


# 高中英语

# 小题为王<sup>®</sup>

## 全程提优

必修第一册

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# Back to school

## Section I Welcome unit—Reading

### 语言知识提优

建议用时 20 分钟

答案 P1

### 一、选词并用恰当形式填空

confidence	independent	acquire	amazing	improve
balance	potential	challenge	senior	effort

1. As long as you put \_\_\_\_\_ into your study, you will make progress.
2. The children are looking forward to \_\_\_\_\_ their spoken English.
3. Life is full of \_\_\_\_\_, behind which lie many opportunities.
4. The talented boy has the \_\_\_\_\_ to become a world-class musician.
5. Lily tries hard to \_\_\_\_\_ her home life with her career in her daily life.
6. As a manager, I have \_\_\_\_\_ in my staff to complete the project as scheduled.
7. Going to college will make you more \_\_\_\_\_ and responsible for your own life.
8. It is \_\_\_\_\_ that we built a fully-equipped hospital within two weeks.
9. We should be polite to those around who are \_\_\_\_\_ to us.
10. It took him a long time to \_\_\_\_\_ the skills he needed to become a good dancer.

### 二、选择短语并用恰当形式填空

rise to	be responsible for	make a difference to	last but not least	be equal to
lie in	take advantage of	can't wait to	make efforts to	in advance

1. I \_\_\_\_\_ tell you the news that our team has won the championship.
2. Whether you can achieve success or not \_\_\_\_\_ your efforts and persistence.
3. It is a difficult task, but I'm sure he'll \_\_\_\_\_ the challenge.
4. The government \_\_\_\_\_ achieve a balance between environmental protection and economic growth in the past ten years.
5. The architecture here \_\_\_\_\_ any great one in the world.
6. \_\_\_\_\_, he is warm-hearted and willing to help others in need.
7. We should \_\_\_\_\_ modern technology to increase agricultural outputs.
8. Cigarette smoking \_\_\_\_\_ most of deaths from lung cancer.
9. I'd advise buying your tickets \_\_\_\_\_ if you want to travel in August.
10. Even a small action can \_\_\_\_\_ the world.

### 三、课文填空

Hello, everyone! Welcome to senior high school. Today is the start of a new term and the start of a

1. \_\_\_\_\_ (promise) future. I can't wait to describe 2. \_\_\_\_\_ senior high school life is like. The path before you leads to a world full of 3. \_\_\_\_\_ (challenge). However, for those who think 4. \_\_\_\_\_ (positive), opportunity lies in each challenge. When you rise to the challenges, you will have the opportunity 5. \_\_\_\_\_ (acquire) knowledge, enjoy personal growth and realize your potential. Put simply, potential is your natural ability that can 6. \_\_\_\_\_ (develop) when you try hard enough. The possibilities are endless and I have 7. \_\_\_\_\_ (confident) in your ability to make a difference. 8. \_\_\_\_\_ (realize) your potential fully, it is important to make the most of school resources. Of equal importance 9. \_\_\_\_\_ (be) good study habits, useful skills and a positive mind. You need to make a continuous effort to train your mind and develop your character. Senior high school will help you learn and grow, yet you alone are 10. \_\_\_\_\_ (responsibility) for realizing your potential. Be confident and make us proud.

#### 四、句子翻译

1. 我们应该充分利用学校资源去丰富我们的校园生活。(make the most of)

\_\_\_\_\_

2. 同样重要的是树立清晰的目标。(of equal importance)

\_\_\_\_\_

3. 科学家们在医药科学上已经取得了很大进步。(make great advances in)

\_\_\_\_\_

4. 我们应该不遗余力地保护野生动物。(spare no effort to)

\_\_\_\_\_

5. 简而言之,美好的未来在于你为之付出的努力。(put simply)

\_\_\_\_\_

6. 尽量在工作和放松之间保持平衡。(keep a balance between ... and ...)

\_\_\_\_\_

7. 如果你能充分利用这些资源,你就有机会去充分发挥你的潜能。(opportunity; potential)

\_\_\_\_\_

8. 对我们来说,自信和乐观是非常重要的。(It is important for ... to ...)

\_\_\_\_\_

#### 话题语篇拓展

☞ 建议用时 20 分钟

☑ 答案 P1

#### 阅读理解

##### A

When someone asks me what my goals are for the coming year, I don't usually know how to reply. Of course I, as most people do, want to see an improvement in my grades. This year, however, I'm hoping for something different.

Through the course of my school life, I've gradually developed a new understanding of the word "prioritization(优先次序)". The first thing I wish to get in Senior One is the ability to manage my time better. I'll surely become busier with the coming semester, and proper organization is important. From school clubs to academic competitions, everything should be set up in a way that doesn't influence my health, which leads me to my second goal.

My mother has always told me to put my health in the first place. So in the future, I hope to be both physically and mentally healthy. A person can't study without the energy to do so. In order to stay energetic, they must put their health first, no matter how busy they are, or how much work they have to complete.

And finally, I hope that I won't be discouraged by my failure and never give up on my dreams. I hope that I'll have the courage to try new activities and clubs. I believe my final goal can apply to every student around the world. We should all respect one another's likes and dislikes, and focus on each other's strengths, not weaknesses. Everyone should try to make use of all opportunities in life.

Albert Einstein once said, "Life is like riding a bicycle. To keep your balance, you must keep moving." In my case, it's the other way around. In order to keep moving, I must keep my balance—the balance between study and activities, efficiency and procrastination(拖延), academics and health, passions and dislikes. The new journey is going to be a hard one, but if I set these goals, I believe I will make it through to the end.

