英语

班级:_____ 姓名:_____ 得分:_____

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**. Where is the woman's key?

A. At her home.　　B. In her backpack.

C. In her pocket.

(　)**2**. What does the candy taste like?

A. Sour and salty.　　B. Sweet and sour.

C. Sweet and salty.

(　)**3**. What will the man do next?

A. Have a get-together.　　B. Visit a company.

C. Attend a meeting.

(　)**4**. What does the woman ask John to do?

A. Do his homework.　　B. Take the piano class.

C. Pick up the package.

(　)**5**. What's the top speed of the boat?

A. About 20 miles per hour.

B. About 25 miles per hour.

C. About 30 miles per hour.

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 are the speakers mainly talking about?

A. A trip plan.　　B. Some pictures.

C. The woman's homework.

(　)**7**. What does the man suggest the woman do?

A. Have a rest.

B. Write about her trip.

C. Ask her teacher for help.

听第 7 段录音,回答第 8 至 10 题。

(　)**8**. What do we know about Kemp Town Beach?

A. It is known for its coastal walks.

B. It is near the man's home.

C. The water there is clean.

(　)**9**. Which beach will the speakers go to?

A. Canvey Island Beach.　　B. Kemp Town Beach.

C. Birling Gap Beach.

(　)**10**. How will the speakers go to the beach?

A. By car.　　B. By taxi.　　C. By train.

听第 8 段录音,回答第 11 至 13 题。

(　)**11**. How long will the course run this year?

A. 6 weeks.　　B. 7 weeks.　　C. 8 weeks.

(　)**12**. What surprised the woman last year?

A. The extremely hot weather.

B. The inexperienced assistants.

C. The number of children attending the course.

(　)**13**. What new activities will be added this year?

A. Adventure sports.　　B. Fun programmes.

C. Creative classes.

听第 9 段录音,回答第 14 至 16 题。

(　)**14**. What was Henry doing when the accident happened?

A. Playing toys.　　B. Calling his friend.

C. Playing the guitar.

(　)**15**. How did Henry notice something wrong with Mike?

A. Mike suddenly cried.　　B. Mike was turning purple.

C. Mike started to fight for breath.

(　)**16**. What did Henry do to save Mike?

A. Perform first-aid skills.　　B. Go to find his father.

C. Take him to hospital.

听第 10 段录音,回答第 17 至 20 题。

(　)**17**. When did the speaker's family start their travelling?

A. On May 1st.　　B. On May 5th.　　C. On May 6th.

(　)**18**. How did the speaker's family go to Shillong from Guwahati?

A. By car.　　B. By taxi.　　C. By train.

(　)**19**. What do we know about Shillong?

A. The climate wasn't good.

B. The transport wasn't convenient.

C. There weren't many tourist attractions.

(　)**20**. What did the speaker's family do at the end of their vacation?

A. They admired the sunrise.　　B. They visited tea gardens.

C. They explored thick forests.

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·湖北武汉高一期中]

Festival guide: spring celebrations

Are you looking for a meaningful travel experience? These three festivals offer unique cultural insights into how different cultures welcome spring and celebrate life.

Songkran (Thailand)

Celebrated from April 13 to 15, Songkran marks the traditional Thai New Year, one of the country's most important holidays. Water plays a central role throughout the celebration—people gently pour water on Buddha statues (佛像) for good luck, and then go to the streets for friendly water fights that last all day. Families also visit temples to offer food to monks. The water symbolizes cleaning away the past year's misfortunes and starting fresh, making it a time of both joy and spiritual reflection.

Holi (India)

Known as the "Festival of Colours", Holi arrives with the full moon in March, signaling the end of winter. Participants of all ages throw colourful powder and water at each other, creating joyful chaos (喧闹) in every street and square. Beyond the fun, Holi celebrates the victory of "good over evil", a theme drawn from ancient stories. It's also a time when social differences are temporarily forgotten, as people from all backgrounds come together to share food, music, and laughter late into the evening.

