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## 高中英语 必修第一册 RJ

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## 图书介绍

## 编写依据

以新教材为本,以课程标准(2017年版2020年修订)为纲。

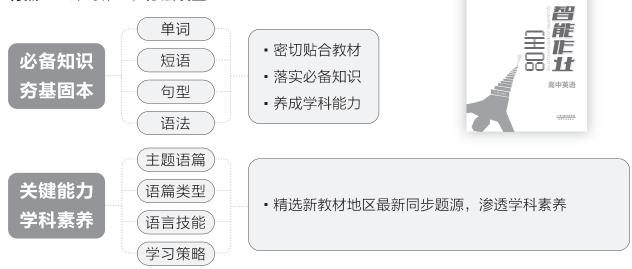
## 选题依据

- ·研究新教材使用地区最新题源,研究新教材新课标形式下的同步命题特点。
- · 选题注重落实必备知识,满足同步教学中的基础性要求,兼顾一定的综合性。
- 强调试题的情境性、开放性,拓展学科知识的应用性和创新性。

### ▼ 课时作业

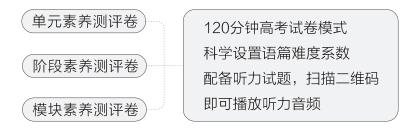
**特点一** 细分课时,并针对重难点设置重难点突破练

**特点二** 课时作业,分层设置



**特点三 单元过关+写作提能** 突出训练基础和提升写作能力

### ▼ 素养测评卷



精选一线好题,拒绝知识倒挂、选题超纲现象,





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## **WELCOME UNIT**

## Period One Listening and Speaking & **Reading and Thinking**

## 基础巩固

<b>D</b> 单词拼写	<b>6</b> . What's more, you taught me some helpful
1. We eaddresses and Christmas	speaking skills and made me full of
cards at the party last night.	(confident).
2. I attended a l on English writing	7. The concert began with the
last week, which benefited me quite a lot.	(nation) anthem and ended up with a piece of
3. The woman was Tu Youyou, the first Chinese	soft music.  9 My first (impress) of him
(女性的) scientist to be	8. My first (impress) of him
awarded a Nobel Prize for her work.	was that he was a kind and(impress) young man.
4. We must keep the(校园) clean	9. Some people feel that
and tidy, if we want to have a good studying	(experiment) on animals is wrong.
environment.	10. On the day of freshmen
5. Appearing at such a(正式的)	(register), many volunteers offered to help
party for the first time, I felt out of place and	the freshmen move their luggage.
wanted to leave.	⑩短语填空
6. Try to find some extra-curricular activities as	1. The hard-working peasants and their happy life
you enter(高级的) high school.	we saw in the countryside
7. I am(外向的) and good at	(给······留下印象) us.
speaking English, so I am fit for the job.	<b>2</b> . With all his attention(集中
<b>8</b> . There was an(令人尴尬的)	精力于) reading English, he did not notice my
moment when she didn't know whether to	coming in the room.
shake his hand or kiss his cheek.	3. You'd better wash the coat
■単句填空	(以合适的方法), because the material fades
1. The book (design) for the	easily.
	<b>4</b> . You can(与谈话)
students who want to learn English well.	experts in the field or seek advice from your
2. Failure is quite (annoy), but what failure teaches us may not be taught in	teachers.
other ways.	<b>5</b> . I'd like to(一个人待着)
3. The little girl showed no	when I am reading a book.
(anxious) before the competition. She seemed	<b>6</b> . With your timely help, we managed to
to have prepared for it very well.	overcome the problem(最
4. This is one of the farthest places that	后,终于).
(explore) so far in that country.	7. John is so good a boy that every student in our
	class wants to(与交
5. When he heard the (frighten) news that an earthquake hit again, a	朋友) him.
(frighten) look came into his face.	8. Students in a boarding school live
(mgmen) look came into ms face.	(在校园内)instead of living outside.

#### ₩句型训练

1. I'm Li Hua, studying in a senior high school in America. (同位语)

我是李华,是一名来自中国的交换生,正在美 国的一所高中学习。

2. If you join the basketball club,

you will have a happy school life. (confident)

如果你加入篮球俱乐部,我相信你会拥有快乐 的学校生活。

## 素 养提能

## Ѿ阅读理解

A [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 neglect any of his homework.

