

初中英语

小题才王做[®]

恩波教育研究中心 编

提 优 版

九年级上册
· 译林版 ·

本册主编 陈 明 李婧婧
编 委 陈 明 李婧婧 冯文荣
王治平 吕 浙 金 民

江苏凤凰科学技术出版社 · 南京

目录 Contents

	Unit 1 Know yourself
1	Welcome to the unit
3	Reading(I)
5	Reading(II)
8	Grammar
11	Integration
14	Assessment and Further study
	Unit 2 Teenage problems
19	Welcome to the unit
21	Reading(I)
24	Reading(II)
27	Grammar
29	Integration
33	Assessment and Further study
	Unit 3 Never give up
37	Welcome to the unit
39	Reading(I)
42	Reading(II)
45	Grammar
48	Integration
51	Assessment and Further study
	Unit 4 Life is beautiful
55	Welcome to the unit
57	Reading(I)
59	Reading(II)
62	Grammar
65	Integration
69	Assessment and Further study

编者寄语

本书是与教材同步的提优练习。书中每课时练习中的“考点练”和“题型练”通过省时高效的限时训练和适度的课外延伸，遵循从基础到提升的学习规律，帮助学生实现提优的学习目标。每单元的“周周练”通过阶段性的综合检测，帮助学生查漏补缺，及时巩固课本所学。

课时同步练

考点练 巩固基础，突破考点

将教材中各部分涉及的单词、句型和语法知识与考试中的考点相结合，通过各种形式的练习要求学生以主动输出的形式进行呈现，帮助学生巩固课内所学，夯实基础。

题型练 熟悉考情，小试牛刀

依据中考命题标准，结合教材中各部分的知识点，仔细挑选精心编排各类练习，拉近学生与中考的距离，帮助学生熟悉中考题型以及考查方式，全面提高考试成绩。

单元周周练

依据每单元重难点和学习进度，结合中考题型，甄选各类练习并用心组合单元周周练，帮助学生及时了解自身学习情况，查漏补缺。

Contents

	Unit 5 Music speaks
73	Welcome to the unit
75	Reading(I)
77	Reading(II)
80	Grammar
82	Integration
85	Assessment and Further study
	Unit 6 The art of the brush
89	Welcome to the unit
90	Reading(I)
93	Reading(II)
95	Grammar
97	Integration
100	Assessment and Further study
	Unit 7 The big screen
104	Welcome to the unit
105	Reading(I)
109	Reading(II)
111	Grammar
114	Integration
117	Assessment and Further study
	Unit 8 The world of literature
122	Welcome to the unit
124	Reading(I)
127	Reading(II)
130	Grammar
133	Integration
136	Assessment and Further study

答案全解精析(另册)

周周练(另册)

默写本(另册)

同时配有《默写本》，课前预习，课后复习，
考前巩固，省时高效冲高分！

基础词汇

整理本单元词汇，列出汉语意思和词性，方便学生自我检查。

重点短语

梳理本单元重点短语，方便学生复习时查漏补缺。

常用句型

罗列本单元常用句型，为学生写作做好准备。

Unit 1 Know yourself

Welcome to the unit

(限时:25 分钟)

考点练

练基础, 积跬步



一、根据句意及所给的汉语提示或首字母写出单词

1. Lucy is such a _____ (好交际的) girl that she can get along well with different people and make new friends easily.
2. Tom lost the chance to get good grades because he was so _____ (粗心的) that he made many silly mistakes.
3. My father patiently _____ (解释) why I should keep trying until I finally understood what he meant.
4. _____ (假设) you had to live without the internet for a month, how would you stay connected with your friends?
5. (2025 无锡梁溪期中改编) I believe this experience will make me more _____ (有条理的).
6. Back in her study, the girl was surprised to find everything kept in good o _____, and all her books laid out neatly on the shelf.
7. (2025 泰州泰兴一模改编) Millie is p _____. When I talk to her about my problems, she always listens carefully and offers me some useful advice.
8. N _____ of the two solutions is perfect, so we need to find a third option.

二、选用方框内所给短语的正确形式填空

be supposed to keep things in good order
explain what he did show off
involve answering questions come up with
a social person be good at creative jobs

1. The lively discussion _____ from both the teacher and our classmates, which helped me deepen my understanding of the topic.
2. After hours of brainstorming, my team and I _____ a creative plan to make our school charity sale a big success.
3. I _____ finish my science project and hand it in before Friday.
4. My deskmate, who is very organized, always _____, making it much easier for both of us to find what we need.
5. When I was confused about the Maths problem, my friend always patiently _____ to get the correct answer, step by step.
6. Although he won first prize in the English speech contest, he never _____ his success and always encouraged others to keep trying.
7. My best friend is _____ who can easily make new friends at parties.
8. I _____ like designing posters and writing stories, and I really love doing these things.

三、单项填空

1. (2025 南通启东、通州期中) Read the sentences, "My mother is a green hand in gardening. She knows nothing about planting or watering a flower." The underlined part means "_____".
A. a person with good manners
B. a person with creative ideas

- C. a person without strength
D. a person without experience

2. —Making a schedule for daily events is necessary.

—Yes, it is of great help to be _____.

- A. organized B. talented
C. trusted D. relaxed

3. (2026 无锡期末) Exactly. _____ of us has ever considered this problem. What's your opinion then?

- A. Either B. Neither
C. Both D. Each

4. —This project requires everyone's input.

—Yes, it's a huge task. I'm sure it will _____ all members of the team in some way, even those who are usually quiet.

- A. attend B. involve
C. receive D. prevent

5. (2025 扬州广陵二模)—What are you going to do this summer holiday?

—_____. If there's enough time, I may go to Guizhou as a volunteer.