Nowruz (Iran)

Nowruz, meaning "new day", welcomes spring on the Spring Equinox (around March 20), a tradition dating back over 3,000 years. Families prepare weeks in advance by cleaning their homes completely—a practice called "shaking the house"—to remove any bad luck from the previous year. They then set a special table with seven items starting with the letter "S", each standing for health, wealth, rebirth and so on. Relatives gather to share a festive meal, celebrating renewal and the promise of a fresh start.

( )**21**. What family activity does the author mention about Songkran?

A. Showing respect through temple visits.

B. Taking part in street water fights.

C. Preparing symbolic items for good luck.

D. Cleaning houses to welcome the new year.

( )**22**. What deeper social meaning does the author talk about Holi?

A. It brings people together across all backgrounds.

B. It requires participants to follow strict dress codes.

C. It follows ancient lunar calendar traditions.

D. It takes place mostly in outdoor spaces.

( )**23**. What do Songkran and Nowruz have in common according to the text?

A. Both festivals use water to honour traditional beliefs.

B. Each includes a custom to greet new beginning.

C. They share the same historical origin in ancient cultures.

D. Both are celebrated with outdoor gatherings and public events.

B [2026·重庆西南大学附中高一月考]

The desert wind brushed gently through Sabrina Carpenter's hair as she stood on the Coachella stage, a quiet smile playing on her lips. A line she had changed a little and sung two years earlier stayed with her. At that time, she was only a guest performer, and she ended her show with the lyrics: "Coachella see you back here when I headline (是主角)!" That day, the lyrics were a whisper to herself, a small spark of ambition amid cheers. Today, as a headliner, she nodded to the crowd, a powerful response to her promise. But few knew the dilemma that had clouded her path: how to step out of her Disney child star shadow and become the musician she wanted to be.

Sabrina's career began in Disney, known for her sweet, clean-cut persona (形象). As she grew older, that image became a gentle cage. She was torn: if she stuck to her Disney image, she could not show her true musical style, but breaking free meant risking long-time fans and facing sharp criticism. For months, she hesitated, unsure how to honour both her past and dreams.

Doubt never left her, but Sabrina refused to give in. She spent quiet hours in the studio, experimenting with new sounds and refining her craft to be seen as herself. A turning point came when she opened for Taylor Swift's tour. There, she sang original music and felt seen not as a "Disney kid", but as Sabrina the musician. Later that year, as a Coachella guest, she sang her promise.

Her steady work led her back to Coachella. Her 2026 headlining show was not just a performance—it was her silent response to that two-year-old promise. For Sabrina, her dilemma was not a failure, but a part of growing, a reminder that choosing oneself is often the bravest path.

( )**24**. How did Sabrina promise to headline Coachella two years ago?

A. By writing it in her new song.

B. By wearing a smile on her lips.

C. By singing it through her lyrics.

D. By posting a video on social media.

( )**25**. Why did Sabrina face a dilemma after growing up?

A. Because her original persona trapped her.

B. Because her fans didn't like her new songs.

C. Because Coachella kept her as a guest performer.

D. Because sharp criticism stopped her from changing.

( )**26**. What did Sabrina do to get through her hesitation?

A. She asked Taylor Swift to write songs for her.

B. She gave up her music career and returned to acting.

C. She stuck to her Disney image to expand her influence.

D. She kept exploring new music styles and improving herself.

( )**27**. What does Sabrina's journey show?

A. Cry over spilt milk.

B. Look before you leap.

C. Turn lemons into lemonade.

D. Kill two birds with one stone.

C [2026·广东茂名高一期中]

Many educators have been teaching themselves how to use AI. For Jerome Ong, a 5th grade teacher in Ridgewood, New Jersey, AI has changed the way he approaches teaching. He now uses AI tools every week in his classroom. "You have to find what works for your students," he said. Ong not only teaches his students what AI is, but also where it falls short. "If you keep at it and say, 'No, you're wrong, you're wrong.' Eventually AI will say, 'I'm sorry, I was wrong.' Doing that with your class can show you that AI isn't really as smart as you think it is," Ong said.

