



练习册

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全品

学练考

高中英语

必修第一册 RJ

细分课时

分层设计

落实基础

突出重点

详答案本

01

培养核心素养，聚焦主题语境

导学案

LEARN

WELCOME UNIT

主题素养积累

How to adjust to a new school

【导读】学校是孩子们学习成功的基础。适应一所新学校会让人感到紧张和害怕。当你去上一所新学校的时候，你可能会担心你不认识任何人或者不能适应新的环境。阅读本文，或许你能从中感悟到应该怎样去适应一所新学校。

School is a child's base (基础), where they learn to succeed. Adjusting to a new school can make you feel nervous and scared. When you go to a new school, you might worry that you don't know anyone or that you won't fit in. As you get into your schoolwork and after-school activities, you'll find that you're making friends and that life is getting easier. Knowing about your school, **preparing for** the first day and knowing how to make friends can make this transition (过渡) a lot easier.

Take a tour of your school. Before you start school, go with your parents to visit the school. Find out where your classroom will be, as well as the cafeteria, auditorium (礼堂), gym and other important places.

Learn the rules of the school. Every school has

teachers' instructions very closely. **Making a good impression on** your teachers will go a long way towards **making a positive adjustment to** a new school.

Make good decisions about making friends. When you are in a new school, you have the chance to make friends with anybody. It can be tempting (诱人的) to try to **fit in with** cool kids. You should, however, spend most of your effort making friends with people that you're comfortable around.

Set goals for yourself. By setting goals for yourself every day or every week, you can see how you are adjusting to your new school in very real ways. For example, you can say "I'll attend one club meeting this week", so that when you attend the meeting, you'll know you're trying hard to adjust.

【主题词句背诵】

1. adjust to... = adapt to... 适应……
2. prepare for 为……做好准备
3. keep sb out of trouble 使某人远离麻烦
4. make a good impression on 给……留下好印象
5. make a positive adjustment to... 对……做出积极

02

夯实语言基础，搭建知识框架

词汇点睛

1. exchange *n.* (an act of giving sth to sb or doing sth for sb and receiving sth in return) 交换; 交流; 互换 *vt.* 交换; 交流; 交易; 兑换

- | | |
|----------------------|---------|
| (1) in exchange | 作为交换 |
| in exchange for | 作为……的交换 |
| (2) exchange A for B | 拿 A 换 B |
| exchange sth with sb | 与某人交换某物 |

【佳句背诵】

Having spent the past year as an **exchange** student in Hong Kong, Linda appears more mature than those of her age.

由于琳达过去一年在香港做交换生，所以她看起来比同龄人更成熟。

句型透视

1. (教材 P4) What if no one talks to me?

要是没人跟我说话该怎么办呢?

句型公式

What if...? 要是……将会怎么样?

【句式点拨】

what if 用于提出假设或提出邀请和建议时，意为“要是……将会怎么样？如果……怎么样？”，其后句子要用陈述语气（用一般现在时）。

【温馨提示】 what if 也可用于虚拟语气，此时从句谓语用一般过去时或“should + 动词原形”。

(1) What if it rains when we can't find shelter?

假如下起雨来，我们又没处避雨可怎么办？（提出假设，用于陈述语气）

课内基础巩固

I 单词拼写

- Everyone in the group _____ (交换) e-mail addresses in order to keep in touch with each other at yesterday's meeting.
- The male voice is deeper than the _____ (女性的) voice, as is generally believed.
- Although they are of different _____ (国籍), the students at the school share the same language.
- Through this online platform, the students are able to _____ (登记) and hand in homework.
- Young children are beginning their _____ (正式的) education sometimes as early as four years old.
- She lives in France but has British _____ (nation).
- He is one of the _____ (design) of the all-time popular computer game.
- As it turned out to be a small house party, we needn't have dressed up so _____ (formal).
- Your luggage is overweight. Please have it _____ (register).
- It's hard to find words that match well _____ this music.
- I've just bought this tie, but can I exchange it _____ that one?
- Professor Black will give us a lecture _____ English literature tomorrow afternoon.

课后素养提升

IV 阅读理解

A [2024·广东广州高一期中]

This morning it was harder for me to get out of bed than usual. Usually, I have nightmares (噩梦) because of the terrible movies I watched the night before, and sometimes spicy (辛辣的) food makes me feel uncomfortable in sleeping. However, last night I tossed and turned all night because my anxiety was at an all-time high. I kept thinking about what my first day of high school would be like. What should I wear? What should I put in my

got off the phone, I threw myself on the bed with a long sigh (叹气). Although I'd experience this again tomorrow, I'm glad I got through my first day at school.

- () 1. What made the author fail to fall asleep last night?
- Anxiety of preparations for school.
 - Noise of the alarm that kept ringing.
 - Discomfort brought by spicy food.
 - Nightmares caused by a terrible movie.
- () 2. What can we infer from the third paragraph?

第四部分 写作(共两节,满分40分)

第一节(满分15分)[2024·浙江杭州高一月考]

假定你是李华,你的英国笔友 Jenny 询问你进入高中后的学习和生活情况。请用英语回一封信,主要包括:

- 学校及班级印象;
- 学习上的主要困惑;
- 计划和决心。

注意: 1. 词数 80 个左右;

2. 可适当增加细节,以使行文连贯。

第二节(满分25分)

[2024·辽宁沈阳二中高一月考]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

Emily White was born seventeen years ago with many physical issues affecting her tiny body. Some of her organs, bones and muscles were out of shape. Though no one expected her to survive, she did make it. But she had a strange figure that everyone could recognize, even from a distance.