(2024 湖南省雅礼教育集团高一上月考)

- ( ) 1. During Senior One, what does the writer want to do first?
- A. Focus on improving her overall grades.      B. Join as many school clubs as possible.  
C. Learn how to manage her time well.      D. Spend more time on outdoor activities.
- ( ) 2. What is the attitude of the writer towards failure?
- A. Discouraged.      B. Brave.      C. Worried.      D. Careful.
- ( ) 3. What does the underlined sentence "it's the other way around" in the last paragraph mean?
- A. It is the opposite.      B. It is difficult.      C. It is necessary.      D. It is helpful.
- ( ) 4. What is the writer's purpose of the passage?
- A. To share her goals for the coming school year.  
B. To stress the importance of health to students.  
C. To show what she likes about high school life.  
D. To explain how to balance studies and activities.

## B

Freshman year of high school is a big transition(过渡) for any student.

Luckily, you're not the only person going through this, and plenty of others have made the transition before you too.

One of the ways in which high school is different from middle school or junior high the most is the higher expectations. You'll find that you're expected to keep closer track of your own schedule and responsibilities with fewer people checking up on you. At the same time, your classes are likely to become more challenging, and you might be participating in new school activities as well.

Some students find it hard to keep up with everything at first, which is totally normal. One way to prepare in advance for these higher expectations is to make sure that you have organized schedules in place before you start high school.

Another important skill for meeting these higher expectations is building a strong support network. No matter how strong a student you are, at some point you will need some help. Keeping healthy relationships with your friends and teachers is a great way to make sure that you have people who are willing to help when you need them.

Try to get to know at least some of your teachers beyond your classroom communication. Be an active learner during class and stay after class to ask questions. Take advantage of email or class messaging systems. The better your teachers know you, the better prepared they'll be to help when you need them.

It's important for you to keep in mind as you start high school that no one is perfect. Transitions are hard for everyone, and starting high school is a big transition. These challenges provide a great chance to reinvent yourself.

(2025 安徽省六安市高一上期中)

- ( ) 1. In the author's view, what is the biggest difference between high school and middle school?
- A. Different relationships. B. The higher expectations.  
C. High academic achievement. D. The higher pressure.
- ( ) 2. Which of the following suggestion is NOT mentioned in the text?
- A. Careful schedules. B. Healthy relationships.  
C. Using network information. D. Reinventing yourself.
- ( ) 3. Who is the article written for?
- A. Students in junior school. B. Teachers in high school.  
C. Students in Senior One. D. Parents of high school students.
- ( ) 4. What is the best title for the text?
- A. How to Meet Your Teacher's High Expectations  
B. How to Become an Active Learner in High School  
C. What to Prepare to Keep up with Everything in High School  
D. How to Get Through the Transition of Freshman Year of High School

## 七选五

Studying longer does not necessarily mean studying better. 1 Below are some great ways of learning as much as you can without getting too stressed.

### Find the right place to study.

The first thing you need to do is avoid distractions(分散注意力的事物) while studying. 2 You should keep away from television sets and phone calls. Get all of your study materials together, so you will not be interrupted in the middle of your session.

### Break down the tasks into smaller parts.

When you have gotten everything ready, list the items you need to study, and arrange them across several hours or days, depending on how big your load is. As a general rule, assign(分配) at least one hour to each subject. 3 By doing this, you will be able to know more easily how long you need for each topic.

### Schedule study breaks.

When you have listed all of your tasks and made a schedule, you should arrange study breaks. 4 This will give your eyes some time to rest, and yourself a chance to go to the bathroom or have some coffee. Scheduled breaks will reduce the need for you to interrupt yourself to the lowest level during the study session.

### Put your tasks in order of importance.

5 Just in case you run out of time to study, or if you think you do not have enough time to cover all topics, you should study in an order.

(2025 广东省揭阳市高一上期中)

- A. Learn to arrange the subjects in order of importance.  
B. Each break may take about 15 minutes every two hours.  
C. The key to efficient studying is following the schedule strictly.  
D. This means going to one place that will give you peace and quiet.  
E. You can find a way to test your knowledge by having a study partner.  
F. If you have a broad subject, you will need to break it down into smaller parts.  
G. To make the best use of your time, you need to learn how to study efficiently.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_



## Section II Grammar and usage—Integrated skills

## 语言知识提优

建议用时 20 分钟 答案 P2

## 一、单句语法填空

- We'd better choose a proper sport \_\_\_\_\_ (base) on our physical condition.
- Make friends with positive people—they know the importance of encouraging others and will help you keep \_\_\_\_\_ (focus) on what you can do instead of what you can't.
- The teacher explained the maths problem \_\_\_\_\_ detail so that every student could understand it.
- It is also a good idea to put your goals where you can see them, which will remind you \_\_\_\_\_ what you are working for and keep you focused.
- The programme provided \_\_\_\_\_ (profession) online lessons for teenagers aged between 5 and 18.
- She \_\_\_\_\_ (tip) the waitress a dollar to thank for her good service.

## 二、短语选填

as a result of	(be) based on	stick to	call for
focus on	sign up for	aim to	pay off

- They are \_\_\_\_\_ reduce unemployment by 50%.
- Some \_\_\_\_\_ the application of modern technology, and others a change of lifestyle.
- I want to \_\_\_\_\_ a Music course.
- \_\_\_\_\_ their joint effort, the difficult situation turned into a favourable one.
- \_\_\_\_\_ a true story, the novel is widely known for its vivid language.
- He stood there, with his attention \_\_\_\_\_ the picture on the wall.
- He \_\_\_\_\_ getting up early every morning to read English, which helps improve his language skills.
- All the efforts you put into your studies will \_\_\_\_\_ in the end.

