单元素养测评卷（一）

WELCOME UNIT

（时间：120 分钟　分值：150 分）

班级：_____　姓名：_____　得分：_____

单元素养测评卷一听力录音

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 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

（　）**1．**Whose birthday is it today?

A. Mike's.　　　B. Richard's.　　　C. Susan's.

（　）**2．**What does the man want to be?

A. A cook.　　B. A teacher.　　C. A gardener.

（　）**3．**What are the speakers mainly talking about?

A. Their friend Jane.

B. A weekend trip.

C. A radio programme.

（　）**4．**What is the woman's telephone number?

A. 213-486-2435.

B. 212-486-2435.

C. 212-486-2434.

（　）**5．**How does the man always feel?

A. Full.　　　　B. Hungry.　　　　C. Energetic.

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

（　）**6．**What does the woman suggest buying first?

A. Flowers.　　　B. A scarf.　　　C. Chocolates.

（　）**7．**Where will the speakers probably go next?

A. To a garden.

B. To a shop.

C. To the teacher's office.

听第 7 段材料，回答第 8、9 题。

（　）**8．**Why does George want to go to the book exhibition?

A. To buy a book.

B. To meet a friend.

C. To do a book signing.

（　）**9．**What will the woman do before going to the book exhibition?

A. Hold a parent meeting.

B. Go to her son's school.

C. Pick up Sarah.

听第 8 段材料，回答第 10 至 13 题。

（　）**10．**What is the woman doing?

A. Attending a meeting.

B. Having a job interview.

C. Making a self-introduction in a show.

（　）**11．**What is the woman's major?

A. Literature.

B. Education.

C. Public administration.

（　）**12．**Why was the woman out of school during high school?

A. She was badly ill.

B. She had to act in a film.

C. Her father took her to America.

（　）**13．**What part-time job did the woman do at college?

A. A travel guide.　B. A designer.　　C. A tutor.

听第 9 段材料，回答第 14 至 17 题。

（　）**14．**What is the possible relationship between the speakers?

A. Teacher and student.

B. Classmates.

C. Colleagues.

（　）**15．**Where does the conversation probably take place?

A. In the classroom.

B. Over the phone.

C. At the woman's home.

（　）**16．**Why does Tom feel stressed out?

A. He can't speak English well.

B. He has known the exam result.

C. He didn't do well in the English exam.

（　）**17．**What is the woman's suggestion?

A. Correcting the mistakes now.

B. Paying more attention next time.

C. Communicating with parents.

听第 10 段材料，回答第 18 至 20 题。

（　）**18．**What is the purpose of the museum?

A. To show more computers.

B. To help school children.

C. To develop the industry.

（　）**19．**Why does the company invite the listeners?

A. To sell them computers.

B. To get some advice.

C. To introduce the history of the company.

（　）**20．**When will the speaker come back?

A. In half an hour.

B. In an hour.

C. In more than an hour.

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　[2024·河北沧衡八校联盟高一期中]

High school programmes in Australia

Beautiful weather, friendly people and a widely varied landscape are just a few of the reasons you should choose to spend time in Australia as a high school student. Here are some programmes you can choose from.

High school exchange

Individuals studying for a semester or full year in Australia will usually live with a host family. This is a great opportunity for students to see what daily family life is like in Australia. Students learning English will see their language skills improve from communicating with their new friends and family, while those familiar with the language already can use this opportunity to learn more about the day-to-day life in Australia.

Youth travel tours

Travel tours for teens are a wonderful way for high school students to spend a short, concentrated amount of time abroad. Tours are usually for different themes such as cooking, adventure

travel, or volunteerism. Students will have a fun, unique experience while incorporating educational components like environmental or cultural studies—and all without missing your normal coursework back home.

Summer study programme

For students who only have the few months of the summer break available, an advanced summer programme is perfect. Just keep in mind, the summer of the northern hemisphere is actually the winter of Australia. Oftentimes these summer programmes can be partnered with universities that will allow students to receive college credits.

( )**21.** What can High school exchange offer?

A. A good command of what we learn at school.

B. A better understanding of Australian culture.

C. A wonderful way to communicate with famous teachers.

D. A precious chance to make friends from different countries.

( )**22.** Who may want to choose Youth travel tours?

