科学题阶

刷课文 刷话题 刷题型 刷高考
刷词汇 刷句型 刷语法 刷阅读

理想树

# 高中必刷题®

2026—2027学年

总 主 编：杨文彬
主　　编：曹　娜等

含全书译文、听力试题

配 狂K重点

AI赋能，“码”上提分

AI秒批改·类题智能推
预习卡·提升学习效率
视频讲解·做题不卡壳

## 英语

高一上 必修 WY

必修 第一册、第二册合订

首都师范大学出版社
CAPITAL NORMAL UNIVERSITY PRESS

正文 答案

必修第一册

**Unit 1 A new start**

Period I Starting out & Understanding ideas
Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 ( 1 )(171)
Part Ⅱ 拓展阅读训练…… 阅读理解 7选5 ( 3 )(172)

Period II Using language—Presenting ideas
Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 ( 6 )(172)
Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 ( 8 )(173)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 应用文写作 ( 11 )(174)

**Unit 2 Exploring English**

Period I Starting out & Understanding ideas
Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 ( 15 )(176)
Part Ⅱ 拓展阅读训练…… 阅读理解 7选5 ( 17 )(177)

Period II Using language—Presenting ideas
Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 ( 20 )(178)
Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 ( 22 )(179)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 应用文写作 ( 24 )(180)

**Unit 3 Family matters**

Period I Starting out & Understanding ideas
Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 ( 28 )(182)
Part Ⅱ 拓展阅读训练…… 阅读理解 7选5 ( 30 )(183)

Period II Using language—Presenting ideas
Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 ( 33 )(184)
Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 ( 35 )(185)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 读后续写 ( 38 )(186)

**Unit 4 Friends forever**

Period I Starting out & Understanding ideas
Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 ( 42 )(189)
Part Ⅱ 拓展阅读训练…… 阅读理解 7选5 ( 44 )(190)

Period II Using language—Presenting ideas
Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 ( 47 )(191)
Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 ( 49 )(192)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 读后续写 ( 51 )(193)

**Unit 5 Into the wild**

Period I Starting out & Understanding ideas
Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 ( 55 )(195)
Part Ⅱ 拓展阅读训练…… 阅读理解 7选5 ( 57 )(196)

Period II Using language—Presenting ideas
Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 ( 60 )(197)
Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 ( 62 )(198)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 读后续写 ( 65 )(200)

**Unit 6 At one with nature**

Period I Starting out & Understanding ideas
Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 ( 69 )(202)
Part Ⅱ 拓展阅读训练…… 阅读理解 7选5 ( 71 )(203)

Period II Using language—Presenting ideas
Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 ( 74 )(204)
Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 ( 76 )(205)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 读后续写 ( 78 )(206)

# 目录 CONTENTS

## 必修第二册


**Unit 1 Food for thought**

Period Ⅰ Starting out & Understanding ideas
- Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 (82)(208)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 7选5 (84)(209)

Period Ⅱ Using language—Presenting ideas
- Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 (87)(210)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 (89)(211)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 应用文写作 (92)(212)

**Unit 2 Let's celebrate!**

Period Ⅰ Starting out & Understanding ideas
- Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 (96)(214)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 7选5 (98)(215)

Period Ⅱ Using language—Presenting ideas
- Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 (101)(216)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 (103)(217)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 读后续写 (105)(218)

**Unit 3 On the move**

Period Ⅰ Starting out & Understanding ideas
- Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 (109)(220)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 7选5 (111)(221)

Period Ⅱ Using language—Presenting ideas
- Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 (114)(222)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 (116)(223)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 读后续写 (119)(225)

**Unit 4 Stage and screen**

Period Ⅰ Starting out & Understanding ideas
- Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 (123)(227)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 7选5 (125)(228)

Period Ⅱ Using language—Presenting ideas
- Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 (128)(229)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 (130)(231)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 应用文写作 (132)(232)

**Unit 5 On the road**

Period Ⅰ Starting out & Understanding ideas
- Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 (136)(233)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 7选5 (138)(234)

Period Ⅱ Using language—Presenting ideas
- Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 (141)(235)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 (143)(236)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 读后续写 (146)(238)

**Unit 6 Earth first**

Period Ⅰ Starting out & Understanding ideas
- Part Ⅰ Vocabulary & Grammar … 单句填空 单句表达 课文改编填空 语法填空 (150)(240)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 7选5 (152)(241)