In Emily's hometown, there was a yearly outdoor performance in the school hall at

目录 Contents

> WELCOME UNIT

Period One	Listening and Speaking	练 001/导 123
Period Two	Reading and Thinking	练 004/导 125
Period Three	Discovering Useful Structures	练 007/导 131
Period Four	Listening and Talking & Reading for Writing	练 010/导 133
④	单元小测(WELCOME UNIT)	练 013
④	单元话题续写——高中第一天	导 137

01 Unit 1 TEENAGE LIFE

Period One	Listening and Speaking	练 016/导 138
Period Two	Reading and Thinking	练 019/导 140
Period Three	Discovering Useful Structures	练 022/导 146
Period Four	Listening and Talking & Reading for Writing	练 025/导 148
④	单元小测(Unit 1)	练 028
④	单元话题续写——高中生活的挑战	导 152

02 Unit 2 TRAVELLING AROUND

Period One	Listening and Speaking	练 031/导 153
Period Two	Reading and Thinking	练 034/导 155
Period Three	Discovering Useful Structures	练 037/导 160
Period Four	Listening and Talking & Reading for Writing	练 040/导 162
④	单元小测(Unit 2)	练 043
④	单元话题续写——旅行	导 166

03 Unit 3 SPORTS AND FITNESS

Period One	Listening and Speaking	练 046/导 167
Period Two	Reading and Thinking	练 049/导 169
Period Three	Discovering Useful Structures	练 052/导 175
Period Four	Listening and Talking & Reading for Writing	练 055/导 176
④	单元小测(Unit 3)	练 058
④	单元话题续写——体育锻炼	导 181

04 Unit 4 NATURAL DISASTERS

Period One	Listening and Speaking	练 061/导 184
Period Two	Reading and Thinking	练 064/导 186
Period Three	Discovering Useful Structures	练 067/导 193
Period Four	Listening and Talking & Reading for Writing	练 070/导 195
④	单元小测(Unit 4)	练 073
④	单元话题续写——灾难及救援	导 201

05 Unit 5 LANGUAGES AROUND THE WORLD

Period One	Listening and Speaking	练 076/导 202
Period Two	Reading and Thinking	练 079/导 204
Period Three	Discovering Useful Structures	练 082/导 210
Period Four	Listening and Talking & Reading for Writing	练 085/导 212
④	单元小测(Unit 5)	练 088
④	单元话题续写——语言学习	导 216

M 默写本

WELCOME UNIT	默 01
Unit 1 TEENAGE LIFE	默 03
Unit 2 TRAVELLING AROUND	默 06
Unit 3 SPORTS AND FITNESS	默 08
Unit 4 NATURAL DISASTERS	默 11
Unit 5 LANGUAGES AROUND THE WORLD	默 13

◆ 参考答案(练习册)	练 091
◆ 参考答案(默写本)	默 16
◆ 参考答案(导学案)	导 217

>> 测 评 卷

单元素养测评卷(一)	[WELCOME UNIT]	卷 001
单元素养测评卷(二)	[Unit 1]	卷 005
单元素养测评卷(三)	[Unit 2]	卷 009
单元素养测评卷(四)	[Unit 3]	卷 013
单元素养测评卷(五)	[Unit 4]	卷 017
单元素养测评卷(六)	[Unit 5]	卷 021
模块素养测评卷	[WELCOME UNIT—Unit 5]	卷 025
参考答案		卷 029

Period One Listening and Speaking

课内基础巩固

I 单词拼写

- Everyone in the group _____ (交换) e-mail addresses in order to keep in touch with each other at yesterday's meeting.
- The male voice is deeper than the _____ (女性的) voice, as is generally believed.
- Although they are of different _____ (国籍), the students at the school share the same language.
- Through this online platform, the students are able to _____ (登记) and hand in homework.
- Young children are beginning their _____ (正式的) education sometimes as early as four years old.
- The hall seats 2,000 people, but is of poor _____ (设计).
- However weak the _____ (国家) may be, it will never give in to a greater power.
- All students will be considered regardless of age, _____ (性别) or nationality.
- He showed me around the _____ (校园) when I first arrived.
- The professor who comes from Peking University is going to give us a _____ (讲座) on how to improve our spoken English.

II 单句填空

- At last, the exchange student from the UK found the _____ (register) office.

- She lives in France but has British _____ (nation).
- He is one of the _____ (design) of the all-time popular computer game.
- As it turned out to be a small house party, we needn't have dressed up so _____ (formal).
- Your luggage is overweight. Please have it _____ (register).
- It's hard to find words that match well _____ this music.
- I've just bought this tie, but can I exchange it _____ that one?
- Professor Black will give us a lecture _____ English literature tomorrow afternoon.

III 短语填空

- Many students _____ (报名) second foreign language courses every year.
- The television programme _____ (为做……而设计) educate children to share things with their friends.
- In Germany, your interview might _____ (以……开始) a very short conversation followed by a formal interview.
- Lessons learned from the past can guide one _____ (将来).
- There will be a lecture for exchange students _____ (在校园里), so you can attend it.

IV 阅读理解

A [2024·广东广州高一期中]

This morning it was harder for me to get out of bed than usual. Usually, I have nightmares (噩梦) because of the terrible movies I watched the night before, and sometimes spicy (辛辣的) food makes me feel uncomfortable in sleeping. However, last night I tossed and turned all night because my anxiety was at an all-time high. I kept thinking about what my first day of high school would be like. What should I wear? What should I put in my schoolbag? I finally fell asleep around 5:45 and my alarm started going off at 6.

