



练习册

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全品

学练考

高中英语

必修第一册 WY

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

#### Unit 1 A new start

LEARN

#### 主题素养积累

进入新学校的第一天难免令人有些紧张,但是我们也会遇到友好的老师和同学,来听听“我”第一天在新学校的经历吧!



**What a day!** I started my new school this morning and had the best time. I made lots of new friends and really liked my teachers. I was nervous the night before, but I had no reason to be. Everyone was so friendly and polite. They made me feel at ease. **It was like I'd been at the school for a hundred years!**

The day started very early at 7:00 am. I had my breakfast downstairs with my mum. She could tell that I was very nervous. Mum kept asking me what

close straight away. We spent all morning together and began to talk to another girl called Stacey. The three of us sat together in class all day and we even made our way home together! **Time went by so quickly.** Our teacher told us that tomorrow we would really start learning and developing new skills.

**I cannot wait until tomorrow and feel as though I am really going to enjoy my time at my new school.** I only hope that my new friends feel the same way, too.

#### 【主题词句背诵】

1. drop sb off 让某人下车
2. wave at sb 向某人招手
3. It turns out that... 结果是……
4. What a day! 多么美好的一天啊!

## 02

### 夯实语言基础，搭建知识框架

#### 词汇点睛

**1. curious** *adj.* (wanting to know about something) 好奇的,求知欲强的;(strange or unusual)稀奇古怪的

(1) be curious about	对……感到好奇
be curious to do sth	很想做某事
(2) curiously <i>adv.</i>	好奇地
(3) curiosity <i>n.</i>	好奇心
with curiosity	好奇地
out of curiosity	出于好奇

#### 【活学活用】

(1) She **was curious about** how the truth was uncovered.

她很好奇事实是怎么被揭示的。

(2) Mandy **was curious to** know what it was that prevented her joining the club.

曼迪很想知道究竟是什么原因使她不能加入这个俱乐部。

#### 句型透视

**1. (教材 P2) I was looking at the photos on the noticeboard when I heard a voice behind me.** 我正在看布告栏上的照片,突然听到身后有个声音。

(教材 P3) **I was organising my words in my head when the girl next to me gave me a nudge.** 我正忙着在脑海中组织语言,这时我旁边的那个女孩轻轻推了我一下。

#### 句型公式

be doing... when...

#### 【句式点拨】

when 在句中是并列连词,连接并列句,意为“这时”。when 作并列连词,表示“就在这时/那时”时,常位于主句之后,主句中的谓语动词往往表示正在做、刚做完或将要做。常用结构还有:

## 课内基础巩固

## I 单词拼写

- Those exciting \_\_\_\_\_ (时刻) remained in his mind all his life.
- These frogs feed on \_\_\_\_\_ (昆虫) which eat leaves and fruit.
- The novel written by the a \_\_\_\_\_ left a deep **impression** on me.
- The new library was intended to be built in the centre of the c \_\_\_\_\_.
- Last Sunday, all the students in S \_\_\_\_\_ One took part in a tree-planting activity **organised** by our school.

## II 单句填空

- In her book, she **described** what encouraged her to start the \_\_\_\_\_

- Carl pushed ahead in his \_\_\_\_\_ (eager) to get a signed copy of the book by the **author**.
- He guided us around the gallery, pointing out the most famous paintings in the \_\_\_\_\_ (collect).
- When I reached the mountain top, I found it was so airless that I can hardly \_\_\_\_\_ (breath).
- Space \_\_\_\_\_ (explore) has come a long way, and we now hope to discover other planets that are suitable enough to support life.

## III 短语填空

- \_\_\_\_\_ (一个接一个地) he took out the ancient vases and wiped them cautiously.

## 课后素养提升

## IV 阅读理解

[2024·山东新泰第一中学高一月考]

When I was a high school student, mathematics looked like a big barrier for me and several of my classmates. When we reached the ninth grade, we got Mr Iyer, a strict maths teacher who was also our class teacher. He always stuck to his discipline. We had to arrive on time, pay undivided attention to his lectures, and dared not to neglect any of his homework.

Even so, as our class teacher, we got to know him better. Noticing some of us **fidgiting** one day as the mid-term exams approached, he stopped solving a mathematical problem to ask us why. "There's too much to do," we sighed. "We're afraid we'll never manage to finish our revision before the exam." "Nothing is

Most of my classmates scored distinctions in maths. And I went on to become an English teacher. To this day, whenever I pass on Mr Iyer's invaluable advice to my own students, they brighten up at the prospect of a lighter academic burden.

