



练习册

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全品

学练考

高中英语

必修第一册 YL NJ

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 Back to school

主题素养积累

How to prepare for the first day of senior high school



Beginning the first day of senior high school can be difficult. You will need to **adjust to** new **surroundings**, new teachers and new classmates. However, you need not worry about these changes. Here are a number of things you can do to make your first day of senior high school become a happy **memory**.

Schedule a visit to the school before classes start, if your senior high school allows this. Bring your class schedule and try to find all your rooms. You can learn to walk around your new surroundings

Schedule your morning activities. Set your **alarm** and plan on getting up earlier than **normal** so that you have plenty of time to get ready. Choose the clothes you will wear before you go to bed. **Any decision you can make or step you can take the night before will be one less thing to worry about in the morning.**

【主题词句背诵】

1. adjust to 适应
2. surroundings *n.* 环境
3. memory *n.* 回忆, 记忆
4. schedule *v.* 安排
5. arrangement *n.* 安排, 筹备
6. ahead of time 提前
7. make sure 确保; 弄清楚
8. alarm *n.* 闹钟
9. normal *adj.* 正常的; 平常的
10. Make sure you have this arranged ahead of time so you'll know exactly when to leave your house on

02

夯实语言基础，搭建知识框架

词汇点睛

1. potential *n.* 潜力; 可能性 *adj.* 潜在的, 可能的

(教材 P2) Realizing your **potential** 发挥你的潜力

- (1) have the potential to do sth
有做某事的潜力/可能性
potential for (doing) sth (做)某事的潜力/可能性
- (2) potentially *adv.* 潜在地

【活学活用】

(1) Only when you have a goal in life can you fulfill your **potential**.

只有当你有了人生目标时, 你才能发挥自己的潜力。

(2) All children have limitless potential _____ success as long as they find what they are fond of.

(3) I believe the boy has the potential _____ (become) a world-class musician.

句型透视

1. (教材 P3) To fully realize your potential, it is important for you to make the most of our school resources.

要想全面发挥自己的潜能, 充分利用我们学校的资源对你们来说是很重要的。

句型公式

It + be + *adj.* + (for sb) to do sth.

【归纳拓展】

(1) 在 "It + be + *adj.* + (for sb) to do sth." 句型中, it 作形式主语, 不定式作真正的主语, 常用于这个句型的形容词有 easy, difficult, important, true, possible, probable, likely, certain, necessary, natural 等, 这些形容词多与事物的特征有关。

(2) 如果形容词表示的是主语的品行、性格、性质等, 如 nice, kind, considerate, stupid 等, 常用介词 of。

(3) it 作形式主语, 除了代替不定式外, 还可以代替

课内基础巩固

① 单词拼写

- Only with a _____ (积极的) attitude can you improve your ability and create more opportunities.
- We can _____ (获得) knowledge not only from books but also through social practice.
- Though there are challenges on the _____ (道路) ahead, we have made up our mind to achieve our _____ (目标).
- It is important for students to make the most of the school _____ (设施) to develop their skills and interests.
- As long as you make efforts, you have the _____ (潜力) to become a
5. It is your _____ (responsible) to follow the rules and regulations of the new school.
6. Travelling abroad gives students an opportunity _____ (experience) different cultures and become more well-rounded individuals.
7. It is _____ (amaze) that he can play the piano so beautifully without any formal training.
8. Taking on a _____ (challenge) job can greatly help improve your skills and abilities in the workplace.
9. To our great joy, the child tied his shoes _____ (independent) for the first time.
10. She gathered her courage and moved

课后素养提升

① 阅读七选五

[2024·江苏省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

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.

- Focus on the message.
- This isn't always true.
- This is human nature, after all.
- In short; do not stop being curious.
- Active learners do not accept everything they learn.
- If you find your inner voice difficult to

① 写作

第一节 应用文写作

[2024·浙江省宁波市镇海中学高一期中]

假定你是李华，英国交换生 Tom 即将来你校交流学习，他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；

2. 开头和结尾已给出，不计入总词数。

第二节 读后续写

[2024·辽宁省朝阳市高一期中]

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

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

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Period One Welcome to the unit & Reading—Reading comprehension

● 阅读理解

A [2024·山东省新泰市第一中学高一月考]

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 class, 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. Hardworking.
 - 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 infer?
- 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.