- A. It depends B. It doesn't matter
C. Don't mention it D. Forget it

四、根据汉语补全句子

1. 有时学生们在做作业时不够细心,因此他们经常会犯一些小但愚蠢的错误。

_____ when doing their homework, so they often make some small but silly mistakes.

2. 为了使书房保持整齐,他想出了一个巧妙的方法来整理他的书籍和文件。

_____, he _____ to organize his books and files.

3. 英语俱乐部的活动包括与来自不同国家的学生交流,这让我对世界各地的文化产生了浓厚的兴趣。

The English club activities _____, which _____ cultures around the world.

4. 我们的老师很有耐心,当我们不懂时,总是愿意仔细地给我们解释原因。

Our teacher _____ and always _____ when we don't understand.

5. 他既不炫耀自己的才能,也不谈论自己的成就,而且非常谦逊。

He _____ talks about his achievements, and he _____.

题型练

提能力,至千里



五、完形填空

(2025 南京鼓楼调研) “Know yourself” is the first step to wisdom, yet it is 1 an easy task. We often doubt 2 we truly understand ourselves. Are we the creative type who likes to invent, or the organized one who prefers order? Are we naturally 3 about new things, or more energetic in taking action? Sometimes we even wonder if we are the so-called “black sheep” in the family, feeling a little different from others.

To know yourself better, 4 should you pay attention to your own feelings and habits, 4 listen to the feedback from people you trust. You may need to 5 some habits that hold you back and learn to manage difficulties calmly. Taking it step by step can make it much 6 to manage this process. There is no doubt that this journey will help you become a more valuable person—both to yourself and to others.

7 starting this meaningful journey today? Remember, self-awareness is like a light that helps you see your true colours. Let's begin now!

- | | |
|--------------------|---------------|
| 1. A. nearly | B. easily |
| C. hardly | D. quickly |
| 2. A. whether | B. how |
| C. when | D. that |
| 3. A. modest | B. patient |
| C. curious | D. confident |
| 4. A. neither; nor | B. either; or |

- C. not only; but also D. both; and
5. A. give in B. give out
C. give away D. give up
6. A. easy B. easier

- C. easily D. more easily
7. A. Why don't you B. How about
C. Would you like D. Why not

Reading(I)

(限时:35 分钟)

考点练

练基础, 积跬步



一、根据句意及所给的汉语提示或首字母写出单词

- With rich _____ (想象力), we can create wonderful stories and come up with new ideas in our daily life.
- The _____ (经理) of the company are always kind and ready to help the workers work better.
- The quiet lifestyle in the countryside _____ (适合) my grandparents better than the busy city life.
- My teacher _____ (提到) several useful ways that could help us improve our spoken English quickly.
- The new high-speed _____ (铁路) makes it much faster and more convenient for people to travel.
- If you keep practising every day, you will surely make great i_____ in your studies.
- I can't remember e_____ what he said, but I know his words encouraged me a lot.
- The kind driver always helps the old p_____ get on and off the bus safely.

二、用所给单词的适当形式填空

- (2025 无锡期中) A lot of football fans say it's worth _____ (watch) the matches in person.
- (2025 无锡宜兴期中) —To have a healthy life, what else should I pay attention to _____ (shape) my body?
—Maybe you should do more exercise.
- The boy will surely make great _____ (improve) in his listening and speaking if he

is hard-working enough.

- My classmates and I _____ (win) several prizes in different competitions since we joined the art club.
- My parents always keep _____ (mention) the importance of good habits when we talk about my study.
- Taking exercise every day makes us healthy and _____ (energy) so that we can study better at school.
- Tom _____ (complete) all his homework carefully before he went out to play with his friends.
- We should pay attention to _____ (take) notes carefully in class so that we can review them easily after school.

三、单项填空

- (2025 常州期中) —The engineer found a tiny mistake in the design just before the rocket was sent into space.
—How lucky! It reminds us that _____ when dealing with such important projects.
A. all roads lead to Rome
B. a miss is as good as a mile
C. many hands make light work
D. the early bird catches the worm
- (2025 南京建邺期中) Our monitor always works to high _____, but he is modest and easy to work with.
A. standards B. achievements
C. purposes D. styles
- (2025 南通海安期中) —Susan used to be a _____ person. But after the speech, she is

very popular.

—Yes. Many people know her because of her story.

- A. confident B. perfect
C. common D. powerful

4. (2025 镇江京口期中) Tommy's promise is _____ gold. I'm sure he will come and help us design the poster of the activity.

- A. as long as B. as good as
C. as much as D. as well as

5. (2026 常州期末)—I think my spoken English will never improve.

—_____. I once thought so, but practising every day helped me a lot.

- A. That's not the case
B. That's a good point
C. I can't agree more
D. You're welcome

四、根据汉语补全句子

1. 这条连接这座城市和许多其他地方的新高速铁路,让我们的出行快得多、方便得多。

The new _____ many other places makes our trip much _____.

2. 迈克对待学习很认真,所以他上课时总是认真听讲、记笔记。

Mike _____ his study, so he always listens carefully and _____.

3. 在图书馆里,我们不仅要始终保持安静,还要举止文明。

We should _____ in the library.

4. 做志愿者工作可能会很辛苦,但它带给我很多快乐和经验。

_____, but it _____.

5. 我们的老师总是以高标准工作,为我们所有人树立了好榜样。

Our teacher always _____ and _____ for all of us.

题型练

提能力,至千里



五、阅读理解

(2025 南京联合体期中) Summer break is more than just vacations—it's the perfect time for teens to explore chances that can bring them both fun and financial (经济的) independence. The right summer jobs not only help them make money but also build skills, gain confidence, and open doors to future careers. Here are four exciting choices to consider.

Working as a lifeguard is one of the most popular summer jobs for teens. They can not only get paid well, but also spend their days at the beach. Certification (证书) is required, but once trained, teens can gain valuable responsibilities, leadership, and quick-thinking skills.

For teens who are patient and love kids, babysitting is a fantastic choice. Duties include playing with children, looking after them and ensuring their safety. This summer job for teens often offers flexible hours and good pay. Besides these, teens can also gain responsibilities and problem-solving experience.