I couldn't let those thoughts cloud my mind. I had to prepare myself for one of the most important days of my life. I packed my things and headed out of the door. My first class wasn't too bad. I listened to my English teacher discuss the importance of themes, but otherwise, it was a pretty easy-going class.

During lunchtime, I had a pizza and an orange soda. I'm grateful for the food not tasting terrible so I wouldn't keep thinking about that all day. I still didn't manage to find any new friends to sit with, but I was just happy I found a quiet place to stay. It would have been uncomfortable if I had to sit in a noisy classroom to eat lunch, or an empty hallway with some kids walking past and laughing.

Once the last bell rang, I was eager to get home and tell Charlie, my childhood friend, how my day went at a new school. I was just excited to speak to a familiar voice and share my feelings of the whole day. I wondered how his day went at his new school as well. I got on the same train line that I took to school and headed back home.

Speaking to Charlie on the phone, I found out he made many new friends today. Once I

got off the phone, I threw myself on the bed with a long sigh (叹气). Although I'd experience this again tomorrow, I'm glad I got through my first day at school.

- () 1. What made the author fail to fall asleep last night?
- A. Anxiety of preparations for school.
B. Noise of the alarm that kept ringing.
C. Discomfort brought by spicy food.
D. Nightmares caused by a terrible movie.
- () 2. What can we infer from the third paragraph?
- A. The author disliked eating in a noisy place.
B. The author was quite satisfied with the food.
C. The author made some new friends at school.
D. The author found it difficult to find a quiet place.
- () 3. Why was the author eager to go home after school?
- A. To play with his childhood friend.
B. To know how Charlie's first day went.
C. To catch the train line he took to school.
D. To share feelings about school with Charlie.
- () 4. How did the author feel after talking to Charlie?
- A. Surprised. B. Shocked.
C. Relaxed. D. Delighted.

B [2024·陕西汉中高一期中校际联考]

It's time to go back to high school. Students are excited about the new beginning. But for many kids, the first day is more about friends than classes, and maybe with good reason. On that day, the teacher takes attendance (点名), hands out books, and describes the teaching plan. If a student hears the same things in seven classes, you can't

blame(责备) them for thinking it's going to be another long year. When the high schoolers' parents ask what they did in school, it's pretty likely that the answer will be "nothing".

It doesn't have to be this way. Kids always want exciting changes, and you can give them a taste of how appealing your course will be. One English teacher asks students to write 77 words about what they want to get out of her class. Then she reads their responses out aloud. She keeps the responses until the last day of the school year. Finally, she hands them back to students so that they can see if they achieved what they wanted. After encouraging kids with a year-long game, she begins the English course.

On the first day of science, a teacher gives students 30 minutes to build something to improve people's lives. A history teacher organizes a debate on whether Swiss cheese is better than cheddar. In maths class, another teacher puts students in groups of three, and gives them six minutes to come up with as many answers as possible to the question, "What is maths good for?"

The new class activities are part of our school-wide movement to improve the first day of classes. Many teachers choose to use creative ways to encourage kids from day one. And all students seem to enjoy the changes. Quite a few parents told me that their kids said, "I think English (or maths or biology or Spanish) is going to be great!"

- ()5. Which best describes the class on the first day of school in Paragraph 1?
- A. Too boring.
B. A bit strange.
C. Really wonderful.
D. Quite challenging.
- ()6. What does the underlined word "appealing" in Paragraph 2 probably mean?
- A. Confusing. B. Ordinary.
C. Attractive. D. Unfamiliar.

- ()7. What will the students find out in their English class at the end of the school year?
- A. If their writing skills have improved.
B. If their expectations have been realized.
C. If they can understand the 77 words.
D. If the teacher likes their responses.
- ()8. What do the teachers in Paragraph 3 have in common?
- A. All try to organize different debates.
B. All ask students to work in groups.
C. All hold discussions on teaching plans.
D. All choose to do something exciting.

Ⅶ 语法填空

[2024·辽宁省实验中学高一期中]

Meng Hao, a new high school student, rushed to school quickly and 1. _____ (happy) on the first day at senior high. 2. _____ (arrive) at the school, he found the campus quiet and decided to explore it. He 3. _____ (look) at the photos on the noticeboard when he met a white-haired man, who later proved to be his English teacher. The teacher asked the whole class to introduce themselves to the class one by one. Meng Hao wanted to make his introduction 4. _____ (impress) but he hadn't prepared before. So he became very nervous when 5. _____ was his turn. He said he was Meng Hao. On hearing this, the class burst into 6. _____ (laugh) for he shared the same name with their teacher. Though 7. _____ (embarrass), he was made relaxed by Mr Meng's humour. The teacher said high school might sometimes be 8. _____ (challenge), but how to avoid putting themselves under pressure all depended on 9. _____ they did. He encouraged the students to keep calm and be prepared. Well begun, half done. Meng Hao was full of hope for 10. _____ new school life.

班级

姓名

题号
答案区

阅读理解

1

2

3

4

5

6

7

8

Period Two Reading and Thinking

课内基础巩固

❶ 单句填空

1. My twin brother is _____ (outgoing) than me although we are raised much in the same way.
2. It's really _____ (annoy) when a train is late and there's no explanation.
3. The _____ (frighten) look on her face suggested that something terrible must have happened to her.
4. If you're worried about your health, share your _____ (anxious) with your doctor.
5. I have great _____ (confident) in you and I believe you can make it in the end.
6. She fell _____ (awkward) and broke her ankle when she was skiing.
7. It was hard to follow what he was saying, and finally I lost _____ (concentrate).
8. One of the most _____ (impress) memories was the opportunity to learn about the cultural traditions of our city.
9. Chemistry is great because we do _____ (experiment) in the science lab and our teacher, Mr King, is so funny.
10. He's been given a **company** car, even though he's **junior** _____ me.