- ( ) 1. What can we learn from the first paragraph?
- Maths was difficult for most of the author's classmates.
  - The students thought Mr Iyer was not a good teacher.
  - Mr Iyer would punish the students neglecting his discipline.
  - The students showed great fear to Mr Iyer.
- ( ) 2. Which of the following words is closest in meaning to the underlined word

## II 写作

## 第一节 应用文写作

[2024·浙江宁波镇海中学高一期中]

假定你是李华, 英国交换生 Tom 即将来你校交流学习, 十分期待参加社团活动, 因此来信希望你能推荐一个学校社团, 请你写一封回信, 内容包括:

- 推荐一个社团;
- 推荐理由;
- 表达祝愿。

注意: 1. 词数 80 个左右;

- 开头和结尾已给出, 不计入总词数。

Dear Tom,

\_\_\_\_\_

## 第二节 读后续写

[2024·辽宁朝阳高一上期中]

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。

I was sitting next to Missy in my 9th-grade world history class when Mrs Bartlett announced a new project: in groups, we were to create a newspaper about the culture we were studying.

On a piece of paper, we wrote the names of three friends we wanted in our group. After collecting all the requests, Mrs Bartlett told us that she would take our choices into consideration and let us know the results the

# 目录 Contents

## 01 Unit 1 A new start

Period One	Starting out & Understanding ideas	练 001/导 116
Period Two	Using language	练 004/导 120
Period Three	Developing ideas	练 007/导 123
Period Four	Writing	练 010/导 128
▶ 单元小测 (Unit 1)		练 012

## 02 Unit 2 Exploring English

Period One	Starting out & Understanding ideas	练 016/导 131
Period Two	Using language	练 019/导 133
Period Three	Developing ideas	练 022/导 137
Period Four	Writing	练 025/导 140
▶ 单元小测 (Unit 2)		练 027

## 03 Unit 3 Family matters

Period One	Starting out & Understanding ideas	练 031/导 144
Period Two	Using language	练 034/导 147
Period Three	Developing ideas	练 037/导 151
Period Four	Writing	练 040/导 154
▶ 单元小测 (Unit 3)		练 042

## 04 Unit 4 Friends forever

Period One	Starting out & Understanding ideas	练 046/导 157
Period Two	Using language	练 049/导 161
Period Three	Developing ideas	练 052/导 164
Period Four	Writing	练 055/导 168
▶ 单元小测 (Unit 4)		练 057

## 05 Unit 5 Into the wild

Period One	Starting out & Understanding ideas	练 061/导 172
Period Two	Using language	练 064/导 175
Period Three	Developing ideas	练 067/导 177
Period Four	Writing	练 070/导 181
◆ 单元小测 (Unit 5)		练 072

## 06 Unit 6 At one with nature

Period One	Starting out & Understanding ideas	练 076/导 184
Period Two	Using language	练 079/导 187
Period Three	Developing ideas	练 082/导 189
Period Four	Writing	练 085/导 192
◆ 单元小测 (Unit 6)		练 087

## M 默写本

Unit 1	A new start	默 01
Unit 2	Exploring English	默 03
Unit 3	Family matters	默 05
Unit 4	Friends forever	默 07
Unit 5	Into the wild	默 09
Unit 6	At one with nature	默 11

◆ 参考答案 (练习册)	练 091
◆ 参考答案 (默写本)	默 13
◆ 参考答案 (导学案)	导 195

## 测 评 卷

单元素养测评卷 (一) [Unit 1]	卷 001
单元素养测评卷 (二) [Unit 2]	卷 005
单元素养测评卷 (三) [Unit 3]	卷 009
单元素养测评卷 (四) [Unit 4]	卷 013
单元素养测评卷 (五) [Unit 5]	卷 017
单元素养测评卷 (六) [Unit 6]	卷 021
参考答案	卷 025

Period One Starting out & Understanding ideas

课内基础巩固

❶ 单词拼写

- Those exciting \_\_\_\_\_ (时刻) remained in his mind all his life.
- These frogs feed on \_\_\_\_\_ (昆虫) which eat leaves and fruit.
- The novel written by the a \_\_\_\_\_ left a deep **impression** on me.
- The new library was intended to be built in the centre of the c \_\_\_\_\_.
- Last Sunday, all the students in S \_\_\_\_\_ One took part in a tree-planting activity **organised** by our school.

❷ 单句填空

- In her book, she **described** what encouraged her to start the \_\_\_\_\_ (organise) and what the biggest **challenges** were.
- Keeping a healthy lifestyle such as balanced diets or regular exercise matters in reducing \_\_\_\_\_ (press).
- The sports **facilities** in this community are really \_\_\_\_\_ (impress).
- Continuous practice made me \_\_\_\_\_ (confidence) enough to enter the competition.
- \_\_\_\_\_ (tradition) Chinese medicine is widely applied to treating some illnesses all over the world.
- I have **confidence** in completing this \_\_\_\_\_ (challenge) climb.
- I was \_\_\_\_\_ (curiosity) to **explore** the **campus** of my new school.
- When giving a \_\_\_\_\_ (describe), you should give a lot of details, so that your meaning will be easier to understand.