## 三、语法项目题

选择正确的句子结构

a SV b SVO c SVOC d SVOA e SVP f SVOO g SVA

- I found the plot of the film very confusing. ( )
- It lasted for two hours. ( )
- They gave me two tickets of the talent show. ( )
- The day finally arrived. ( )
- The story is very inspiring. ( )
- My family visited the Summer Palace last summer. ( )
- I would like to have a cup of tea. ( )

## 四、语法填空

- As you grow older, there 1. \_\_\_\_\_ (be) certain events that will mark(纪念) your growth.
2. \_\_\_\_\_ (graduate) from high school and getting your first job are just two of these. What are some other ways in 3. \_\_\_\_\_ we mark our journey toward adulthood?

In the US, getting your driver's licence at the age of 16 is viewed 4. \_\_\_\_\_ a major coming-of-age ritual(仪式). You may have seen kids celebrating their first car in movies and TV shows. It is the first true taste of 5. \_\_\_\_\_ (independent) for most teenagers. 6. \_\_\_\_\_ not every teenager gets a new car right away. 7. \_\_\_\_\_ (usual), their parents will buy a second-hand car for them as their first car.

Another big coming-of-age event is the prom(毕业舞会). 8. \_\_\_\_\_ (hold) at the end of the year, the prom is a graduation celebration for senior high school students. Teenagers wear fancy clothing, ask each other to dance and vote for a prom "king" and "queen". For many teenagers, prom is the 9. \_\_\_\_\_ (big) social event of the year. It's time for them 10. \_\_\_\_\_ (dress) like an adult.

### 话题语篇拓展

建议用时 20 分钟

答案 P3

### 阅读理解

Note-taking is a skill that can help you do well in all your schoolwork—everything from taking tests to researching a paper. But unfortunately, most schools don't have classes that teach you how to take notes. So here are some tips.

Write down key facts. If you have a teacher who writes notes on the board, that's good: You can copy them down. If not, write down the most important points from class. Does your history teacher mention the date of a key Civil War battle? Does your English teacher give examples of Shakespeare's use of irony(反讽)? Write them down!

Different teachers do things differently. For example, some teachers may mention lots of dates and facts in class but only write the key ones on the board. Other teachers may not write anything down, but they may repeat a certain date or a piece of information. After a while, you'll get to know a teacher's style.

Don't overdo it. Don't go crazy taking notes. You'll be frantic(紧张忙乱的) if you try to write down every word that's said in class. And if you focus too much on getting your notes right, you might miss important points. Some people actually learn better by listening, writing down a few key points, and then going over the material after class.

Ask. Don't be afraid to ask the teacher to repeat something you miss. If the teacher is going too fast, your classmates will also be happy to hear the information again. If you don't want to ask in class, talk to your teacher afterwards. It's much easier than wondering if you got the notes right as you study.

Compare. Keep your notes handy when you're doing your reading homework. Compare what you wrote with what the reading says—you may even want to add to your notes as you read.

(2025 江苏省淮安市高一期中)

( ) 1. What's an advantage of note-taking according to the writer?

- A. It's a basic skill in researching a paper.
- B. It helps fix your mind on what the teacher says.
- C. It helps you to get good marks in tests.
- D. It gives you a better understanding of key facts.

( ) 2. Why is Shakespeare mentioned in the passage?

- A. To introduce the topic of note-taking.
- B. To explain what a key fact is in a teacher's class.
- C. To give an example of forming good habits.
- D. To compare writing styles in different times.

- ( ) 3. What is suggested in the third paragraph?
- A. A teacher's style should be considered when taking notes.  
 B. It's helpful for teachers to learn from each other in styles.  
 C. It's not always possible to note down all information in class.  
 D. Teachers encourage their students to be active in class.
- ( ) 4. What's the writer's opinion according to the passage?
- A. Students must not ask questions while having a class.  
 B. Students must try to take correct and detailed notes in class.  
 C. Students should put down key points while listening carefully.  
 D. Students should put down as much information as possible in class.

### 完形填空

Afraid to have a start, I was walking slowly into my first school in America. I had 1 a long way from India in order to join my parents. My father decided that I would go to school here, so I 2 a local high school in my new town.

With 3 and fear, I arrived at the classroom. Everyone's eyes were on me as I entered the classroom. I went straight to the 4 and asked him if it was the right class. With a 5 voice, he answered, "Yes." His voice comforted me a little. Then he asked me to 6 where I would sit. I selected the 7 closest to the door instead of the corner where all of the boys were sitting. I spent the rest of the class taking notes from the 8 produced by the overhead projector(投影仪).

9 it was my first day, I was confused about which hallway to use, but I 10 to get to my classroom without asking anyone. I wasn't quite sure when I would have 11. It was noon when I went to my next class and the bell rang as I entered. I went through the 12 process of asking the teacher if I was in the right class. Feeling surprised, she said, "That is the lunch bell." I felt a little 13. Without another word, I headed for the cafeteria.

I realized that all the confusion on my first day was like the difficulty I had to 14 to reach my goal. When I got on my bus and sat down inside 15, I said to myself, "Today isn't so bad."