❷ 短语填空

1. My schedule is very tight _____ (现在), but I'll try to fit you in.
2. If you _____ (专注于) what you don't have, you will never, ever have enough.

3. _____ (对……有信心) yourself, and you will make your dream come true.
4. There was a time when he _____ (对……生气) the noise from the construction site at midnight.
5. Life is valuable, so don't _____ (为……担忧) the little things all day.
6. On my first day at **senior high**, my English teacher _____ (给……留下深刻的印象) me.
7. _____ (最后), after twenty hours on the boat, they arrived at their destination.
8. I feel **annoyed** right now, so you might as well _____ me _____ (不打扰).

❸ 句型训练

1. Don't take yourself too seriously. _____ ? (what if)
不要把你自己太当回事。如果你犯了错那又怎样?
2. During our travel we _____. (find + 宾语 + 宾补)
在我们的旅程中,我们发现村民们非常友好并且乐于助人。
3. Could you please _____ ? I'm busy with my report now. (tell)
你能告诉那个女孩保持安静并让我一个人待一会儿吗? 我现在忙着赶报告呢。
4. Travelling is a good way _____ and broaden the mind. (explore)
旅行是探索不同文化和开阔眼界的好方法。

Ⅳ 阅读理解

[2024·浙江金华一中高一期中]

After entering high school, you may find there are many clubs at your school. You may think you're too busy to join one. But as a former high school student, I can tell you joining a school club can greatly benefit you.

Your old friends may have left you after entering high school. And it means you need to meet new people. Joining a club allows you to talk with others and find those who have similar interests as you. Based on my experience, I have met some of my best friends from club activities which opened up many new doors for me.

Another really nice thing about joining a club is that it looks really good on your applications. Trying new things is something that looks really good on any application. Being outgoing is considered a very good quality, which shows that you are determined and willing to put yourself out there and best of all try new things. What's more, it can help you develop skills that can serve you during future college interviews.

Besides, joining a club can make students use their free time wisely. Most teens go to schools, then go back home and spend the rest of the day in front of a screen. Teens are also very likely to fall into the wrong crowd, which could lead to some bad results. Clubs are good places to spend time, with good people to fall back on.

The most important reason why you should join a club is the long-term benefits it brings. The classroom isn't the only learning environment in a school. The skills you learn in clubs are necessary ones that can be used in everyday life, which I think is the final goal of

joining a club. Things such as meeting and speaking to new people, making the most of time, and being organized are those you will meet every single day of your life, but you can learn all of them in clubs.

So if you haven't joined a school club yet, you know what you should do now.

- () 1. What can we learn from the second paragraph?
- Friends should share common interests.
 - Joining a club helps one make friends.
 - Joining a club benefits one's mental health.
 - Friends may leave each other sooner or later.
- () 2. What does Paragraph 4 imply?
- Teens today aren't so interested in joining clubs.
 - Some classrooms are not big enough for students.
 - Doing club activities can help teens attend a good university.
 - Joining a club helps keep students away from doing bad things.
- () 3. In the author's opinion, what's the greatest benefit of joining a club?
- Developing new hobbies.
 - Meeting different people.
 - Getting useful life skills.
 - Making use of your free time.
- () 4. What's the author's purpose in writing the text?
- To give tips on making new friends.
 - To show ways to set up school clubs.
 - To teach students to enjoy a better school life.
 - To encourage high school students to join a club.

Ⅶ 阅读七选五

[2024·陕西渭南高一期中联考]

Making a good first impression is important, especially in certain situations. Are you trying to make a good impression on other people? 1. _____

Pay attention to your body language. It can convey (传递) a great deal of information, so it is important to make sure that your body language helps with the impression you are trying to make. 2. _____ Sit or stand straight and keep your arms at your sides and your legs straight. Avoid crossing your arms or legs.

Watch your expressions. Besides using good body language, be sure to watch how you are responding (回应) with your facial expressions. 3. _____ If you are feeling nervous, such as in the face of strangers or while speaking in public, try to keep a relaxed expression.

Dress properly. Appearance, including how you dress, can help give others information about who you are to others. If you are dressed correctly, it may help people form a good impression of you. Choose clothing that looks neat (整洁的). 4. _____

Consider your words. When speaking to others, focus on using language that is polite and respectful. While there are certain opinions or subjects you might feel comfortable discussing with people who already know you well, it is best to try to be considerate of other people's feelings and backgrounds when you are first introduced.

5. _____ When you are speaking to someone new, practise active listening. Be truly interested in what they have to say and make sure that you are listening to their words. Noticing the other person is also a great way if you are feeling anxious about meeting new people. By paying much attention to the other person, you're less likely to be nervous.

- A. Show interest in others.
- B. Let others see the real you.
- C. Here are some tips that can help.
- D. What do you do to make a good impression?
- E. Make sure you keep your body towards the other person.
- F. Smiling, for example, can help show warmth and interest.
- G. It helps you feel comfortable and confident when you're meeting new people.

Ⅷ 语法填空

[2024·辽宁铁岭高一期中测试]

I'm Lisa Osborne and I 1. _____ (graduate) from high school last June. Now, I'll share my advice on high school with you.

Orientation Day was 2. _____ (actual) helpful. It's a fantastic opportunity for new students 3. _____ (get) to know the school and the other students. I even made some new friends! Just keep 4. _____ open mind and take part 5. _____ much as possible.

