



QUANPIN ZHINENGZUOYE

# 智能作业

高中英语  
必修第一册

WY

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## 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

### 必备知识 夯基固本

单词

短语

句型

语法

- 密切贴合教材
- 落实必备知识
- 养成学科能力

### 关键能力 学科素养

主题语篇

语篇类型

语言技能

学习策略

- 精选新教材地区最新同步题源，渗透学科素养



**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

单元素养测评卷

阶段素养测评卷

模块素养测评卷

120分钟高考试卷模式  
科学设置语篇难度系数  
配备听力试题，扫描二维码  
即可播放听力音频



**精选一线好题，拒绝知识倒挂、选题超纲现象，  
助力同步高效学习！**

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# Unit 1 A new start

★提示：加底纹词汇为本单元词汇

## Period One Starting out & Understanding ideas

### 基础巩固

#### I 单词拼写

1. Just when we got into the car and set out to **explore** the island, we found there was something wrong with the \_\_\_\_\_ (引擎).
2. He began to \_\_\_\_\_ (呼吸) deeply and walked onto the stage with a broad smile.
3. I'm looking forward to an opportunity to walk on the \_\_\_\_\_ (校园) of my dream university.
4. The \_\_\_\_\_ (作者) of the novel is a young girl but is already famous and **impressive** around the world.
5. The school offers sports \_\_\_\_\_ (设施) to students for free to help them build up their body.
6. After studying in junior high school for three years, some students will continue to study in s \_\_\_\_\_ high school.
7. It was at that m \_\_\_\_\_ that I realized the tiger was behind and I felt very frightened.
8. Our school often o \_\_\_\_\_ various after-school activities to enrich our school life.

#### II 单句填空

1. Nowadays, the increasingly competitive life has put many people under great \_\_\_\_\_ (press).
2. Her encouraging words left a deep \_\_\_\_\_ (impress) on me, which made me feel very **confident**.
3. As we all know, the Spring Festival is the most important \_\_\_\_\_ (tradition) festival for Chinese people.
4. Though she was very nervous on stage, she

forced herself to finish the speech \_\_\_\_\_ (calm).

5. The way to solve the problem is now under \_\_\_\_\_ (explore).
6. Orientation Day is a good opportunity to get to know your new school, which can help you gain \_\_\_\_\_ (confident).
7. In your \_\_\_\_\_ (eager) to finish the work, you may not notice some mistakes.
8. The book gave me a full \_\_\_\_\_ (describe) of the dolphins so I have gained some knowledge of them.
9. It is a \_\_\_\_\_ (challenge) job but it is a good opportunity to improve yourself.
10. Tom was **curious** \_\_\_\_\_ everything and **eager** to **explore** everything around him.

#### III 短语填空

1. The volunteers went onto the stage \_\_\_\_\_ (一个接一个地) to receive their awards.
2. What made me feel **curious** was that he \_\_\_\_\_ (冲出) the classroom without saying anything.
3. He suggested that I \_\_\_\_\_ (充分利用) this opportunity to develop my personal hobby of art **collections**.
4. At the sight of the fire in the room, all of us were \_\_\_\_\_ (惊慌).
5. Just when he \_\_\_\_\_ (迈进) the store, he came across his teacher Mark.
6. With \_\_\_\_\_ (情绪紧张), Emily felt her throat tight and her hands shaking.
7. Whether you can win the award or not \_\_\_\_\_ (取决于) your performance.

8. He got into his car, \_\_\_\_\_ (打开) the radio, and started driving home.

#### Ⅴ 句型训练

1. 我正在探索校园,这时我遇到了一个白发苍苍的男人。

I \_\_\_\_\_ I came across a white-haired man.

2. 一转身,我看到一个可爱的年轻女子在弹一架

非常漂亮的三角钢琴。(现在分词作状语)

\_\_\_\_\_, I saw a lovely young woman playing a very nice grand piano.

3. 玛丽眼里含着泪水离开了办公室。(with)

Mary left the office \_\_\_\_\_.

4. 获奖后,他激动得无法入睡。(too...to...结构)

After winning the award, he was \_\_\_\_\_.

