



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

全品智能作业

QUANPIN ZHINENGZUOYE

高中英语1 | 必修第一册 RJ

主 编 肖德好

天津出版传媒集团
天津人民出版社

编写依据

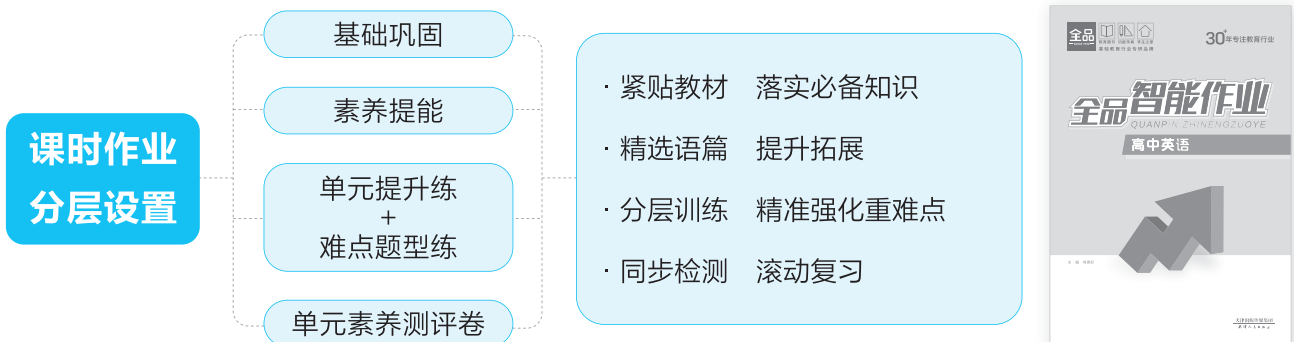
以最新教材为本，以课程标准（2017年版2025年修订）为纲。

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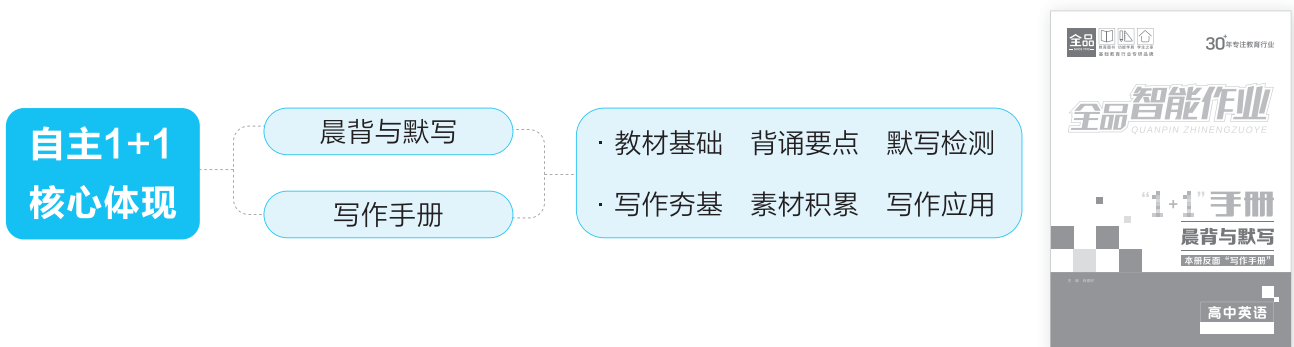
- 研究新教材使用地区最新题源，研究新教材新课标形式下的同步命题特点。
- 选题注重落实必备知识，满足同步教学中的基础性要求，兼顾一定的综合性。
- 强调试题的情境性、开放性，拓展学科知识的应用性和创新性。

▶ 特点一 细分课时，并针对重难点设置专题强化练

▶ 特点二



▶ 特点三



精选一线好题，拒绝知识倒挂及选题超纲现象，
助力同步高效学习！

CONTENTS 目录



WELCOME UNIT

Period One Listening and Speaking & Reading and Thinking	001
基础巩固/001	素养提能/002
Period Two Discovering Useful Structures & Listening and Talking	005
基础巩固/005	素养提能/006
Period Three Reading for Writing & Building Up Your Vocabulary	009
基础巩固/009	素养提能/010
单元提升练 + 难点题型练	013
单元素养测评卷（一）	016

01

Unit 1 TEENAGE LIFE

Period One Listening and Speaking & Reading and Thinking	024
基础巩固/024	素养提能/025
Period Two Discovering Useful Structures & Listening and Talking	028
基础巩固/028	素养提能/029
Period Three Reading for Writing & Assessing Your Progress	032
基础巩固/032	素养提能/033
单元提升练 + 难点题型练	036
单元素养测评卷（二）	039