For teens who enjoy being outdoors, gardening jobs are the right ones for them. These summer jobs include mowing lawns, planting flowers, watering plants and clearing the fallen leaves. They can learn how to care for a garden, get much exercise and meanwhile gain practical skills.

Love dogs? Confident that you could deal with more than one at a time? Then a dog walker is the perfect fit. Dog walking requires no working experience and has flexible hours, making it a good job for teens. Teens can gain exercise and problem-solving skills as well.

1. Which job requires special certification according to the passage?

- A. Babysitter. B. Lifeguard.
C. Gardener. D. Dog walker.

2. What do the four jobs have in common?

- A. Offering good pay.
B. Having outdoor work.
C. Attending special training.
D. Developing useful skills.

3. Which part of the newspaper may this passage be from?

- A. School time. B. Teenage life.
C. Magic world. D. Job interview.

六、信息还原

(2025 苏州工业园区期中) Crying brings advantages to both your body and mind. 1 It also helps keep your eyes clean. Crying is like giving your eyes a good wash from the inside. Moreover, it can help you sleep better.

2 When you are happy, you may not often think of crying. But have you ever heard of “happy crying”? You might have experienced it before. Scientists have found out happy crying may happen in the following situations:

3

When you have some bad feelings that haven't been noticed for a long time, and they are not allowed to be expressed, happy crying happens. That is to say, even when you experience something happy, the bad feelings that haven't been noticed or dealt with will still make you cry.

When you are unable to keep yourself in good condition

Crying can help you manage strong moods or feelings. Some happy moments can also bring you strong feelings and you may find it hard to control them. 4 When you cry, it feels like you are driving some bad or terrible feelings away from your body. Besides, the hormones(激素) in tears can help to keep a balance between body and mood. 5 This helps people face difficulties in life more actively.

- A. At this time, crying can be of help.
B. Perhaps crying too much is not good for you.
C. When you have feelings that can't be expressed
D. You will find it difficult to calm down after crying.
E. They can calm you down and make you feel peaceful.
F. Crying is usually connected with feelings like anger or sadness.
G. It is a good way to make you feel less stressed and cheer you up.

1. _____ 2. _____ 3. _____
4. _____ 5. _____

Reading(II)

(限时:35 分钟)

考点练

练基础, 积跬步



一、根据句意及所给的汉语提示或首字母写出单词

- All the workers try their best to satisfy this strict _____ (经理) requirements and finish the work on time.
- Our teacher always asks us to work hard and try to meet high _____ (标准) in everything we do.
- We expect to see further _____ (改进) over the coming year.
- Although the task is very _____ (艰难的), we will keep trying until we finish it successfully.
- This kind of quiet and careful lifestyle

s _____ her very well and made her feel comfortable.

- The wonderful speech by our monitor deeply i _____ everyone in our class.
- Rich i _____ can help us create new ideas and make our life more colourful.
- Thank you for helping me with my English.
—Don't m _____ it. Helping others makes me happy too.

二、选用方框内所给短语的正确形式填空

easy to work with pay attention to every detail at all times be worth it a born doctor use my imagination to create great work not only... but also... quit my job as an accountant

- My uncle is very careful and loves helping others, so people say he is _____.
- He _____ when he prepared for the competition, so he finally won first prize.
- Our teacher is kind and patient, so she is _____ and we all like to share our ideas with her.
- I hope to _____ and make people feel warm and happy.
- We should keep quiet and listen carefully _____ when we are in class.
- Although studying hard every day is tiring, it will _____ in the future.
- I want to _____ because I prefer to do something more creative.
- She _____ works hard _____ is ready to help others, so she is popular with everyone.

三、单项填空

- (2025 无锡期中)—I haven't collected as much money as we hoped for the people in need.
—I think you can lower your _____ because at least you've tried your best.
A. standards B. positions
C. trust D. influences
- (2025 扬州邗江一模)—Did you see the 2025 Spring Festival Gala?
—Yes, the robots surprised people a lot. They _____ the world with the Yangko dance since then.
A. impressed B. impress
C. have impressed D. are impressing
- (2025 南京雨花台二模)—The development of science and technology has changed our life in many ways.
—_____. It makes our life more comfortable and easier.
A. That's not the case B. I don't think so

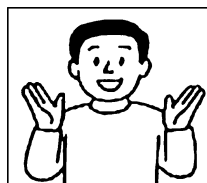
C. Exactly D. I'm afraid not

- (2025 南京雨花台二模) Which body language below shows someone is "having a cow"?

—You cleared all my photos?! Those were my valuable memories!
—Don't have a cow, Leo. It was an accident. I'll help you get them back.



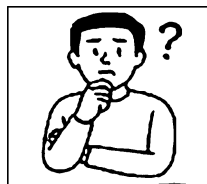
A



B



C



D

- (2025 扬州广陵一模)—I hope you won't mind a little friendly advice.
—_____. A true friend is the one who tells you the truth about yourself.
A. Not at all B. With pleasure
C. You're welcome D. My pleasure

四、根据汉语补全句子

- 我们对这位会计对待工作的态度深感惊讶——他非常细心,从不犯错。
We were very surprised by _____ — he was very careful and never made any mistakes.
- 俗话说,失之毫厘,谬以千里,所以我们做任何事都必须认真。
As the saying goes, _____, so we must be careful with everything we do.
- 医生和护士可以通过救助病人、挽救生命来实现自己的价值。
Doctors and nurses can realize their value by _____.
- 我们必须记住随时都要遵守校规、对人有礼貌。

We must remember to _____
and be polite to others _____.

5. 在上一份工作中,我取得了很大进步,并且证明了自己是个天生的领导者。

_____, I _____
and proved that I was _____.

题型练

提能力,至千里



五、阅读理解

(2025 南京鼓楼期中) In the age of technology, we can make friends through our screens, which is changing the way we connect with people, for better or for worse.