This summer, Microsoft, OpenAI and Anthropic announced a first-of-its-kind plan to train hundreds of thousands of members of the American Federation of Teachers (AFT). "I think if we're going to make AI work for students and kids, we need to listen to teachers," said Microsoft President Brad Smith. The $23 million investment will go towards virtual and in-person training in New York City.

"The direct connection between a teacher and their kids can never be replaced by new technologies, but if we learn how to use them, set practical guidelines and put teachers in the driver's seat, teaching and learning can be better," said AFT President Randi Weingarten.

However, critics cite (提出) cheating concerns and Microsoft's own research, which showed a self-reported reduction in critical thinking skills when AI was not used responsibly. AFT member Lois Weiner thinks teachers would be better served by more support within schools than by a partnership with Silicon Valley. "There is so much boredom in the job, but the answer to that is to improve teachers' working conditions," said Weiner, adding that AI does not achieve better work conditions for teachers.

Smith argued education should be left to teachers: "Those of us in the tech field need to provide the tools and help school boards, districts, and teachers so they decide how to put those tools into practice."

( )**28**. What do the underlined words "falls short" in Paragraph 1 mean?

A. Has limitations.　　B. Is wrong.

C. Is not enough.　　D. Fails to work.

( )**29**. What can be inferred from Lois Weiner's comments?

A. Partnership with tech firms benefits teachers.

B. AI can help reduce teachers' boredom.

C. Teachers are smarter than AI.

D. Teachers need more support within schools.

( )**30**. What is Brad Smith's attitude towards AI in education?

A. Critical.　　B. Supportive.

C. Doubtful.　　D. Neutral.

( )**31**. What is the best title for the passage?

A. AI's hidden dangers: why teachers should say no

B. Self-learning: teaching AI without help

C. Teachers and AI: a partnership to improve education

D. Tech's ambition: replacing teachers with AI

D [2026·湖南长沙一中高一期末]

In modern daily life, people fill almost every spare moment with endless short videos and quick online news. Such easy access to fast entertainment has quietly changed people's reading habits, leaving traditional literary works far less favoured than they once were.

Many ordinary people have formed a fixed belief that novels and poems serve little practical purpose, unable to solve real-life troubles or bring immediate benefits, so they choose to stay away from serious reading completely. However, this view is one-sided. Literature is actually an irreplaceable treasure that benefits people greatly in the long run.

When one spends time staying with literary works, they are no longer limited to their own life experience. Between the lines, they can quietly experience the joy and sorrow of characters living in different surroundings and times.

This light emotional experience gradually shapes one's inner sensitivity, allowing individuals to view life events from more than one angle instead of sticking to their own narrow understanding alone. Such inner growth can hardly be gained from those fast-paced online contents designed only for instant amusement.

People are easily influenced by popular online views which are usually simple and one-sided, leaving little space for personal thought. Literary creation behaves quite differently. It seldom provides definite answers to complex life problems, nor does it force readers to accept fixed opinions. Instead, it presents complicated life situations and inner conflicts, pushing readers to sort out hidden relations, observe human nature, and form their own judgements independently.

Some old literary works have survived hundreds of years and still attract modern readers. Behind their lasting attraction lie the shared human feelings and life puzzles that never change with time. Modern readers may find their own confusion and expectation reflected in those classic lines, feeling closely connected with strangers from distant generations.

It is improper to regard literature as nothing more than a way to kill time. Its value lies in polishing people's inner world, shaping their way of thinking, and helping them keep a clear mind in the chaos of the noisy flow of modern information.

( )**32**. What is the author's major concern?

A. Fast entertainment is changing people's spare time.

B. People ignore the long-term value of literary reading.

C. Online opinions limit people's independent thinking.

D. Modern readers lose interest in short online entertainment.

( )**33**. How does literary reading promote people's inner growth?

A. By improving people's inner feelings and views of life.

B. By helping readers form independent judgements quickly.

C. By freeing people from various real-life limitations.

D. By offering different new ways to solve personal troubles.

( )**34**. Why can classic literary works attract modern readers?