02

Unit 2 TRAVELLING AROUND

Period One Listening and Speaking & Reading and Thinking	047
基础巩固/047	素养提能/048
Period Two Discovering Useful Structures & Listening and Talking	051
基础巩固/051	素养提能/052
Period Three Reading for Writing & Assessing Your Progress	055
基础巩固/055	素养提能/056
单元提升练 + 难点题型练	059
单元素养测评卷（三）	062

03

Unit 3 SPORTS AND FITNESS

Period One Listening and Speaking & Reading and Thinking	070
基础巩固/070	素养提能/071
Period Two Discovering Useful Structures & Listening and Talking	074
基础巩固/074	素养提能/074
Period Three Reading for Writing & Assessing Your Progress	078
基础巩固/078	素养提能 /079
🔗 单元提升练 + 难点题型练	082
🔗 单元素养测评卷（四）	085

04

Unit 4 NATURAL DISASTERS

Period One Listening and Speaking & Reading and Thinking	093
基础巩固/093	素养提能/094
Period Two Discovering Useful Structures & Listening and Talking	097
基础巩固/097	素养提能/098
Period Three Reading for Writing & Assessing Your Progress	101
基础巩固/101	素养提能/102
🔗 单元提升练 + 难点题型练	105
🔗 单元素养测评卷（五）	108

05

Unit 5 LANGUAGES AROUND THE WORLD

Period One Listening and Speaking & Reading and Thinking	116
基础巩固/116	素养提能/117
Period Two Discovering Useful Structures & Listening and Talking	120
基础巩固/120	素养提能/121
Period Three Reading for Writing & Assessing Your Progress	124
基础巩固/124	素养提能/125
🔗 单元提升练 + 难点题型练	128
🔗 单元素养测评卷（六）	131

■ 参考答案	139
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晨背与默写

同步教材
词句基础
背诵要点
默写检测



写作手册

应用文写作
读后续写
素材积累
写作应用

Period One Listening and Speaking &

Reading and Thinking

基础巩固

I 单句填空

- The book _____ (design) for the students who want to learn English well.
- Failure is quite _____ (annoy), but what failure teaches us may not be taught in other ways.
- I was waiting for the writing contest result with _____ (anxious) as if I were sitting on pins and needles.
- This is one of the farthest places that _____ (explore) so far in that country.
- When he heard the _____ news that an earthquake hit again, a _____ look crossed his face. (frighten)
- What's more, you taught me some helpful speaking skills and made me full of _____ (confident).
- The concert began with the _____ (nation) anthem and ended up with a piece of soft music.
- My first _____ of him was that he was a kind and _____ young man. (impress)
- On the day of freshman _____ (register), many volunteers offered to help the new students.
- I've just bought this shirt, but can I _____ exchange it _____ that one?

II 短语填空

- The teacher's lecture on history _____ (给……留下深刻的印象) the students as they prepared for their exams last month.

- She finds it difficult to _____ (集中于) her studies when there is so much noise around.
- To succeed in **senior high school**, it is important to manage your time _____ (以合适的方法).
- I'd like to _____ (一个人待着) when I am doing an important and difficult **experiment**.
- John is so good a boy that every student in our class wants to _____ (与……交朋友) him.
- New life _____ (在校园内) provides opportunities to make some new friends, with whom ideas can be **exchanged**.

III 写作应用

- _____ you will make great progress if you pay attention to your study. (confident)我相信如果你关注你的学习,你会取得很大的进步。
- I _____ because it can help me know more about other kinds of cultures. (find + 宾语 + 宾补)我发现英语很有趣,因为它可以帮我了解更多其他文化。
- _____ I should fail in the coming examination? I am so **anxious** that tears well up in my eyes. 如果我在即将到来的考试中不及格怎么办?我急得眼泪都夺眶而出了。
- He is always the first _____ and the last _____. (动词不定式作后置定语)他总是第一个来,最后一个离开。

V 课文语篇填空

Han Jing is a senior high school student now. On the first day, she felt anxious and was not sure if she could make a good first 1. _____ (impress). Her first maths class was very difficult. The teacher, kind and friendly, told them a funny story, 2. _____ (make) the students laugh. However, in the chemistry class, a guy tried to talk to her the whole time, 3. _____ made it impossible for her to concentrate 4. _____

the experiment. She just wanted the guy 5. _____ (be) quiet and leave her alone. After the 6. _____ (one) day, Han Jing had a different opinion about the life at senior high. She didn't feel awkward or 7. _____ (frighten) at all. Though she missed her former friends, she believed she 8. _____ (make) new ones. She felt much 9. _____ (confident) than that morning and thought the next day would be 10. _____ great day!