- Carl pushed ahead in his \_\_\_\_\_ (eager) to get a signed copy of the book by the **author**.
- He guided us around the gallery, pointing out the most famous paintings in the \_\_\_\_\_ (collect).
- When I reached the mountain top, I found it was so airless that I can hardly \_\_\_\_\_ (breath).
- Space \_\_\_\_\_ (explore) has come a long way, and we now hope to discover other planets that are suitable enough to support life.

❸ 短语填空

- \_\_\_\_\_ (一个接一个地) he took out the ancient vases and wiped them cautiously.
- Pressure** isn't necessarily a bad thing and instead we can \_\_\_\_\_ (充分利用) it to push ourselves forward.
- Our English teacher often reminds us to \_\_\_\_\_ (注意) our handwriting.
- He took a deep **breath**, trying to \_\_\_\_\_ (保持平静).
- The **moment** the **engine** caught fire, the couple got off the car \_\_\_\_\_ (惊慌地).
- Our world and our lives \_\_\_\_\_ (依靠) the balance between animals and plants in nature.
- On my first day at **senior** high, my English teacher \_\_\_\_\_ (给……留下深刻的印象) me.
- After I had checked my exam paper \_\_\_\_\_ (一遍一遍地), I handed it in.

❹ 句型训练

- Johnny \_\_\_\_\_ his favourite book \_\_\_\_\_ something fell out from the book.

约翰尼正在看他最喜欢的书,这时有什么东西从书中掉了出来。

2. The young man stepped on the platform \_\_\_\_\_ . (with 复合结构)  
这个年轻人走上演讲台,心里很紧张。
3. With so many eyes staring at her, she was \_\_\_\_\_ a word.  
那么多双眼睛盯着她,她太紧张了,根本说不出话来。

4. \_\_\_\_\_ , he saw little Jenny looking at him with **eager** eyes. (分词作状语)  
转过身来,他看到小珍妮正用热切的目光看着他。
5. When he stepped into the classroom, he \_\_\_\_\_ that everyone was trying to hide something.  
当他走进教室时,他惊讶地发现每个人都在试图隐藏什么。

### 课后素养提升

#### Ⅰ 阅读理解

[2024·山东新泰第一中学高一月考]

When I was a high school student, mathematics looked like a big barrier for me and several of my classmates. When we reached the ninth grade, we got Mr Iyer, a strict maths teacher who was also our class teacher. He always stuck to his discipline. We had to arrive on time, pay undivided attention to his lectures, and dared not to neglect any of his homework.

Even so, as our class teacher, we got to know him better. Noticing some of us fidgiting one day as the mid-term exams approached, he stopped solving a mathematical problem to ask us why. "There's too much to do," we sighed. "We're afraid we'll never manage to finish our revision before the exam." "Nothing is impossible," Mr Iyer told us. "This classroom is on the second floor. Do you have a problem reaching here?" We reacted with blank stares.

"No, you don't!" he said, answering his own question. "You have a staircase to help you climb up to this level. No one expects you to make it in two giant leaps. You simply take one step at a time. Any task can be solved if you focus on the immediate action to be taken. The rest will take care of itself, if you keep at it. One step at a time. That's the secret." Then he wrote down an old motto on the blackboard—the longest journey starts with a single step. Having heard his staircase analogy (比拟), we understood why he asked us the question and we saw him in a new light.

Most of my classmates scored distinctions in maths. And I went on to become an English teacher. To this day, whenever I pass on Mr Iyer's invaluable advice to my own students, they brighten up at the prospect of a lighter academic burden.

- ( ) 1. What can we learn from the first paragraph?
- A. Maths was difficult for most of the author's classmates.  
B. The students thought Mr Iyer was not a good teacher.  
C. Mr Iyer would punish the students neglecting his discipline.  
D. The students showed great fear to Mr Iyer.
- ( ) 2. Which of the following words is closest in meaning to the underlined word "fidgiting" in Paragraph 2?
- A. Excited.                      B. Nervous.  
C. Hard-working.                D. Calm.
- ( ) 3. Why did the author and his classmates react with blank stares?
- A. Because they were too tired to understand what Mr Iyer said.  
B. Because they felt surprised at such an unbelievable problem.  
C. Because they had no interest in any subjects that were no good for their exams.  
D. Because they first thought reaching the second floor had no connection with the worry.

- ( ) 4. What does the staircase analogy imply?
- Goals can be reached step by step.
  - One can reach his/her goals in a giant leap.
  - Tasks can be solved under the guidance of the teacher.
  - There is only one step between success and failure.

Ⅶ 阅读七选五 [2024·江苏苏州高一月考]

Are you worried about moving up to senior high school? 1. \_\_\_\_\_ We've put together a guide on how to survive the first few weeks.

2. \_\_\_\_\_

Remember everybody else in your year is in the same boat. They may not realize it, but they're just as nervous as you are. Moving to senior high school is an opportunity, not a problem. Things are different and all you need to do is be polite and learn the new rules.