Even so, as our class teacher, we got to know him better. Noticing some of us fidgeting one day as the midterm 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 **3**. I hope that you will to you and wish you success! (find + 宾语+宾补) 我希望你认为我的建议对你有用,并祝你 成功! 4. that vou haven't finished your homework? 如果老师发现你没有完成作业怎么办? **5**. He is always the first last . (动词不定式作后置定语) 他总是第一个来,最后一个离开。

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 "fidgeting" 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 Iver 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?
  - A. Goals can be reached step by step.
  - B. One can reach his/her goals in a giant leap.
  - C. Tasks can be solved under the guidance of the teacher.
  - D. There is only one step between success and failure.

#### 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. 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 stayed with me. Then it took me almost another 20 years to get a deeper understanding of what had happened in that lecture hall: experiential learning.

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

In comparison, in experiential learning, the learner is encouraged to think 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.

#### ₩ 阅读七选五

「2024·浙江台州八校联盟高一期中联考】 阅读下面短文,从短文后的选项中选出可以 填入空白处的最佳选项。选项中有两项为多余 选项。

If you are a new person in a new school, it is normal to feel shy. 1. Here are several skills that help you overcome shyness and build new friendships.

As soon as you hit the gate of your new school, try to appear easy to get along with by smiling naturally. 2. \_\_\_\_\_ It can greatly affect your personal charm, making you appear friendly and easy-going. Walk tall and smile at anyone who looks directly into your eyes. If someone chats with you unexpectedly, do not look away but look at him in the eye and don't forget to smile.

3. Observe (观察) your classmates and try introducing yourself. If you are too shy, you can start with a little joke or small talk to break the ice. A good ice-breaker is to borrow an item from a classmate. This will lead to a deeper conversation that may continue on to other matters like a good introduction and even a social lunch with a new friend.

Join school clubs and organizations. 4. You will be attending meetings and parties that the club or organization will be holding regularly. Finally, you will fit in and totally let go of the shyness you felt on your first day.

- 5. If you continue to sit alone, then you might miss out on some of the most valuable friendships in your whole life.
- A. It will bring you happiness and power.
- B. A good and honest smile can make a difference.
- C. You will become the most popular person in school.

- D. Chances for new communication will be opened up there.
- E. The classroom is a good place to make friends on a new campus.
- F. Say goodbye to shyness in a new school by following these very great skills.
- G. However, it is unusual to stay shy the whole year and fail to make any new friends.

#### Ѿ语法填空

「2024·广东深圳龙华中学高一期中]

阅读下面短文,在空白处填入1个适当的单 词或括号内单词的正确形式。

How are you getting along with your senior
high school? It may be hard for you as this is the
first time that you 1(leave) your
parents. I know that you are now having trouble
2(communicate) with others, and
you may often feel lonely. That's 3.
you are new here and people don't know about
you. But I think you can overcome the difficulty if
you can follow the advice below.

First, you should attach great 4. (important) to taking an active part in the discussions and show your own opinions about the matters, and at the same time, learn to listen to other people's views 5. Second, you should learn about your classmates' likes and dislikes, 6. can make you get familiar with them. Only in this way can you get to know more 7. (difference) people and show them that you are just as friendly. Last but not least, I'm always here ready to help. We can take part in some 8. (activity) together and I can introduce you to others.

There's no need 9. (worry) too much. People will know you more very soon and will like to make friends 10. you if you can do as the above. Just remember, "God helps those who help themselves."

## Period Two Discovering Useful Structures

## 基 础巩固

### 单句填空

- **1**. I've been looking forward to (see) you so much.
- 2. We all thought computers would make our jobs (easy).
- 3. (read) is necessary for you to expand your knowledge.
- **4**. She found the gift (practise) as well as beautiful.
- **5**. The information could be extremely (help) during the class meeting.
- **6**. We have found easy to learn English well since we became his students.
- **7**. It must have been so (excite) to watch the first man land on the moon.
- 8. But whatever the result is, I will face it (calm).
- 9. A man immediately rushed to the girl to give her first aid and I joined in hesitation.
- **10**. I'll definitely remember his (kind) and help forever.

#### ❶ 指出下面的句子是哪一类句型

- 1. The May Fourth Movement broke out in Beijing in 1919.
- 2. That gentleman can speak three languages fluently.

- **3**. Would you please pass me the dictionary?
- **4**. This kind of food tastes delicious.
- **5**. The terrible sound made the children frightened.
- **6**. The accident happened yesterday afternoon.
- **7**. The old man is reading a book.
- **8**. The town is three miles away.