Period Ⅱ Using language—Presenting ideas
- Part Ⅰ Vocabulary & Grammar …… 单句填空 单句表达 单元语法 语法填空 (155)(242)
- Part Ⅱ 拓展阅读训练 …… 阅读理解 完形填空 (157)(243)

单元限时小卷 …… 阅读理解 7选5 完形填空 语法填空 读后续写 (159)(244)

**综合测试卷** …… (163)(247)

前方高能！

# 本书亮点剧透 HIGHLIGHTS



## 热门话题追踪

### 人与自我

#### ▸生活与学习


· 事理类说明文 高一新生生活指南 …… 2
· 事理类说明文 养成一个习惯究竟需要多少天？ …… 39
· 事理类说明文 如何运用 80/20 法则？ …… 79
· 叙事类记叙文 试镜《哈利·波特》电影角色的经历 …… 93
· 事理类说明文 运动对青少年大脑的积极影响 …… 105
· 事理类说明文 应对考试焦虑的策略 …… 133


#### ▸认识自我与自我成长


· 叙事类记叙文 克服对公开演讲的恐惧 …… 10
· 事理类说明文 幼儿更容易记住预期之外的信息 …… 51
· 叙事类记叙文 参加诗歌开放式麦克风之夜活动带来的成长 …… 66
· 叙事类记叙文 以骑行开启新的人生旅程 …… 118
· 叙事类记叙文 一枚吊坠的力量 …… 133
· 观点类议论文 为什么要走出“舒适区”？ …… 147


#### ▸亲子关系


· 叙事类记叙文 母亲的信件 …… 11
· 叙事类记叙文 通过编织毛衣延续亲情记忆 …… 30
· 观点类议论文 家庭教育中的平衡 …… 32
· 事理类说明文 青春期需要重新定义亲子关系 …… 34
· 观点类议论文 育儿方式对孩子长远发展的影响 …… 36
· 叙事类记叙文 学会表达爱 …… 37
· 叙事类记叙文 支持孩子选择的重要性 …… 79


#### ▸语言学习


· 事理类说明文 如何建立说英语的自信？ …… 16
· 事理类说明文 英语口音的“友好程度排行榜” …… 18
· 事理类说明文 阅读对口语能力的影响 …… 19
· 事理类说明文 肢体动作对语言学习的影响 …… 78


### 人与社会

#### ▸传统文化保护与传承


· 事物类说明文 扇子在中国传统文化中的特殊意义 …… 13
· 事物类说明文 中国战国时期的曾侯乙编钟 …… 148
· 事物类说明文 融合中国传统与现代建筑风格的文化艺术宝库——苏州博物馆 …… 161


#### ▸人际关系与社会交往


· 叙事类记叙文 通过看牙医获得的语言学习感悟 …… 23


### 解题buff叠满


方法总结 提示词为形容词的解题技巧 P171
知识拓展 style 熟词生义 P213
方法总结 解词义猜测题之代词指代题 P218
文本解构 学术研究类说明文的语篇结构 P193
知识拓展 cover 一词多义 P224
写作语料库 升华主题 P233
写作语料库 隐喻的修辞手法 P175
方法总结 如何确定阅读理解中的最佳标题 P183
知识拓展 宾语从句中引导词 that 的省略 P185
关键点拨 完形填空中常见的逻辑衔接词 P186
写作语料库 “否定词+比较级”表达最高级含义 P207
方法总结 如何解语法填空中的无提示词设空 P177
文本解构 科普类说明文的语篇结构 P206

· 事理类说明文 亲密友谊带来的三个“果实” …… 43
· 事理类说明文 支配型朋友对青少年心理健康的危害 …… 45
· 事理类说明文 社会交换理论是否适用于友谊? …… 49

▸科技创新与社会发展

· 事物类说明文 人工智能旅游助手的发展现状和应用前景 …… 67
· 事物类说明文 与加速头发生长有关的分子 …… 92
· 新闻报道 中国马拉松运动的发展历程 …… 115
· 观点类议论文 人工智能翻译为何不能替代人类语言学习? …… 119
· 新闻报道 “2025 丝绸之路周” …… 121
· 事理类说明文 利用人工智能破译动物语言的可能性 …… 152