In primary schools, we made friends with our classmates. We played together after class, worked on group tasks, and traded items from our lunches—all of which we did face to face. In the modern age, we communicate our feelings and interests through carefully organized words and emojis online. This leads to the question: Is it right to choose friends just by how they look online?

In fact, real “face time” gives us the chance to connect on a deeper level and share the ups and downs of life that can't be shared on the internet. Usually, the interests we share online are a reflection(反映) of our interests offline. But make sure to connect outside of our screens too.

One way is to do some tasks with people around you. It may sound too simple, but it will help you relive(重温) the way you made friends in the primary school playground. One fun example would be making a DIY project together. When we're surfing the internet on our own, we can spend hours and never actually make an item. But when we meet offline to work, happiness comes from trying something new with a friend.

We don't have to ignore the good things that come from an internet connection, but we really should balance them with quality face time.

1. How did the writer make friends in primary

school?

- A. By giving gifts to each other.
- B. By playing and sharing things.
- C. By writing letters and messages.
- D. By joining online interest groups.

2. What does the writer think of real “face time”?

- A. It is not as important as online chatting.
- B. It can show all of our interests in real life.
- C. It should include organized words and emojis.
- D. It allows us to connect deeply and share our life.

3. What is the writer's advice on friendship?

- A. Making more real friends offline than online.
- B. Going back to the primary school with friends often.
- C. Balancing online connections with quality face time.
- D. Spending more time working together with friends online.

六、首字母填空

(2025 南京鼓楼期中) Choosing a career is a big choice, but it doesn't have to be scary(可怕的). Some people already know what they want to do, while others need more time. The key is to find work that m 1 your interests and skills—you'll be happier doing what you love.

Think about what excites you most. Do you like s 2 problems and working with numbers? You might want to work in technology or engineering. If you are w 3 to help people, try fields like healthcare or teaching. However, it's not only about what you like—your skills m 4 too. Are you great at talking to people and understanding their needs? Or are you better at solving puzzles and using technology? Some people are amazing at maths and science, while others are b 5 with creativity and communication skills.

You don't just want a job you're good at. You a 6 want one that you enjoy. When you join love and skills together, your work becomes l 7 of a "job" and more of something you really enjoy. Moreover, when you love w 8 you do, it's easier to feel happier at the end of the day.

But it's also important to think about the job market and chances. If you live in a place full of technology companies, jobs in programming or

engineering may be more s 9. One more thing: your career path isn't set in stone. People c 10 careers all the time! It's okay if you start one job and then decide you want to try something new. What's important is to keep learning and growing along the way.

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____
7. _____ 8. _____ 9. _____
10. _____

Grammar

(限时:35分钟)

考点练



练基础, 积跬步



一、根据句意及所给的汉语提示或首字母写出单词

- We should face all kinds of _____ (挑战) bravely instead of giving up when we meet difficulties.
- The _____ (获胜者) spirit and hard work have encouraged us to keep trying our best in everything.
- My sister is so _____ (外向的) that she can make new friends quickly wherever she goes.
- With the teachers' _____ (鼓励), the students became more confident.
- Her small actions full of k _____ have warmed the hearts of everyone around her.
- What really m _____ was not the result but the courage to keep trying.
- If you keep practising every day, you will p _____ make great progress in your studies.
- What he did is o _____ to what he said, so we no longer believe his words.
- She worked so hard that she didn't want to let those who trusted and supported her d _____.
- Her kind and sunny p _____ makes her popular among teachers and classmates.

二、选用方框内所给单词或短语的正确形式填空

- A)

both	both... and...	neither	either
not only... but also...	neither... nor...		
except	as well as		

- (2025 南通通州二模)—Why do you like reading, Amy?
—Because I can _____ get a lot of knowledge _____ form my own understanding by reading.
- Of the two dresses, which one should I buy?
—_____ is OK. They look beautiful on you.
- (2025 镇江扬中期中)—Which dress do you prefer, the red one or the blue one?
—_____. I think they are both out of fashion.
- (2025 无锡锡山期中)—Shall we start our city walk from Nanchan Temple or Huishan Ancient Town?
—_____ is OK. I'll follow your plan.
- (2025 扬州高邮二模) Kevin wrote two articles on AI robots last year. _____ of them have been published.
- The course covers basic grammar rules _____ advanced writing skills, which

helps students improve their overall English level effectively.

7. (2025 无锡锡山期中) Linda sent two of her articles to *The Teenager* magazine last month, but it's a pity that _____ of them was good enough to be published.
8. (2025 无锡锡山期中) _____ my father _____ my mother believes what star signs say, but I do.
9. Everyone in my class went to the charity show _____ Tom, because he was ill in hospital.
10. She eats nothing _____ fresh fruit and vegetables when she is on a diet.
11. (2025 扬州江都期中) He speaks _____ English _____ French. Instead, he speaks German.
12. The new library provides a large number of books _____ free Wi-Fi and comfortable reading areas for students.

B)

I am suitable to be I will become a great artist I can't do anything but wait she describes me as my family always gives me

1. I am sure that _____ if I keep working hard and never give up.
2. I know that _____ for good luck.
3. My teacher often says that _____ a very creative person because I always come up with new ideas.
4. I feel lucky that _____ a lot of encouragement when I meet difficulties.
5. My Art teacher thinks that _____ an artist because I have a good sense of colour and shape.