(2024 江苏省连云港高级中学高一上期中)

- |                        |                |              |             |
|------------------------|----------------|--------------|-------------|
| ( ) 1. A. travelled    | B. lived       | C. felt      | D. suffered |
| ( ) 2. A. explored     | B. found       | C. entered   | D. built    |
| ( ) 3. A. anger        | B. anxiety     | C. doubt     | D. sadness  |
| ( ) 4. A. foreigner    | B. teacher     | C. worker    | D. partner  |
| ( ) 5. A. deep         | B. familiar    | C. strict    | D. soft     |
| ( ) 6. A. find         | B. see         | C. choose    | D. discuss  |
| ( ) 7. A. area         | B. direction   | C. seat      | D. goal     |
| ( ) 8. A. movies       | B. pictures    | C. voices    | D. stories  |
| ( ) 9. A. Since        | B. If          | C. Though    | D. Before   |
| ( ) 10. A. feared      | B. refused     | C. hesitated | D. managed  |
| ( ) 11. A. gifts       | B. chances     | C. fun       | D. lunch    |
| ( ) 12. A. interesting | B. unexpected  | C. same      | D. easy     |
| ( ) 13. A. funny       | B. excited     | C. lonely    | D. awkward  |
| ( ) 14. A. put away    | B. get through | C. build up  | D. show off |
| ( ) 15. A. suddenly    | B. happily     | C. curiously | D. actually |

## Section III Extended reading—Project

## 语言知识提优

建议用时 20 分钟

答案 P4

## 一、核心词变形及用法考查

1. We need to develop the \_\_\_\_\_ (tough) to overcome the challenges in our studies.
2. High school students have the opportunity \_\_\_\_\_ (exchange) ideas and experiences in various clubs and organizations.
3. Shelly had prepared carefully for her \_\_\_\_\_ (biological) examination so that she could be sure of passing it at her first attempt.
4. \_\_\_\_\_ by the fire, he let out an \_\_\_\_\_ scream in alarm. (alarm)
5. Each student's \_\_\_\_\_ (contribute) to group projects in high school is essential for the success of the entire team.
6. \_\_\_\_\_ (fortunate), I wasn't aware of the importance of learning English well when I was in high school.
7. This semester our school offers many \_\_\_\_\_ (option) courses for the students, each of which appeals to many students.
8. The school's annual science fair is an \_\_\_\_\_ (attract) event where students can showcase their creativity and research skills.

## 二、选择短语并用恰当形式填空

be of secondary importance	a tough time	make friends with
have the opportunity to do something	make a contribution to	over time

1. I had \_\_\_\_\_ learning English in the first year of senior high school.
2. Experience is what matters—age \_\_\_\_\_.
3. You'll find us all wanting to \_\_\_\_\_ you.
4. She has \_\_\_\_\_ the success of the project.
5. We are honoured to \_\_\_\_\_ for the Olympics.
6. \_\_\_\_\_, the relationship between the two classmates has become closer. They often help each other in studies.

## 三、句式翻译

1. 这部电影最吸引我的部分是结尾。(attract; what 引导的主语从句)  
\_\_\_\_\_
2. 随着时间的推移,日常的小习惯能引起生活中的重大改变。(over time; the small daily habits)  
\_\_\_\_\_
3. 我们的英语老师非常喜欢我们,对待我们就像对待她的孩子一样。(so much that)  
\_\_\_\_\_
4. 在新宿舍里,我仍然可以像以前在家里一样睡足觉。(as much as)  
\_\_\_\_\_

5. 作为一名志愿者,我很高兴有这个绝佳的机会向来自世界各地的游客展示我们的城市。(have the opportunity to)
6. 我校的戏剧社团自三年前成立以来一直很受学生的青睐。(since)

#### 四、课文概要填空

Last year, I had an amazing experience 1. \_\_\_\_\_ an exchange student at a British secondary school. I stayed with a wonderful host family and 2. \_\_\_\_\_ (attend) school with their son, Daniel. We both were in year ten and got along very well. The school day started at 9 a.m. 3. \_\_\_\_\_ ended at 4 p.m., with students typically 4. \_\_\_\_\_ (study) nine subjects, including mandatory English, Maths, and Science. I found the class sizes 5. \_\_\_\_\_ (small), with about 20 students, and it was initially challenging to remember everyone's names. I enjoyed most classes, especially Technology, 6. \_\_\_\_\_ I made a clock that I still use. Maths was easier due to less 7. \_\_\_\_\_ (advance) material compared to China, but learning in English was tough, 8. \_\_\_\_\_ (especial) with difficult vocabulary in Geography and Biology. Class discussions were important, but my limited English made it hard 9. \_\_\_\_\_ (contribute). Despite less homework, it was still challenging. Thankfully, my teachers and classmates were always supportive. During lunch, I ate in the dining hall with various options, 10. \_\_\_\_\_ I missed home cooking. After lunch, I often played on the sports field with Daniel and his friends. After school, I joined clubs like Rugby and Theatre, which were great for making friends. I'm grateful for this opportunity to experience a different lifestyle, meet wonderful people, and learn about UK school life. I'm excited for Daniel's upcoming visit to China!

#### 话题语篇拓展

建议用时 25 分钟

答案 P4

#### 阅读理解

Why does one plus one equal two? One possible answer is “It just does!” That is really a different way of saying “Because I said so!”—an answer that has been annoying children for generations.

Maths can seem like a world of rules you just have to follow, which makes it seem boring. But my love of maths is somewhat driven by my love of breaking rules or at least pushing against them, both of which advance human understanding and mathematical understanding.

So rather than think about why one plus one is two, let's go a little further and question whether it's even true all the time. Say you put one rabbit and another rabbit together. You might end up with many rabbits. Sometimes, if you put a pile of sand on top of another pile, then you just get one pile of sand. And if I say “I'm not not hungry,” that means “I'm hungry.”

You might think that these aren't really situations in which one plus one equals something else, because they aren't really addition, or because they aren't really numbers. You're welcome to think that, but that's not what maths does. Maths instead says: Let's work out the context in which one plus one really does equal two, and contexts in which it doesn't.