▸旅游

· 新闻报道 2025 年“最佳旅游乡村” …… 137
· 新闻报道 一处特别的滑雪地点 …… 139
· 事理类说明文 如何在国外成为更好的游客? …… 140
· 叙事类记叙文 在中国塔克拉玛干沙漠的火车奇遇 …… 145


## 人与自然


▸动物及其保护

· 事理类说明文 探究动物界的群体行为 …… 24
· 事物类说明文 跳鼠的沙漠生存法则 …… 62
· 叙事类记叙文 救助知更鸟的经历 …… 64
· 事理类说明文 蜜蜂面临的生存危机 …… 72

▸自然环境保护与生态平衡

· 事理类说明文 台风是如何形成的? …… 27
· 事理类说明文 无塑料旅行指南 …… 73
· 事理类说明文 牛仔裤染色方式迎来绿色新方案 …… 76
· 事理类说明文 有关环境保护的建议 …… 154
· 事理类说明文 微塑料污染与自来水除塑研究 …… 157

▸ 知识拓展 定语从句中关系代词常用 that 的情况 P190
▸ 知识拓展 常见的表达观点态度的形容词 P192
▸ 知识拓展 把握科技类说明文的文体结构和特点 P212
▸ 知识拓展 with 复合结构 P223
▸ 文本解构 观点类议论文的语篇结构 P225
▸ 知识拓展 attend 一词多义 P237
▸ 文本解构 现象阐述类说明文的语篇结构 P180
▸ 知识拓展 nature 熟词生义 P199
▸ 知识拓展 锁定现在完成时的“时间路标” P182


找深度解析还得看




**方法总结**

阅读不要靠猜，解题自有妙招。 你需要的小捷径，都在『方法总结』。

**关键点拨**

题目太难，摸不到头脑，看来是有效信息还没提取到。 看『关键点拨』，一点就透。

**文本解构**

阅读卡壳? 结构混乱理还乱? 『文本解构』帮你剖析文章脉络，框架清晰，理解力飙升!

**长难句分析**

遇到长难句不要慌，『长难句分析』为你解读句中语法难点，步步分析，步步清晰。

**写作语料库**

写作没灵感? 表达总撞款? 来『写作语料库』，积累到位，下笔到位!

# Unit 1 A new start

文章翻译

## Period I Starting out & Understanding ideas

### Part I Vocabulary & Grammar

### 刷 单句填空

答案 P171

在空白处填入 1 个适当的单词或括号内单词的正确形式。

1. Without doubt, the beautiful scenery took my _____ (breathe) away.
2. The new semester makes a vivid _____ (impress) on me with its busy yet ful filling days.
3. No matter what difficulties we meet in life, we need to have full _____ (confident) in ourselves.
4. Our school held _____ (tradition) cultural activities to welcome freshmen and spread campus culture.
5. Joining a school _____ (organise) can help us develop teamwork and communication skills.
6. The excitement of winning the sports meet is beyond _____ (describe) for us.
7. Your physical health depends _____ regular exercise and a balanced diet.
8. He has worked for nearly 20 years, so he is senior _____ most of his workmates.
9. I feel a strong sense of belonging whenever I walk _____ campus.
10. Shoppers ran out of the mall _____ panic when the fire alarm went off in the building.

### 刷 单句表达

答案 P171

根据提示补全句子。

1. 我们应该对不同的学科感到好奇,带着兴趣去学习它们。(curious)
We should _____ _____ _____ _____ _____ and learn them with interest.
2. 他们正在公园野餐,这时突然下起了倾盆大雨。
They _____ _____ _____ _____ in the park _____ it suddenly poured.
3. 你可能会给自己施加压力,以确保在新学校的第一天一切都是完美的。(pressure)
You may _____ _____ _____ _____ to make sure that everything is perfect for the first day in the new school.
4. 今天我要给你一些建议,以帮助你充分利用你在高中的时间。(most)
Today I'm going to give you some tips to _____ _____ _____ _____ _____ _____ _____ _____ in the senior high school.
5. 当你在学习中遇到困难时,保持冷静并理性思考是重要的。(calm)
_____ _____ _____ _____ _____ _____ and think rationally when you encounter difficulties in your study.