B [2024 · 江苏省盐城市联盟校高一联考]

What do you do with the things you love? You probably take care of them and keep them safe. That's not what Cameron Payne does. The boy from North Carolina is sharing his love of books by giving them away.

When Cameron heard about a family who lost everything in a house fire, he was looking for a way to help them. He was sad that all of their books were destroyed. That's when he created his programme, which gives books away to people in need.

Cameron's programme collects books for young people of all ages and reading levels. He collects books for kids who are blind or with low vision, too, because he wants everyone to have books. Cameron knows that books can help kids think about their future. They do this by helping kids dream about what they might be when they grow up. Learning about new things can give kids new interests. Six years later, Cameron is still giving away books.

Many of the books he gives away were given to him by others, but Cameron's grandmother also shops for books that don't cost a lot. She buys books that are new or that look new. In addition to working with schools, Cameron and his grandmother give books to children in places near their home, such as hospitals, libraries, and day camps.

Cameron wants to keep his programme going and growing. Over the past six years, he has given away more than 3,000 books. He has

also won many prizes for his work. His programme has grown over the years, too. Last Christmas, Cameron was able to give away toys and books.

Cameron Payne does a lot for kids by giving away the things he loves. Who needs help in your community? How might you help?

- () 5. What caused Cameron to create his programme?
- His own books destroyed by a fire.
 - Someone's losing all the books in a fire.
 - His house's being burned down by a fire.
 - Somebody's sadness about the accident.
- () 6. What can we learn about the collected books according to Paragraphs 3—4?
- Children with hearing loss can receive new books.
 - Books are given to children with advanced levels.
 - Children have no interest in new books at all.
 - Cameron's granny makes contributions to the book collection.
- () 7. Why does the author put two questions in the last paragraph?
- Because the author intends to encourage more people to help others.
 - Because the author would like to attract readers' interest.
 - Because the author wants to remind people to value books.
 - Because the author plans to leave a deep impression on readers.
- () 8. Which words best describe Cameron's personality?
- Selfish and distant.
 - Selfless and helpful.
 - Well-rounded and hopeful.
 - Confident and positive.

C [2024·浙江省杭州市高一期中]

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

Researchers tasked 42 adult volunteers with learning the Arabic letters from 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 to 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.

- () 9. How did the researchers get the conclusion?
- A. By making comparison.
B. By studying documents.
C. By asking volunteers.
D. By watching videos.
- () 10. 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.
- () 11. 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.
- () 12. What might be the most suitable title for the text?
- A. Put down your keyboard
B. Pen will replace computers
C. Handwriting is out of time now
D. Handwriting is better in learning

班级

姓名

题号
答题区

阅读理解

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12

Period Two Welcome to the unit & Reading—Language points

课内基础巩固

❶ 单词拼写

1. Only with a _____ (积极的) attitude can you improve your ability and create more opportunities.
2. We can _____ (获得) knowledge not only from books but also through social practice.
3. Though there are challenges on the _____ (道路) ahead, we have made up our mind to achieve our _____ (目标).
4. It is important for students to make the most of the school _____ (设施) to develop their skills and interests.
5. As long as you make efforts, you have the _____ (潜力) to become a well-rounded student.
6. It is time for us to work together to protect our natural r _____.
7. After finishing studying in junior high school, some students will go on studying in s _____ high school.
8. Jack and Rose are the two main c _____ in the movie *Titanic*.

❷ 单句填空

1. Every individual has the right to be treated _____ (equal) in the eyes of the law.
2. In the future, we will use _____ (advance) technology every day to control everything in our home.
3. After entering college, she made great efforts _____ (learn) to be independent.
4. To improve your overall health, it is important to have a _____ (balance) diet.
5. It is your _____ (responsible) to follow the rules and regulations of the new school.
6. Travelling abroad gives students an opportunity _____ (experience) different cultures and become more well-rounded individuals.
7. It is _____ (amaze) that he can play the piano so beautifully without any formal training.
8. Taking on a _____ (challenge) job can greatly help improve your skills and abilities in the workplace.
9. To our great joy, the child tied his shoes _____ (independent) for the first time.
10. She gathered her courage and moved forward with _____ (confident), ready to face the challenges ahead.