**Teachers are ready to help!**

If you're unsure about what to do or worried about anything, then you had better ask for help. 3. \_\_\_\_\_ Some senior high schools also have a "friends system". If your school has this, then you will be paired with an older student. They will look out for you and help you if you have any problems or questions.

**All change!**

There are lots of differences between junior high school and senior high school. 4. \_\_\_\_\_ You will have your lessons with different teachers in different rooms. You will have homework for different subjects on different days, so make sure you get organized. Make sure you have a copy of your school timetable written down so you know which rooms your classes are in and on which days you will have your different subjects.

**Other points!**

If you've got an elder brother or sister at the school then ask them for advice.

5. \_\_\_\_\_ It sounds simple, but people

will know you much better if you just act naturally.

Having early nights makes a difference and you'll find it easier to get up in the morning!

- Be yourself.
- You'll have a homework diary or a student planner.
- It can be a new experience, but you shouldn't worry.
- For example, some of the subjects are quite challenging.
- Teachers are probably the best people to turn to.
- You are not alone!
- Putting less pressure on yourself is a good way to beat the worries.

Ⅷ 语法填空 [2024·湖北襄阳六校高一期中]

Sally is a good student, who does well in all her 1. \_\_\_\_\_ (subject). You must wonder how she can study so well. Let me tell you something about her good study habits.

First, Sally spends two hours 2. \_\_\_\_\_ (finish) her homework after school every day, and she always studies by 3. \_\_\_\_\_ (she) from seven to nine on schedule. Sally is a very determined (坚定的) girl, so she can 4. \_\_\_\_\_ (stop) by nothing from doing that. Second, if Sally wants to start studying, she will put everything 5. \_\_\_\_\_ has nothing to do with her studying aside, like the cellphone. And 6. \_\_\_\_\_ (actual) there are only books left on her desk. Third, Sally never leaves her problems until the next day. When she meets some difficult questions that she has trouble working out, she will turn 7. \_\_\_\_\_ others for help. She can't wait 8. \_\_\_\_\_ (solve) them at once.

What do you think of Sally's study habits? You can have 9. \_\_\_\_\_ try. Sally 10. \_\_\_\_\_ (make) great progress since she entered high school, and therefore, I hope you will also make a lot of progress in your study with the help of these hints.

班级

姓名

题号  
答案区

阅读理解

1

2

3

4

七选五

1

2

3

4

5



## Period Two Using language

### 课内基础巩固

#### ❶ 单词拼写

1. The competition requires students to create hand-drawn \_\_\_\_\_ (海报) about their favourite Chinese festivals.
2. I took a deep **breath** and stepped onto the \_\_\_\_\_ (舞台).
3. I enjoy playing **badminton** with my classmates in the school \_\_\_\_\_ (体育馆) after class.
4. The new bridge has been finished two years ahead of \_\_\_\_\_ (进度表).
5. Realizing your own advantages can help you \_\_\_\_\_ (获得) **confidence**.
6. Our next class will take the form of a \_\_\_\_\_ (辩论).
7. The weather is a popular t \_\_\_\_\_ of conversation in Britain.
8. I'm writing to **apply** to be a v \_\_\_\_\_ for the coming **Traditional Chinese Culture Festival** in our school.

#### ❷ 单句填空

1. After a heated \_\_\_\_\_ (argue), we came to terms with each other.
2. His \_\_\_\_\_ (apply) for membership of the **organization** was turned down again.
3. The museum exhibited a \_\_\_\_\_ (vary) **collection** of artworks from different time periods and cultures.
4. Koalas could disappear from New South Wales by 2050 according to the finding of an official \_\_\_\_\_ (investigate).
5. While your IQ tells you how \_\_\_\_\_ (intelligence) you are, your EQ tells you how well you use your **intelligence**.

6. House prices have risen \_\_\_\_\_ (sharp) in recent months.
7. In the past few decades, there has been a \_\_\_\_\_ (drama) increase in the number of people studying abroad.

#### ❸ 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. The door opened.  
\_\_\_\_\_
4. My father teaches English.  
\_\_\_\_\_
5. Would you please pass me the dictionary?  
\_\_\_\_\_
6. This kind of food tastes delicious.  
\_\_\_\_\_
7. The terrible sound made the children frightened.  
\_\_\_\_\_

#### ❹ 句型训练

1. Although after-school activities may \_\_\_\_\_, I can make a workable **schedule**.  
虽然课外活动可能会占用我很多时间,但我会制订一个可行的计划。
2. Keep working hard and I think you \_\_\_\_\_.  
继续努力下去,我相信你最终会成功的。
3. Next time you come to my house, I will \_\_\_\_\_ I took in Xinjiang.  
下次你来我家,我会给你看更多我在新疆拍的照片。