刷题小记

地道英语

For we pay a price for everything we get or take in this world; and although ambitions are well worth having, they are not to be cheaply won, but exact their dues of work and self-denial, anxiety and discouragement.
—*Anne of Green Gables*
因为在这个世界上我们获取任何东西都是要付出代价的;抱负虽值得拥有,但却不能轻易达成,需要付出努力,进行自我克制,并经受焦虑不安和灰心丧气的种种考验。
——《绿山墙的安妮》

【K 分必看】
pay a price for... 为……付出代价
worth *adj.* 值得;有……价值

## 刷 课文改编填空

答案 P171

语篇类型:记叙文 主题:高中第一天 词数:172 难度:中 建议用时:7分钟

阅读下面短文,在空白处填入1个适当的单词或括号内单词的正确形式。

On the first day at senior high, Meng Hao was excited. He **1**_____ (wake) up early and rushed out of the door in his **2**_____ (eager) to get to know his new school.

When he arrived at school, the campus was still quiet, so Meng Hao decided **3**_____ (explore) a bit. He met a man **4**_____ later turned out to be his English teacher.

In the English class, Meng Hao was nervous about introducing **5**_____ (he) in front of the class. With butterflies in his stomach, he began by introducing his name, but everyone laughed. It turned out that he and his teacher shared **6**_____ same name. Although he was embarrassed, the teacher's words made him much more **7**_____ (relax).

The English teacher, Mr Meng, said that various **8**_____ (challenge) at senior high might put students under pressure. He advised everyone to keep calm and prepare themselves **9**_____ the unknown.

After the English class, Meng Hao thought he had had a good **10**_____ (begin) to his new school life.

## 刷 语法填空

答案 P171

语篇类型:说明文 主题:高一生活指导 词数:225 难度:中 建议用时:7分钟

[四川南充高级中学2026[注]高一月考]阅读下面短文,在空白处填入1个适当的单词或括号内单词的正确形式。

Indeed, beginning your freshman year of high school is a big and exciting step. It's totally normal **1**_____ (feel) a bit nervous. In this guide, we'll walk you through what to expect during your freshman year.

视频讲解

Classes are harder and learning expectations rise, which often means more homework, more tests that are **2**_____ (challenge), and a higher requirement for independent study. **3**_____ (fortunate), your middle school years have likely helped you build **4**_____ solid foundation—skills such as organisation, time management, and effective study will help you rise to challenges **5**_____ succeed in your new study environment.

You'll take more responsibility for your own learning. Your teachers, unlike those in middle school, won't always guide you step by step. You'll need to be more self-motivated (自我激励的) and manage your schedules **6**_____ your own. Classes may be larger, and lessons may move faster. If you feel **7**_____ (frighten), speak up and your teachers are there to help. If talking to teachers face to face **8**_____ (give) you butterflies in your stomach, try starting with a message instead.

With more classmates than in middle school, many of **9**_____ are new faces, it can feel difficult at first to adapt to high school life. However, try seeing each person as a potential new friend. By **10**_____ (join) in extracurricular activities, you'll naturally meet like-minded people and build meaningful connections.

刷题小记

**文化微语**

People can retire, but the spirit can not be retired. —*Avatar*

人可以退役,但精神不可以退役。

——《阿凡达》

**【背景介绍】**

詹姆斯·卡梅隆导演的《阿凡达》在中国重新上映后,重夺全球票房冠军宝座。这部科幻史诗大片于2009年首映,占据全球票房冠军宝座长达十余年。



注:2025表示2024~2025学年,2026表示2025~2026学年。

# Part II 拓展阅读训练

## 刷 阅读理解

答案 P172

### A

语篇类型:应用文　主题:适合高中生阅读的书　词数:248　难度:易　建议用时:5 分钟

[山东淄博四校 2026 高一期中联考]

**Reading List for High School Students**

***How to Win Friends and Influence People***

**Author**: Dale Carnegie　　**Style**: Self-development, communication, business

It's one thing to be able to influence people, but how can you actually win friends? This book was written by Dale Carnegie in 1936, and has sold millions of copies worldwide. It's considered one of the best-selling books ever.