Maths isn't really about getting the right answer; it's about building good explanations. Imagine we were designing a jungle(丛林) gym for children. We'd want to test it in every possible way to make sure it's safe.

We'd want to jump on it, fall from it, and try to pull it out of the ground, rather than simply trusting that we built it well. The solidity of maths comes from wanting to know our framework(框架) will hold up. One of the reasons why the framework is so strong is that we question it so deeply.

I hope that we will start seeing mathematics as a place to raise questions and explore answers, rather than a place where the answers are fixed and we're supposed to know them. (2025 山东省济南市高一期末)

- ( ) 1. Why does the author love maths?
- A. He enjoys the number games. B. He finds uncertainty in maths.  
C. He likes going beyond rules. D. He knows and fears nothing.
- ( ) 2. What can be inferred from Paragraph 3?
- A. Contexts decide maths results. B. One plus one always equals two.  
C. Addition is sometimes confusing. D. There is no trick to learning maths.
- ( ) 3. What does the author suggest by mentioning a jungle gym?
- A. Safety comes first. B. Test outplays trust.  
C. Maths keeps men exact. D. Practice makes perfect.
- ( ) 4. How are we expected to learn maths according to the text?
- A. Team up effectively. B. Question reasonably.  
C. Review patiently. D. Count frequently.

## 七选五

Is studying 12 hours a day possible? This is a question that many students ask themselves when faced with a heavy workload or upcoming exams. 1 It's important to assess your own capabilities and limitations. Not everyone can maintain focus for such long periods of time, so be realistic about what you can handle.

Consider the quality of your study sessions rather than just the quantity of hours spent. It's better to have shorter but more focused study sessions to absorb information effectively than to have longer sessions. 2 Our brains need time to rest and recharge in order to store information. Therefore, make sure to schedule a short rest every hour or two. Moreover, creating a structured schedule and sticking to it can help maximize productivity. 3

One of the biggest challenges when it comes to studying for long hours is maintaining concentration. It's easy to get distracted or lose focus when you're spending extended periods of time studying. 4 Create a good study environment. Find a quiet and comfortable place where you won't be easily disturbed. Remove any distractions such as your phone or social media notifications. 5 This could include reminder devices, mind maps, or even teaching the material to others. By actively engaging with the content, you'll find it easier to concentrate for longer periods. Another helpful tip is to prioritize quality sleep and physical exercise alongside your studies to make your brain and body better equipped for extended periods of focused work.

(2025 江苏常州期末)

- A. Furthermore, taking regular breaks is essential.  
B. Remember that you have your own pace of learning.  
C. The answer is both yes and no, as it depends on several factors.  
D. Generally speaking, the more hours you spend, the better you will learn.  
E. Set specific goals for each study session and track your progress along the way.

F. Additionally, use various study techniques to keep yourself engaged in learning.

G. However, with a few strategies, you can study for long hours with concentration.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

### 完形填空

Jenna, a popular girl from Westwood Middle School, 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 tryouts(选拔赛) for cheerleaders(啦啦队队员). She was competing against very talented girls, and she knew it would be 3 for her to be selected. Two hours later, the 4 read a list of the girls for a second tryout. Her heart was 5 as the list ended without her name. Feeling 6, she walked home carrying her schoolbag full of homework.

Arriving home, she started with maths. She had always been a good 7 student, but now she was awful. She changed to English and history, and was relieved(感到宽慰的) to find that she didn't have any 8 with the two 9. Feeling better, she decided not to 10 maths for the time being.

Later in maths class, Jenna devoted herself to figuring out the problems that had given her so much trouble. By the end of class, she 11 how to get them right. As she gathered her books and pens, Jenna decided she'd continue to try to fit in at her new school. She wasn't sure 12 she'd succeed, but she knew she had to 13. High school was just as her mum had said, "You will feel like a small fish in a big pond 14 a big fish in a small pond. The challenge makes you become the 15 fish you can be."

(2025 河北衡水高一期中)

- |                            |               |                |                |
|----------------------------|---------------|----------------|----------------|
| ( ) 1. A. courses          | B. decisions  | C. challenges  | D. exercises   |
| ( ) 2. A. Therefore        | B. Otherwise  | C. However     | D. Besides     |
| ( ) 3. A. boring           | B. easy       | C. difficult   | D. interesting |
| ( ) 4. A. designer         | B. boss       | C. winner      | D. judge       |
| ( ) 5. A. up               | B. down       | C. in          | D. out         |
| ( ) 6. A. disappointed     | B. strange    | C. happy       | D. lonely      |
| ( ) 7. A. maths            | B. English    | C. biology     | D. chemistry   |
| ( ) 8. A. pleasure         | B. happiness  | C. usage       | D. trouble     |
| ( ) 9. A. homework         | B. books      | C. subjects    | D. goals       |
| ( ) 10. A. put on          | B. turn on    | C. worry about | D. get off     |
| ( ) 11. A. left            | B. understood | C. hoped       | D. made        |
| ( ) 12. A. whether         | B. what       | C. why         | D. where       |
| ( ) 13. A. swim            | B. try        | C. ask         | D. escape      |
| ( ) 14. A. in exchange for | B. in case of | C. in terms of | D. instead of  |
| ( ) 15. A. smallest        | B. best       | C. weakest     | D. poorest     |

## 写作专项

## 写作提优

应用文——演讲稿

建议用时 30 分钟

答案 P6

## 一、模板语篇补全(演讲稿)

Good afternoon, everyone!

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

(很荣幸站在这里做关于……的演讲) how to adapt to the senior school life and get along with others. On stepping into the high school, 2. \_\_\_\_\_ (我们发觉它是充满竞争性和挑战性的).