4. From the window they \_\_\_\_\_  
to the door, with a box in his hand.  
他们从窗口看到他们父亲手里拿着一个盒子向门口走去。

5. \_\_\_\_\_ when he was  
waiting for the result.  
等待结果时,他越来越紧张。

### 课后素养提升

#### Ⅴ 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 so 5 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 is bigger than he expected and classes are usually in the opposite direction of his previous class. “11 are too far away from classrooms. 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. organised
- ( )8. A. arguing with                    B. looking after  
   C. depending on                         D. hanging 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. calm                             B. afraid  
   C. hurt                                        D. lost
- ( )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

Ⅷ 阅读七选五

[2024·江苏靖江高级中学高一期中]

Most people assume that the human brain is set on “automatic”—that means it learns all by itself. 1. \_\_\_\_\_ We need to train ourselves to actively take part in the learning process. These kinds of learning behaviours are called “active learning”.

Listen to the outer voice. There are two kinds of voices: the inner voice and the outer voice. Your inner voice expresses your personal opinions, while the outer voice tells you about opinions from what you hear. 2. \_\_\_\_\_ If you keep paying too much attention to it, you risk missing important information. Instead, active learners are open-minded and focus on what the speaker is saying, not on what their brain is saying.

Asking questions is the easiest way to promote active learning. When you get information from someone, ask questions about the topic. The answers will lead you to further learning, and the act of working out questions will help you achieve a higher level of understanding. 3. \_\_\_\_\_ Get to the truth.

4. \_\_\_\_\_ They attempt to find the truth at the heart of each idea. Even when an idea sounds entirely unlikely, there may be an aspect of it that is based on truth. So if someone says dinosaurs still exist today, think about why they believe this.

5. \_\_\_\_\_ Many people miss out on learning opportunities because they let their feelings get in the way. They ignore what is said because of who the speaker is. This goes the other way as well—do not just assume that some people are always right because of who they are or just because they are your friends.

- A. Focus on the message.
- B. This isn't always true.
- C. This is human nature, after all.
- D. In short; do not stop being curious.
- E. Active learners do not accept everything they learn.
- F. If you find your inner voice difficult to control, argue with it.
- G. Your inner voice can be useful, but it can also get in the way of learning.

Ⅷ 语法填空

[2024·广东深圳高级中学高一期中]

What is senior high school life like? The path before you 1. \_\_\_\_\_ (lead) to a world full of challenges: a new environment, new knowledge and new ways of thinking. However, the opportunity lies in each challenge. 2. \_\_\_\_\_ you rise to the challenges, you will have the opportunity 3. \_\_\_\_\_ (gain) great knowledge and enjoy personal 4. \_\_\_\_\_ (grow). Most importantly, your time and effort at senior high school will open the door to your potential. In this sense, 5. \_\_\_\_\_ (realize) your potential means that 6. \_\_\_\_\_ is important and necessary for you to make the most of your school resources. Take advantage 7. \_\_\_\_\_ your classes, learn from your teachers and classmates, and make use of your school 8. \_\_\_\_\_ (facility). Good study habits, useful skills and a positive attitude are 9. \_\_\_\_\_ (equal) important. As a senior high school student, you must make efforts to improve your communication and problem-solving skills. Last but not least, always look on the bright side 10. \_\_\_\_\_ never lose hope, even in difficult situations. In time you will find yourself developing into a well-rounded individual.

## Period Three Developing ideas

### 课内基础巩固

#### ❶ 单词拼写

1. A \_\_\_\_\_ (彩虹) came into sight after storms.
2. I just share it with you because I \_\_\_\_\_ (认为,以为) you're the only one who can keep a secret.
3. Boys on skateboards \_\_\_\_\_ (努力) to keep their balance.
4. We should make flexible schedules according to \_\_\_\_\_ (具体的) conditions.
5. His work provided him with the o \_\_\_\_\_ to learn about various cultures.
6. The cloud lifted, and the tops of the mountains suddenly came into v \_\_\_\_\_.
7. Allen was about to take another step in his life journey towards j \_\_\_\_\_ high school.

#### ❷ 单句填空

1. The stranger spoke in such a \_\_\_\_\_ (frighten) voice that the \_\_\_\_\_ (frighten) child began to cry.
2. I think highly of the drama, \_\_\_\_\_ (particular) the second half.
3. After \_\_\_\_\_ (graduate), he is still in constant communication with his teachers.
4. The \_\_\_\_\_ (improve) in sales figures had a beneficial effect on the company as a whole.
5. Reading English words and passages aloud in the morning helps you \_\_\_\_\_ (memory) them.
6. The judges were quite impressed with your excellent \_\_\_\_\_ (perform) in the final competition.

7. After a second try, I \_\_\_\_\_ (select) for the school football team in the end.
8. We look forward to \_\_\_\_\_ (exchange) views with you face to face.
9. He made the whole speech without \_\_\_\_\_ (refer) to the notes in front of him.
10. Mo Yan \_\_\_\_\_ (award) the Nobel Prize in Literature in 2012.