#### ■翻译句子

- 1. 剪纸活动将于6月20日在我们学校开始,为 期一周。(last)
- 2. 这次展览会帮助你对中国传统绘画有更好的 理解。
- 3. 这个故事听起来很有趣。(sound)
- 4. 他昨天给我们带来了一份特别的礼物。(bring)
- 5. 她是一个害羞的女孩,她觉得在公众面前唱歌 很困难。(形式宾语) She is a shy girl and

in public.

## 素 养提能

## ∭阅读理解

A 「2024·福建泉州第七中学高一期中]

Searching online has many educational benefits. But spending more time online does not mean better online skills. Instead, a student's ability to successfully search online increases with guidance and clear instruction. Young people often think they are already skilled searchers. Their teachers and parents often think so too. This belief means much classroom practice centres on searching to learn, hardly on learning to search.

Many teachers don't teach students how to search online. Instead, students often teach themselves. This does not result in students learning the skills they need.

For six years, I studied how young Australians use search engines. Both school and home-schoolers showed students some characteristics (特点) of online searching that aren't helpful. For example, both groups spent greater time on irrelevant (不相关的) websites than relevant ones and stopped searches before finding their needed information.

Search engines offer endless educational chances, but I find many students typically only search for isolated (孤立的) facts, and move on. In one observation, a home-schooling family type "How many endangered Sumatran Tigers are there" into Google. They enter a single website where they read a single sentence. They write this "answer" down and they begin the next topic—growing seeds.

The other thing young people should keep in mind to get the full benefits of searching online is to avoid fast search. All too often we believe search can be a fast process. The home-schooling families in my study spent 90 seconds or less viewing each website and searched a new topic every four minutes. But searching so quickly can mean students don't write useful search keywords or get the information they need.

- ( )1. What does the author mainly discuss in Paragraph 1?
  - A. The importance of teaching online searching skills.
  - B. The educational benefits of searching online.
  - C. The classroom practice centering on learning to search.
  - D. The advantage of teaching oneself about searching online.

- )2. What did the author's study find about Australian students?
  - A. They benefited most from using online information.
  - B. They spent little time on irrelevant websites.
  - C. They were usually experienced in using search engines.
  - D. They were often unable to find the needed search results.
- )3. Why does the author mention the homeschooling family?
  - A. To compare online some popular searching skills.
  - B. To show the important role of a print encyclopedia.
  - C. To give an example of only searching for isolated facts.
  - D. To explain a basic searching skill used by many students.
- )4. What is the author's advice for students in the last paragraph?
  - A. Slow down when searching online.
  - B. Try searching more new topics online.
  - C. Practise more to better searching skills.
  - D. Change search keywords quickly if possible.
  - B [2024·广东广州第十六中学高一期中]

People do better when more is expected of them. In education circles, this is called the Pygmalion effect.

The Pygmalion effect got its name from the story of Pygmalion, a mythical(虚构的)Greek sculptor. Pygmalion carved a statue of a woman and then fell in love with it. He appealed to Aphrodite, the goddess of love, who brought the statue to life and helped the couple get married. Just as Pygmalion's fixation on the statue brought it to life, our focus on a student can do the same in

schools. Research by Robert Rosenthal and Lenore Jacobson examined the influence of teachers' expectations on students' performance. They began by testing the IQ of elementary school students. Teachers were told that the IQ test showed around one-fifth of their students to be unusually intelligent. But unknown to the teachers, the "gifted" students were chosen at random. Actually they had no big statistical advantage over the other kids. As the study period ended, all students had their IQs retested. Both groups showed an improvement. Yet those who were described as intelligent experienced much greater gains in their IQ points. Rosenthal and Jacobson owed this result to the Pygmalion effect. Teachers paid more attention to "gifted" students, offering more support and encouragement than they would otherwise.

In general, teachers have the power to influence how the students behave by holding high expectations. If a teacher thinks a student is brilliant, they will treat them as such. The student then gets more opportunities to develop their ability, and their performance improves. This works both ways. When a student expects a teacher to be excellent or successful, they tend to be attentive and supportive. In the process, they improve their performance, too. Students who act interested in lectures create interesting lecturers.