#### 素养提能

#### Ⅴ 阅读理解

##### A

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 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 exams." "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 "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 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?
- 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

Some students get so nervous before a test. They do poorly even if they know the materials. Sian Beilock, a professor at the University of Chicago in Illinois, has studied these highly anxious test-takers. The students start worrying about the results. And when they worry, it actually uses up attention and memory resources (资源).

Professor Beilock and another researcher, Gerardo Ramirez, have developed a possible solution. Just before an exam, highly anxious test-takers spend ten minutes writing about their worries about the test.

The researchers tested the idea on a group of twenty anxious college students. They gave them two short maths tests. After the first one, they asked the students to either sit quietly or write about their feelings about the upcoming second test.

Professor Beilock says those who sat quietly scored an average of 12% worse on the second test. But the students who had written about their fears improved their performance by an average of 5%. Next, the researchers used younger students in a biology class. They told them before final

exams either to write about their feelings or to think about things unrelated to the test. Professor Beilock says highly anxious students who did the writing got an average grade of B+ , compared to a B- for those who did not.

“What we showed is that for students who are highly test-anxious, who’d done our writing intervention (干预), all of a sudden there was no relationship between test anxiety and performance. They were performing just as well as their classmates who don’t normally get nervous in these tests.”

But what if students do not have a chance to write about their fears immediately before an exam? Professor Beilock says students can try it themselves at home or in the library and still improve their performance.

- ( ) 5. What may the students start worrying about before an exam?
  - A. Whether they can pass the exam.
  - B. What other students do during the test.
  - C. Whether they have remembered the materials.
  - D. What kind of problems they will meet on the test paper.
- ( ) 6. What is the solution developed by researchers?
  - A. Asking the students to ignore the test.
  - B. Asking the students to focus on the test.
  - C. Asking the students to sit quietly before the test.
  - D. Asking the students to write about their worries before the test.
- ( ) 7. According to Professor Beilock, those who thought about things unrelated to the test \_\_\_\_\_.
  - A. became less nervous before the test
  - B. were better at controlling their feelings
  - C. did worse than those who wrote about their feelings
  - D. did better than those who wrote about their feelings

- ( ) 8. What can be learned from the last paragraph?
- A. Writing about our worries before an exam can work a bit.
- B. We can only write about our worries right before an exam.
- C. The best place to write about our worries is in the test room.
- D. It doesn't matter where we write about our worries before an exam.

## VI 阅读七选五

### How to deal with stress at school

Stress is part of students' life. While some stress can help inspire them to get work done, too much stress can cause problems with health, sleep and brain function. Now when you feel your stress building up inside, how can you manage it?

1. \_\_\_\_\_

#### Work out your own learning ways.

Students learn in different ways and have different learning styles. Some do homework all at once, while others need to take some breaks.

2. \_\_\_\_\_ However, other students remember well in the evening. So work out your best learning ways and you'll feel relaxed.

#### Stay healthy and get enough sleep.

3. \_\_\_\_\_ As a result, their performance in school and work can suffer. Exercising, eating a healthy diet and getting enough sleep do good to school performance. When you take care of yourself, you just feel better!

4. \_\_\_\_\_

Share your problems and how you are feeling and dealing with a parent, friend, teacher, or doctor. When you talk your stress out with some friends, the chances are that some of them are going through the same thing and they might have some ideas to share. Besides, it helps to know you're not alone.

#### Give yourself a break.

You should feel good about taking a break.

5. \_\_\_\_\_ Some people find that quiet activities like reading a book or watching TV are the best way to relax. Others prefer more active breaks: working on personal projects, exercising like yoga or t'ai chi, listening to music or spending time outdoors.

- A. Talk to others.
- B. Share your happiness.
- C. Sometimes you feel tired.
- D. Try one or more of the following.
- E. Many students don't focus on their health.
- F. Some students remember well in the morning.
- G. And only you can say which activities work best for letting you relax.

## VII 语法填空

Going to a British high school for one year 1. \_\_\_\_\_ (be) a very enjoyable and exciting experience for me.