I had a chemistry test right at the end of the first week. I was 6. _____ (frighten) at the sight of the test paper. But then I 7. _____ (figure) I'd better just go all out and see what happens. If you fail, no problem—next time you can fail better!

As a member of the school volleyball team, I wasn't selected for the end-of-year competition. At first I was very sad, 8. _____ I kept working hard to support my teammates during our training. There is always a way to be part of something you love, isn't there?

9. _____ (look) back on my high school life, I'd like to share these wonderful words from the writer Maya Angelou. She once said, "Be a rainbow in somebody else's cloud." So give your friends a hand when they need 10. _____. And this will also make you feel good.

Period Three Discovering Useful Structures

课内基础巩固

❶ 指出下面的句子是哪一类句型

1. The May Fourth Movement broke out in Beijing in 1919. _____
2. That gentleman can speak three languages fluently. _____
3. Would you please pass me the dictionary? _____
4. This kind of food tastes delicious. _____
5. The terrible sound made the children frightened. _____

❷ 句型训练

1. _____ when he isn't working. (like) 他不工作的时候喜欢画画。
2. _____ on my birthday last week. (buy) 上周我父亲在我生日那天给我买了一辆新自行车。
3. _____ on the playground just now? (see) 你刚才看到李明在操场上踢足球了吗?
4. _____ when spring comes. (get) 当春天到来时,白天就会变得越来越长。
5. _____ to read a few stories to my daughter every night before she goes to bed. (it 作形式宾语) 我每天晚上在女儿睡觉之前给她读几个故事,这已经成为惯例。

❸ 语法填空 [2024·河北衡水二中高一期中]

My high school life has been filled with

many ups and downs, whether it is social or academic. Even though my current high school was not my first choice, I never regretted 1. _____ (attend) Southside High School.

Up until the junior year I did not realize my capabilities as a student. I 2. _____ (tell) that my junior year would be the 3. _____ (tough) in all the years of high school. With this little piece of information, I walked into my junior year, 4. _____ (scare) of my grades. As weeks passed by, I still didn't pay enough attention to it. My grades were rapidly becoming worse 5. _____ by the end of the first term I had had five Cs in seven of my classes! I couldn't believe it! I made great efforts 6. _____ (get) my grades up myself without any help from anyone, but my pride just 7. _____ (make) my grades worse. And I had to miss out on one of 8. _____ most important speech and debate competitions all year: States. I realized I had to get help. Once I got a tutor, my grades went from Cs, Ds to nothing 9. _____ As and Bs. I slowly started to gain my 10. _____ (confident) back in all of my classes and myself and even received awards from speeches and debates.

I am proud to be a Southside Tiger.

课后素养提升

❹ 阅读理解 [2024·宁夏银川一中高一期中]

At Granger High School, freshmen (新生) came from different junior high schools. Some freshmen were worried and nervous when going into senior high school. "When we were

registering for our classes, I was a little nervous. I didn't know anyone at Granger. I'm kind of social. If a teacher puts me with someone, I can get along well with them. However, it's different starting in a new school with lots of strangers," Mark Calderon said.

While many had similar feelings to Calderon, others had a different opinion. “I didn’t really care about going to senior high school. I already had lots of friends at Granger. Besides, my friends from other junior high schools were going to go to Granger, so going there meant we all would get to be together,” Jordan Thomas said.

The transition (过渡) to senior high school is just the first part. The other part is being able to get through high school with a comfortable experience, meaning trying to get the grades they want. “I’m not doing so well in my schoolwork,” Calderon said. Many other freshmen can relate. The first year of senior high school can be difficult for students to get used to because classes are more difficult than those in junior high school. The pace (节奏) feels a little faster for those who have a hard time dealing with their study.

Not only that, but surveys also showed that about 40 percent of freshmen are always not going to school. Unluckily, lots of freshmen have failing grades. “The time that’s provided for them on Mondays and Tuesdays is to help them catch up in classes. Instead they’re busy talking to their friends and playing around,” Mr Timothy, a senior high school teacher, said.

- () 1. What worried Mark Calderon?
- His grades.
 - His personality.
 - Fast-paced high school life.
 - Relationships with new classmates.
- () 2. What did Jordan Thomas say about his new life in senior high school?
- He was afraid of it.
 - He had no idea of it.
 - He avoided sharing it.
 - He looked forward to it.
- () 3. What does the author mean by writing “Many other freshmen can relate.” in Paragraph 3?
- Many freshmen have similar experiences.
 - Many freshmen will get used to new life.

- Many freshmen want to get good grades.
- Many freshmen will get on well with others.

- () 4. What does the last paragraph focus on?
- Ways that help keep students’ grades up.
 - Reasons why students fall behind in study.
 - Students’ difficulties in improving their grades.
 - Teachers’ worry about the future of their students.

Ⅴ 阅读七选五

[2024·辽宁重点高中联合体高一期中]

Relaxing your nerves (神经紧张) on the first day of senior high school

Starting senior high school is a great experience, but it’s perfectly normal (正常的) to feel nervous. Stay positive (积极的). There are many things about senior high school that are different from your junior high school.

Prepare for school. Before your first day, try to learn about your new school. 1. _____ Start talking to a stranger, and try your best not to be frightened by senior teachers. Once you calm down, you won’t be nervous!

2. _____ It’s normal to feel nervous about your first day of senior high school. However, believe in yourself, and give yourself encouragement to open yourself up to new experiences, meeting people, learning, and other exciting chances that senior high school offers.

Remind yourself that your new classmates are nervous, too. 3. _____ Your new classmates feel as nervous as you. Even if some people seem to be cool as if they were not nervous, they’re probably feeling pretty nervous inside.