Faced with so much stress, 3. \_\_\_\_\_ (我们需要在学习上制定目标,并培养好的学习习惯) such as previewing what our teachers will teach and reviewing the lessons regularly as well as taking part in after-class activities in our spare time, which will 4. \_\_\_\_\_ (帮助我们减轻压力并拓宽视野). 5. \_\_\_\_\_ (更重要的是), we must 6. \_\_\_\_\_ (向别人展示出尊重、关心和同情), never hesitating to lend a hand to those in need.

All in all, 7. \_\_\_\_\_ (希望你们所有人能享受学校生活) and make something of your education.

## 二、精品范文品读

请你以 How to Learn English in a Fun Way 为主题,写一篇演讲稿,分享两到三种学习方法并解释原因。写作词数应为 80 左右。

*Good afternoon, everyone!*

*I'm glad to share with you how I learn English in a fun way. I think the easiest way is to download some apps onto the phone. These apps can help us build vocabulary, improve our listening, speaking or writing. More importantly, they provide many entertaining ways for us to study English, such as watching videos, playing games or dubbing.*

*Besides, finding pen pals is a good option. We can not only practise English but also have a better knowledge of the cultures of foreign countries.*

*Hopefully, my ideas can make your learning fun and effective. Thank you for your listening.*



## 【语言亮点】

1. 高级词汇或短语: entertaining, option, have a better knowledge of, effective
2. 高分句式 1: ... they provide many entertaining ways for us to study English, such as watching videos, playing games or dubbing. (运用了平行结构)
3. 高分句式 2: Besides, finding pen pals is a good option. (运用了动名词作主语)
4. 高分句式 3: We can not only practise English but also have a better knowledge of the cultures of foreign countries. (运用了并列连词词组 not only ... but also ...)

## 三、写作实践精练

你校将举办以 Creative Ways to Learn English 为主题的英语演讲比赛。请写一篇演讲稿,要点如下:

1. 你对英语的认识;
2. 你学英语所遇到的困难及解决方法。

注意:1. 词数应为 80 左右;

2. 可适当增加细节,以使行文连贯。

*Boys and girls,*

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## 单元提优

## 限时训练 I

建议用时 35 分钟

答案 P6

## 一、阅读理解

## A

Here comes four most popular clubs in our school! Join us, and we will help you to find your own shining points, lead you to find beauty and to create beauty, and make your campus life as fulfilling and happy as a dream.

**Basketball Club**

Students will be able to develop their basketball skills further and have the opportunity to compete in basketball games with members from other international schools in Beijing. The club will be available to 10-16 members from grades 5 to 8, and will practise twice weekly.

**Public Speaking Club**

The Public Speaking Club will be centred around the personal development of students along with developing public speaking skills. The club will be interested in focusing on all skills in delivering better speeches and improving communication skills. The club will be available to 10-12 members from grades 7 to 12, and will meet once weekly(Wednesday).

**Yoga Club**

Yoga not only improves balance, flexibility, and joint stability, but also serves as a peaceful escape from the stress of daily life. Our students will have the chance to physically exercise while reducing some stress from their life. The club will be available to 10-16 members from grades 7 to 12, and will meet once weekly (Tuesday).

**Media Club**

The Media Club teaches students the basics of journalism. The club engages in a wide range of activities like interviewing teachers and students, writing about big events on campus, and operating the weekly school radio broadcasts. The club will be available to 8-12 members from grades 6 to 12 and will meet once weekly (Monday).

(2024 江苏省淮安市高一上期初)

( ) 1. Which club will attract students who want to get both mental and physical benefits?

A. Basketball Club.

B. Public Speaking Club.

C. Yoga Club.

D. Media Club.

( ) 2. What will club members do at the Media Club?

A. Set up a school radio.

B. Write imaginary stories.

C. Learn public speaking skills.

D. Interview teachers and students.

( ) 3. Where can the text be found?

A. In a school introduction.

B. In a research paper.

C. In a history textbook.

D. In a travel guidebook.

## B

Today was my first day at senior high and it was hard. In high school, you have four minutes to get to your next class. My high school is very big and those four minutes to go from one class to another really isn't a lot of

time. Today I had to go from one end of the building to the other to get from science class to maths class. I wanted to go to my locker first and leave my science book there, but that took time. I was worried about being late, and I was. The maths teacher said, “Just be on time tomorrow, or you’ll have detention(放学后留校).”

After the maths class, I went to art class. I like my art class a lot because I get to create things. The teacher there showed us how to make portraits(肖像). He explained, “A portrait is a way of communicating with a person. It does not just show how the person looks but what is important to understand the person.” We just did drawings today, but I know it’s going to be great. I like drawing.

I like my English class, too. I think the teacher is really supportive. Today we wrote about ourselves. The teacher said to us, “Just write what you think, and we’ll pay attention to punctuation(标点) later.” We could write a paragraph or a poem, and I wrote a poem about myself. I thought it was a good poem, and the teacher said I had used good images(意象) to communicate my feelings.

Lunch was very hurried. I arrived at the dining room with 12 minutes to eat. I sat with people I didn’t know, and everyone was eating quickly. After lunch I signed up for a computer club. I need to learn how to use a computer well because my social studies teacher says it is the one skill you need in every class.