A. Those who are interested in painting.

B. Those who are interested in cooking.

C. Those who like doing adventure sports.

D. Those who want to take a part-time job.

( )**23.** Which programme should you choose if you want to earn college credits?

A. Summer study programme.

B. Youth travel tours.

C. High school exchange.

D. All of the programmes.

B ［2024·辽宁朝阳高一期中］

Sometimes one plus one does equal three, as was the case when McNee, a basketball coach, met Mandekic. When Mandekic, a maths teacher, told McNee how hard it was to get students excited about maths at a gathering, he suggested, "Why not throw in something they enjoy, like sports?" "You are kidding!" Mandekic dismissed his idea at the moment.

The idea of mixing basketball and mathematics got its first shot two years later, when Mandekic and McNee, the now colleagues—who had launched a tutoring non-profit—were invited to run a summer-school programme for kids who'd failed Grade 9 maths at Vanier School.

When the students showed up for their first day, they weren't exactly thrilled. Over the next few hours, Mandekic and McNee gave the kids techniques to improve their shooting while also helping them calculate their field-goal percentage—which, in turn, taught them something about maths. At the end of the game, the winning team was determined based on which group had the highest total percentage and had done the most efficient maths. "When the bell rang, they were so focused on collecting their data and figuring out which team won that they didn't leave," says Mandekic. The classes, later named BallMatics, soon spread to other schools.

Later, McNee and Mandekic established a private school called Uchenna. At the school, kids with excellent basketball skills study all subjects, take part in their sport and work part-time helping out with the BallMatics after-school programmes. For the school's first graduates, the value of BallMatics is clear: all of the 16 boys landed university scholarships for their performance in the classroom, not on the court. "The school's commitment to academics is the key reason for our success. The coaches would bench students who didn't keep up in class," Abbott, one of them, says. "At Uchenna, we were student athletes, after all, not athlete students."

( )**24.** How did McNee's suggestion sound to Mandekic at first?

A. Confusing.　　　　　B. Absurd.

C. Practical.　　　　　D. Professional.

( )**25.** Why did other schools welcome the classes?

A. They enhanced students' concentration.

B. They improved students' shooting techniques.

C. They helped students learn maths unknowingly.

D. They guaranteed students' show-up percentage.

( )**26.** What can be inferred from Abbott's words?

A. Students got balanced development.

B. The coaches cared little about students.

C. Uchenna attracted more and more students.

D. He doubted the education idea of the school.

( )**27.** What is the best title for the text?

A. Numbers game　　　B. Maths struggling

C. Big win　　　　　　D. Athlete training

C ［2024·重庆市名校联盟联考高一月考］

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 (思维模式)：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 <u>tough it out</u>."

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 a 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.

( )**28.** Which of the following might students with fixed mindsets believe?

A. They are not interested in maths.

B. Their abilities are not valued.

C. Their mindset determines their ability.

D. Failure is caused by their intelligence.

( )**29.** What does the underlined phrase "tough it out" mean in Paragraph 2?

A. Refer to it.　　　　　B. Get away from it.

C. Give in to it.　　　　　D. Stick to it.

( )**30.** What can we learn from Paragraph 3?

A. Students who are able to deal with difficult problems do better in their studies.

B. Students who find it hard to solve problems lose their interest in their studies.

C. Students' mindsets play a huge role in how interested they are in their studies.

D. Students' interests have a big effect on how well they perform in their studies.

( ) **31.** What may the author suggest learners 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.

D 〔2024·山东德州高一月考〕

Anyone who's lived through middle school knows those years can be particularly challenging. Some researches show the youth across the US are struggling with mental health. The physical health benefits of bike riding have been well-documented. Wilson, a researcher at Loma Linda University School of Medicine, and his co-authors carried out a new study to see if taking part in a cycling programme could result in measurable changes in mind for teenagers.

The study involved more than 1,200 students, aged 11 to 14. Students participated in a cycling class for at least three days a week, for a period of 6 weeks. They learned cycling safety and manoeuvring(控制) skills outdoors while raising their heart rate and just having fun. The students completed standardized questionnaires before and after the programme designed to measure their health.