- ( )5. Where did the Pygmalion effect get its name from?
  - A. A statue of a lady.
  - B. The goddess of love.
  - C. A character in a literary work.
  - D. The story made up by Pygmalion.
- )6. The underlined expression "fixation on" in Paragraph 2 most probably means

- A. respect for
- B. affection for
- C. marriage to
- D. sympathy for
- )7. What is the purpose of Rosenthal and Jacobson's research?
  - A. To improve the kids' IQ.
  - B. To pick out gifted students.
  - C. To expand teachers' influence.
  - D. To examine the Pygmalion effect.
- )8. What can students do to make a teacher excellent?
  - A. Support the teacher by treating them as excellent teachers.
  - B. Attend interesting lectures given by the teacher.
  - C. Work hard to get prepared for opportunities.
  - D. Show great interest in lectures on acting.

#### ●语法填空

「2024·河北衡水第二中学高一期中」

阅读下面短文,在空白处填入1个适当的单 词或括号内单词的正确形式。

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

Up until the junior year I did not realize my
capabilities as a student. I 2(tell)
that my junior year would be the 3.
(difficult) 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 5by 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.

#### ₩ 完形填空

「2024·安徽合肥庐巢八校联考高一期中】

Each school year, we welcome a new generation of students. Freshmen enter high school not \_\_1\_ what to expect. They will soon learn that classes are harder, bathrooms are busier and grades seem to \_\_2\_ more than in middle school.

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

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

Lin entered the school campus without a sense of <u>10</u>. The campus was bigger than he had expected and classes were usually in the opposite direction of his previous class. "<u>11</u> 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 <u>12</u>," said Lin. "I love the classes here, but it'll take me some time to find my way around the <u>13</u>."

Coming into high school, freshmen carry many goals of what they hope to <u>14</u>. At the end of high school, Lin hopes to graduate with excellent grades and <u>15</u> 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

C. popular D. organized

B. required

- ( )8. A. arguing with B. looking after
  - C. depending on D. hanging with
- ( )9. A. simple B. free
  - C. busy D. local
- ( )10. A. control B. humour
  - C. direction D. confidence
- ( )**11**. A. Labs B. Shops
  - C. Bathrooms D. Restaurants
- ( )**12**. A. late B. afraid
  - C. hurt D. 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

## Period Three Listening and Talking & Reading for Writing

## 基础巩固

1	单词拼写
1.	When he was thinking over the plan, a new
	idea f into his mind.
<b>2</b> .	I like the teaching s of my
	English teacher, which is very interesting.
3.	He found a job in a famous c
	after he graduated from Peking University.
4.	Using proper learning(策略)
	can save you a lot of time to remember the key
	points.
<b>5</b> .	No matter what you want to learn, it is
	important to decide on your
	(目标) before you make a plan.
	单句填空
1.	You need enough (revise) for
	the test.
2.	They help us understand science subjects
	better and arouse our (curious)

3.	Your English is much better since last month,
	but there's still room for
	(improve).
4.	Your(person) really made a
	deep impression on me when we met for the

about science.

first time.

5.	The	teacher	told	the	students	to	revise	their
	paper	s accor	ding	to	their			
	(nart	nar) ra	mark	0				

6.	I believe there is always something
	(excite) to do.

7.	This is the best way you think of	
	(make) a living.	

8.	I joined the		(organise)	to	help
	those seniors	in the nursing	g home.		

	短语填空
1.	You should(记笔记) in
	class which will help you revise what you have
	learned.
<b>2</b> .	One way to train ourselves to be happy is to
	(记下,写下) the little
	things that cheer us up each day.
3.	Students hope to experience
	(与交流)each other in
	learning foreign language.
4.	I'm glad that you(对
	好奇) the Safety Education Week of our school
	and it's my pleasure to give you a brief
	description.
<b>5</b> .	I have formed a good habit of
	(记日记) in English since 2018.
6.	If we are to make a difference in life, it's
	important that we(由······
	开始) small things.
7.	Li Ming(整理思路)
	before he made a speech.
8.	The freshman had no idea of how to
	(注册) classes or even how to
	borrow a book from the library.
(V	)句型训练
1.	, you should be
	careful. (when + doing)
	过马路时, 你应当小心。
2.	
	will make your visit to England much more
	enjoyable. (动名词作主语) 学习这个国家的
	历史会使你的英国之旅更加愉快。
3.	is to
	attend the meeting tomorrow. (eitheror)

要么是你要么是你的一个学生要参加明天的

会议。

after I **4**. My dream grow up. (动词不定式作表语) 我的梦想是长大后当一名英语老师。

5.

, I'll invite you to the show.

如果你想了解中国传统文化,我会激请你去参 观这个展览。

## 素 养提能

## ●阅读理解

「2024 • 河北唐山高一统考期中〕

High school students perform better on tests if they are in a classroom with a view(视野) of a 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(政策) 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(一连串) 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.