(2025 广东省湛江市高一月考)

- ( ) 1. What happened to the author after science class?
- A. He lost his science textbook. B. He got lost on the campus.  
C. He was late for maths class. D. He was given detention.
- ( ) 2. What did the author think of his art class?
- A. Difficult. B. Enjoyable. C. Boring. D. Easy.
- ( ) 3. What did the English teacher do after seeing the author’s work?
- A. He praised the author.  
B. He pointed out the author’s mistake.  
C. He asked the author to check punctuation.  
D. He encouraged the author to introduce himself.
- ( ) 4. Which can be the best title for the text?
- A. Learn Useful Skills in High School B. My New Teachers in High School  
C. Make Plans for High School Life D. My First Day in High School

### C

How good are you at maths? Some people love the challenge of algebra(代数) or enjoy working out number puzzles. Maths is all around us, from working out how to share the bill after a meal, to calculating your family bills. But many are afraid of the moment when they have to deal with numbers and figures and feel a real sense of worry and confusion. It can seem frightening, but this maths anxiety is perfectly normal, and you’re definitely not alone. And anyway, our worries and fears don’t necessarily reflect our ability.

The problem really starts in childhood, at school. Research has found that maths teachers who are nervous about teaching the subject can pass on their anxiety to the pupils, and girls may be more likely to be affected. The Programme for International Student Assessment found around 31% of 15- and 16-year-olds across 34 countries said they got very nervous doing maths problems, 33% said they got tense doing maths homework, and nearly 60% said they worried that maths classes would be difficult. Shulamit Kahn, a professor from Boston University, believes that giving students, particularly girls, good role models is critical, especially at a young age. She thinks the key is to get people, especially women who love maths, to teach younger children.

Writing for the BBC, David Robson says, “It’s not clear why maths causes so much fear compared to

geography. But the fact that there's a right or wrong answer—there's no room for bluffing(蒙混过关)—might make you more worried about underperforming.” And once we assume that we're not a maths person, we avoid solving things that we probably could do.

Psychologists have been trying to work out why mental arithmetic(心算) can bring us out in a sweat. That seed of fear may come from many sources, but some suggest that voicing your fears can loosen their control over you. They also suggest encouraging children to see a maths test as a challenge, not a threat. Most importantly, we need to think positively about maths and give it a second chance.

(2024 江苏省南通市通州区高一期末)

- ( ) 1. What is the author's understanding of maths anxiety in Paragraph 1?
- A. It happens when you have to pay bills after a meal.  
B. It actually reflects one's poor performance in maths.  
C. Only students often suffer from this sense of worry.  
D. People normally have it when dealing with numbers.
- ( ) 2. What may cause students' maths anxiety according to the research?
- A. The particular feature of maths.                      B. The fear of failure in maths tests.  
C. Students' dislike of learning maths.                D. Maths teachers' lack of confidence.
- ( ) 3. What can we infer from David Robson's words?
- A. Geography seldom causes worry.  
B. Slow students have maths anxiety.  
C. Playing tricks is difficult in maths tests.  
D. Maths students like number puzzles.
- ( ) 4. What is the best way to get over maths anxiety?
- A. Speaking out your fears in public.                      B. Employing female maths teachers.  
C. Having a positive attitude to maths.                      D. Viewing maths tests as a challenge.

#### D

What kind of people can become scientists? When a group of researchers posed that question to ninth- and tenth-graders, almost every student gave such responses as “People who work hard” or “Anyone who seems interested in the field of science”.

Many of these same students struggled to imagine themselves as scientists, citing concerns such as “I'm not good at science” and “Even if I work hard, I will not do well”. It's easy for them to see a scientist's work as arising from an inborn talent.

But for high school students, learning more about some struggles of scientists can help students feel more motivated to learn science. Researchers at Teachers College, Columbia University and the University of Washington designed an intervention to change students' beliefs that scientific achievement depends on ability rather than effort by exposing students to stories of how accomplished scientists struggled and overcame challenges in their scientific efforts.

During the study, the students read one of three types of stories about Albert Einstein, Marie Curie and Michael Faraday. Intellectual(智力的) struggle stories: stories about how scientists “struggled intellectually”, such as making mistakes while addressing a scientific problem and learning from them. Life struggle stories: stories about how scientists struggled in their personal lives, such as not giving up in the face of poverty or lack of family support. Achievement stories: stories about how scientists made great discoveries, without any discussion of coexisting challenges.

Researchers found that students who heard either type of “struggle stories” improved their science performance after intervention, compared to students in the control group. The effect was especially pronounced for lower performing students, for whom exposure to struggling stories led to significantly better science-class performance than low-performing students who read achievement stories. In addition, students who read struggle stories reported feeling more personally connected to the scientists. By recognizing a scientist’s struggles and introducing the growth mindset he or she applied to accomplish great works, the students were able to empathize(共情) with the scientists during their own struggles.

(2025 浙江省杭州市第十四中学高一阶段练习)

- ( ) 1. Why do students fail to imagine themselves as scientists?
- A. They lack interest in science. B. They are short of confidence.  
C. They don’t have inborn talent. D. They have no ability to study science.
- ( ) 2. What’s the purpose of the intervention?
- A. To introduce some inspirational stories to students.  
B. To expose students to scientists’ great achievements.  
C. To ensure students will become scientists in the future.  
D. To clear students’ misunderstandings of scientific work.
- ( ) 3. The underlined word “pronounced” in the last paragraph is closest in meaning to \_\_\_\_\_.  
A. minimal B. noticeable  
C. doubtful D. long-lasting
- ( ) 4. What can we learn from the research?
- A. Science ability has nothing to do with efforts.  
B. Students are more motivated by achievement stories.  
C. Scientists’ struggle stories can influence readers’ beliefs.  
D. Low-performing students tend to feel connected to scientists.

## 二、七选五

High school is a busy time, but it doesn’t have to be unbearable! Our guide will help you improve your time management so you can stay on top of your schoolwork and feel more in control over your schedule.