"We know cycling can benefit the body. Our research shows how it benefits the mind and social relationships as well. Bike riding can be an ideal activity for adolescents because of the benefits it offers," said Wilson.

"Cycling engages several parts of brain function. You are looking at your hearing, you're balancing, you're navigating and turning. Oftentimes, you're doing it with someone else, so there's the positive effect of company or group activity," said Allan Reiss, a professor at Stanford University School of Medicine.

While exercise has powerful mental health benefits, it's not universal. For example, previous research has shown that teenage girls are at higher risk of mental health problems like depression and anxiety than boys. The current study found that, while middle school girls reported increased well-being after participating in the cycling programme, that increase "may just reach the kind of baseline level for male students", Wilson said. And other aspects of healthy living are also important, noted Wilson. "The study found that teenagers who didn't limit screen time to a maximum of two hours a day, or who got less than the recommended 8.5 hours of sleep, saw less improvement in their well-being," he said.

( )**32.** What does the new study mainly focus on?

A. Challenges in middle school.

B. The youth in America.

C. Physical benefits of cycling.

D. Mental effects of bike riding.

( )**33.** What did the students do in the programme?

A. Attended the cycling class for a week.

B. Learned how to keep safe while cycling.

C. Raised their heart rate by cycling indoors.

D. Designed questions to measure their health.

( )**34.** What is Reiss' attitude to the result of the study?

A. Supportive.   B. Doubtful.

C. Unclear.   D. Negative.

( )**35.** What is the last paragraph mainly about?

A. Application of the research results.

B. Doubts about the research methods.

C. Further explanation of the research findings.

D. Supporting evidence from previous research.

第二节(共 5 小题；每小题 2.5 分，满分 12.5 分)

〔2024·陕西高一联考期中〕

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。

Confidence is a feeling of trust in your abilities, qualities and judgement. Building confidence is like building a house. You need to start with a solid foundation, and then construct everything else from there. It takes time and effort to improve your confidence, especially if you haven't had the opportunity to prove your skills in the past. 36. _____ Start strengthening your self-confidence with these how-to guides.

37. _____ It's easier said than done, but daily, positive thoughts about what you're able to do can improve your confidence. Everyone has days when staying positive is tough, but force yourself to remember one good thing you like about who you are every morning until it's a habit.

Do things you're good at. What happens when you do things that you are good at? 38. _____ Your strengths become even stronger, which helps improve your belief in yourself. Taking this approach also has another benefit: it can increase how satisfied you are with your life.

Spend time with positive people. The people around you greatly impact how you feel about yourself. If judgemental or critical people surround you, it'll take a toll(产生负面影响)on your mental strength. If, however, you're interacting with people who can cheer others on and support one another, you'll feel much better. 39. _____

Take care of yourself. Focusing on you and what you need sometimes feels like it's selfish, but it's not! 40. _____ Taking care of yourself can help you take care of others, but it can also help boost your self-confidence. Easy ways to start include taking a break when you're overwhelmed(不堪重负的), wearing your favourite outfit, or doing something you love.

A. Act as if you feel confident.

B. Your self-confidence starts to rise.

C. It's a necessary part of being humans.

D. However, it is something that everyone can do!

E. Think positively about yourself and your skills.

F. Actually, it's hard to feel good about yourself if you overuse your health.

G. So focus on creating healthier relationships with the positive people in your life.

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)

〔2024·江苏五市十一校联测〕

阅读下面短文，从每题所给的 A、B、C、D 四个选项中选出可以填入空白处的最佳选项。

Locals call it Mosi-oa-Tunya—"the smoke that thunders". No other ___41___ describes Victoria Falls better. I saw a photo of the falls as a child and I ___42___ then that was where I would go one day! Thirty years later, I achieved that ___43___.

I stood at the entrance of the Victoria Falls Park on the Zimbabwe(津巴布韦) side of the falls! I could not control my ___44___! From the entrance, I followed the path that leads visitors through the forest to the falls. As I approached the falls, I ___45___

the thunderous roar and I __46__ my steps. I made my way to a clearing and there they were: Victoria Falls! I stopped for several minutes to __47__ the impressive view, and then continued to walk along the path through the forest. The path branched off to various lookouts (瞭望台), each of which offered __48__ views of the falls on the other side of the gorge (峡谷). Aside from walking through the forest to __49__ the falls, the park also has several __50__ for thrill-seekers. The activities range from flying fox across the gorge to gorge swinging, I __51__ to stay put (留在原地) and enjoy the view. I watched these thrill-seekers and their screams made me believe that I'd made the __52__ decision!