***Talk Like TED: The 9 Public-Speaking Secrets of the World's Top Minds***

**Author**: Carmine Gallo　　**Style**: Communication

If you want to be a successful public speaker, you have to understand the way in which other people think. If you want to understand the way other people are thinking, you have to talk like them. That's where this book comes in. It contains nine secrets that top speakers share with their audiences.

***Designing Your Life: How to Build a Well-Lived, Joyful Life***

**Author**: Bill Burnett, Dave Evans　　**Style**: Self-development, career development

If you want to live a happier life, you have to design it. This book provides a framework for designing a life that works for you. It's about finding out who you are and what you're good at, then building a career around those strengths.

***The White Album***

**Author**: Joan Didion　　**Style**: Cultural critiques (评论)

This book was originally published in 1979 and consists of a series of essays (文章) written by Joan Didion about social phenomena. It is considered one of her best works and has been described as "a masterpiece of American non-fiction".

**1**. What can we know about *Talk Like TED: The 9 Public-Speaking Secrets of the World's Top Minds*?

A. It focuses on how to make speeches.　　B. It consists of comments about culture.

C. It is famous as a psychological masterpiece.　　D. It is among the best of American non-fiction works.

**2**. What does the third book have in common with the first one?

A. They were published in 1936.　　B. They are related to self-development.

C. They were written by the same author.　　D. They teach us how to find our strengths.

**3**. Which book will you choose if you're interested in a **collection** of non-fiction?

A. *How to Win Friends and Influence People.*

B. *Talk Like TED: The 9 Public-Speaking Secrets of the World's Top Minds.*

C. *Designing Your Life: How to Build a Well-Lived, Joyful Life.*

D. *The White Album.*




**词汇加油站**

核心词汇

contain *vt.* 包含;含有;控制;克制

进阶词汇

1. framework *n.* 框架;结构
2. consist of 由……组成

注:本书中黑体词汇为教材中本单元重点词汇。

## B

语篇类型:说明文 主题:交友建议 词数:287 难度:中 建议用时:7分钟

[重庆名校联盟2026高一期中]Starting at a new school can be **challenging**, especially without your close friends by your side. It's common to feel lonely at break or lunchtime. While keeping in touch with old friends is important, making new connections is key to settling in. Maybe it seems like everybody else already has their friend groups. But remember, there's always room for including new members.

So how can you build new friendships? Start by paying attention to your classmates to find those who might share your interests or hobbies. Be brave! Greet them warmly, offer a smile, or give sincere praise. You can also suggest forming a study group, invite someone to work on a project together, or simply ask to join a conversation about a common class. Remember to use open body language and friendly phrases like "Mind if I join you?". These small steps can gradually build comfort and trust.

If starting a conversation feels difficult, try talking to classmates who are also quiet or who enjoy the same school activities as you. Instead of focusing on what to say, try asking open-ended questions about their opinions on a class or their interests because people are naturally attracted to those who make them feel heard and understood.

It's quite understandable that you miss your old friends even as you make new ones. When you are reunited with old friends, you'll have new experiences to share and can even introduce them to your new social circle. By doing so, you can expand your social network and create a more diverse and supportive community. Finally, the entire journey of adapting to a new school can become not just a **challenge** to overcome, but an important step in your personal growth.

**1.** What does the underlined word "room" in paragraph 1 mean?

A. Possibility. B. Adventure. C. Challenge. D. Imagination.

**2.** What is paragraph 2 mainly about?

A. The value of old friendship. B. The importance of making new friends.

C. Ways to **improve** social skills. D. Advice on making new friends.

**3.** What is the purpose of asking open-ended questions?

A. To avoid awkward silences. B. To create a feeling of being understood.

C. To practise language skills. D. To start group discussions.

**4.** What's the author's attitude towards missing old friends?

A. Negative. B. Worried. C. Positive. D. Uninterested.

**词汇加油站**

核心词汇

1. settle in 适应;习惯
2. brave *adj.* 勇敢的
3. social circle 社交圈

进阶词汇

open-ended questions 无确定答案的问题

## 刷7选5

答案 P172

语篇类型:说明文　主题:如何成为成功的高中生　词数:249　难度:中　建议用时:7分钟

［辽宁沈阳重点高中五校协作体2026高一期中联考］

**How to Be a Successful High School Student**

High school isn't just about learning knowledge, and it also shapes your learning habits and personal growth. __1__ Success also needs practical daily habits that cover study, relationships, and health. These small but good habits smooth your high school journey.