4. _____ Your mind might be full of questions like, “Will I make friends?” or “Will my teachers like me?” When you feel anxious

and start second-guessing yourself, take a deep breath. Tell your mind to stop paying attention to nerve-racking questions, and try to think about something you find relaxing. 5. _____

- A. You're happy to go to school.
- B. Stay confident and encourage yourself.
- C. Feel nervous about making friends at school.
- D. You can know it from its website and posters.
- E. New situations can be worrying, but you're not alone.
- F. Try not to pay too much attention to questions that make you nervous.
- G. You'll get used to your new school and nervousness will go away.

VI 完形填空

[2024·安徽合肥庐巢八校联考高一期中]

Each school year, we welcome a new generation of students. Freshmen enter high school not 1 what to expect. They will soon learn that classes are harder, bathrooms are busier and grades seem to 2 more than in middle school.

But freshman Adam Lin finds high school more 3 than middle school. "The 4 are more flexible with what we do in class. The administration is not as 5 as before and we can decide what to wear," said Lin.

While Lin enjoys his freedom and flexible teachers, he 6 talking to his friends in PE class. "In high school, PE is an elective and no longer a(n) 7 class. I miss 8 my friends in PE class because that was the time when I could relax," stated Lin. "My classes can be hard sometimes and I wish I had more 9 time with my friends."

Lin entered the school campus without a sense of 10. The campus was bigger than he had expected and classes were usually in the opposite direction of his previous class. "11 are too far away from class. If I'm walking

across the campus to my next class and I decide to use the bathroom, I end up being 12," said Lin. "I love the classes here, but it'll take me some time to find my way around the 13."

Coming into high school, freshmen carry many goals of what they hope to 14. At the end of high school, Lin hopes to graduate with excellent grades and 15 a university like Massachusetts Institute of Technology because of his love of engineering.

- ()1. A. planning B. knowing
 C. exploring D. forgetting
- ()2. A. matter B. drop
 C. test D. show
- ()3. A. valuable B. difficult
 C. enjoyable D. tiring
- ()4. A. teachers B. students
 C. seniors D. juniors
- ()5. A. common B. good
 C. simple D. strict
- ()6. A. misses B. realizes
 C. regrets D. remembers
- ()7. A. special B. required
 C. popular D. organized
- ()8. A. arguing with
 B. looking after
 C. depending on
 D. hanging around with
- ()9. A. easy B. free
 C. busy D. local
- ()10. A. control B. humour
 C. direction D. confidence
- ()11. A. Labs B. Shops
 C. Bathrooms D. Restaurants
- ()12. A. late B. afraid
 C. hurt D. hungry
- ()13. A. playground B. classroom
 C. building D. campus
- ()14. A. open B. collect
 C. achieve D. solve
- ()15. A. tour B. attend
 C. change D. choose

班级
姓名
题号
答案
阅读
理解
1
2
3
4
七选五
1
2
3
4
5
完形
填空
1
2
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Period Four Listening and Talking & Reading for Writing

课内基础巩固

❶ 单句填空

1. His mind kept _____ (flash) back to what had happened the night before.
2. The UN is an international _____ (organise) that helps countries to solve the problems peacefully.
3. He looked at me _____ (curious) as if he had some doubt that he was unwilling to express.
4. It's only a small _____ (improve), but at least it's a step in the right direction.
5. _____ (revise) is a must if you want to grasp what you have learned.
6. It is wise _____ (have) some money put away for old age.
7. She was elected class president because of her good _____ (personal).
8. English textbooks often require students to master new study skills and learning _____ (strategy).
9. We **look forward to** _____ (exchange) views with you face to face.
10. The old woman hated spending her holiday alone, so she took her daughter _____ company.

❷ 短语填空

1. As a **curious** teenager, I _____ (期望) **exploring** the universe and discovering its truths.
2. Children should be encouraged to **explore** whatever they _____ (对……感到好奇).

3. People who _____ (做笔记) remember the material better than those who don't.
4. Success in study mainly _____ (取决于) one's own efforts.
5. I can't _____ (集中精力于) what I'm doing with all that noise going on.

❸ 句型训练

1. _____ depends on _____. (名词性从句)
他是否会来取决于他是否有足够的时间。
2. Wherever she is, you will _____ her cellphone. (never... without...)
无论她在哪里,你会发现她手机不离身。
3. _____, please think twice before you act. (no matter what)
不管你想做什么事,请三思而后行。
4. If a student is invited to a dinner at a home, _____ between the time stated and 10 minutes later. (it)
如果一个学生被邀请到(别人)家里去吃饭,明智的做法是在约定时间之后的十分钟内到。
5. The couple _____ they decided to make a trip to Madagascar for further research. (so... that...)
这对夫妇对野生植物很好奇,以至于他们决定去马达加斯加做进一步的研究。

Ⅳ 阅读理解

[2024·内蒙古赤峰实验中学高一期中]

High school began with meeting new friends, which was the most exciting part of that period. However, I noticed the difference with middle school right away since students around me were trying their best to get good grades. As for me, I saw these years as our last opportunity to spend time together as a group.

It was surprising for me to find out that my friends, including my best friend, were no longer willing to meet very often after school. This made me realize that perhaps I failed to realize the true meaning of these final years. I should state that it became especially clear after I talked to my best friend. He told me that he was really worried because I seemed to have no plan when it came to preparing for college. To be completely honest, he was right.