❸ 短语填空

1. We all _____ (期待) seeing further improvement over the coming year.
2. It is a difficult task, but I'm sure he'll _____ (能够处理) the challenge.
3. As teachers, we must believe that we can _____ (有影响) to the lives of our students.
4. The solution to the problem between you and Tom _____ (在于) the change of your attitude.
5. I hope you can _____ (充分利用) the opportunity and try your best to learn as much as possible.
6. First, cycling is much cheaper than driving a car. Second, it is good for our health. _____ (最后但同样重要的), it is environmentally friendly.

7. The headmaster advised that we _____
_____ (利用) what our
school provides for us to study better.
8. I _____ (迫不及待地要告诉)
you the good news that I have won the first
prize in the English speech contest!

Ⅴ 句型训练

1. Among the collections _____
_____. (全部倒装)
在这些收藏品中有一些漂亮的中国画。
2. The book will be of _____

_____.
这本书对学汉语的人有很大帮助。

3. _____, life is what
happens to you while you are busy making
other plans. (定语从句) 正如 John Lennon
曾经说的, 生活就是当你忙于制订其他计划
时所发生在你身上的事情。
4. English is an international language, so
_____.
(it 作形式主语) 英语是一门国际语言, 所以
我们很有必要学习它。

课后素养提升

Ⅵ 阅读七选五

[2024·江苏省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.

Ⅶ 语法填空

As a teenager, I often heard people say, “High school is the best years of life!” So I looked forward to 1. _____ (begin) a new life as a freshman.

Actually, there were really too many unforgettable moments in those years. Whether they were bad moments or 2. _____ (amaze) ones, all of them left a deep impression 3. _____ me.

班级
姓名
答题区
七选五
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完形空
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During those years, I liked to volunteer and took an active part in debate. I behaved 4. _____ (responsible) and never quit before challenges. And it was at that time that I met my best friend Ann, 5. _____ unique and lovely girl. Just like me, she was also active, helpful and curious 6. _____ (explore) everything on campus. She would help me whenever I was in trouble and would give me 7. _____ (confident) whenever I lost heart. She was the best friend in my youth.

Other than voluntary work, I also liked sporting events, which 8. _____ (be) the most exciting parts of the high school life. On sports days, all the students would show up to cheer 9. _____ (they) sports teams. The shouts, the cheers, the sighs 10. _____ all the noise you can think of were all brought into one place. What a happy sight!

I really miss my high school life.

完形填空

[2024·河北省保定市六校联考高一期中]

When Marco was a boy, he tried everything to get his father's love and attention. He studied hard to get good 1 and tried to behave well. He was shy and shorter than the other boys. Besides, his father was 2 and had little time for him. Except for his 3 for housework after school, there was no communication. Marco felt very 4.

One day, his maths teacher called him that some young teenagers were 5 a public speaking contest. She thought Marco should give it a 6. She firmly believed he could perform on stage like other kids. Feeling her strong trust, he agreed to 7 the contest.

All winter, Marco took a bus to 8 twice a week in another city, where the competition would take place. He was taken by a strong 9 he never felt before. Finally, the big day arrived. His father, and yes, his maths teacher, were present. When he stepped

onto the stage and began to speak, he felt 10 at home. He was funny, and acted very natural. He won! He noticed his father's eyes were 11—he was so proud. It was then that his father 12 he should pay more attention to the child.

As the winner, Marco's name was 13 in the local papers. He knew this was the 14 of his new life. It all happened because of a phone call, from one who 15 him.

- () 1. A. gifts B. habits
 C. marks D. skills
- () 2. A. lazy B. silent
 C. serious D. busy
- () 3. A. suggestions B. promises
 C. comments D. orders
- () 4. A. lonely B. amazed
 C. puzzled D. silly
- () 5. A. thinking through
 B. signing up for
 C. backing down on
 D. worrying about
- () 6. A. change B. focus
 C. try D. decision
- () 7. A. enter B. continue
 C. organize D. quit
- () 8. A. compete B. act
 C. practise D. work
- () 9. A. pain B. energy
 C. dissatisfaction D. risk
- () 10. A. totally B. actually
 C. partly D. usually
- () 11. A. moving B. shiny
 C. empty D. clear
- () 12. A. agreed B. remembered
 C. imagined D. realized
- () 13. A. shared B. published
 C. collected D. discussed
- () 14. A. need B. meaning
 C. lesson D. start
- () 15. A. depended on B. took in
 C. believed in D. listened to