三、单项填空

1. (2025 常州期中) _____ Mike _____ his parents travelled abroad this summer holiday because _____ of them could afford the time to go there.
- A. Neither; nor; none
B. Neither; nor; neither

- C. Either; or; either
D. Either; or; all
2. (2025 常州期中)—In modern education, we should _____ acquire knowledge _____ develop practical skills.
—In fact, we _____ care too much about both.
- A. not only; but also; can't
B. both; and; must
C. either; or; can't
D. neither; nor; must
3. (2025 南通期中) With the help of AI, students _____ need to check heavy textbooks _____ spend hours searching for information. They can learn certain skills in a fast and convenient way.
- A. both; and B. either; or
C. not only; but also D. neither; nor
4. (2025 南通海安期中) To get a bright future, we teenagers should _____ study hard _____ keep in good health.
- A. either; or B. neither; nor
C. not only; but also D. not; but
5. (2025 常州期中)—Eating chocolate every day can make you lose weight. Is that true?
—_____. Scientists say there's no direct connection between chocolate and weight loss.
- A. Don't mention it
B. That's not the case
C. I'm with you on that
D. I can't agree more
6. (2025 常州期中) Which of the following sentences has an object clause(宾语从句)?
- A. He missed the beginning of the film because he arrived late.
B. If you are creative enough, you might win the science competition.
C. As soon as he arrived home, he found his cat was missing.

D. It is important that we should take notice of events happening around the world.

四、根据汉语补全句子

1. 我们不仅讨论了计划,还选定了学校旅行的日期。

We have _____.

2. 要么你接受挑战,要么你错过提升自己的机会。

_____ you miss the chance to improve yourself.

3. 我很自豪我成了艺术比赛的获胜者,因为这是对多年努力和创造力的最好回报。

I am very proud that _____ because it is the best reward for my years of hard work and creativity.

4. 事实上,我的看法与大多数人相反——我认为失败不是坏事,而是一次学习的机会。

_____—I believe failure is not a bad thing, but a chance to learn.

5. 我们的老师告诉我们,在对未来职业做出任何决定之前,我们应该更多地了解工作和性格。

Our teacher told us that we should _____ before we _____.

6. 我会努力学习,也会不断尝试,不让父母失望。

I will study hard _____, so _____.

题型练



提能力,至千里



五、短文填空

(2025 南通期中) As we walk the “path of life”, we may sometimes wish to be alone, for quiet reflection(反思) can lead to 1 (person) improvement. However, social life is also important to us. We 2 (find) three “fruits” of friendship already: they may comfort the heart, advise the head and help us reach the goals we set for 3 (us).

The first fruit of friendship is the peace that

comes from sharing with friends our joy, sadness, success and failure. Here, friendship has a double advantage—happiness takes on a greater meaning and a trouble shared becomes halved! We know that our true friends 4 (respect) our feelings and treasure these moments of closeness if we share our joy and sadness together.

The second fruit of friendship is the better understanding of ourselves and our problems. We often find it 5 (easy) to recognize other people’s weaknesses than our own. Our friends are better able to offer advice on important 6 (decide) that we all have to make. Also, 7 (talk) about our problems with a friend, we have to put our thoughts into words first. This helps us understand our own situation more clearly.

The 8 (three) fruit of friendship is the help that a friend may offer in many different ways. Sometimes a friend 9 (know) as our “second self”. There are so many things in life that can only be reached with the help of friends. Their different ideas and skills may help us get what we want during life.

In short, friends should be 10 (care) chosen and developed. In this way, we can better walk the “path of life” with the comfort, advice and help from our trusted friends.

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

7. _____ 8. _____ 9. _____

10. _____

六、阅读回答问题

The secret of growth(2025 南通期中)

The tiny egg cell(卵细胞) you grew from was smaller than the head of a needle. By the time you are fully grown, your body will be up to 20,000 times larger. That’s a lot of growing!

The secret to growth lies in your cells. In all animals—humans included—growth happens when cells get bigger, break apart to create new cells,

and connect together. Even when you stop getting taller, this cellular activity never truly ends. Your body continues to renew itself throughout your life as worn-out cells are replaced by new ones. Your skin, muscles, blood, bones—even your brain—are constantly renewing themselves. In fact, every 7 to 10 years, nearly all the cells in your body are replaced, meaning you're not the same person you were a few years ago!

Different parts of your body grow at different speeds. By age 10, your head is already close to its adult size, while the rest of your body may need another 10 years to catch up. Inside your body, organs like your heart, lungs, and liver each follow their own growth timetable. Your height comes mainly from how your bones develop, especially your spine(脊柱) and the long bones in your arms and legs.

Growth doesn't happen at a steady(稳定的) pace. It speeds up quickly during two main times of fast growth: the first when you are a baby, and the second when you are a teenager. During your

first year of life, you grew about 25 centimetres! After that period, growth slowed down to 3 – 8 centimetres each year. But during your teenage years, you might suddenly grow 10 centimetres or more in a single year.

Your adult height is mostly set by the genes you get from your parents. To reach this natural height, your body needs good building materials: healthy food, enough sleep, exercise, and sunshine for strong bones.

1. Where does the secret to growth lie?

2. How often are nearly all the cells in your body renewed?

3. Where does your height mainly come from?

4. When are the main times of fast growth?

5. What do you think your body needs to reach natural height?

Integration

(限时:45 分钟)

考点练



练基础, 积跬步



- 一、根据句意及所给的汉语提示或首字母写出单词
1. (2025 无锡期中) Whether to keep waiting _____ (仍然是) a question.
 2. Try not to let _____ (消极的) thoughts take over.
 3. The teacher wants the children to feel _____ (自信的) about asking questions when they don't understand.
 4. To make their project more successful, the two groups agreed to _____ (合作) with each other.
 5. You do have to _____ (仔细考虑) the feelings of those around you.

6. The p_____ of the Students' Union, who is known for his hard work, will give a speech when the school sports meeting begins.
7. My English teacher p_____ out that I could improve my writing if I paid more attention to using correct sentences in my articles.
8. He finally got a good p_____ in the club because he had shown his ability and responsibility since he joined it.
9. All our hard work p_____ off when we won first prize in the competition.
10. If you v_____ something such as an opinion or an emotion, you say what you think or feel.

11. She s _____ in solving the problem only after she had asked for help from her classmates, which made her realize the importance of teamwork.
12. The internet has made a strong c _____ between people all over the world.