On the first day, all of the new students attended an assembly(早会). I sat next to a girl whose name was Diane. We soon became best friends. During 2. \_\_\_\_\_ assembly, the headmaster told us about the rules of the school. He also told us that the best way 3. \_\_\_\_\_ (earn) respect from the school was to devote ourselves to studying hard and achieve high 4. \_\_\_\_\_ (grade). This sounded like my school in China.

My English improved a lot, 5. \_\_\_\_\_ I used English every day and spent an hour each day 6. \_\_\_\_\_ (read) English books in the library. I 7. \_\_\_\_\_ (usual) went to the Computer Club during the lunch break, 8. \_\_\_\_\_ I could send e-mails 9. \_\_\_\_\_ my family and friends back home free of charge. I also had an extra French class on Tuesday evenings.

I was very 10. \_\_\_\_\_ (luck) to experience this different way of life, and I really hope to go back to study in Manchester again.

## Period Two Using language

### 基础巩固

#### I 指出下列句子画线部分所作的句子成分

1. Curiosity is the best teacher. \_\_\_\_\_
2. I saw a poster on the wall of the classroom. \_\_\_\_\_
3. They will organise some activities to help the students know the school better. \_\_\_\_\_
4. My parents bought me a piano on my birthday. \_\_\_\_\_
5. Dinosaurs disappeared about 65 million years ago. \_\_\_\_\_
6. The campus of my senior school is big and beautiful. \_\_\_\_\_
7. I saw the students enter the classroom one by one. \_\_\_\_\_
8. The wonderful performance of the band brought round after round of applause. \_\_\_\_\_
9. The new job is found challenging. \_\_\_\_\_
10. It is important for you to face the challenges bravely. \_\_\_\_\_

#### II 分析下列句子成分

1. I often hear her sing songs in her impressive   
 ①      ②      ③      ④      ⑤   
 voice. \_\_\_\_\_
2. You can take part in various after-school activities   
 ①      ②      ③      ④   
 in senior high school.   
 ⑤ \_\_\_\_\_
3. The six-year-old girl was calm in the face of   
 ①      ②      ③   
 danger. \_\_\_\_\_
4. The company will offer the local people sports   
 ①      ②      ③ \_\_\_\_\_

facilities for free.

④      ⑤

5. My first impression of Mr Wang is that he is   
 \_\_\_\_\_   
 ①   
 very handsome.   
 ② \_\_\_\_\_
6. Mark and Li Hua decided to explore the campus   
 ①      ②      ③   
 in the afternoon.   
 ④ \_\_\_\_\_
7. The old man showed us his insect collection   
 ①      ②      ③      ④   
 when we visited him.   
 ⑤ \_\_\_\_\_
8. The people living in this area were in panic   
 ①      ②      ③   
 when the fire broke out.   
 ④ \_\_\_\_\_

#### III 句型转换

1. His performance left a deep impression on me. (改为否定句)   
 → \_\_\_\_\_
2. They have argued with each other on this topic for three days. (对画线部分提问)   
 → \_\_\_\_\_
3. She gave me some useful hints on how to deal with the matter. (同义句转换)   
 → \_\_\_\_\_
4. To find jobs is a challenge for graduates nowadays. (改为 it 作形式主语)   
 → \_\_\_\_\_

5. He has referred to the **band** many times. (改为 the band 作主语)

→ \_\_\_\_\_

#### IV 翻译句子

1. 他看起来很自信并且外向。(主系表)

2. 他完成演讲后观众大声地鼓掌。(主谓状)

3. 他决定冷静地处理这些问题。(主谓宾状)

4. 志愿者们给孩子们买了一些礼物。(主谓双宾)

5. 弹钢琴总是让他很开心。(主谓宾宾补)

### 素养提能

#### V 阅读理解

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 classroom, dining room and hallway windows so they look 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.

#### VI 阅读七选五

Many students have trouble staying focused in class. Some of them easily become absent-minded or fall asleep. As a result, they turn to study drugs in order to stay focused in school. 1. \_\_\_\_\_

#### Get some sleep.

2. \_\_\_\_\_ And it is important to stick with it. Having irregular sleep cycles can really affect concentration and physical well-being. Try to go to sleep at the same time every night and get eight to nine hours of sleep. Your body will thank you in the morning.