#### ❸ 短语填空

1. Since you have set your goals, you will \_\_\_\_\_ (全力以赴) to realize them.
2. Mr Taylor was fond of playing badminton, this time \_\_\_\_\_ (尤其), for it was the first time that he had played it with his two sons, Harry and Joel.
3. He stood frightened \_\_\_\_\_ (一看到) the giant bear.
4. Out of curiosity, he stood there for a while to see how the girl would \_\_\_\_\_ (处理) it.
5. Thank you for considering my application, and I \_\_\_\_\_ (期待) hearing from you.
6. The old soldier \_\_\_\_\_ (提到) his experiences during the Long March in his speech.
7. \_\_\_\_\_ (回顾) this term, I'm filled with happy memories with my classmates and teachers.

#### ❹ 句型训练

1. The course \_\_\_\_\_ I couldn't figure out what the professor was saying.  
这个课程很难,以至于我搞不清楚教授在说什么。

2. \_\_\_\_\_ a big stone was pressing me here. I needed to go out to take a **breath**.  
我觉得这儿好像有一块大石头在压着我。我需要出去喘口气。
3. Suddenly, Allen realized that he \_\_\_\_\_  
\_\_\_\_\_ the cage open after cleaning it.  
突然,艾伦意识到他一定是打扫完笼子后没

关笼子。

4. There are **moments** in life \_\_\_\_\_  
in ourselves. But hang in there, and we'll see hope. (定语从句)  
人生中总是会有些我们对自己失望的时刻。但是坚持下去,我们就会看到希望。

### 课后素养提升

#### Ⅶ 阅读理解

A [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 maths knowledge. At the end of the game, the winning team was determinedly 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, train at 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.”

- ( ) 1. How did McNee's suggestion sound to Mandekic at first?  
A. Confusing.                      B. Absurd.  
C. Practical.                         D. Professional.
- ( ) 2. 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.
- ( ) 3. 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.

( )4. What is the best title for the text?

- A. Numbers game
- B. Maths struggling
- C. Big win
- D. Athlete training

**B** [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. In the first class, there was little “lecturing” at us, 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.

By comparison, in experiential learning, the learner is encouraged to think for himself/herself, 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.

( )5. Which word best describes the author’s first Greek philosophy class given by Dr Degenaar?

- A. Boring.
- B. Amazing.
- C. Confusing.
- D. Depressing.

( )6. Why does the author compare Dr Degenaar and 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.

( )7. 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.

( )8. 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.

班级

姓名

题号  
答案区  
阅读理解

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## Period Four Writing

### 课内基础巩固

#### ① 补全句子

1. 今天是我在高中的第一天,我对新的学校生活充满了好奇。

Today is my first day at **senior high** and I \_\_\_\_\_ my new school life.

2. 校园漂亮整洁,设施齐全。

The **campus** is beautiful and **neat** \_\_\_\_\_.

3. 尤其是这里友好的氛围给我留下了深刻的印象。

\_\_\_\_\_, I \_\_\_\_\_ the friendly atmosphere here.

4. 自我介绍的时候,我心里发慌。但是我的老师很快用鼓励的话让我平静下来。

When introducing myself, I had \_\_\_\_\_. But my teacher quickly \_\_\_\_\_ with encouraging words.

5. 我还交了一个叫安的朋友,她自信又聪明。

I also made a friend named Ann, who is \_\_\_\_\_.

6. 高中是一个全新的开始。面对新的挑战,我将充分利用每一天,全力以赴学好每门功课。

**Senior high** is a brand new start. Faced with \_\_\_\_\_, I will \_\_\_\_\_ each day to \_\_\_\_\_ every subject well.

7. 另外,如果可能的话,我还要积极参加各种活动来充实自己。

Moreover, \_\_\_\_\_, I will also \_\_\_\_\_ actively to enrich myself.

8. 总之,我对自己满怀信心,期盼着能有一个美好的高中生活。

All in all, with \_\_\_\_\_ myself,

I \_\_\_\_\_ a wonderful high school life.

#### ② 语篇填空

[2024·河北衡水第二中学高一期中]

My high school life has been filled with many ups and downs, whether it was 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 years of high school. With this little piece of information, I walked into my junior year, 4. \_\_\_\_\_ (frighten) 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.

III 写作

第一节 应用文写作

[2024·浙江宁波镇海中学高一期中]

假定你是李华,英国交换生 Tom 即将来你校交流学习,十分期待参加社团活动,因此来信希望你能推荐一个学校社团,请你写一封回信,内容包括:

1. 推荐一个社团;
2. 推荐理由;
3. 表达祝愿。

注意:1. 词数 80 个左右;

2. 开头和结尾已给出,不计入总词数。

Dear Tom,

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Yours,  
Li Hua

第二节 读后续写

[2024·辽宁朝阳高一上期中]

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。

I was sitting next to Missy in my 9th-grade world history class when Mrs Bartlett announced a new project: in groups, we were to create a newspaper about the culture we were studying.