**Master time management.**

Time management reduces too much stress. High school often brings lots of homework, exams, and club tasks, which can make you feel rushed. List tasks by urgency each morning. For example, finish the maths assignment due tomorrow first, then use your spare time for the **debate** club. __2__

**Engage in class efficiently.**

__3__ You need to take an active part—listen carefully and write down key points and ask questions when confused, like questions about unclear chemical reactions or literary analysis. Teachers welcome questions, which help you grasp lessons and avoid falling behind.

__4__

Classmates and teachers are your key support in high school. Don't hesitate to greet classmates warmly and share useful study tips. For instance, discuss tough history problems or team up for a group project. This interaction not only makes school fun but also gives you reliable help when you are stuck.

**Maintain personal health.**

A healthy body is the foundation of good study **performance**. Ensure enough sleep each night, eat balanced meals, and take even 10-minute daily walks to stay positive. __5__ If you're tired or ill, it will ruin your focus.

Sticking to these habits helps deal with high school challenges and build skills for college and the future.

A. Establish positive connections.

B. Turn to classmates for help actively.

C. Good health improves your study efficiency.

D. Joining it can improve your public speaking skills.

E. This avoids rushing to finish tasks at the last minute.

F. Just sitting quietly in class isn't enough to learn well.

G. To truly succeed here, good grades alone aren't enough.

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

高中
必刷题®

理想树

# 答案及解析

## 英语

必修
第一册、第二册合订 WY



- 651 道题逐一详析——每个思考和理解的过程，都有迹可循。
- 168 个批注式解析，定位点出解题关键。
- 58 个方法总结、干扰项解读、长难句分析、文本解构等栏目，从句到篇，吃透文章，“读”有所得。

扫码对答案

努力的样子有很多种，每一种都是朝梦想更进一步

# Unit 1 A new start

## Period Ⅰ Starting out & Understanding ideas

### Part Ⅰ Vocabulary & Grammar

**刷 单句填空**

1. **breath** 句意为:毫无疑问,美丽的风景让我惊叹不已。take one's breath away 是固定搭配,意为"令某人惊叹"。
2. **impression** 句意为:新学期忙碌却充实的日子给我留下清晰的印象。make a(n)... impression on sb 为固定搭配,意为"给某人留下……印象"。故填 impression。
3. **confidence** 句意为:无论生活中遇到什么困难,我们都需要对自己充满信心。设空处作 have 的宾语,且其前有形容词 full 修饰,应用名词;confident 的名词形式为 confidence,在此意为"信心",为不可数名词。
4. **traditional** 句意为:我们学校举办了传统文化活动,以迎接新生和传播校园文化。设空处作定语,修饰名词短语 cultural activities,应用形容词 traditional,意为"传统的"。
5. **organisation** 句意为:加入学校组织能帮助我们培养团队合作与沟通技能。设空处作动词 Joining 的宾语,且其前有不定冠词 a 修饰,应用名词单数形式,此处表示"组织",故填 organisation。
6. **description** 句意为:赢得运动会的激动对我们来说难以言表。beyond description 为固定搭配,意为"难以形容,难以言表"。
7. **on/upon** 句意为:你的身体健康取决于定期锻炼和均衡饮食。depend on/upon 为固定搭配,意为"取决于;依靠",故填 on 或 upon。
8. **to** 句意为:他已经工作了将近 20 年,所以他的资历比大多数同事都老。be senior to... 为固定搭配,意为"比……资历老/级别高"。

   **上分点**:senior 无比较级,用法相似的还有 junior。

9. **on/around/round** 句意为:每当走在校园里,我都会感受到一种强烈的归属感。on campus 为固定搭配,意为"在校园里";此处也可填 around/round,walk around/round campus 表示"在校园里四处走动"。
10. **in** 句意为:大楼里的火警报警器发出响声时,购物者惊慌地跑出了商场。in panic 是固定短语,意为"惊慌地"。