3. \_\_\_\_\_

Eating first thing in the morning provides fresh energy throughout the day, and it doesn't even have to be a big meal. Something as small as a bowl of oatmeal can make students more energetic and efficient for the rest of the day. And foods like peanut butter, berries, and whole grains have even been shown to improve memory.

#### Turn off your phone.

An obvious way to maintain concentration is to avoid distractions that take your attention away. 4. \_\_\_\_\_ When students need to channel their energy into studies, turning off the phone or even putting it on airplane mode is a good way to centralize their drive and keep distractions at bay.

#### Break a sweat.

Trying to concentrate in class will feel as challenging as a marathon if you're not in good physical health. On the other hand, actually running a marathon may help boost your ability to concentrate, as exercise is shown to have many benefits for the brain. While you don't necessarily have to run 26 miles before class or work, doing exercise in the morning can get your blood flowing towards your brain. 5. \_\_\_\_\_

- A. Do not skip breakfast.
- B. Sit in the front if you sleep in class.
- C. That helps in strengthening the mind.
- D. Probably the biggest one is the smart phone.
- E. Students should have a regular bedtime routine.
- F. But many study drugs have proven harmful to human health.
- G. However, there are other all-natural ways to help with concentration in class.

#### VII 语法填空

The English class on Thursday was 1. \_\_\_\_\_ (forget). During the class, we 2. \_\_\_\_\_ (ask) to give a short speech about the first day at senior high. I had never delivered 3. \_\_\_\_\_ speech in English before, and worse still, I didn't feel quite at ease speaking in public. I was secretly hoping that nobody would notice me when suddenly I heard my name 4. \_\_\_\_\_ (call). I was very nervous and stood up with nothing 5. \_\_\_\_\_ (come) out of my mouth. "Don't be shy! Just think of your first day at senior high and say 6. \_\_\_\_\_ you want to express in your mind." The teacher's words made me relax a bit, and I began to say something. With my shaking voice, I gave my first-ever public speech in English 7. \_\_\_\_\_ (final). It was hard, but it didn't feel bad.





## Period Three Developing ideas & Presenting ideas

### 基础巩固

#### I 单词拼写

1. He has **gained** many \_\_\_\_\_ (奖) for his excellent **performance** in the past ten years.
2. The \_\_\_\_\_ (话题) of my speech is how to eat in a healthy way.
3. After running for miles, I was breathless and \_\_\_\_\_ (努力) to catch my breath.
4. It is a good \_\_\_\_\_ (机会) to learn about different food cultures.
5. Last week, our class had a heated \_\_\_\_\_ (辩论) over whether the first **impression** was the most important.
6. I never expected that I would meet my \_\_\_\_\_ (从前的) teacher in a foreign country.
7. The five-year-old boy stepped onto the s\_\_\_\_\_ and began to play the **piano**.
8. According to the s\_\_\_\_\_, all work should be finished before 10 o'clock so we just have two hours left.

#### II 单句填空

1. The club has **organised** \_\_\_\_\_ (vary) activities to help us develop an interest in reading.
2. At the **sight** of the snake, the girl was very \_\_\_\_\_ (frighten) and let out a scream.
3. Learning that **volunteers** are needed for the coming **Campus** Science Festival, I'm writing to apply \_\_\_\_\_ (be) a **volunteer**.
4. He was very **calm** and didn't seem \_\_\_\_\_ (particular) excited about what he was doing.
5. He is **looking forward to** participating in some \_\_\_\_\_ (volunteer) labour to gain some social experiences.

6. It is no use arguing \_\_\_\_\_ him about it, for he will never change his mind.
7. I felt so lucky to have been selected \_\_\_\_\_ a **volunteer** for the 19th Asian Games in Hangzhou.
8. After I **graduated** \_\_\_\_\_ Tsinghua University, I got a job in a famous Internet company.