#### ₩ 阅读七选五

「2024·江苏靖江高级中学高一期中]

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

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.

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.

#### Ѿ语法填空

「2024·湖北武汉第一中学高一月考]

阅读下面短文,在空白处填入1个适当的单 词或括号内单词的正确形式。

Do you feel anxious when moving up to senior high school? It is a completely new experience 1.\_\_\_\_\_ (explore) the new life on the campus, but there is no need for you to be overconcerned. We've found a guide to help you.

You are not alone. Remember that everybody else in your grade is in the same boat. You may not notice it, but they are just as nervous as you are and have the same 2. \_\_\_\_\_(curious) to figure out how to get ready soon.

Moving up to senior high school is not a
problem, but 3chance. Although
things seem to be totally different, all you need to
concentrate 4is to be open-minded
and learn the new rules. What you can depend on
is that the teachers are always willing to offer
help. If you don't know what to do or are
5 (annoy) about something, ask
them for help. Teachers are 6.
(probable) the best people to turn to because they
have experience in helping newcomers

Everything will be fine at last. Undoubtedly, you're having trouble 7. started in the first place and you find your academic stress reaches an all-time high. However, if you are confident and determined, you'll find a way out sooner or later. As 8. (know) to all, the world makes way for the man who knows 9. he is going. So remind 10. (you) the awkward period will not last long. Everything will turn out fine in the end.

#### 完形填空

Jenna had graduated first in her class and was ready for new 1 in high school.

2 , high school was different. In the first week, Jenna went to the cheerleading tryouts (选 拔赛). She was competing against very talented (有天赋的) girls, and she knew it would be 3 for her to be chosen. Two hours later, the judge read a list of the girls for a second tryout. Her heart 4 as the list ended without her name. Feeling 5, she walked home carrying her schoolbag.

Arriving home, she started with maths. She had always been a good maths student, but now she was 6 . She moved on to English and history, and was happy to find that she didn't have any trouble with these subjects. Feeling better, she decided not to 7 maths for the time being.

The next day Jenna went to see Mrs Biden about being on the school newspaper but was told that they had enough 8 for the newspaper already. Jenna smiled 9 and left. "Why is high school so 10 ?" she sighed.

Later in 11 class, Jenna tried to figure out the problems that had given her so much 12 . By the end of class, she understood how

to get them right. As she collected her books, Jenna decided she'd continue to try to 13 at her new school. She wasn't sure if she'd succeed, but she knew she had to 14 . High school was just as her mum had said: "You will feel like a small fish in a big pond. The challenge is to become the 15 fish you can be."

- ( )1. A. subjects B. decisions
  - C. challenges D. exercises
- ( )**2**. A. Therefore B. However
  - C. Otherwise D. Besides
- )3. A. difficult B. easy
  - C. boring D. interesting
- )4. A. jumped B. sank
  - C. stopped D. raced
- )5. A. strange B. happy
  - C. awful D. lonely
- )6. A. struggling B. improving
  - C. working D. registering
- )7. A. organise B. design
  - C. consider D. impress
- )8. A. speakers B. readers
  - C. cheerleaders D. writers
- )9. A. widely B. weakly
  - C. excitedly D. brightly
- )10. A. similar B. main
  - D. familiar C. different
- )**11**. A. physics B. history
  - C. English D. maths
- )12. A. pleasure B. hope
  - C. trouble D. mind
- )13. A. fit in B. look out
  - C. stay up D. get around
- )**14**. A. swim B. try
  - C. ask D. run
- )**15**. A. slimmest B. smallest
  - C. best D. gentlest