素养提能

V 阅读理解

A [2026·广东深圳盟校高一期中]

When my parents moved to a new city, I felt like my world fell apart. Everything that had once felt familiar was gone: my friends, my routines, even the streets I used to walk on. I didn't know anyone, and the thought of starting over terrified me. On the first day at my new school, I sat at the back of the classroom, hoping no one would notice me. The noise of students chatting made me feel even smaller, like a stranger who didn't belong.

But then, during English class, something unexpected happened. The teacher asked us to introduce ourselves by sharing a short story. My heart raced and my voice shook as I spoke about how my grandmother taught me to recite (朗诵) English poems under the stars in our backyard. I remembered the smell of jasmine in the summer air and the way my grandmother's voice carried a quiet strength. To my surprise, the class listened in silence, and when I finished, a soft round of applause (掌声) came from several students. For the first time that day, I felt seen.

After class, a girl named Lily came up to me. "I love poetry, too," she said with a warm smile. We talked about our favourite writers

and the comfort that words can bring. She invited me to join the school's English club. The following weeks were filled with new experiences: reading aloud with confidence, preparing small plays that made us laugh, even writing our own poems and sharing them. For the first time since moving, I felt that English was not just a subject, but a bridge that connected me to others and gave me courage.

By the end of the term, I was no longer the quiet student in the back row. Standing on stage, and reciting a poem with my new friends, I realized that starting over didn't mean losing myself—it meant discovering a new side of me, one that was braver, stronger, and ready to belong.

- () 1. Why did the author sit at the back of the classroom on the first day?
- A. To avoid drawing attention to herself.
 - B. To observe the new teacher's style.
 - C. To make friends more quickly.
 - D. To get a better view of the blackboard.
- () 2. What made the author feel noticed during English class?
- A. Her grandmother's story.
 - B. Her teacher's praise.
 - C. Her friend's invitation.
 - D. Her classmates' applause.

- () 3. Which word best describes the author by the end of the term?
- A. Anxious. B. Confident.
C. Lonely. D. Generous.
- () 4. What does the author's experience show?
- A. True friendship always begins with hobbies.
B. Success comes only after repeated practice.
C. Starting over can lead to new discoveries.
D. Confidence is the key to winning competitions.

B [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 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 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.

- () 5. 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.
- () 6. 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.
- () 7. 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.

- () 8. What can be a suitable title for the text?
- Gender differences in educational environments
 - The link between school grades and adult success
 - High school's long-term impact on physical health
 - The role of social activities in adolescent development

VI 阅读七选五 [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. _____

- 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.
- It's also where many students begin thinking about higher education.
- However, instead of feeling discouraged, you can make a positive effort.

VII 语法填空 [2026·河北邯郸高一月考]

In the middle of worry and excitement, my first day of high school eventually came. I walked onto the schoolyard—everything looked and 1. _____ (feel) different.

My first period was German. Our German teacher was friendly and I thought that she would teach us a lot because she was very much to the point. I liked her from the 2. _____ (begin). After three periods, I was 3. _____ (hunger). The fourth period used to be the time to eat lunch in the canteen, 4. _____ not anymore. We had one more period before lunch.

All went well. However, the 5. _____ (five) period changed everything. I didn't feel ready after all. The English teacher 6. _____ was named Mr Dawson came in. He told us that we would have to write forty 7. _____ (article). I was 8. _____ (frighten) at that moment. Anyway, I wouldn't give up easily.

9. _____ a word, the first day of senior high school was good. I loved my teachers, classmates, and classes. Most importantly, though it was my first day, I already felt like I was going to have 10. _____ successful high school career.

Period Two Discovering Useful Structures & Listening and Talking

基础巩固

I 单句填空

1. I've been looking forward to _____ (see) you so much.
2. _____ (read) is necessary for you to expand your knowledge.
3. The information could be extremely _____ (help) during the class meeting.
4. We have found _____ easy to learn English well since we became his students.
5. It must have been so _____ (excite) to watch the first man land on the moon.
6. But whatever the result is, I will face it _____ (calm).
7. A man immediately rushed to the girl to give her first aid and I joined in _____ hesitation.
8. I'll definitely remember his _____ (kind) and help forever.