Seeing Victoria Falls truly was a dream come true and I was __53__ that I got to see it. It was a __54__ that I didn't get to experience the falls from the other side where the __55__ could sit in a natural pool at the very edge (边缘) of the falls.

( )**41**. A. picture　　　　B. idea
　　 C. name　　　　D. position

( )**42**. A. knew　　　　B. wondered
　　 C. doubted　　　　D. guessed

( )**43**. A. standard　　　　B. success
　　 C. level　　　　D. dream

( )**44**. A. fear　　　　B. anger
　　 C. excitement　　　　D. comfort

( )**45**. A. saw　　　　B. heard
　　 C. described　　　　D. drew

( )**46**. A. gathered　　　　B. counted
　　 C. followed　　　　D. quickened

( )**47**. A. enjoy　　　　B. share
　　 C. seek　　　　D. miss

( )**48**. A. popular　　　　B. amazing
　　 C. normal　　　　D. similar

( )**49**. A. protect　　　　B. view
　　 C. imagine　　　　D. avoid

( )**50**. A. courses　　　　B. shows
　　 C. activities　　　　D. places

( )**51**. A. refused　　　　B. agreed
　　 C. forgot　　　　D. chose

( )**52**. A. right　　　　B. final
　　 C. hard　　　　D. brave

( )**53**. A. glad　　　　B. afraid
　　 C. sure　　　　D. sorry

( )**54**. A. way　　　　B. question
　　 C. pity　　　　D. possibility

( )**55**. A. customers　　　　B. visitors
　　 C. managers　　　　D. guides

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2024·湖北襄阳六校高一期中]

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。

Sally is a good student, who does well in all her 56. _____ (subject), and you must wonder how she can study so well. Let me tell you something about her good study habits.

First, Sally spends two hours 57. _____ (finish) her homework after school every day, and she always studies by 58. _____ (she) from seven to nine on schedule. Sally is a very determined (意志坚定的) girl, so she can 59. _____ (stop) by nothing from doing that. Second, if Sally wants to start studying, she will put everything 60. _____ has nothing to do with her studying aside, like the cellphone. And 61. _____ (actual) there are only books left on her desk. Third, Sally never leaves her problems next day. When she meets some difficult questions that she has trouble working out, she will turn 62. _____ others for help. She can't wait 63. _____ (solve) them next day.

What do you think of Sally's study habits? You can have 64. _____ try. Sally 65. _____ (make) great success since she entered high school; therefore, I hope you will also make a lot of progress in your study with the help of these hints.

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,主要内容包括:

1. 学校及班级印象;
2. 学习上的主要困惑;
3. 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 Christmas. It had been performed for so many years that it had become one of the most important events for many of the townsfolk. Each year, many people tried out for the show, but most were turned down. Only the best performers could be included.

Emily had a most beautiful singing voice. Last year, she asked Mrs Owens, her music teacher, if she could join in the performance. Mrs Owens took a look at her body and said, "Child, you just don't fit. Everyone would stare at you and that would make you uncomfortable. It would make them uncomfortable too."

Without singing a single note, Emily was sent back through the door of the choral room (合唱室). Hurt and upset, Emily decided never to try out again. But things changed as the following school year, Mrs Owens retired and a new music teacher arrived—Mr Butler.

He had heard about Emily and suggested that she give it a try again. Emily didn't want to be rejected again, so she hesitated about it. But finally her love for singing and strong desire to join in the performance outweighed her hesitation. She tried out again and learnt the result would be posted the next day on the door of the choral room.

Emily couldn't sleep that night, having turned in bed back and forth thousands of times as she was worried that she would be rejected again and would never fit in.

注意:续写词数应为 150 个左右。

Paragraph 1:

The next day, Emily hurried to school and anxiously glanced at the list of the result. _____

_____

Paragraph 2:

Finally, the day of the performance came. _____