## ●单元过关

<ul><li>単句填空</li></ul>	<b>3</b> . Professor Yang_	(集中精力
1. There is no doubt that animals	于) his experime	ent and didn't notice someone
can help kids with their	coming into the 1	ab.
(anxious).	4. I had a great time	e here and was
2. Students who are brave enough	to take this(期彳	等) coming here for holiday
(explore) will learn	soon.	
<b>3</b> . After listening to his adventure,	she felt both 5. When I was in Lo	ondon, I taught Henry Chinese
excited and( frig	gnien) at the	(作为的交换) his
same time.	teaching me Engl	
<b>4</b> . He got with the _		out in the gym, I want to
noise around him when he was r	eading books.	(不打扰), so that I can
(annoy)	have some time o	·
<b>5</b> . If you want to be a good public s	peaker, vou'd	(记笔记) can help you
better speak clearly and		emember what the teacher has
(confident).	taugiit.	(收 矣 hu )
<b>6</b> . It's good to be ab	out the world	(将参加) ng to be held next week.
around you because	is the best	ig to be neid next week.
teacher.(curious)	──────────────────────────────────────	
<b>7</b> (personal), I t	mink the best	
present is not necessarily	tne most	nich made me less confident.
expensive one.	(形式宾语)	ᇇᇫᆿᄱᇊᇸᇰᅪᄰᇷᆓᄱᄼ
8. The best way to learn English is	is to do more	达自己很困难,这使我不那么
(revise) and comm	自信。	
with others.		a sports meeting
<b>9</b> . Red Cross is an international		t Saturday. (there be 句型) Recaption
(organise) that cares for people	e, who are in	将会有一场运动会。 ace talk with Sarah, and you
need of help.		•
<b>10</b> . The new teacher impressed	the students 宾语+宾补)	(find +
her rich kno	owledge and	交流,你会发现她友好又外向。
humorous talk.		exam
■短语填空	(双宾语)	•
1. He speaks English quite fluently,		他一个教训。
(留下深刻日		
2. The following term, I decided to		· ···· · · · · · · · · · · · · · · · ·
(登记,注册) an A		二一

Language class.

方法。

can help you adapt to the new school quickly. (动名词作主语) 多交朋友能帮助你快速适应新的学校。

#### Ѿ话题微写作

根据括号内英文提示完成句子并合理运用衔 接词使之连句成篇。

- 1. 千里之行始于足下。(begin with)
- 2. 你上高中的第一天应该给你的同学们留下一 个好印象。(make a good impression)
- 3. 下面是我给你的一些关于学习的建议。(list)
- 4. 首先,兴趣是最好的老师;其次,专心上课;最 后,记笔记要认真。(concentrate on; at last)

## ₩ 阅读七选五

「2024·福建泉州高一上期中]

阅读下面短文,从短文后的选项中选出可以 填入空白处的最佳选项。选项中有两项为多余 选项。

The transition from middle school to high school can be exciting, but the change can be difficult for a lot of people. Here are some tips for surviving during your freshman year of high school.

1. This skill is especially important in high school. Get a weekly planner and update it every day. Whenever a teacher assigns (布置)

homework, write it down immediately. Write down the date to remind yourself when you have big examinations coming up. Don't let your backpack fill up with old papers you no longer need.

good relationships Develop with your teachers. Getting on your teachers' right side will make life a lot easier. Complete every assignment you're given and take an active part in discussions. Volunteer to help teachers out when they ask for help. If you are not into a certain subject of a teacher, still try to take part in, focus on and complete your work. 2.

Make friends with different people. If you just hold on to a certain friend who you're comfortable around, you may be missing out more. 3. , but it's always a good idea to keep an open mind. Be kind to other students and praise people to make them feel good. If you ever struggle to find friends, seek out other students with similar interests.

Find extra-curricular (课外的) activities you enjoy. 4. . If you love volleyball, ask your physical education teacher when tryouts are. If you enjoy movies, see if there's a film club at school. Most high schools have dozens upon dozens of extra-curricular activities. 5.

- A. Stay organized
- B. Show up on time
- C. This isn't to say that you shouldn't have a best friend
- D. Sports and clubs make high school a lot more enjoyable
- E. It's a great way to relieve your stress and meet other students
- F. It doesn't mean that you are getting along well with him/her
- G. Never argue or act it out just because you aren't a fan of the teacher

## ●写作提能

#### 血加速

[2024 · 福建福州八县(市)协作校高一期中]

假定你是李华,你校交换生 Saline 在电子邮 件中向你倾诉自己在新环境下的烦恼:不知如何 与新同学相处;无法集中精力学习。请你用英文 给她回一封邮件,内容包括:

- 1. 表示理解,给予安慰;
- 2. 给出建议;
- 3. 表达祝愿。

注意:1. 写作词数应为80个左右;

2. 请按如下格式作答。

Dear Saline,

Yours,

Li Hua

## ❶ 读后续写

「2024·辽宁朝阳高一期中〕

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 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 mistake!

Then I heard it. The last group: Mauro, Juliette, Rachel, Karina! I could feel tears well up 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:

with	my	new friend	ds					
Para	grap	oh 2:						
j	Mrs	Bartlett	gave	us	an	A	on	that
assign	nmer	nt						