Period Three Grammar and usage & Integrated skills

课内基础巩固

❶ 指出画线部分所作的句子成分

1. I find it important to make full use of the library resources and school facilities.

2. There are two paths ahead but I don't know which one to choose. _____
3. He has a positive attitude to life and always looks the bright side. _____
4. She started taking online courses to improve her language skills. _____
5. You should take advantage of the opportunity to study abroad and experience a new culture. _____
6. I believe he can rise to the challenges ahead. _____
7. All individuals are equal before the law. _____
8. Frightened, she asked me to go with her. _____

❷ 选出下列句子属于哪种句子结构

- ①SV ②SVO ③SVP ④SVOO ⑤SVOC
⑥SVA ⑦SVOA ⑧There be...

1. It is a great pleasure to talk with you. _____
2. You should keep the room clean and tidy. _____
3. Grandma told me an interesting story. _____
4. The books of this kind sell well among students. _____

5. There is a garden at the back of the house. _____
6. Most of the workers living in the room have left. _____
7. All the students think highly of his teaching. _____
8. She stopped teaching English two years ago. _____

❸ 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 _____ 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。
6. _____ in this world still believing in truth, goodness and beauty.
世界上有很多人依然相信真善美。

Ⅳ 阅读七选五

[2024·福建省厦门集美中学高一期中]

Getting into the right focus for serious studying can be difficult. With roommates or family, incoming messages, the Internet, and so on, it's easy to focus on other things, which can leave you unprepared for your tests.

1. _____ Use these tips to make a quiet place that allows for concentration.

If you are on campus, roommates and the dormitory can be loud, and if you are studying online at home, you might have to deal with your family's comings and goings. 2. _____

If you don't care to study in silence, you could drown out the background noise of people talking around you. You could use earplugs when you need to concentrate deeply or download a white noise app on your phone.

Another easy way to get focused on your study plan is realizing you need something that you forgot outside your study space. For example, be sure to have all the pens, notebooks and textbooks you will need to complete your work. 3. _____ So having all the necessary things on hand will keep you focused. Besides, if you are doing work or reading on a laptop, make sure to bring your charger, as a failing battery may force you to stop studying.

4. _____ Students with worksheets and practice problems would probably do better with a desk or a large table. Students with lots of reading may be more comfortable on a sofa or a chair where they can get comfortable while they study.

These simple steps can create quiet and calm space for you to get to work. Putting time and effort into your studies is the most

important part of attending college. So set yourself up with a study space that suits you now. 5. _____

- A. It can lead to academic success.
- B. Making sure the surroundings are best for you is important.
- C. In this case, you'd better create some background music.
- D. Choosing the right way for you can help you do better in study.
- E. Having the perfect study space can make it easier to focus on your study.
- F. Wherever you are, study requires focus, so creating a quiet space is important.
- G. Looking for any of these in the course of study may make it hard to truly focus.

Ⅴ 语法填空

[2024·江苏省盐城市高一期中]

Goals are important in many ways.

1. _____ (set) goals gives you a focus in life. By setting goals now, you are deciding 2. _____ you want to achieve in the future. Then you know where you are going in life and can work hard to get there. Setting goals also helps you develop good 3. _____ (habit). To realize your goals, you need to have a good plan, manage your time well and pay attention to details. Finally, setting goals makes you more confident. When you achieve a goal, you see 4. _____ result of your hard work and know how much progress you have made.

It is important to set goals that can be achieved. That is to say, you should set goals 5. _____ (base) on your abilities and skills. Try to break big goals down into small ones to make them 6. _____ (easy) to reach. You will be proud of 7. _____

(you) when you realize each small goal. It is also a good idea to put your goals where you can see them, which will remind you 8. _____ what you are working for and keep you focused.

A goal is a dream that 9. _____ (need) action. As a result of your action, your dream will come true and 10. _____ (hopeful) you will live a happy life.