#### III 短语填空

1. Every time he is in trouble, we will \_\_\_\_\_ (全力以赴) to help him.
2. You can \_\_\_\_\_ (参加) some activities where you can have a good chance to meet some new friends.
3. You should make some Chinese friends and communicate with them \_\_\_\_\_ (尽可能多地).
4. It was a good concert—I enjoyed the last song played by this **band** \_\_\_\_\_ (尤其).
5. The book he \_\_\_\_\_ (提到) just now is very popular among students.
6. \_\_\_\_\_ (在……的结尾) the competition, Jeremy hugged me tightly and thanked me again and again.
7. The purpose of this meeting is to find new ways to \_\_\_\_\_ (处理) the problems.
8. I couldn't \_\_\_\_\_ (弄明白) how she managed to keep her **figure**.

#### IV 句型训练

1. 婴儿仍然平静地睡在床上,好像什么事也没发生过。(as if 引导状语从句)  
The baby was still peacefully sleeping on the bed \_\_\_\_\_.
2. 我正要放弃,这时我最好的朋友鼓励我继续。(about)

I \_\_\_\_\_ my best friend encouraged me to go on.

3. 昨晚一定下过雨,因为今天早上地面是湿的。

It \_\_\_\_\_ last night, for the ground is wet this morning.

4. 下次你来北京,务必要提前告诉我。

\_\_\_\_\_, be sure to let me know in advance.

5. 我不相信他昨天告诉我的话。(what 引导宾语从句)

I don't believe \_\_\_\_\_.

## 素养提能

### V 阅读理解

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” at us, but far more involvement (参与) of us all in a process of common discovery in which we learned a lot about each other and the key points of the day. The excitement of discovery stays with me. Then it took me almost another 20 years to get a deeper understanding of what had happened in that lecture hall: experiential learning.

Traditionally, learners have been seen as “empty containers” waiting to be “filled” with learning given them by the teacher. The learner is, therefore, dependent on the teacher for what

to think and how to think. Compliance (遵从) is rewarded and so independent and original thinking is not developed.

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.

- ( ) 1. Which word best describes Dr Degenaar’s 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.

### VI 阅读七选五

How did you learn to ride your bike? Someone probably taught you a few skills and then you practised a lot. 1. \_\_\_\_\_ No one is born to know how to study. You need to learn a few study skills and then practise them.

Good studying starts in class. 2. \_\_\_\_\_ Are you sitting next to a talkative person? Is it hard to see the board? Make sure you're focused in class. Tell your teacher or parents about any problems that are preventing you from paying attention and taking good notes.

3. \_\_\_\_\_ Waiting until Thursday night to study for Friday's test will make a homework night no fun! It also makes it hard to do your best. We're all guilty of putting things off sometimes. One of the best ways to make sure that doesn't happen is to plan ahead.

Ask for help. You can't study effectively (有效地) if you're confused about something. 4. \_\_\_\_\_ You can check yourself by reading through your notes. Does it all make sense? If not, ask your teacher to go over it with you.

Get a good night's sleep. If you have a test tomorrow and you've followed your study plan—but suddenly you can't remember anything, not even  $2 + 2$ , don't worry. Your brain needs time to digest (消化) all the information you've given it. Try to get a good night's sleep. 5. \_\_\_\_\_

- A. Plan ahead for tests.  
 B. Do you have trouble paying attention in class?  
 C. Study regularly instead of just the night before.

- D. You can learn how to study in much the same way.  
 E. If you're studying maths or science, practise some exercises.  
 F. Be sure to ask your teacher for help if you don't understand.  
 G. You'll be surprised by what comes back to you in the morning.

### VII 语法填空

Going from junior high school to senior high school can be a 1. \_\_\_\_\_ (challenge) process for many teenagers. With new classes, new students and a new school, it's easy for them to feel confused and lost.

However, Orientation Day is 2. \_\_\_\_\_ (clear) a great opportunity for them to know about the school. It is at the 3. \_\_\_\_\_ (begin) of the school year and is a way 4. \_\_\_\_\_ (welcome) new students and help them know the school.

Each campus holds 5. \_\_\_\_\_ (it) own orientation. Some schools set aside a single day, while others spend several days or 6. \_\_\_\_\_ entire week. One of the most basic 7. \_\_\_\_\_ (activity) is the campus tour. The new students will get their schedules and find out 8. \_\_\_\_\_ their classrooms are. They also will learn what facilities they can use, the history of the school and some relevant information. Another big thing is that the new students will learn about the school policies and the rules. School teachers and volunteers will be happy to answer the questions 9. \_\_\_\_\_ (raise) by the students. Besides, schools may provide a meal 10. \_\_\_\_\_ students and there may possibly be fun events to enjoy as well.