A. They exactly record real historical events.

B. They provide fixed views on human nature.

C. They completely set people free from modern noise.

D. They carry everlasting human feelings and puzzles.

( )**35**. What is the author's attitude towards people's wrong idea against literature?

A. Fully understanding. B. Strongly disapproving.

C. Completely confused. D. Slightly doubtful.

第二节(共5小题;每小题2.5分,满分12.5分)

[2026·江苏扬州高一月考]

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。

Green exercise is a term used to describe any type of physical exercise that takes place in a natural environment rather than in a health club or gym. 36. _____. Instead, it relies on the use of natural means of taking part in activities that improve strength and endurance with as little reliance on equipment as possible.

37. _____. For example, some consider a truly natural exercise experience requires that the individual wear clothing only made from natural fibres. Others consider barefoot running or walking with a big arena to be more desirable than running or walking with shoes.

A slightly different approach to green exercise puts more stress on the fresh air, sunshine and involvement with the natural world, rather than the equipment or clothing used during the exercise. 38. _____. Similarly, climbing a mountain using standard equipment and protective clothing would also be considered a green exercise.

Many consider green exercise helps to reconnect human beings with the natural world. The interaction with nature helps to lower people's blood pressure, refresh their mind, and actually improve their self-esteem. 39. _____.

Not everyone believes that the green exercise is more beneficial than working out in a health club or gym. 40. _____. Meanwhile, the use of fitness devices may result in more challenging workouts which help strengthen the heart and lungs in ways that more simplistic exercise in a natural setting would be difficult to manage.

A. A green gym uses as little equipment as possible

B. Spirits are also believed to be positively affected

C. Opinions on what truly green exercise means differ

D. Green exercise includes a range of activities exposed to nature

E. So riding a bicycle in the forest can be called a type of green exercise

F. It usually doesn't use fitness equipment that is normally found in a gym

G. Some point out that many health clubs are built to make full use of natural light

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·山东济南高一阶段检测]

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。

At nineteen, Holly set off to study abroad in Nancy, France, her heart full of excitement. Yet within weeks of arrival, that excitement __41__ into loneliness. Daily life in a foreign land proved much harder than __42__, especially when it came to speaking French. "I could understand the language somewhat, but I was very poor at speaking it. My __43__ was terrible. People couldn't understand me," she said. The continuous __44__ to be understood left her tired and sad. The only thing keeping her going was a(n) __45__ package from home. "Mother had sent my favourite food—something I couldn't find in local shops."

She went to the post office to __46__ it, but the clerk couldn't understand her broken speech no matter how hard she tried. "The more I repeated myself, the more discouraged and __47__ I felt. I was about to __48__ in tears when a stranger came to my __49__." A local woman asked in Holly's own language, "Can I help you?" Then she spoke to the clerk, and within minutes, the package was in Holly's hands. But the kindness didn't __50__ there. The woman invited Holly to her house for dinner. "It soon became our weekly

habit. It was a safe place where I could __51__ my French without fear. I __52__ felt like I was at home there."

Decades later, they still keep in touch. "Her act of kindness has __53__ my life," Holly said. "Now I pay more attention to people who need help, offering the same __54__ I once received. I will be forever __55__ that someone chose to help me when I needed it most."

( )**41**. A. settled B. divided
C. gathered D. faded
( )**42**. A. expected B. requested
C. indicated D. maintained
( )**43**. A. translation B. manner
C. pronunciation D. function
( )**44**. A. option B. struggle
C. decision D. reflection
( )**45**. A. familiar B. neat
C. odd D. commercial
( )**46**. A. deliver B. collect
C. exchange D. recycle
( )**47**. A. relieved B. energetic
C. disappointed D. fascinated
( )**48**. A. calm down B. carry on
C. get through D. break down
( )**49**. A. rescue B. tension
C. defence D. mission
( )**50**. A. launch B. continue
C. end D. postpone
( )**51**. A. update B. practise
C. complain D. whisper
( )**52**. A. truly B. occasionally
C. sharply D. formally
( )**53**. A. saved B. controlled
C. judged D. influenced
( )**54**. A. resource B. warmth
C. suggestion D. respect
( )**55**. A. graceful B. regretful
C. joyful D. grateful