II 写作应用

1. 剪纸活动将于6月20日在我们学校开始,为期一周。(last)

2. 这次展览会帮助你对中国传统绘画有更好的理解。

3. 这个故事听起来很有趣。(sound)

4. 他昨天给我们带来了一份特别的礼物。

5. 她是一个害羞的女孩,她觉得在公众面前唱歌很困难。(形式宾语)

III 语篇填空

[2025·黑龙江哈尔滨高一月考]

How time flies! I will be a senior high school student this term. I am very excited and nervous. I feel excited because I 1. _____ (learn) more from my new teachers. 2. _____ (especial), I can learn more about English, maths, physics, chemistry and biology. I think they are 3. _____ (interest). I can meet many new 4. _____ (friend) in senior high school as well. I think they, 5. _____ (I) new friends, will be friendly and kind-hearted. I believe I will get along well 6. _____ all of my new classmates. 7. _____ the saying goes, "A friend is 8. _____ (easy) to be lost than found." If you want to make friends with others, you should treat them true-heartedly. It is really hard, 9. _____ I will try.

I feel nervous because I heard that it is difficult 10. _____ (study) in senior high school. I think I will meet many problems and setbacks many times. But it's nothing serious, because I know if I work hard, I will be successful at last.

IV 阅读理解

A [2026·福建漳州高一月考]

This year some twenty-three hundred teenagers (young people aged from 13-19) from all over the world will spend about ten months in US homes. They will attend US schools, meet US teenagers, and form impressions of the real America. At the same time, about thirteen hundred American teenagers will go to other countries to learn new languages and gain a new understanding of the rest of the world.

Here is a two-way student exchange in action. Fred, nineteen, spent last year in Germany with George's family. In turn, George's son Mike spent a year in Fred's home in America.

Fred, a lively young man, knew little German when he arrived, but after two months' study the language began to come to him. School was completely different from what he had expected—much harder. Students rose respectfully when the teacher entered the room. They took fourteen subjects instead of the six that were usual in the United States. There were almost no outside activities.

Family life, too, was different. The father's word was law, and all activities were around the family rather than the individual. Fred found the food too simple at first. Also, he missed having a car. "Back home, you pick up some friends in a car and go out and have a good time. In Germany, you walk, but you soon learn to like it."

At the same time, in America, Mike, a friendly German boy, was also forming his idea. "I suppose I should criticize American schools," he said. "It is far too easy by our level. But I have to say that I like it very much. In Germany we do nothing but study. Here we take part in many outside activities. I think that maybe American schools are better in

training for citizens. There ought to be some middle ground between the two."

- () 1. What is the main purpose of the whole exchange programme?
- To help teenagers in other countries get to know the real America.
 - To send American students to travel in Germany.
 - To enable students to learn something about other countries.
 - To allow teenagers to learn new languages.
- () 2. What is special about American schools?
- There is some middle ground between the two teaching buildings.
 - There are a lot of outside activities.
 - Students usually take 14 subjects in all.
 - Students go outside to enjoy themselves in a car.
- () 3. What did Mike think after experiencing the American school life?
- A better education should include something good from both America and Germany.
 - German schools trained students to be better citizens.
 - American schools were not as good as German schools.
 - The easy life in the American school was more helpful to students.
- () 4. What's Mike's attitude towards American education?
- Praised.
 - Regretful.
 - Ignorant.
 - Blameful.

B [2026·广东茂名高一期中]

Going from middle school to high school can be difficult, as students are faced with new academic (学业的) and social challenges. Before the first day of high school, there are things every soon-to-be high school freshman and their families should know.

People who have a fixed (固定的) mindset believe that they are born to be great or weak. On the other hand, people that have a growth mindset believe that their greatness or weakness is because of their own actions. I totally agree that students should have a growth mindset. I don't expect any student to move from just passing a subject to an A+. It's going to take time and focused effort; just keep working on it.

Parents should prepare students to fight the battle "on the pillow (枕头)" and "in the kitchen". When I say "pillow" I mean sleep. Not having enough sleep can have some surprising effects on students, including improper behaviour, anxiety and poor grades. The second weapon (武器) is eating healthy and balanced meals. Studies show that students who eat nutritious meals and who exercise 60 minutes a day remain more attentive during the school day and experience improved academic achievement and grades. This last "secret" weapon is not to have over-scheduled time. Make sure students know how to set realistic plans and how to say no to tasks and activities that aren't important to them.

A lot of students know each other from primary and middle school. They are in their "comfort zone", feeling they have a sense of control over and expectation of their relationships. But with the first real day of high school coming, that will all change. The reason why I encourage high school freshmen to step out of their comfort zone, though often scary, is that comfort zone gets boring and there are many kinds of people to get to know. Let's encourage them to get involved, have fun and play.