    **上分点**:类似结构:in surprise 惊讶地、in anger 生气地、in fright 惊吓地。

**刷 单句表达**

1. **be curious about different subjects**
2. **were having a picnic; when** 表示"某人正在做某事,这时……"可用 sb be doing sth when... 句型;when 引导的时间状语从句用了一般过去时,主句应用过去进行时。
3. **put yourself under pressure/put pressure on yourself**
4. **help you make the most of your time**
5. **It is important to keep/stay calm**

**刷 课文改编填空**

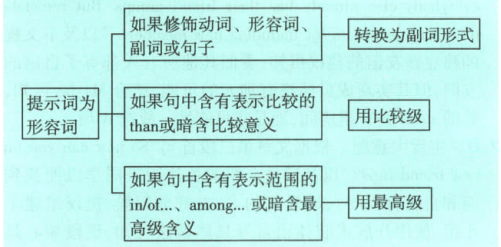
1. **woke** 2. **eagerness** 3. **to explore**
4. **who/that** 由下文 later turned out to be his English teacher 可知,定语从句中缺少主语。先行词为 man,指人,故关系代词用 who 或 that。
5. **himself** 根据语境可知,此处表示"介绍他自己",应用反身代词。故填 himself。
6. **the** 7. **relaxed** 8. **challenges**
9. **for** prepare sb for... 为固定短语,意为"让某人为……做好准备"。故填 for。
10. **beginning**

**刷 语法填空**

【语篇导读】本文是一篇说明文。文章为即将进入高中一年级的学生提供了关于高一生活的指导。

1. **to feel** 句意为:感到有点紧张是完全正常的。"it's+*adj.*+to do sth"是固定句型,意为"做某事是……的",本句中 It 为形式主语,不定式短语作真正的主语。故填 to feel。
2. **challenging** 句意为:课程难度加大,学习预期提高,这通常意味着更多的作业、更多具有挑战性的考试,以及对自主学习更高的要求。分析句子结构并结合句意可知,设空处在 tests 后的定语从句中作表语,应用形容词 challenging,意为"富于挑战性的"。故填 challenging。
3. **Fortunately** 句意为:幸运的是,你的初中时光很可能已经帮你打下了坚实的基础——条理性、时间管理和有效学习等技能会帮你迎接挑战,并在新的学习环境中取得成功。设空处修饰整个句子,作状语,应用副词 fortunately,意为"幸运的是",句首单词首字母应大写。故填 Fortunately。

**方法总结 提示词为形容词的解题技巧**




4. **a** 句意见上一题解析。foundation 在此意为"基础",可作可数名词;此处表泛指,且 solid 的发音以辅音音素开头,应用不定冠词 a。build a solid foundation 为固定搭配,意为"打下坚实的基础"。故填 a。
5. **and** 句意见第 3 题解析。结合句意可知,rise to challenges 和 succeed in your new study environment 之间为并列关系,此处表示"和;并",应用并列连词 and 连接。故填 and。
6. **on** 句意为:你需要更有自我驱动力,并且独立安排你的日程。on one's own 为固定短语,意为"独立地;独自"。故填 on。
7. **frightened** 句意为:如果你感到害怕,大声说出来,你的老师们会随时提供帮助。设空处在从句中作表语,从句主语为 you,应用-ed 结尾的形容词 frightened,意为"害怕的"。
8. **gives** 句意为:如果和老师面对面交谈使你感到紧张,尝试以一条消息开始。设空处为从句的谓语动词,本文整体为一般现在时,从句主语为单个动名词短语 talking to teachers face to face,谓语动词应用第三人称单数形式。故填 gives。
9. **whom** 句意为:同班同学比初中时多,其中很多都是新面孔,一开始可能会觉得很难适应高中生活。此处考查"名词/

理想树

配套《高中必刷题》 把知识变成常识

# 狂K重点

COME ON
THIS IS YOUR
FIGHT



英语

学霸过三关

基础深·拓展宽·素材精

必修 第一册、第二册合订 WY

# 目录 CONTENTS



## 必修第一册


**Unit 1 A new start** …… ( 1 )

探究词汇 …… ( 3 )

impression breathe challenge confident debate argue apply take up schedule view graduate frightened sight figure in particular refer to struggle look forward to exchange

高频句式 …… ( 8 )

句式 1 sb be doing sth when...