## 单元基础练

### I 单词拼写

1. When we **organise** a \_\_\_\_\_ (海报), a title that is simple, interesting and unusual would be used.
2. She likes to keep a personal \_\_\_\_\_ (日记) to record her thoughts and experiences.
3. I became a \_\_\_\_\_ (志愿者) in our local animal shelter, feeding or walking animals.
4. The \_\_\_\_\_ (乐队) has gone on a tour to promote their new album.
5. Next month a \_\_\_\_\_ (委员会) of experts will **rate** the materials and give opinions.
6. It is difficult to cover all aspects in a single article, so focusing on one \_\_\_\_\_ (具体的) **topic** is a better choice.
7. The meeting is a good place to share information and e\_\_\_\_\_ ideas.
8. Going from j\_\_\_\_\_ middle school to **senior** middle school is really a big **challenge**.

### II 词形变化

1. \_\_\_\_\_ (curious) drove him to follow the strange footprints but what happened next shocked him.
2. All the paintings come from his private \_\_\_\_\_ (collect) for years.
3. He is the president of a large international \_\_\_\_\_ (organise).
4. After a heated \_\_\_\_\_ (argue), we finally reached agreement.
5. Every activity is very \_\_\_\_\_ (impress) and exciting because you don't know what will happen until the last **moment**.
6. It was \_\_\_\_\_ (challenge) to balance classes and work **schedules**.

7. Despite the fact that she was wearing a seat belt, she was thrown \_\_\_\_\_ (sharp) **forward**.
8. He has formed the good habit of keeping a dictionary at hand for easy \_\_\_\_\_ (refer).
9. It is generally believed that people with low emotional \_\_\_\_\_ (intelligent) won't be successful easily at work or in life.
10. Impressed by his wonderful \_\_\_\_\_ (perform), the audience were on their feet, applauding wildly.

### III 动词训练

1. In order to **improve** the students' interest in reading, our school \_\_\_\_\_ (organise) many reading activities next week.
2. It is impossible for me \_\_\_\_\_ (memorise) so many new words in such a short time.
3. Naturally, I was once again **selected** \_\_\_\_\_ (represent) my school in the coming contest.
4. I'm writing to **apply** \_\_\_\_\_ (be) a volunteer for the activity called "Chinese Fu Culture" in our school.
5. After \_\_\_\_\_ (graduate) from university, he went to Beijing to try his luck.
6. As we all know, nothing can \_\_\_\_\_ (gain) without an effort.
7. For those who **struggle** \_\_\_\_\_ (make) friends, finding people who you share interests with is always a good place to start.
8. In the past years, a lot of work has been done \_\_\_\_\_ (improve) our school environment.

## V 一词多义

选出句中黑体词的词性及词义

- |                 |                 |
|-----------------|-----------------|
| A. <i>v.</i> 认为 | B. <i>n.</i> 数字 |
| C. <i>n.</i> 人物 | D. <i>n.</i> 身材 |

1. By 2014, this **figure** had risen to 14 million. \_\_\_\_\_
2. How does Mary manage to keep her **figure** when she eats so much? \_\_\_\_\_
3. I **figure** that you may give me some **hints** on how to operate this **engine**. \_\_\_\_\_
4. As for my favourite **figure** in Chinese history, it must be Wei Yuan, a great thinker in the late Qing Dynasty. \_\_\_\_\_

## V 短语填空

1. We took our time and **explored** the museum exhibits \_\_\_\_\_ (一个接一个地).
2. You can \_\_\_\_\_ your **inner** thoughts \_\_\_\_\_ (同……交换) your parents and ask for their help.
3. We really \_\_\_\_\_ (期待) meeting you as soon as possible.
4. The author \_\_\_\_\_ (提到) his teacher twice in his speech and thanked him for his help.
5. My father often \_\_\_\_\_ (回顾) his **senior high** school days, which are among the happiest in his life.
6. Any exercise is better than none, and jogging \_\_\_\_\_ (尤其) has a lot of benefits.
7. \_\_\_\_\_ (一看到) the moving scene, all the people present were moved to tears.
8. \_\_\_\_\_ (鉴于) the present situation, we'll have to change our original plan.