- () 5. Which of the following represents (代表) a fixed mindset?
- A. I'm at the starting point of my ability.
 - B. My mother is not good at chemistry either.
 - C. I should start studying a little earlier next time.

D. It's okay if I fail; at least I've learned something.

- () 6. What might the author encourage parents to do according to the passage?
- A. To prepare healthy meals for their kids.
 - B. To praise their kids when they do well in school.
 - C. To take their kids to visit their grandparents often.
 - D. To buy soft pillows for their kids to have a good rest.
- () 7. What is the third weapon mainly about?
- A. Enjoying good health.
 - B. Being able to say no.
 - C. Planning schedules properly.
 - D. Balancing schoolwork and play.
- () 8. Which one is the best title of the passage?
- A. Making friends in high school
 - B. Academic challenges in high school
 - C. Differences between middle school and high school
 - D. Preparations for high school: what you need to know

V 语法填空

Grade Ten is 1. _____ important year as you start high school. It's a time to focus on your studies, enjoy your hobbies, 2. _____ spend time with family and friends. Here are some simple suggestions to help you balance everything.

First, focus on your schoolwork. High school grades 3. _____ (be) important, so try to study regularly. Make a study schedule and stick to it. Don't forget 4. _____ (take) a short break to rest your mind. This will help you stay focused and do 5. _____ (well) in your studies than studying without rest.

Next, enjoy your hobbies. Whether you enjoy 6. _____ (play) sports, drawing, or others, make sure you find time for these

activities. They help you relax and have fun. Plus, you can meet new friends 7. _____ like the same things.

8. _____ (final), spend time with family and friends. They are there to support you and make you feel happy. Talk to them about your day and your feelings. Good 9. _____ (relationship) make life better and help you feel more confident.

In conclusion, balancing schoolwork, hobbies, and social time is key to a happy and successful Grade Ten. By managing your time well and taking care of 10. _____ (you), you can enjoy this important year to the fullest.

VI 完形填空

[2026·安徽鼎尖名校大联考高一期中]

Our school held a campus culture poster design competition to show students' creativity. Ella liked drawing, so she 1 to take part. But she felt 2—she had never designed a poster for a competition and wasn't sure if her style would 3 the judges' taste. Her art teacher Ms White 4 her, "Don't copy others. Show your true understanding of campus life. That will make your work special."

Ella 5 her design plan after class. She wanted to include elements like the school's old oak tree and students' sports scenes. But when she started drawing, she 6 that the colours she chose were too dark. She felt upset and almost 7 to give up. Ms White noticed her low spirits and 8 her to adjust the colour palette (调色板) with lighter tones.

Ella followed the advice. She spent three evenings revising the poster—she added bright sunflowers around the oak tree and changed the sports clothes to more lively colours. Just before the 9, she found a small mistake in the text. She 10 corrected it with a steady hand, afraid of ruining the whole work.

On the award day, Ella was surprised when her name was called for the second prize. She walked up to the stage and 11 the certificate (证书) with a big smile. Ms White patted her shoulder and said, "Your efforts deserved this success." Looking at the poster displayed in the hall, Ella felt a deep 12 of satisfaction.

This 13 taught Ella a lot. She learned that challenges often 14 patience and flexibility (灵活性). Now, she's more 15 to face difficult tasks. She even plans to join the school art club to improve her skills further.

- () 1. A. hesitated B. refused
 C. forgot D. decided
- () 2. A. excited B. anxious
 C. angry D. proud
- () 3. A. match B. change
 C. hide D. express
- () 4. A. warned B. encouraged
 C. stopped D. forced
- () 5. A. competed B. recommended
 C. developed D. recognized
- () 6. A. hoped B. proved
 C. realized D. promised
- () 7. A. wanted B. offered
 C. managed D. continued
- () 8. A. ordered B. advised
 C. begged D. allowed
- () 9. A. class B. exam
 C. deadline D. meeting
- () 10. A. secretly B. carelessly
 C. suddenly D. quickly
- () 11. A. accepted B. returned
 C. needed D. destroyed
- () 12. A. sense B. spirit
 C. thought D. idea
- () 13. A. lecture B. experience
 C. responsibility D. destination
- () 14. A. save B. reduce
 C. test D. waste
- () 15. A. shy B. bored
 C. worried D. confident

Period Three Reading for Writing & Building Up Your Vocabulary

基础巩固

I 单词拼写

1. When he was thinking over the plan, a new idea f_____ into his mind.
2. I like the teaching s_____ of my English teacher, which is very interesting.
3. He found a job in a famous c_____ after he graduated from Peking University.
4. In the dancing club, I finally found a p_____ who was patient and easy to work with.
5. No matter what you want to learn, it is important to decide on your _____ (目标) before you make a plan.