Luckily, my best friend was wise and able to explain his point of view to me. Also, he offered to spend time studying with me and getting me ready for the test to make sure I did not miss out on anything meaningful from the textbook. This was surprising for me since I was confident that activities like reading textbooks could not be enjoyable. I was wrong, and this challenge taught me that having fun in high school does not just mean going to parties or spending time in cafes. Instead, you can have an enjoyable experience that will also be good for your future.

I am glad that I was able to learn from this situation. After some time had passed, I understood and was able to change my behaviour and attitude towards studying in high school just in time. Now, I study harder to get more knowledge, and try to understand which subjects I am most interested in, and find out what I want to study in the future.

- () 1. For the author, how do students in high school differ from those in middle school?
- They like to stay together.
 - They prefer to study in groups.
 - They are busy meeting new friends.
 - They are working on getting good grades.
- () 2. What does the underlined word “This” in Paragraph 2 refer to?
- The author’s best friend worrying about him.
 - The author’s friends not meeting like before.
 - The author failing to fit in with the final years.
 - The author having no plan for entering college.
- () 3. What lesson did the author learn from his experience according to Paragraph 3?
- Being confident is helpful to get great grades.
 - Having a smart friend is important in school.
 - High school students should spend time on relaxing activities.
 - High school students should do activities that are good for their future.
- () 4. What does the author want to share in the text?
- His high school challenges.
 - His favourite subject.
 - His future goals.
 - His friendship.

Ⅴ 写作

第一节 应用文写作

[2024·湖南师大附高一月考]

你校正在组织英语作文比赛,请你以“My first day at senior high school”为题写一篇作文参赛,内容包括:

- 所见所闻;
- 当时的感受。

班级	
姓名	
题号	
阅读	
1	
2	
3	
4	

注意:1. 写作词数应为 80 个左右;
2. 题目和开头已为你写好, 不计入总词数。

My first day at senior high school

The first day at my senior high school left me a deep impression. _____

第二节 读后续写

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。

My 16-year-old daughter, Lin, had always been a cheerful girl, full of laughter. Her transition (转变) to senior high school was originally met with great enthusiasm (热情). She would come home every day, sharing with us tales of her new experiences, her friends and the fun news of high school life. But as weeks went by, she became quieter and something seemed to be troubling her deeply.

My husband and I realized something was wrong, but we decided to wait until she was ready to open up. One evening, I prepared her favourite *jiaozi* for supper, hoping it would cheer her up. However, that night, it was different. She seldom touched it, lost in thought. After the meal, we gathered in the living room, a space where our family had shared many heart-to-hearts. The air was heavy with unspoken words. My husband and I exchanged a quick look before I decided to break the silence. I gently brought up the subject, "Lin, you seemed worried lately. Is everything okay at school? You know you can

always open up to me and your dad."

Lin looked up, her eyes reflecting a mix of frustration (沮丧) and hopelessness. "Mum, I'm really struggling with physics. No matter how hard I try, I couldn't understand it a little bit. I feel so lost," she admitted, with her voice trembling slightly. My heart sank as I saw the sadness in her eyes. Physics had always been a challenging subject for her, but this time it seemed to go beyond the usual difficulties. Then I reached out, holding her hand and trying to offer comfort and said, "High school is a big step and it's okay to take some time to adjust (调整). The most important thing is that you've been honest about how you're feeling." My husband cut in, "We can work through this together, step by step. Remember, we are always here for you." Then we offered her some practical advice.

注意:续写词数应为 150 个左右。

Paragraph 1:

Over the next few weeks, Lin followed the ways we discussed. _____

Paragraph 2:

Finally came Lin's final-term physics exam. _____

▶ 单元小测

WELCOME UNIT

❶ 单句填空

1. Some parents tend to build their kids' _____ (confident) by giving them enough praise.
2. Your art skills are excellent, which leaves me a deep _____ (impress).
3. The UK is a developed country and its _____ (nation) flower is rose.
4. I wonder what learning _____ (strategy) you will share with your partner.
5. Although it was hard at first, Jane came to enjoy working as a fashion _____ (design).
6. It's hard to describe how I feel on my first day at senior high. It's a mixture of _____ (anxious) and excitement.
7. It's just an _____ (formal) party, so you can wear anything you want, like T-shirts and jeans.
8. The teacher was so _____ (annoy) with the boy for turning up late every day.
9. If you want to take a book out of the library, you just need to fill in a _____ (register) form.
10. _____ (learn) to think critically (批判性地) is an important skill today's children will need.

❷ 短语填空

1. It seems that the trip to Yunnan with his parents has particularly _____ (给……留下印象) him.
2. John lost touch with us one year ago; no one knows what _____ (发生) him ever since.
3. We _____ (对……感到好奇) how the astronauts drink water while they are standing on their heads.
4. He will _____ (不碰) things that might cause trouble; as he often says, "Let sleeping dogs lie."

5. After a long wait the big day for the football match came _____ (终于,最终).
6. When the teacher explained the text, the students listened attentively and _____ (记笔记).
7. If you just look at words, you may forget them quickly, but writing them makes you _____ (集中精力于) them more efficiently.
8. When you _____ (做实验), it is important that you have the patience to observe and record the whole process of the experiment.

❸ 句型训练

1. _____ our idea? (what if)
要是父亲不同意我们的主意怎么办呢?
2. As/Being an exchange student, I _____ on my first school day.
作为一名交换生,在开学第一天我感到既兴奋又焦虑。
3. The thought of _____ filled her with horror. (leave alone)
想到被孤零零地留下,她不寒而栗。
4. I will pay a visit to the Great Wall _____ this summer. (graduate)
今年夏天高中毕业后,我将去参观长城。
5. _____ and making friends with you. (look forward to)
我期待着与你们一起学习,并与你们成为朋友。

❹ 阅读理解

[2024·广东深圳外国语学校高一月考]

Dr Degenaar came into the lecture room on the first Friday morning of the term and asked us to write down our own understanding of the "soul". Here was the "teacher" asking us what we thought—it was really an exciting

experience. He was not telling us what he thought but asking us how we saw something. The following discussion was interesting. That was my first experience of real learning in a classroom.