完形填空

[2024·江苏省高邮市高一月考]

“What are you doing?” my fifth-grade teacher asked as I bent over the side of my desk. “I’m 1 my backpack. The bell rings in a few minutes.”

“Unpack your assignments. You still have five minutes. We 2 until the clock runs out. The more you do here in class, the less you have to do at home,” she said. She was a very kind woman, but I knew she was 3 this time.

Having no option, I 4 pulled my maths assignment back out and 5 one problem at a time as the minutes on the clock ticked away. The bell finally 6, and I stuffed my homework in my backpack as 7 as possible and ran out.

I cannot remember how many times per day she would say, “Use your time wisely.” It worked. It became second 8 for me to work until the bell rang. In middle school, I continued the 9 she instilled (灌输) in me. I worked on my assignments until the bell rang. And she was 10. The more I did in class, the more time off I had at home for projects and hobbies. I instilled that mindset in nearly every 11 of my adult life: my education, my career, and my family.

At age ten, I didn’t 12. I do now. Learning how to use your time wisely also means learning what’s 13 to you. It’s not just a 14 in using the time you have, but in enjoying those moments and 15 the time spent with loved ones.

- ()1. A. picking B. showing
C. packing D. searching
- ()2. A. count B. repeat
C. talk D. work
- ()3. A. relaxed B. serious
C. anxious D. independent
- ()4. A. secretly B. suddenly
C. unexpectedly D. unwillingly
- ()5. A. completed B. discovered
C. shared D. improved
- ()6. A. disappeared B. dropped
C. rang D. broke
- ()7. A. fast B. early
C. directly D. well
- ()8. A. language B. nature
C. choice D. job
- ()9. A. adventure B. confidence
C. curiosity D. practice
- ()10. A. right B. ready
C. busy D. alone
- ()11. A. project B. claim
C. aspect D. style
- ()12. A. remember B. pass
C. care D. understand
- ()13. A. new B. important
C. common D. special
- ()14. A. response B. requirement
C. lesson D. duty
- ()15. A. measuring B. treasuring
C. saving D. imagining

班级

姓名

题号 答题区

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完形填空

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Period Four Extended reading & Project & Assessment

课内基础巩固

❶ 单词拼写

1. The teacher gave us some _____ (指点) on how to deal with the challenges in senior high school.
2. I'm writing to invite you to the _____ (书法) exhibition to be held at the city museum.
3. We are looking forward to meeting the new _____ (交换) student.
4. I like my new teacher's teaching _____ (风格) because it encourages students to actively participate in the class.
5. In the face of challenges, having a positive attitude is the most important, while individual skills and abilities are _____ (次要的).
6. We have confidence that our team can overcome the _____ (艰难的) challenges ahead.
7. Beijing is the only city in the world to have _____ both the Summer Olympic Games and Winter Olympic Games.
8. The online platform allows teachers to share learning materials _____ with students.

❷ 单句填空

1. Moral education aims _____ (teach) people how to live and act as a responsible individual.
2. I was _____ (alarm) when I saw the dense smoke coming from the kitchen.
3. The supermarket put up an _____ (attract) poster to attract more potential buyers.
4. Though she met many challenges on her path to becoming a _____ (profession)

basketball player, she never gave up.

5. I need to acquire more _____ (detail) materials about the project before making a decision.
6. Volunteering at the local shelter allows me to make a positive _____ (contribute) to the community.
7. You should set your goal _____ (base) on your own ability and skills.
8. The local government agreed with her _____ (propose) to plant one million trees in the region over ten years.
9. My mum kept reminding me _____ (be) careful when walking on the path through the forest.
10. _____ (fortunate), he made full use of the opportunity to study abroad and improved his language skills.

❸ 短语填空

1. If you feel that you're right, you should _____ (坚持) your point.
2. _____ (由于) the serious flood, one third of the people in the area lost their home.
3. Mr Liu can speak English fluently, and he can speak French _____ (也).
4. I am _____ (集中于, 专注于) improving my writing skills by attending writing workshops.
5. Customs play a significant role in festivals, but sometimes they can change _____ (随着时间流逝).
6. She found it difficult to _____ (与……相处得好) Anna, possibly because of the difference in their ages.

