examining long-term consumption of refined carbohydrates through glycemic load measures, the researchers found that a higher energy intake at breakfast was associated with increased attractiveness for both men and women, suggesting that foods high in fats and proteins, which do not lead to rapid glycemic responses, might contribute positively to perceived attractiveness.

However, the effects of refined carbohydrate consumption on attractiveness varied depending on the specific meal and the gender of the participants. For example, while high energy intake at breakfast increased attractiveness across both genders, the glycemic load of afternoon snacks had opposite effects for men and women. Men with a higher glycemic load during their afternoon snack were perceived as more attractive, but for women, a lower glycemic load in this meal was associated with increased attractiveness.

While the study includes some limitations, the findings serve as a strong reminder of the far-reaching impact of dietary choices. Further research is needed to understand the broader social implications of diet, which could provide valuable insights into the complex interplay between diet, biology, and social behaviour.

- () **28.** What are Paragraphs 2 and 3 mainly about?
A. The research purpose. B. The research methods.
C. The research proposal. D. The research background.

- () **29.** What can we learn about the research findings?
A. Sharp glycemic reactions might reduce attractiveness.
B. Low blood sugar could impact attractiveness positively.
C. Men were less affected by refined carbohydrate consumption.
D. High energy intake at meals had inconsistent effects on women.
- () **30.** What is the purpose of the research?
A. To explain a food preference.
B. To illustrate a biological process.
C. To present a dietary phenomenon.
D. To explore a complex association.

D [2026·北京第九中学高一月考]

At the heart of psychology is understanding behaviour, and understanding behaviour has much to do with understanding the brain. Neuroscientists (神经系统科学家) have become more efficient at mapping the brain and have gained more understanding of how the brain develops and works. Truly, differences in behaviour as we age and between genders, are most likely explained by the physical state of and changes in our brains.

Around the age of 12, it is believed that the areas of the brain that are used most will be strengthened and cells in the brain that are not used tend to die. What you do with your brain in your teen years probably decides how your brain will work for the rest of your life. If a teen spends endless hours watching TV, the neural connections that help the brain process TV are what will be strengthened. It is clear, therefore, that how young people spend their time is of great importance.

Surprisingly, and different from earlier beliefs, the brain is still developing even in the early twenties. Areas of the brain that are related to emotion, decision making, reasoning, and problem solving are still not fully developed. This may go some way towards explaining why car accident rates in young people are significantly higher than those among older people. Young people don’t have the necessary skills to make complex judgements while driving.

There are also differences in the way brains develop when it comes to gender. It appears that girls are ready to process more challenging information earlier than boys, with the area of the brain responsible for this activity peaking at the age of 14 to 16 in boys, a full two years later than girls. In addition, studies have shown that girls and boys process language input in different parts of their brains. Girls typically tend to do better than boys in language, which means that they have more brain matter responsible for language skills.

This kind of research raises important questions about how boys and girls should be taught in school to maximize (使最大化) their learning. For example, the idea of single-sex education should perhaps be taken into consideration. Experts say that we would do well to revisit the timing of the subjects taught in school, as some parts of the brain

develop before others. Additionally, what we understand about the teenage brain should perhaps be taken into consideration when laws are being made with regard to the minimum (最低的) driving age.

- ()31. According to the passage, young people are more likely to have car accidents because _____.
A. they fail to realize the importance of skills
B. they don’t have the necessary skills in driving
C. certain areas in their brains are not fully developed
D. their brains tend to be influenced by their emotions
- ()32. What can we learn from the passage?
A. Earlier beliefs show the brain is still developing in the early twenties.
B. Girls are better at language because they are devoted to language learning.
C. How people spend their time when they’re teenagers affects their future life.
D. Gender makes no difference when it comes to the physical state of the brain.
- ()33. It can be inferred from the last paragraph that _____.
A. single-sex education may benefit teenagers
B. the time when school starts should be put off
C. lawmakers will lower the minimum driving age
D. the number of subjects in school might be changed
- ()34. Which would be the best title for this passage?
A. Age and the brain B. Genders and the brain
C. Mapping the brain D. The developing brain

第二节(共 5 小题;每小题 2 分,共 10 分)

[2024·北京丰台高一期末]
根据短文内容,从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

How objective are you? How often are you over-reacting to situations, taking things personally or judging people unfairly? We all do this at some time or another.