II 单句填空

1. Some girls would rather do their _____ (revise) at home than go outside.
2. They help us understand science subjects better and arouse our _____ (curious) about science.
3. Your English has been much better since last month, but there's still room for _____ (improve).
4. Your _____ (person) really made a deep impression on me when we met for the first time.
5. She always finds something _____ (excite) to do during her summer vacations, like hiking or surfing.
6. This is the best way you think of _____ (make) a living.
7. I joined the _____ (organise) to help those seniors in the nursing home.
8. I was _____ (frighten) at the sight of the test paper, but then I calmed down and focused on the questions.

9. Teachers often use different teaching _____ (strategy) to meet the needs of their students.

III 短语填空

1. You should _____ (记笔记) in class, which will help you revise what you have learned.
2. One way to train ourselves to be happy is to _____ (记下, 写下) the little things that cheer us up each day.
3. Students hope to _____ experience _____ (与……交流) each other in learning foreign languages.
4. I'm glad that you _____ (对……好奇) the Safety Education Week of our school and it's my pleasure to give you a brief description.
5. I have formed a good habit of _____ (写日记) in English since 2022.
6. If we are to make a difference in life, it's important that we _____ (由……开始) small things.
7. Li Ming _____ (整理思路) before he made a speech.
8. The freshman had no idea how to _____ (注册) classes or even how to borrow a book from the library.

IV 写作应用

1. _____, you should be careful. (when + v.-ing)
过马路时, 你应当小心。
2. _____ will make your visit to the UK much more enjoyable. (动名词作主语)
学习这个国家的历史会使你的英国之旅更加愉快。

3. _____ is to attend the meeting tomorrow. (either...or...)
要么是你,要么是你的一个学生要参加明天的会议。
4. My dream _____ after I grow up. (动词不定式作表语)

我的梦想是长大后当一名英语老师。

5. _____, I'll invite you to the show.
如果你想了解中国传统文化,我会邀请你去参观这个展览。

素养提能

阅读理解

[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 either look at difficult courses 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 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.

- () 1. Which of the following might students with fixed mindsets believe?
- They are not interested in maths.
 - Their abilities are not valued.
 - Their mindsets determine their abilities.
 - Failure is caused by their intelligence.
- () 2. What does the underlined phrase "tough it out" mean in Paragraph 2?
- Stick to it.
 - Get away from it.
 - Give in to it.
 - Refer to it.
- () 3. What can we learn from Paragraph 3?
- Students who are able to deal with difficult problems do better in their studies.
 - Students who find it hard to fix problems lose their interest in their studies.
 - Students' mindsets play a huge role in how interested they are in their studies.
 - Students' interest has a big effect on how well they perform in their studies.

- () 4. What may the author advise learners to 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.

VI 阅读七选五 [2026·湖南邵阳高一月考]

For many high school students, it seems that there is never enough time. There are several steps you can take to organise your time better.

Make a to-do list every day. It makes it easy to plan any activities or meetings you may have in addition to homework. Be sure to set priorities (优先事项). 1. _____.

Use spare time wisely. Instead of wasting your spare time, read a book or do homework. 2. _____. If a friend asks you to do something and you have homework to do, think about which is more important and see your friend later.

Decide on the time that is good for you to do certain things. If you are more of a morning person, try getting up an hour earlier and do schoolwork before school. Review your notes every day. 3. _____. If you spend a few minutes at the end of every day going over what you learned, it will mean less time spent on studying when it is time for the exam.

4. _____. Studies have shown that getting enough rest helps your memory. When you are tired, everything seems more difficult. It is best to stay on a regular sleeping cycle as much as possible.

Tell your friends and family about your work timetable. Explain that you will be

working at certain times and ask them not to disturb you. 5. _____. You can call your friends later.

- A. Set goals for yourself
- B. Get a good night's sleep
- C. Do the most important tasks first
- D. And also, do not be afraid to say no
- E. You should finish your task on time
- F. Don't take phone calls during the time you set aside for work
- G. Don't wait until just before a test to try and remember everything

VII 语法填空

[2026·湖北武汉部分学校高一期中]

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).”

完形填空 [2025·福建龙岩高一期中]

I knew that my first day of senior high school would be challenging. I was 1 that I would spend my first day in senior high school.