Almost 50 years have passed since that experience. Of the other lecturers who “taught” me during that year, I remember they “taught” me the history of Greek philosophy (哲学), but I remember little of that history and nothing of those lecturers. And most of what I remember about Greek philosophy is what I learned in Dr Degenaar’s class, for my own interest.

I took further courses with Dr Degenaar in the following years. Like the first class, there was little “lecturing” on the philosophy, but far more involvement (参与) of us all in a process of common discovery in which we learned a lot about each other and the key points of the day. The excitement of discovery stays with me. Then it took me almost another 20 years to get a deeper understanding of what had happened in that lecture hall; experiential learning.

Traditionally, learners have been seen as “empty containers” waiting to be “filled” with learning given them by the teacher. The learner is, therefore, dependent on the teacher for what to think and how to think. Compliance (遵从) is rewarded and so independent and original thinking is not developed.

In comparison, in experiential learning, the learner is encouraged to think by himself/herself and not to repeat the thought patterns of the teacher. The learning happens not because of what a “teacher” or “lecturer” says but because of what the learner does. In this sense, I think this is the best way to learn and everyone should try it and learn from it.

- ()1. Which word best describes Dr Degenaar’s first Greek philosophy class?
- A. Boring. B. Amazing.
C. Confusing. D. Depressing.

- ()2. Why does the author compare Dr Degenaar with the other lecturers?
- A. To praise Dr Degenaar’s attitude to his job.
B. To stress Dr Degenaar’s great influence on him.
C. To point out Dr Degenaar’s popularity among students.
D. To show the author’s deep interest in Greek philosophy.
- ()3. How does experiential learning differ from traditional learning?
- A. It has no specific learning places.
B. It applies knowledge to medical care.
C. It encourages independent thinking.
D. It focuses more on the result of learning.
- ()4. What is the text mainly about?
- A. A respected teacher.
B. A favourite university lesson.
C. The factors of experiential learning.
D. An effective learning method.

Ⅴ 语法填空

[2024·四川名校联盟高一期中]

As American students look forward 1. _____ their final year in high school, a whirlwind of emotions (纷乱的情绪) is also with them. Excitement and nervousness fill the air as they prepare for the final year.

The organisation work becomes important as students move to the final year. With many classes, exams, college applications (大学申请) and extra-curricular 2. _____ (activity), staying on top of these things becomes a top concern. Students find themselves 3. _____ (get) better time management skills and creating time plans to make sure everything is in order.

The goal of students 4. _____ (be) to make the most of their final year, both academically (学术上) and socially. So they work hard 5. _____ (improve) themselves, aiming for good grades to enter

better colleges. And they want to have better leadership skills through clubs, sports and community service to make an 6. _____ (impress) on their dream colleges.

Despite the excitement and nervousness, 7. _____ is natural for students to feel a little stress and anxiety. College applications and decisions weigh 8. _____ (heavy) on their minds, 9. _____ the pressure to make the right choices can sometimes be 10. _____ (annoy). However, they would always find support from friends and teachers.

Ⅶ 完形填空

[2024·河北衡水武强中学高一期中]

Growing up in the USA, I always wanted to experience another culture. The 1 came when I was 15. After a few months of planning and 2, I was ready to spend the second 3 of my first high school year as an exchange student in Australia.

4 in Perth was one of the most exciting moments of my life. I realized then that there was no turning back. The family I would live with was 5 meeting me, and it would only be five days before the new school year. The school I attended was 6 my school back in the States. I was quite 7 at first, especially never having been to a new school—even in the US. Everything went without 8, though. The teachers were welcoming and the students were friendly.

The most 9 time was travelling with other exchange students around Australia during our half-term break. The few weeks we 10 together were full of amazing activities.

At the end of our 11 in Australia, we had three weeks to share our stories and help each other deal with leaving. It was only 12 that our last day together was filled with tears. We packed our camp, 13 e-mail addresses and gathered together for a final good-bye.

Upon coming home, an open mind was again important. Resettling home took time and 14, but at last I made it. All the while, I was thoughtful to let my family and friends know how happy I was to be home and how much I had missed them—though the experience is still 15 with me. So, if you have the opportunity to study abroad, you most certainly should.

- ()1. A. task B. challenge
C. opportunity D. vacation
- ()2. A. packing B. convincing
C. performing D. preparing
- ()3. A. term B. campus
C. topic D. stage
- ()4. A. Flying B. Landing
C. Working D. Studying
- ()5. A. going all out
B. getting away from
C. looking back on
D. looking forward to
- ()6. A. similar to B. different from
C. as good as D. the same as
- ()7. A. confident B. annoyed
C. worried D. confused
- ()8. A. hope B. doubt
C. difficulty D. argument
- ()9. A. valuable B. acceptable
C. comfortable D. memorable
- ()10. A. spent B. explored
C. studied D. worked
- ()11. A. stay B. visit
C. trip D. holiday
- ()12. A. funny B. natural
C. strange D. simple
- ()13. A. made B. wrote
C. shared D. exchanged
- ()14. A. effort B. money
C. ability D. wisdom
- ()15. A. sadly B. clearly
C. likely D. amazingly

班级
姓名
题号
答案
1
2
3
4
完形
填空
1
2
3
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