35. _____ Under stress, most of us draw solely on our past experiences and biases, which cloud our ability to see things clearly and make sound judgements. Moreover, our desire to succeed is often so strong that, under these intense circumstances, our limiting mental models tend to get in our way, creating even more stress and causing us to react in ways that we may regret.

Our ability to be objective depends on our willingness to question our mental models, the lens through which we perceive, interpret and respond to our world. If our mental models are incorrect, then our understanding of what is going on and our response to it are often incorrect. 36. _____

The good news is that with practice, we can interrupt our automatic reactions, and choose a different response. Each time we do this, we are re-wiring our neural network by creating new pathways based on new models: new ways of perceiving and responding to our world. 37. _____

One of the most powerful mental model transformation catalysts (催化剂) is new knowledge or logic that challenges old ways of thinking. 38. _____ They’ve usually been with us for quite a while, so we tend to trust them. For most of us, we have never been taught about mental models and how to evaluate them to determine if they are helpful or harmful.

To transform unproductive mental models, we must change our mind! We have to decide, through our own logic and reason, whether our way of seeing the world is no longer valid for us. 39. _____ It is in the wake of this new knowledge that transformation takes place. At that moment, a set of new connections is created in the brain. It’s these new connections that have the potential to enhance our mental resources to help us transform limiting mental models.

- A. We can actually learn to think smarter!
- B. An objective leader must judge and treat people fairly.
- C. This requires that we be open to new knowledge and reasoning.
- D. The key is to accept a problem as it occurs and not take it personally.
- E. This is why we sometimes misjudge situations and take things personally.
- F. As we have seen, mental models are deep-rooted beliefs we tend to hold onto.
- G. The challenge is that when we are under pressure, we tend to be less objective.

第三部分 书面表达(共两节,32 分)

第一节(共 4 小题;第 40、41 题各 2 分,第 42 题 3 分,第 43 题 5 分,共 12 分)

[2026·北京第十二中学高一月考]
阅读下面短文,根据题目要求用英文回答问题。

For many students, having classes online makes them easily distracted. They face challenges when learning online.

A main source of distraction is digital technology. While electronic devices are required for online learning, they easily steal attention for long periods of time. Most students will hold their phones or leave them on their desks while studying. There is no doubt that during this time a text message from a friend can start a conversation that results in totally ignoring an assignment. Students might open new tabs to watch a fun video or scroll through social media threads. To overcome this challenge, students are encouraged to put all devices out of sight while working and build a solid timetable.

In addition to electronic devices, background noises can be a huge obstacle when it comes to online learning. In fact, sitting in a silent environment often emphasizes background noises even more. Television, family members, pets running in the house, or siblings listening to loud

music can all be sources of interruption. Even weather can be a distraction! Imagine a strong wind blowing through the trees or a loud thunderstorm. All these noises can end up disrupting students and affecting their study. A pair of headphones can minimize noise and help students stay on task.

Indeed, where and how we study can be a source of distraction as well. Some students wear comfortable pajamas while lying on their beds with laptops to watch class lectures. This can be a problem for concentration because humans mentally associate the bed with resting. Likewise, kitchens raise even more problems! Thinking about food frequently can disturb studying or cause a student to miss part of the class. This problem can be solved by trying to slowly train the brain to separate school time from resting and eating time. Also, a student can grab a light snack before class starts or even before starting an assignment.

Different students face different challenges at home. Students need to figure out ways to ensure they stay on track to achieve their academic goals.

40. According to the passage, what can students do to overcome distractions caused by digital technology while learning online?

41. Why do kitchens raise problems for students studying at home?

42. Please decide which part is false in the following statement, then underline it and explain why.

> ***To avoid being disturbed by background noises, students could sit in a silent environment.***

43. What benefit(s) can you get from online learning? (***In about 40 words***)

第二节(20 分) [2025·北京东城高一期末]

假设你是红星中学高一学生李华。你的英国好友 Jim 的学校将开设中文选修课,Jim 担心中文太难,犹豫是否要选这门课。他发来邮件询问你的建议,请你用英文给他回复,内容包括:

1. 鼓励他选课;
2. 提出学习建议。
- 注意:1. 词数 100 左右;
2. 开头和结尾已给出,不计入总词数。

Dear Jim,

Yours,
Li Hua