On Monday I was 2 for my first day of senior high school. My backpack was 3 with materials I needed, such as pencils, notebooks and so on. I hoped the first day of senior high school would be 4. Finally the first day of school 5. As I walked into the classroom, I saw my first class was 6. I didn’t do well in maths. Doing maths at first in the morning could be 7. I was surprised at what the maths teacher said, “8 wherever you’d like. There are no fixed seats in maths class.” My maths teacher was 9 very nice, and I like her from the start. My next class was English. My English teacher was Ms Popstar. She was so knowledgeable that we 10 her. After lunch I had a biology class. I figured the day was closing and I didn’t feel too 11 about senior high school.

I knew this year was going to be a 12 because I started to realize that I was growing

up to be an adult. I would 13 my classes. There were many fun and unknown things for me to 14 in senior high school. I 15 some new friends and new teachers that were so nice and welcoming on the first day.

- () 1. A. careless B. nervous
 C. annoyed D. amazed
- () 2. A. preparing B. looking
 C. asking D. calling
- () 3. A. satisfied B. disappointed
 C. impressed D. filled
- () 4. A. suitable B. advanced
 C. perfect D. expert
- () 5. A. passed B. missed
 C. improved D. arrived
- () 6. A. Chinese B. maths
 C. PE D. physics
- () 7. A. tiring B. doubtful
 C. unique D. informal
- () 8. A. Stand B. Leave
 C. Sit D. Play
- () 9. A. actually B. secretly
 C. officially D. partly
- () 10. A. tested B. cheated
 C. admired D. helped
- () 11. A. strange B. dangerous
 C. wonderful D. bad
- () 12. A. job B. change
 C. plan D. goal
- () 13. A. give up B. concentrate on
 C. believe in D. carry out
- () 14. A. recommend B. exchange
 C. explore D. support
- () 15. A. met B. recognised
 C. tracked D. greeted

单元提升练+难点题型练

I 单句填空

1. There is no doubt that animals in some cases can help kids with their _____ (anxious).
2. Students who are brave enough to take this _____ (explore) will learn a lot of skills.
3. The _____ (frighten) cat ran away quickly as soon as it heard the loud noise outside.
4. He got _____ with the _____ noise around him when he was reading books. (annoy)
5. If you want to be a good public speaker, you'd better speak clearly and _____ (confident).
6. His _____ (curious) about space makes him spend lots of time reading science books in his free time.
7. At last, the **exchange** student from the UK found the _____ (register) office.
8. It was hard to follow what he was saying, and finally I lost _____ (concentrate).
9. Red Cross is an international _____ (organise) that cares for people who are in need of help.
10. The school art festival was so _____ (impress) that everyone talked about it for weeks.

II 短语填空

1. He spoke English quite fluently in a presentation, which _____ (留下深刻印象) on us.
2. The following term, I decided to _____ (登记, 注册) an American Sign Language class.

3. Professor Yang _____ (集中精力于) his **experiment** and didn't notice someone coming into the lab.
4. I had a great time here and was _____ (期待) coming here for holiday soon.
5. When I was in London, I taught Henry Chinese _____ (作为……的交换) his teaching me English.
6. While working out in the gym, I want to _____ (不打扰), so that I can have some time of my own.
7. _____ (记笔记) can help you understand and remember what the teacher has taught.
8. Many students will _____ (参加) the sports meeting to be held next week.

III 重点句型

1. find + 宾语 + 宾语补足语

和萨拉面对面交谈,你会发现她既友好又外向。

Have a face-to-face talk with Sarah, and _____.

2. there be 句型

我们在计划家庭度假时有很多需要考虑的因素。

There's a lot _____.

3. either... or... 或者……或者……, 要么…… 要么……

人们可以把剪纸作为礼物赠送,也可以把它们挂在家里。

People can _____.

4. “no matter + 疑问词”引导状语从句

无论你喜欢做什么,都有办法在世界地球日参与各种活动。

_____, there is a way to get involved in activities on World Earth Day.

V 语篇词汇串记

注:黑体词为本单元词汇复现

Tom was an **exchange** student coming from America. In America he was a Grade 11 student at **senior high school**. He studied Chinese painting and pattern **design**. He **looked forward to** being 1. _____ **designer** in the future. Because it was the first time that he had been abroad, he felt **anxious** and even 2. _____ (frighten), trying hard to adapt to the life 3. _____ **campus**. However, Tom was **outgoing** and had a strong 4. _____ (person), which helped him overcome many **awkward** problems.