二、用所给单词的适当形式填空

- If you keep trying your best, it is _____ (like) that you will make great progress.
- Many people don't realize the close _____ (connect) that exists between maintaining good health and developing good living habits.
- Finally, he _____ (success) in working out the problem with his teacher's help.
- She _____ (consider) one of the most hard-working students in our class.
- Some great _____ (speak) were not confident at all when they were young.
- We _____ (cooperation) well with each other and won first prize in the competition.
- He bravely _____ (voice) his opinions when we talked about the plan.
- People who never give up are more likely _____ (see) their dreams come true.
- The rocks _____ (form) more than 4 billion years ago.
- We can improve our communication skills by _____ (discussion) different ideas with our classmates, which helps us understand each other better.

三、选用方框内所给短语的正确形式填空

be likely to be passed on to pay off point out
be influenced by like father, like son remain the same
become confident in other words on the negative side

Our personality is important in our life. It 1 change as we grow up. We 2 many things, such as our family, friends and experiences. As the saying goes, "3." Children often learn good qualities from their

parents. However, some people's personalities 4 for a long time.

5, some people are shy and not brave enough to show themselves. They are afraid of speaking in public. 6, they haven't 7 yet.

Teachers and parents often 8 our problems and encourage us. If we keep trying and never give up, our efforts will finally 9. Good qualities and skills 10 the younger generation.

In a word, growing up is a journey of changing and improving. By facing difficulties bravely, we can become better and better.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

四、根据汉语补全句子

- 努力的人更有可能实现他们的梦想。

People who work hard _____.

- 如果我们互相合作,所有的努力最终都会有回报。

If we _____, all the hard work _____.

- 许多人认为把这些传统技能传给年轻人是我们的责任。

Many people _____.

- 无论遇到什么困难,她总是保持自信。

She always _____ no matter what difficulties _____.

- 老师指出我的发音错误后,我成功通过了英语口语考试。

After the teacher _____, I _____ the oral English exam.

题型练

提能力,至千里



五、阅读理解

(2025 扬州期中) When China's national college entrance exam (*gaokao*) ended on June 9, 2025, most students celebrated with families. But

18-year-old Liu Yan from Guangxi chose a different path. Using a traditional wooden carrying pole, a tool farmers use for heavy loads, she packed her textbooks, clothes, and bedding into cloth bags. Balancing them on her shoulders, she walked the long road home alone.

A short video of her determined walk spread quickly online. Millions were inspired by her independence and simple strength. “It was just an ordinary way to move my things—nothing special,” Liu said, adding that she often uses a pole to help with farm work at home.

Many kind-hearted people offered financial support after seeing her story. Liu politely refused all donations. “My family and I live happily and don’t need help. I hope kind-hearted people can direct their support to those who truly need it,” she said. “I’m still just me, and the road ahead is mine to walk.”

When asked about her dreams, Liu’s eyes shone with determination. “I want to become a teacher. My own teachers planted seeds of hope in me. After college, ”

During summer, Liu worked as a summer helper at a local restaurant, washing dishes and cleaning tables. “Earning my own money feels good,” she smiled. “I’m proud to help my family with my efforts.” Her carrying pole now rests at home, but the quiet strength it represents continues to inspire people across China.

1. What does the underlined word “packed” in Paragraph 1 mean?
 - A. Threw away.
 - B. Put inside carefully.
 - C. Bought from a store.
 - D. Gave as presents.
2. Which sentence should go in the empty box in Paragraph 4?
 - A. I’ll help others grow their dreams too.
 - B. I’ll return to my hometown with honour.

C. I’ll buy modern things for my family.

D. I’ll pay back all the kind support.

3. Why did Liu Yan work at a restaurant during summer?
 - A. To practise being a teacher.
 - B. To buy new clothes for college.
 - C. To earn money by herself.
 - D. To meet kind-hearted people.

- A. To practise being a teacher.
- B. To buy new clothes for college.
- C. To earn money by herself.
- D. To meet kind-hearted people.

4. Which title fits the story best?
 - A. A special national exam day
 - B. The girl with the carrying pole
 - C. How to use a carrying pole
 - D. Money problems of a student

A. A special national exam day

B. The girl with the carrying pole

C. How to use a carrying pole

D. Money problems of a student

六、阅读回答问题

(2025 无锡梁溪期中) Have you ever noticed small details that others miss? Do you often think deeply about things? If so, you might be one of the Highly Sensitive People (HSP). Research shows that about 30% of people are born with this special feature. It is not a weakness or a flaw—it is actually a unique gift that allows you to experience the world in a deeper way.

Highly Sensitive People process information more thoroughly than others. They often notice subtle textures, unspoken emotions, and creative ideas that many might overlook. This quality brings many advantages. The most well-known is creativity. In fact, many famous artists, musicians, and scientists are highly sensitive. Charles Darwin, for example, used his careful observation and deep thinking to develop the theory of evolution.

Besides creativity, sensitive people are also good at decision-making. Studies have found that they perform better in tasks that require them to recognize patterns and make thoughtful choices. Another important advantage is the “Boost Effect”. It means that highly sensitive people benefit more from training, support, and positive environments. For example, in marriage counselling programmes, sensitive couples showed

greater improvement and greater joy after receiving guidance.

For students who are highly sensitive, this feature can be a powerful tool in learning. They often benefit from quiet study environments, detailed instructions, and opportunities to reflect deeply on what they learn. Teachers can help by offering encouragement and allowing them to express their ideas in creative ways. By using their sensitivity, these students can achieve a better understanding and retention of knowledge.

You cannot change your natural sensitivity, nor should you try to hide it. The best way is to accept it and use it as a strength. Learn to appreciate your deep feeling and careful thinking. Show your true self to the world. Whether in study or in life, sensitivity is not a burden—it is a gift waiting to be opened.