On a piece of paper, we wrote the names of three friends we wanted in our group. After collecting all the requests, Mrs Bartlett told us that she would take our choices into consideration and let us know the results the next day.

After the bell rang the next day, Missy and I waited anxiously as Mrs Bartlett started to call out names. When she reached group three, Missy's name was called. I would be in the same group, I thought, as I knew we had

chosen each other. Then the other three names were called. Mine was not included. There must be some mistakes!

Then I heard it. The last group: Mauro, Juliette, Rachel, Karina! I could feel tears well in my eyes. How could I face being in that group—the boy, Mauro, who barely spoke English and lacked friends; Juliette, who, from West Asia, was always covered by long skirts to her ankles; and the other girl Rachel, who wore odd clothes. Oh, how I wanted to be with my friends!

I fought back tears as I walked up to Mrs Bartlett. Knowing what I was there for, she looked at me and gently placed a hand on my shoulder.

“I know what you want, Karina,” she said, “but your group needs you. I need you to help them get a passing grade on this assignment. Will you help them?”

I was stunned. She had seen something in me even I hadn't seen. “Yes,” I replied. I couldn't believe it came out of my mouth, but it did. Then I bravely walked to where the others in my group were, sat down and started to work.

注意:续写词数应为 150 个左右。

**Paragraph 1:**

*Gradually, I grew interested in working with my new friends.* \_\_\_\_\_

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**Paragraph 2:**

*Mrs Bartlett gave us an A on that assignment.* \_\_\_\_\_

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## ▶ 单元小测

Unit 1

### ❶ 单句填空

- Over the years, overseas Chinese have supported and participated in China's economic construction in \_\_\_\_\_ (vary) ways.
- That was an **impressive** \_\_\_\_\_ (perform) from such a young tennis player.
- Being a doctor means I have to make correct decisions all the time, which puts me under \_\_\_\_\_ (press).
- On seeing this **sight**, I \_\_\_\_\_ (panic), and after a long while I took a deep **breath** to **calm** down.
- There was an underground palace I had been **eager** \_\_\_\_\_ (explore).
- He was full of \_\_\_\_\_ (curious) about what he saw, always asking questions.
- It was a great **opportunity** for me, so I filled out an \_\_\_\_\_ (apply) for the position.
- It was such a \_\_\_\_\_ (frighten) experience that he is unwilling to recall it.
- Do you feel totally \_\_\_\_\_ (confidence) about the **challenge** you are faced with?
- The **figure** presented in the research paper provided strong evidence to support our \_\_\_\_\_ (argue) on the **topic**.
- We **look forward to** \_\_\_\_\_ (discuss) this problem in detail with you.
- The flight \_\_\_\_\_ (schedule) to arrive at 8:45, but it's running 20 minutes late.

### ❷ 短语填空

- We've only got two days' holiday, so let's \_\_\_\_\_ (充分利用) it and have good relaxation.
- After recovering from his illness, he was

advised \_\_\_\_\_ (开始从事) gardening as a hobby.

- I \_\_\_\_\_ (对……印象深刻) his **intelligence** and humour the first time we met.
- When they failed to produce any promising results, they \_\_\_\_\_ (参考, 查阅) the ancient books of **traditional** Chinese medicine again.
- I felt a hand grab my arm and I screamed \_\_\_\_\_ (惊慌地).
- Fear may be high and **frightening**, but it's often extremely thin if we \_\_\_\_\_ (全力以赴).
- I think we should \_\_\_\_\_ (想出, 弄清楚) some ways to stop people from polluting the river and call on them to fight against pollution.
- \_\_\_\_\_ (一看到) the rescuers, they felt a bit relaxed.
- As people often say, any exercise is better than none, but long-distance running \_\_\_\_\_ (尤其) has a lot of benefits.
- On hearing the news, I grabbed my coat and \_\_\_\_\_ (冲出) the door with excitement.

### ❸ 句型训练

- \_\_\_\_\_, he just stood there, **frightened** to death. (分词作状语)  
走进房间,他只是站在那里,吓得要死。
- He \_\_\_\_\_ with his friend on the phone \_\_\_\_\_ he bumped into a tree.  
他正在和朋友有说有笑地打电话,突然撞到了一棵树上。
- "Be **confident**, Patty. You can do this. I'll help you." \_\_\_\_\_, I raised my head and nodded firmly. (with 复合结构)  
“自信点,帕蒂。你能做到的。我会帮助你。”眼里含着泪水,我抬起头,坚定地点了点头。

4. Ms Susan was \_\_\_\_\_ her jaw dropped when she saw us. (结果状语从句)  
苏珊女士看到我们时惊讶得下巴都要掉下来了。
5. At the **sight** of the snake, the young girl was \_\_\_\_\_.  
看到那条蛇,小女孩吓得动弹不得。

#### IV 阅读理解

##### A [2024·河北唐山高一期中]

High school students perform better on tests if they are in a classroom with a view of green space, instead of a windowless room or a room with a view of built-up space, according to research from the University of Illinois Department of Landscape Architecture.