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2026·浙江四校联考高一月考]

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。

Cheers echoed (回响) across the frozen Songhua River in northeast China's Heilongjiang Province, where students from 56. _____ (lead) universities in China and Britain competed in a first-of-its-kind ice dragon boat race. The event, 57. _____ (know) as the "HIT-Cambridge-Oxford Cup", brought together 14 teams, including those from Oxford, Cambridge and Harbin Institute of Technology (HIT), as well as universities from Hong Kong and Macao.

58. _____ traditional water dragon boating, ice dragon boating requires athletes to use ice picks to push their boats forward on solid ice, 59. _____ task demanding great upper body strength.

Edward Townsend from Cambridge described the race as a fantastic experience, admitting it was the first time that they 60. _____ _____ (try) dragon boat racing on ice and that adapting to the cold climate 61. _____ (be) no easy task. Under the guidance provided by 62. _____ (coach) of HIT, however, his team gradually mastered the skills and secured first prize in the race.

Besides the competition, participants also enjoyed 63. _____ (variety) cultural activities, visiting the Harbin Ice-Snow World, feeding Siberian tigers 64. _____ experiencing local cuisine. Organizers hope that the friendship race will serve as a positive beginning for youth exchanges between China and Britain, as well as an important link for universities to expand cooperation and 65. _____ (joint) develop talent.

第四部分　写作(共两节,满分 40 分)

第一节(满分 15 分)[2026·河北衡水高一期中]

假定你是李华,你校英语报将以最美中国节为主题举办学生征文活动。请你写一篇短文投稿介绍一个你喜欢的中国传统节日,内容包括:

1. 主要节日习俗;
2. 节日意义。

注意:1. 写作词数应为 80 个左右;
2. 可适当增加细节,使内容充实,行文连贯。

An amazing Chinese festival

第二节(满分 25 分)[2026·福建厦门高一期中]

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。

Li Yue, a Chinese high school exchange student in London, felt a little nervous when Mr White said to the class, "This Thursday, I want each of you to bring something that matters to you and share it with the class." Li Yue sat quietly, thinking hard about what to bring. Suddenly, she remembered that the Lantern Festival would be the following Tuesday. A bright idea struck her, making her eyes light up instantly.

Thursday came quickly, and the classroom was filled with joy and laughter. Most students brought snacks and small toys to share. When it was Li Yue's turn, she stood up, holding a beautifully decorated wooden box. She opened it gently and took out a flat, folded piece of red paper. With a few quick, skilful folds and pulls, the paper magically turned into a delicate lantern frame. She placed a candle inside and lit it carefully. The gentle flame came alive, bathing the red lantern in warm light that spread throughout the classroom.

"It's incredible! What is it?" Emma, Li Yue's deskmate, asked eagerly. Li Yue smiled and held up the lantern, introducing the Lantern Festival, its traditions of hanging lanterns, guessing riddles and eating a kind of sweet glutinous rice (糯米) balls called *yuanxiao*, and how red lanterns symbolize hope and reunion in Chinese culture. "And this year, the Lantern Festival is exactly next Tuesday," she said.

Seeing how interested the whole class was, Mr White walked over with a smile. "This is a wonderful way to connect different cultures," he said to Li Yue. "Would you like to host a Lantern Festival party for the whole grade next Tuesday night? I'm sure it will be fantastic."

Li Yue nodded firmly, her face bright with excitement. "I'd love to!" she replied. The class broke into applause, but as she sat down, a little worry set in—how could she make the party fun and unforgettable?

注意:续写词数应为 150 个左右。

Paragraph 1:

Li Yue realized that the key solution was getting everyone involved. _____

Paragraph 2:

The party took place as scheduled in the school cafeteria.