## VI 句型训练

1. 我们正在吃晚餐,这时有人敲门。

We \_\_\_\_\_ there was a knock at the door.

2. 在工作了两天后,史蒂夫终于按时完成了报告。(现在分词作状语)  
\_\_\_\_\_, Steve managed to finish his report on **schedule**.
3. 孩子们多么兴奋啊!  
\_\_\_\_\_ the children were!
4. 一位女教师面带微笑走到我的桌边。(with 复合结构)  
A woman teacher came to my desk, \_\_\_\_\_.

## VII 话题微写作

根据括号内的英文提示完成句子并合理运用衔接词使之连句成篇。

1. 我进入高中已经一周了。( **senior high school** )  
It is a week since \_\_\_\_\_.
2. 新学校给我留下了深刻的印象。( **impression** )  
The new school \_\_\_\_\_.
3. 班里所有的学生都很努力,这让我处于压力之下。( **pressure** )  
All the students in the class are hard-working, which \_\_\_\_\_.
4. 然而,我决定全力以赴,勇敢地面对挑战。( **go all out, challenge** )  
However, I \_\_\_\_\_ and \_\_\_\_\_ bravely.
5. 我期待在学校交更多的朋友。( **look forward to** )  
I'm \_\_\_\_\_ in the school.

## 【连句成篇】

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## 写作提能练

### Ⅰ 应用文写作

你在一个英语博客的高一新生专栏上发现一个求助帖,一名高一年级的学生不知道如何适应高中生活,请你以“*How to adapt to senior high school life*”为题,写一篇博客帖子。

要点:1. 多与老师沟通交流;2. 积极参与班级活动;3. 与志趣相投的同学交朋友。

注意:1. 词数 80 个左右;

2. 可适当增加细节,以使行文连贯。

#### **How to adapt to senior high school life**

### Ⅱ 读后续写

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

#### **A mother's heartfelt note of love**

Everything seemed to have changed for me when I entered high school. I never saw a single person I knew from middle school. At home I was just as lonely. “My brothers and sister all fit in,” I thought, coming in the door after another bad day at school. “Why can't I?”

Mum was there waiting for me. “Karole, your bedroom's a disaster. Why can't you keep it clean?” The last thing I needed was criticism from my mother. What had happened to the mother who used to snuggle (依偎) up to me on the sofa, loving me with complete acceptance, and who thought everything I did was wonderful? I didn't bother trying to explain my unhappiness. It was easier to hide in my bedroom, without saying a word, like I did every afternoon.

Clearing some space, I sat down at my desk. Yet there was another thing I wasn't good at anymore. My grades had slipped along with my

confidence. I turned to a new page in my notebook and started working out the first problem. Almost immediately, I saw I'd made a mistake. “Wrong again!” I thought. “You can't do anything right!” I tore the paper out of my notebook, balled it up in my fist and threw it at the waste paper basket. The ball landed on the floor. I heard my mother's voice in my head, “Why can't you keep your room clean?”

By the time I finished my homework, the floor was littered with crumpled (弄皱的) paper. It gave me a kind of satisfaction to see the mess I'd made, like it was proof of all my shortcomings. Every time I looked at those crumpled balls, I reminded myself what a failure I was. But my unhappiness stayed hidden away, just like those mistakes. With my face a mask of indifference, no one knew what I was really feeling. Who would want to listen?

One day, I came home to an empty house. It was a relief not to be met with Mum's latest complaint. “Nothing I do is right in her eyes,” I thought. “Or anyone else's, including mine.”

注意:续写词数应为 150 个左右。

#### **Paragraph 1:**

*When I opened my bedroom door, I froze at the sight of a neat and orderly room.* \_\_\_\_\_

#### **Paragraph 2:**

*I sat down at my desk, staring at those words.* \_\_\_\_\_