“It is the first to show a relationship between studying with a green view and students’ performance,” said William Sullivan, head of the research team. “It’s a significant finding that if you have a green view outside your window, you’ll do better on tests.” Sullivan hopes the results of their research will lead to policy changes. Changes in school design, for example, “would be a much better thing than any of the things we spend money on in secondary education today,” Sullivan said.

The research included 94 students at five central Illinois high schools. Students were randomly assigned (随机分配) to one of three kinds of classrooms—windowless, with a window looking out onto built-up space, or with a window looking out onto green space. Each kind of classroom had a similar size and layout. The students took part in one-on-one experiments in which they did 30 minutes of activities that included a proofreading exercise, a speech and a maths exercise. Following the activities, the students were given an attention test which asked them to repeat a series of numbers.

“The findings: students did better on both

study activities and the attention test if they were in a classroom with a green view,” Sullivan said.

The researchers suggest their findings can help planners and policymakers improve students’ well-being and learning. For example, planners can choose sites for new schools that already have trees and other vegetation, or they can plant many trees on the site; architects(建筑师) can design classrooms, dining rooms and hallway windows so they look out onto green spaces.

- ( ) 1. What did the study find out about high school students?
- A. They like to have green plants in their classrooms.  
B. They will get better grades when studying in different classrooms.  
C. Changes in school design will influence their attitudes towards teachers.  
D. A green view through a classroom window can improve their performance.
- ( ) 2. What does the underlined word “significant” in Paragraph 2 mean?
- A. Traditional.                      B. Important.  
C. Necessary.                         D. Early.
- ( ) 3. What is Paragraph 3 mainly about?
- A. How the study was carried out.  
B. Why the study was different.  
C. The purpose of the study.  
D. The result of the study.
- ( ) 4. What do the researchers think of the study?
- A. It has drawn public attention to education.  
B. It can play a guiding role in school planning.  
C. It has encouraged students to get close to nature.  
D. It needs more support from high school teachers.

**B** [2024·浙江杭州高一期中]

In our daily lives, we spend a lot more time typing on a keyboard than writing with a pencil or pen, so does handwriting still offer anything useful?

Researchers tasked 42 adult volunteers with learning the Arabic letters from the beginning: some through writing it out on paper, some through typing it out on a keyboard, and some through watching and responding to video instructions. Those in the handwriting group not only learned the unfamiliar letters more quickly, but they were also better able to apply their new knowledge in other areas—by using the letters to make new words and to recognize words they hadn't seen before, for example.

The real question is: Are there other benefits of handwriting that have to do with reading and spelling and understanding?

While writing, typing, and visual learning were effective at teaching participants to recognize Arabic letters—learners made very few mistakes after six exercise sessions—on average, the writing group needed fewer sessions to get to a good standard.

Researchers then tested the groups to see how the learning could be generalized. In every follow-up test, using skills they hadn't been trained on, the writing group performed the best: naming letters, writing letters, spelling words, and reading words.

While 42 people isn't a huge sample size for a study of this type, the trends reported by the study indicate that pen and paper still have an important role to play in learning, even as digital formats (格式) have come to control our communication. And although adults were used in this particular experiment, the researchers say their findings should have relevance to children too. Several previous studies have also

highlighted the advantages of copying as an aid to learning.

Today pupils in schools spend far less time than they used to on handwriting skills and practice, for obvious reasons—but based on what this study shows, it wouldn't be wise to put away the pens and pencils permanently. Because with writing, you're getting a stronger representation in your mind that lets you support other types of tasks that don't in any way involve handwriting.

- ( )5. How did the researchers get the conclusion?
- A. By making comparisons.
  - B. By studying documents.
  - C. By asking volunteers.
  - D. By watching videos.
- ( )6. In which part handwriting performs the best?
- A. Communicating with others.
  - B. Reviewing the previous skills.
  - C. Learning a new language.
  - D. Setting an example to kids.
- ( )7. Why do pupils spend less time than they used to on handwriting skills?
- A. They don't like pencils and paper.
  - B. The digital tools are more powerful today.
  - C. Handwriting has nothing to do with study.
  - D. Nobody forces them to practise handwriting skills.
- ( )8. What might be the most suitable title for the text?
- A. Put down your keyboard
  - B. Pen will replace computer
  - C. Handwriting is out of time now
  - D. Handwriting is better in learning

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 things, 13 e-mail addresses and gathered together for a final goodbye.

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. Travelling 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. lively D. amazingly

班级

姓名

题号  
答题区

阅读理解

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完形  
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