Ⅴ 句型训练

1. As soon as I saw the crowd of people down there, my heart beat _____ . (结果状语从句)
我一看到下面的人群,我的心就跳得如此之快,以至于我说不出一句话。
2. After walking two or three hours _____ . (find + 宾语 + 宾补)

走了两三个小时后,他们发现自己在一个小村庄里。

3. The education system in the UK _____ .
英国的教育体系与中国的非常不一样。
4. _____ when I was an exchange student in China last year. (定语从句)
去年我作为交换生在中国求学时,最吸引我的课程是历史。

课后素养提升

Ⅴ 阅读理解

A [2024·辽宁省朝阳市高一期中]

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 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, train for 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.

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() 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·湖北省孝感市高一期中]

To develop one's taste in English, the most effective way is to read a wide variety of English books. Yet one may be at a loss to choose the right books, especially as a beginner. As a native Spanish, I would like to share some of my experience.

My first English novel was Jane Austen's *Pride and Prejudice*, recommended by many English teachers and professors as an ideal book for English learners. But my experience was somewhat disastrous. I had great difficulty in understanding the novel, let alone enjoying it. It was not the vocabulary that troubled me, but rather the way Austen made sentences, and her way of thinking, which seemed too hard for me at that time. My enthusiasm was much recovered after reading Hemingway's novel *A Farewell to Arms*. No long and complicated sentences. And I particularly liked his brief and straightforward (简单的) style. So my first suggestion is that as a beginner, you'd better choose contemporary novels instead of classical ones.

However, if you limit yourself to novels, you will miss a lot of treasures. English essays can at once inform you, entertain you, and improve your taste in English. The best

example is Bertrand Russell's work. His simple language enables his philosophy within the reach of ordinary people. Here comes my second suggestion—essays are necessary.

Never follow others' suggestions and opinions blindly, however famous or influential the person might be. We should be open to various ideas, but always think and determine by ourselves. As the saying goes, one man's meat is another man's poison. With that in mind, we are bound to find out our favourite writers through reading and develop our fine taste in English.

() 5. What made the first English novel that the author read hard to understand?

- A. Complicated conversations.
- B. Sentences and Austen's thinking style.
- C. The old-fashioned vocabulary.
- D. Not knowing the social background.

() 6. Which word can best describe the author's first English novel reading experience?

- A. Terrible. B. Challenging.
- C. Enjoyable. D. Inspirational.

() 7. What advice does the author give in the last paragraph?

- A. Choose books that challenge us most.
- B. Read books that are instructive.
- C. Don't be affected by others' ideas.
- D. Compare books before buying.

() 8. What is the author's purpose of writing the passage?

- A. Give comments on literature works.
- B. Tell beginners how to choose English books.
- C. Encourage people to read more English books.
- D. Recommend first-class books to English learners.

Period Five Writing

❶ 补全句子

1. _____, we'd like to start a Youth Reading Club.

为了鼓励学生们养成阅读的好习惯, 我们想要开办一个青年阅读俱乐部。

2. Our club _____ for students.

我们的俱乐部旨在给学生们提供各种各样的阅读素材。

3. We _____ in a different **style** each week.

我们打算每个星期阅读一篇不同风格的短篇小说。

4. Our plan for a Youth Reading Club calls for _____ in the short story after reading.

我们的青年阅读俱乐部提倡在阅读后讨论短篇小说的写作风格和技巧。

5. It's a great **opportunity** _____ .
_____ .

这是和有相同爱好的人交流意见的好机会。

❷ 续写语段填空

After admitting my mistake, I 1. _____ (低下头), alone and filled with fear. Mrs Hill walked towards me and asked 2. _____ (用温柔的声音), "Why did you dare to stand up?" I said I wanted to be honest and 3. _____ (我意识到我所做的事是错误的). Unexpectedly, Mrs Hill 4. _____ (对……很惊讶) my answer and praised me for that. Then, she asked me to sit down. We continued reading books. After we finished, Mrs Hill 5. _____

_____ (提醒我们要记住) that everyone should 6. _____ (对……负责) his behaviour. We all agreed with her. And I was happy that in a way I 7. _____ (为……树立了好榜样) my classmates.