Make the most of your class time. Sit in front of the class. 1 It will also send a signal to your teacher that you are engaged in the class. Not every high school has flexible seating. However, take advantage of the opportunity to sit in front if you have it. If you’ve been assigned a seat in the back row, respectfully ask your teachers for a seat closer to the front. 2

3 You can begin with brainstorming some long-term goals. When you understand what your long-term goals are, you can determine how best to make the most of your time in high school to accomplish those goals. Write down a list of things you may be interested in doing, then read and research what careers in those fields involve. 4 For example, you may want to become a computer programmer when you grow up. To that end, you may want to sign up for a computer programming course.

Set short-term goals by learning how to achieve your long-term goals. Research the steps it takes to achieve your long-term goals by talking to professionals who have achieved those goals and searching the Internet for information. 5 Make your short-term goals with both high school and college in mind. Make sure that your grades and extracurriculars match the undergraduate, vocational(职业的), or other post high school programmes you intend to apply for.

(2025 江苏省南京市玄武高级中学高一学情调研)

- A. Figure out your preferences.  
 B. Chances are they'll give you a leg-up.  
 C. Avoid writing down every single word.  
 D. There's a good chance someone else is struggling with it too.  
 E. Doing so will help you concentrate on the lesson and avoid distractions.  
 F. Then determine what you can do in high school to start taking those steps.  
 G. Narrow your list down until you have identified the career you'd like to pursue.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

## 限时训练 II

建议用时 30 分钟 答案 P9

### 一、完形填空

Thirty years ago, I was a senior high school student. One day after our test papers were 1, our maths teacher asked twelve students who had made exactly the same mistakes to remain. There is nothing really new about 2 in exams. Perhaps that was why she didn't even say a word about it. 3, she wrote on the blackboard the words by Thomas Macaulay: the real 4 is not measured by what a man does in 5, where he'll be seen, but what he would do if he knew he would never be 6 out.

I don't know about the other eleven boys. Speaking for myself I can say: it was the most important single 7 of my life. Now entering my third decade after being 8 to Macaulay's words, I still consider them the best 9, because they give us a way to measure ourselves rather than others.

10 of us will be asked to make great decisions about nations going to war or armies going to battle. But all of us are 11 daily to make a great many personal decisions. Should the wallet, found in the street, be put into a pocket 12 turned over to the policeman? Should the 13 change received at the store be forgotten or 14? Nobody will know except you. But you have to live with yourself, and it is always 15 to live with yourself deserving your own respect.

(2024 重庆市第一中学期末)

- |                      |                  |               |                |
|----------------------|------------------|---------------|----------------|
| ( ) 1. A. marked     | B. completed     | C. examined   | D. collected   |
| ( ) 2. A. checking   | B. discussing    | C. cheating   | D. worrying    |
| ( ) 3. A. Personally | B. Unfortunately | C. Instead    | D. Suddenly    |
| ( ) 4. A. feature    | B. character     | C. advantage  | D. wisdom      |
| ( ) 5. A. practice   | B. danger        | C. detail     | D. public      |
| ( ) 6. A. found      | B. worked        | C. figured    | D. pointed     |
| ( ) 7. A. chance     | B. lesson        | C. incident   | D. memory      |
| ( ) 8. A. referred   | B. shown         | C. brought    | D. introduced  |
| ( ) 9. A. sentence   | B. choice        | C. reason     | D. standard    |
| ( ) 10. A. Few       | B. All           | C. Some       | D. Any         |
| ( ) 11. A. given out | B. cut off       | C. cheered up | D. called upon |
| ( ) 12. A. and       | B. so            | C. or         | D. but         |
| ( ) 13. A. extra     | B. small         | C. some       | D. necessary   |
| ( ) 14. A. paid      | B. remembered    | C. returned   | D. shared      |
| ( ) 15. A. easier    | B. better        | C. harder     | D. freer       |

## 二、语法填空

It was my first day at my new school, which dates back 1 a hundred years ago. On my way to school I was quite concerned about some questions 2 some boys would ask me and practised all the answers. I might meet with a 3 (various) of troubles.

There were fifty boys in the class, so I didn't stand out(突出) there until the first lesson of the afternoon. Mr Jones, my teacher, first said to several boys, "Do you know Dickens' birthplace?"

A boy whose name was Brian said "Timbuktu" and Mr Jones went red in the face.

Then he asked me. I said "Portsmouth", and everyone stared at me because Mr Jones said I was right. This didn't make me very popular, of course. But this 4 (affect) Brian to some degree.

"How did you get the answer? You think you are wise?" Brian said to me. I pretended 5 (hear) nothing.

After that, according to the 6 (arrange), we went out to the playground where they often played football. I was on Brian's team, and he 7 (obvious) had Dickens on his mind because he told me to go in goal(守门). No one ever wanted to be a goalkeeper.

When the game was nearly over, Brian pushed one of the players on the other team, and they got a penalty (点球). As the boy kicked the ball hard along the ground to my right, I threw myself down and saved it. My 8 (knee) were bleeding but I was not injured badly. Brian took out a handkerchief and offered it to me.

"Please join my team again next time, 9 you? We are 10 (play) this Saturday," he said. At the end of the day, I was no longer a stranger. And I won their trust and respect.

(2024 安徽省淮北市高一上月考)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

## 三、应用文写作

一家英语报社向中学生征文,主题是“我理想的高中生活”,请根据下列提示完成作文。

1. 在校学习情况;
2. 老师与同学;
3. 学校活动。

注意:1. 80 词左右;2. 可以适当增加细节;3. 开头已给出。

(2024 山东省聊城市高一阶段练习)

*I often imagine what my life will be like in my dream high school.* \_\_\_\_\_

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