1. What percentage of people are highly sensitive?

2. What are the important advantages of sensitive people?

3. Why are sensitive people good at making decisions?

4. How can teachers help highly sensitive students?

5. What should sensitive students do to make

better use of their gift?

七、书面表达

在成长过程中,选择一份适合自己的工作至关重要。性格不仅影响我们的职业选择,也决定了我们能否在工作中获得成就感与幸福感。请你根据以下提示,在英语课上分享你的观点和思考。

提示:

1. What kind of job do you want to have in the future?
2. How does your personality influence your choice?
3. What can you do to prepare for this job?

注意:

1. 文中不得出现你的真实姓名和学校名称;
2. 语言通顺,意思连贯,条理清楚,书写规范;
3. 词数 100 左右,文章开头已给出,不计入总词数。

Choosing a suitable job is of great importance in our life. _____

Assessment and Further study

(限时:60 分钟)

一、完形填空

(2025 南通启东、通州期中) As the music begins, a Sichuan Opera performer steps onto the stage, walking, kicking and dancing to the music while quickly changing face masks. No one notices 1 unusual until the last mask is removed. The audience realizes that this performer is

somewhat 2.

Yin Qihua, the 19-year-old performer, was born with Down syndrome (唐氏综合征). Her mother, Zhao Haiying, never 3 trying to find medical treatment for her and teaching her life skills. "I can't take care of her for her whole life. My biggest wish was to find a 4 place for her

so that she can earn her own living,” said Zhao.

They tried almost every training course in Peng'an County, Nanchong City, Sichuan Province, including violin and folk dance lessons, 5 Yin didn't do well in any of them. “The problem was either my daughter 6 couldn't understand what was being taught, and the other children in the class had difficulty accepting her, or the 7 was unable to communicate with her,” she said.

Things began to change in 2021, when Zhao met Lin Chun, a traditional Chinese opera teacher at the county's cultural centre. Lin 8 to take Yin as an apprentice (徒弟) and teach her the face-changing art of Sichuan Opera.

Sichuan Opera is 9 in South-west China. People love to see its face-changing, fire-spitting and lamp-rolling (滚灯) techniques.

The face-changing technique is difficult to learn for ordinary people, let alone for Yin, who can hardly communicate with others 10 speech and has limited understanding and learning abilities. During the first year, Yin practised for up to eight hours a day. To 11 her and help with her training, Zhao accompanied (陪伴) her every day. After about 18 months of 12, Yin made her first performance at an event in Nanchong. The performance went very smoothly, and Qiuhua received a lot of cheers. Her mother was so 13 and moved to tears.

With videos of Yin's face-changing performances becoming popular online recently, Lin has received 14, offering Yin the chance to share her talent on bigger stages.

“The most valuable advice I can give to parents is that they should not 15 on their children. We should try our best to discover their shining points,” Zhao said.

1. A. something B. anything
- C. everything D. nothing

2. A. humorous B. energetic
- C. different D. creative
3. A. practised B. enjoyed
- C. stopped D. started
4. A. safe B. public
- C. quiet D. proper
5. A. or B. and
- C. so D. but
6. A. wisely B. simply
- C. quickly D. quietly
7. A. doctor B. performer
- C. teacher D. mother
8. A. agreed B. refused
- C. forgot D. disliked
9. A. relaxing B. special
- C. modern D. popular
10. A. through B. without
- C. against D. behind
11. A. protect B. punish
- C. support D. influence
12. A. rest B. training
- C. attention D. risk
13. A. happy B. worried
- C. sorry D. angry
14. A. performances B. experiences
- C. invitations D. decisions
15. A. come up B. give up
- C. show up D. stay up

二、阅读理解

(2025 南通启东、通州期中) On the first day of school, our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady with a smile. She said, “Hi, handsome! My name is Rose. I'm eighty-seven years old. Can I give you a hug?”

I laughed and warmly responded, “Of course you may!” She gave me a giant squeeze (拥抱). “Why are you in college at such a young, innocent

(幼稚的) age?” I asked.

She jokingly replied, “I’m here to meet a rich husband, get married, have a couple of children, and then retire and travel.”

“No, seriously?” I asked. I was curious what may have motivated her to be taking on this challenge at her age.

“I always dreamed of having a college education and now I’m getting one!” she told me.

After class, we walked to the Student Union building and shared a chocolate milkshake. We became instant friends. Every day of the next three months, we would leave class together and talk nonstop. I was always attracted listening to this “time machine” as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon (校园偶像) and she easily made friends wherever she went. She loved to dress up and enjoyed the attention from other students. She was living it up.

At the end of the term, we invited Rose to speak at a student gathering. I’ll never forget what she taught us. “We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humour every day. You’ve got to have a dream. When you lose your dreams, you die. There are so many people walking around who are dead, and they don’t even know it,” she said.

“There is a huge difference between growing older and growing up. Anybody can grow older. That doesn’t take any talent or ability,” she added. “But growing up requires finding opportunities in change. Have no regrets. The elderly usually don’t have regrets for what we did, but rather for things we did not do.”

She concluded her speech by courageously singing *The Rose*. She challenged each of us to study the lyrics (歌词) and live them out in our

daily life.

At the year’s end, Rose finished the college degree she had begun years ago. We’d always keep her in mind because she is the wonderful woman who taught us by example that it’s never too late to be all you can possibly be.

- Why did Rose go to college according to the passage?
 - To share her wisdom and experience.
 - To find out the secret of living longer.
 - To make her college dream come true.
 - To get married to a wealthy husband.
- The meaning of the underlined phrase “living it up” probably means “_____”.
 - enjoying life
 - growing older
 - working hard
 - losing herself
- Which is the correct order of the following events?
 - Rose graduated from college.
 - Rose gave an encouraging speech.
 - Rose and the writer became friends.
 - Rose introduced herself to the writer.
 - Rose became popular among students.
 - Rose greeted the writer with a big hug.
 - f-e-b-c-d-a
 - f-c-a-b-d-e
 - d-b-e-a-f-c
 - d-f-c-e-b-a
- What lesson can we learn from Rose’s story?
 - Being generous to people can gain respect from them.
 - Growing up is easy while growing older needs efforts.
 - Doing what we dream of leads to no regrets in the future.
 - Never stopping studying makes people stay young forever.