❸ 语篇填空

[2024·江苏省连云港高级中学高一期中]

Keeping a diary in English is one of the useful ways 1. _____ can improve our English writing ability. 2. _____ (compare) with other forms of writing, it is 3. _____ (short) and takes less time. It can help us to develop the habit of thinking in English. If we keep trying this practice, 4. _____ (gradual) we'll learn how to express ourselves in English.

In keeping a diary in English, we certainly run up against many difficulties. In the first place, it often happens that we have difficulty 5. _____ (find) exact words and phrases to express our mind. Secondly, there are many idiomatic ways of saying things in Chinese. And it is extremely hard for us 6. _____ (put) them into English properly.

My 7. _____ (propose) is that we should always have a notebook and a Chinese-English dictionary 8. _____ easy reach. Whenever something 9. _____ (trouble) us, we can first write it down in our notebook and then refer to our dictionary. When necessary, we can also turn to our English teacher for help. In short, I believe that it is 10. _____ effective way to keep a diary in English for the development of our writing skills.

Ⅳ 阅读理解

[2024·辽宁省名校联盟高一月考]

The days of just teaching kids their ABCs are long gone. Modern educators are tasked with the seemingly impossible responsibility of making sure that today's youth are academically (学业上) prepared for life outside the classroom and being self-aware, self-managing, socially aware, relationship-building, and responsible decision-makers who are good to society. That is quite a big ask!

But social-emotional learning (SEL) answers this call and delivers on this tall order. It is a method to improve students' intrapersonal (内心的), interpersonal, and learning ability. This process improves individual students' skills and makes for a community of successful learners willing and able to positively contribute to society. This theory truly allows individuals to develop well.

SEL has effectively predicted positive school adjustment in the school setting, increased learning engagement, minimized discipline (纪律) problems, increased high school graduation rates, and increased future employment and adult health. A main part of SEL is helping children understand their emotions. Further, not only is it important that youngsters can identify various emotions, but they must also be able to manage the emotions they experience.

Developing an identity (身份) is necessary for grown-ups, and SEL satisfies this requirement. By helping students develop their identity, SEL helps to increase self-confidence, identification of strengths and needs, and recognition of needs, values, and judgements.

In the classroom, SEL has been shown to positively affect students' attitudes, behaviours,

and academic performance. Further, it decreases negative behaviours, such as being off-task or behaving badly. SEL improves the learning environment and makes it a safe place for learning.

Not only is SEL significant for students' mental health, but it is also important for teachers' mental health. SEL increases teacher-reported effectiveness for behaviour management and decreases reports of teachers' burnout. Ultimately, SEL creates a calmer classroom environment, which makes educating students much easier.

- () 1. What can we say about the responsibility of modern educators according to Paragraph 1?
- It is demanding.
 - It is rewarding.
 - It is respectable.
 - It is impossible.
- () 2. What is mainly talked about in Paragraph 2?
- How to be a successful learner.
 - How to meet the students' needs.
 - What is needed for a community.
 - What is social-emotional learning.
- () 3. What is the primary part of SEL?
- Giving students a clear identity.
 - Allowing students to predict their future.
 - Offering students' future jobs.
 - Helping students understand and manage emotions.
- () 4. What can we infer about SEL from the last paragraph?
- It is a win-win method.
 - It is refused by students.
 - It may make teachers tired.
 - It stresses the importance of teachers.

写作

第一节 应用文写作

[2024·浙江省宁波市镇海中学高一期中]

假定你是李华,英国交换生 Tom 即将要来你校交流学习,他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,

Yours,
Li Hua

第二节 读后续写

[2024·辽宁省朝阳市高一期中]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

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 next day.

After the bell rang 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 mistake!

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 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. _____

Paragraph 2:

Mrs Bartlett gave us an A on that assignment. _____

班级

姓名

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答题区

阅读理解

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▶ 单元小测

Unit 1

Ⅰ 单句填空

1. It is really _____ (challenge) for a worker to finish all the work in an hour.
2. Those who have a **positive** attitude _____ life often live longer.
3. They are glad to see the great _____ (improve) in the living standards of ordinary people.
4. I really **look forward to** _____ (have) an **opportunity** to communicate with you.
5. To my great _____ (amaze), he should remember me though we hadn't seen each other for over 20 years.
6. Physical health and mental health are _____ (equal) important to people's life.
7. She wrote a _____ (remind) about the latest **workshops** she would attend.
8. All of us should remember that it is everyone's _____ (responsible) to protect the environment.
9. Experiential learning differs from traditional learning in that it encourages _____ (independence) **thinking**.
10. It is my father's encouraging words that helped me regain my _____ (confident).
11. These **proposals** would make a valuable _____ (contribute) towards reducing industrial accidents.
12. I was a little late, but _____ (fortunate) the meeting hadn't started.
13. The aim of this programme is _____ (give) graduates a solid understanding of the basic principles of advertising and marketing.
14. Long-lasting friendships are built on the _____ (base) of mutual trust.

Ⅱ 短语填空

1. Even when times get **tough**, it's crucial to _____ (坚持) your values and belief.
2. Happiness can sometimes _____ (存在于) the simplest things.
3. The match was put off _____ (由于) bad weather conditions.
4. Every small action can _____ (有影响) in the lives of those in need.
5. She decided to _____ (充分利用) her weekend by spending quality time with family and friends.
6. I am **confident** that he can _____ (能够处理) the **challenges** of learning a new language.
7. Students should _____ (利用) the **resources** available at the library to **improve** their studies.
8. _____ (随着时间流逝), they grew closer and developed a strong bond of friendship.

Ⅲ 句型训练

1. Open communication and trust _____ . (be of + 抽象名词)
坦诚沟通和信任同等重要。
2. When I opened the door, I _____ on my bed. (find + 宾语 + 宾补)
当我打开门时,我发现我的猫睡在我的床上。
3. In front of the house _____ . (全部倒装)
房子前面是一个小花园。
4. _____ their children's opinions. (it 作形式主语)
父母倾听孩子的意见是很重要的。
5. She was _____ her mind went blank. (结果状语从句)
她是如此紧张,以至于大脑一片空白。

Ⅴ 阅读理解

[2024·广东省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” to 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.

- ()1. Which word best describes the author’s first Greek philosophy class?
- A. Boring. B. Amazing.
C. Confusing. D. Depressing.
- ()2. 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.
- ()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.

Ⅶ 完形填空

[2024·河北省衡水市武强中学高一期中]

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 United 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 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. goal D. stage
- ()4. A. Flying B. Landing
 C. Working D. Studying
- ()5. A. taking advantage of
 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. difficulties 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

Ⅷ 阅读七选五

[2024·江苏省海安高级中学高一期中]

Your mind is very powerful. Yet, if you're like most people, you probably spend very little time reflecting on the way you think. After all, who thinks about thinking? 1. _____

If you draw wrong conclusions about whom you are and what you're capable of doing, you'll limit your potential. Your thoughts are a catalyst (催化剂) for self-perpetuating (自我持续的) cycles. 2. _____ So if you think you're a failure, you'll feel like a failure. Then, you'll act like a failure, which strengthens your belief that you must be a failure. I see this happen all the time in my office. Someone will come in saying, "I'm just not good enough to advance in my career." That opinion leads her to feel discouraged and causes her to put in less efforts. 3. _____

Once you draw a conclusion about yourself, you're likely to do two things: look for evidence that strengthens your belief and consider anything that runs against your belief unimportant. Someone who develops the belief that he's a failure, for example, will view each mistake as evidence that he's not good enough. 4. _____ Consider for a minute that it might not be your lack of talent or lack of skills that are holding you back. Instead, it might be your belief that keeps you from performing at your peak (顶峰).

5. _____ That's not to say positive thoughts have magical power. But optimistic thoughts lead to productive acts, which increase your chances of having a successful outcome.

- A. When he does succeed, he'll owe it to luck.
- B. Once that belief gets rooted in his mind, he will suffer a lot.
- C. That lack of efforts prevents her from having a better career.
- D. Creating a more positive thought can lead to better outcomes.

E. What you think influences how you feel and how you behave.

F. However, the way you think about yourself turns into your reality.

G. If we make an effort on purpose, you can learn to think more positively.

Ⅶ 语法填空

[2024·河北省衡水二中高一期中]

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. _____ (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 by 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 myself and even received awards from speeches and debates.

I am proud to be a Southside Tiger.

班级

姓名

题号
答题区

阅读理解

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