He was **curious** to **explore** new things. In class, he concentrated 5. _____ his studies, **took notes** frequently and 6. _____ (**revise**) his lessons in time, using different learning **styles** and **strategies** 7. _____ (**improve**) his performance. He even made **flash cards** to help himself study Chinese, which **impressed** us greatly. In everyday life, he was seldom 8. _____ (annoy). He liked to make friends and helped **organise** many activities. He **registered** for some **organisations** and did some 9. _____ (**experiment**) in **company** with his **partners**. After a school term, he achieved his **goal** in his studies and increased his 10. _____ (**confident**). **At last** the **guy's** hard work **made a deep impression** on us.

V 应用文写作

[2025·湖北孝感高一期中联考]

假如你是李华,你的笔友 Mary 最近写了一封 e-mail 给你,表达了不能适应高中学习与生活的烦恼。请你用英语写一封邮件安慰 Mary, 并给她建议。内容包括:

1. 表达安慰;
2. 给出建议;
3. 你的祝福。

注意:词数 80 个左右。

Dear Mary,

I am sorry to hear 1. _____

_____ (你在适应高中学习和生活方面面临着一些挑战). Please remember that you are not alone during this journey, and it's normal to feel upset about the transition.

Firstly, I suggest 2. _____ (刚开始时做个学习计划), which will make studying easier. Additionally, it would be beneficial 3. _____

_____ (参加学习小组) or join after-class activities, 4. _____

_____ (在那里你可以交朋友并且变得更快乐). Lastly, if necessary, you'd better 5. _____

_____ (从老师和同学那里寻求帮助), who might offer you valuable help.

I am sending you my best wishes and support, and I'm here cheering for you. Wish you an enjoyable and unforgettable freshman life.

Yours sincerely,

Li Hua

VI 阅读七选五 [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 future jobs, college choices, 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

语法填空 [2026·湖南湘西高一期中]

Welcome to senior high school! I can't wait 1. _____ (describe) to you what senior high school life is like. The path before you leads to a world full of challenges. However, for those of you with a positive mind, opportunity lies 2. _____ each challenge. Most 3. _____ (important), your time and effort at senior high school will open the door to your potential. What is potential? Put simply, potential is your natural ability 4. _____ can be developed when you try hard enough. Over the next three years, you will discover your potential while you develop as a student and as a person. To fully realize your potential, 5. _____ is important for you to make the most of our school resources. There are also a lot of school 6. _____ (activity) for you. Of equal importance 7. _____ (be) good study habits, useful skills and a positive attitude. In time you will find yourself growing into a well-rounded individual. As Laozi wisely said, "A journey of a thousand miles 8. _____ (begin) with a single step." You need to make 9. _____ effort to train your mind and develop your character. You alone are 10. _____ (responsibly) for realizing your great potential.

单元素养测评卷(一)

范围: WELCOME UNIT

(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. How much did the man pay for the T-shirt?
A. \$ 15. B. \$ 30. C. \$ 45.
- () 2. What does the man suggest doing?
A. Staying at home.
B. Taking a walk.
C. Watching TV.
- () 3. How does the woman feel about the last question?
A. Confident. B. Uncertain.
C. Pressured.
- () 4. What did Tim dislike about his last job?
A. Being away from home for long.
B. Facing dangers on the road trips.
C. Working by a very noisy garage.
- () 5. What are the speakers doing?
A. Hanging up a picture.
B. Looking at a picture.
C. Visiting an old house.

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. What happened to the boy in the basketball match?
A. He injured his leg.
B. He failed to score a point.
C. He left the match halfway.

- () 7. Why was the boy disappointed?
A. His team lost the match.
B. He performed badly in the match.
C. His teammates didn't treat him as a hero.

听第 7 段录音, 回答第 8 至 10 题。

- () 8. Where does the man probably come from?
A. Japan. B. Thailand.
C. New Zealand.
- () 9. When did the man see a good review of the restaurant?
A. On Sunday. B. On Wednesday.
C. On Thursday.
- () 10. What are the speakers mainly talking about?
A. A local website.
B. A birthday dinner.
C. A TV programme.

听第 8 段录音, 回答第 11 至 13 题。

- () 11. Why does the girl care about the show time?
A. She needs time to do her homework.
B. She and Shannon have fixed the time.
C. She doesn't want to come home early.
- () 12. Which show will the girl see?
A. The 21:00 show.
B. The 19:15 show.
C. The 17:00 show.
- () 13. How will the girl go to the cinema?
A. By car. B. By bus. C. By bike.
- 听第 9 段录音, 回答第 14 至 16 题。
- () 14. What does the man feel sorry for?
A. He wrongly placed his order.
B. He misunderstood the woman.
C. He doesn't know much about French.