三、首字母填空

(2025 南通启东、通州期中) To remember the great physicist Chen Ning Yang, we learn about his life story. Yang was born in Hefei, Anhui, in 1922. The city saw his early love for science. His a 1 in physics are very great. In

1957, when he was only 35, he 2 the Nobel Prize in Physics with Tsung-Dao Lee. This made Chinese scientists at home and 3 proud.

Yang was an organized researcher. He never did experiments in a hurry. Every experiment he did was carefully planned with 4 standards and clear goals. His theory is 5 for solving scientific difficulties and guiding future research. So it has been used in many important studies. He often gave young researchers useful 6 . He said, "Think deeply before experimenting, for hurry only wastes time." When he 7 complex ideas to students, he spoke clearly and simplified difficult concepts well.

Chen Ning Yang was respected around the 8 . People admired him not only for his success but also for his modesty and lifelong devotion. He once said, "In scientific research, we can't give up easily. Persistence(坚持) 9 most, even when facing repeated failures." Up to now, his work has helped young physicists make much 10 in their scientific dreams. He is a true master in physics, and his spirit will encourage us.

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

7. _____ 8. _____ 9. _____

10. _____

四、综合填空

(2025 苏州吴中期中) Zuo Wenjun is 1 34-year-old artist. He was born in Ningxia Hui Autonomous Region. He was found to have cerebral palsy(脑瘫) when he was a child. The illness made it hard for him 2 (balance) his body. He didn't learn to walk until he was eight years old. One day, Zuo's parents gave him some chalk to play with. He drew a few squares 3 his shaking hands, and his dream of painting was born.

Zuo became an art student in junior high school. While training, he tried his best to draw

straight lines. 4 , he often found that he had great 5 (difficult) controlling his hands well enough. He often made efforts, but didn't 6 (success). To improve this, he practised a lot and used lots of pencils a day. His mother spent hours every evening sharpening them for him.

Zuo later studied art at Ningxia University. After graduation, he didn't work. Instead, he would rather 7 (continue) his studies at the Chinese National Academy of Arts in Beijing.

After so many years of study and practice, Zuo has become an excellent painter. "Along the way, I've received a lot of love and help. Nothing is 8 (value) than that. I want to pass that on," said Zuo. He is now volunteering at a local studio. He teaches painting to people with disabilities. He also helps them sell their artworks.

Up to now, Zuo 9 (donate) more than 400,000 yuan from the sales of his paintings. The money has been used to treat children with disabilities. He also hopes to hold exhibitions in other countries 10 he wants to exchange his ideas with people from around the world.

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

7. _____ 8. _____ 9. _____

10. _____

五、阅读回答问题

(2025 南通海安期中) In Yangla, a remote town located in the mountains of Yunnan's Diqing Tibetan Autonomous Prefecture over 3,000 metres above sea level, 32-year-old Doctor Nasheng devotes herself to caring for more than 5,400 villagers.

Nasheng studied Tibetan medicine at Qinghai University. Her love for this field started in childhood. She was always curious about Chinese medicine. But what truly pushed her was seeing her fellow villagers struggle with healthcare. "They once had to travel far to see doctors inland. Long

trips, language barriers, and cultural differences made it even harder,” she said, adding that many elderly villagers only speak Tibetan. This made her decide to learn Tibetan medicine and return to help her hometown.

She joined the Yangla Town Health Centre in September 2021. Although her hometown Yunling is in the same county, getting to Yangla takes a tiring 7-8-hour drive—crossing Baima Snow Mountain and following a winding path along the Jinsha River. She lives in a simple room inside the hospital ward, and the town only has one barbecue restaurant for entertainment. But she never thinks of giving up.

Yangla’s villages are spread across over 1,000 square kilometres, so the health centre holds monthly mobile free clinics. On Nasheng’s first clinic trip, she and her team drove 5 hours, then met a mudslide. They had to carry all medical supplies over the mountain on foot. After treating an elderly patient who worried about getting follow-up care, she suggested building a small health station. With local government’s support, one opened in June 2022, making it easier for villagers to see doctors. In 2023, she also helped set up a herbal bath room to ease villagers’ rheumatism and joint pain.

Nasheng keeps improving her skills. In 2024, she trained in Xizang to learn therapies like bloodletting and Tibetan stick therapy. Villagers love her: an 80-year-old gave her rare fruit (picked from a lower-altitude town), and during the last Spring Festival, they invited her team to a warm Tibetan party.

Looking ahead, Nasheng wants to study for a master’s degree to learn more about acupuncture. “But no matter where I go,” she said, “I’ll always come back—this is my home.”

1. Where is Yangla Town?

2. What problems did villagers in Yangla Town

have getting health care?

3. When did Nasheng join the Yangla Town Health Centre?

4. Why did Nasheng set up a herbal bath room in 2023?

5. After reading the passage, what touches you most?

六、书面表达

(2025 常州期中) 假设你是王明, 你的同班同学李华能力突出、责任心强, 你认为他非常适合担任学校学生会主席。请你给学校学生会指导老师张老师写一封推荐信, 推荐李华成为学生会主席。

写作要求:

1. 列举李华的优点(至少两点)。
2. 具体事例。
3. 你对李华的信心。

注意:

1. 文中不得出现你的真实姓名和学校名称;
2. 语言通顺, 意思连贯, 条理清楚, 书写规范;
3. 词数 100 左右, 文章开头和结尾已给出, 不计入总词数。

Dear Mr Zhang,

I am writing to recommend Li Hua for president of the Students’ Union. _____

Yours sincerely,

Wang Ming