句式 2 主语+be+too... to...

单元语法归纳 …… ( 8 )

重点 基本句式

写作素材积累 …… ( 10 )

写作素材 与描述开学第一周相关的搭配

**Unit 2 Exploring English** …… ( 11 )

探究词汇 …… ( 12 )

confusing alarm reflect come across likely remind intend base aware

高频句式 …… ( 15 )

句式 not only+并列分句, but (also)+并列分句

单元语法归纳 …… ( 16 )

重点 构词法

写作素材积累 …… ( 19 )

写作任务 描述英语学习中产生误解的经历

**Unit 3 Family matters** …… ( 20 )

探究词汇 …… ( 22 )

approach focus assume respect responsible observe range apologise aim

高频句式 …… ( 25 )

句式 1 this/that is because... (+原因)

句式 2 sb can hardly/cannot wait to do sth

单元语法归纳 …… ( 26 )

重点 1 一般现在时

重点 2 一般过去时

重点 3 一般将来时

重点 4 现在进行时

重点 5 现在完成时

重点 6 过去进行时

写作素材积累 …… ( 29 )

写作素材 与家庭关系相关的主旨升华句

**Unit 4 Friends forever** …… ( 30 )

探究词汇 …… ( 32 )

prefer advance tend prove anxious turn up

高频句式 …… ( 35 )

句式 1 it is+*adj.* (+for/of sb)+to do sth

句式 2 make/consider/think/find/feel+it+*adj.* /*n.* (+for sb/sth)+to do sth/从句

单元语法归纳 …… ( 35 )

重点 关系代词引导的定语从句

写作素材积累 …… ( 37 )

写作素材 与友谊相关的搭配及主题升华句

**Unit 5 Into the wild** …… ( 38 )

探究词汇 …… ( 39 )

measure determine destroy survive effect variety concentrate

高频句式 …… ( 41 )

句式 1 the+比较级..., the+比较级...

句式 2 the reason... is/was that...

单元语法归纳 …… ( 42 )

重点 关系副词引导的定语从句

写作素材积累 …… ( 42 )

写作素材 与动物保护相关的主题升华句

**Unit 6 At one with nature** …… ( 43 )

探究词汇 …… ( 44 )

prevent design harm replace limited lead to benefit

高频句式 …… ( 47 )

句式 it is/was+被强调部分+that/who+其他部分

单元语法归纳 …… ( 47 )

重点 “介词+关系代词”引导的定语从句

写作素材积累 …… ( 48 )

写作素材 人与自然和谐共处的主题升华句

# 必修第二册


**Unit 1 Food for thought** …… ( 49 )

探究词汇 …… ( 51 )

suffer addict in case differ recommend
belong to end up doing/with bring up
satisfying convenient adapt

高频句式 …… ( 54 )

句式 1 there's nothing+形容词比较级+than (doing) sth
句式 2 祈使句+and/or+陈述句

单元语法归纳 …… ( 55 )

重点 情态动词 (1)

写作素材积累 …… ( 56 )

写作任务 分享你最喜欢的食物

**Unit 2 Let's celebrate!** …… ( 57 )

探究词汇 …… ( 58 )

honour complain request attract admit
effort loss occasion exist

高频句式 …… ( 62 )

句式 1 this/that is/was why+表语从句
句式 2 it seems that...

单元语法归纳 …… ( 63 )

重点 情态动词 (2)

写作素材积累 …… ( 64 )

写作素材 中外常见传统节日英文名

**Unit 3 On the move** …… ( 65 )

探究词汇 …… ( 66 )

basis equipment content available balance
response power die out inspire persuade

高频句式 …… ( 69 )

句式 1 主语+be+表性质的形容词+to do sth
句式 2 主句+so that+结果状语从句

单元语法归纳 …… ( 70 )

重点 1 不定式作定语
重点 2 不定式作结果状语

写作素材积累 …… ( 71 )

写作任务 鼓励人们运动

**Unit 4 Stage and screen** …… ( 72 )

探究词汇 …… ( 73 )

get across combine absorbed appealing
arrangement escape disappointed behave
responsibility absence

高频句式 …… ( 77 )

句式 1 so... that...
句式 2 as 引导非限制性定语从句
句式 3 what 引导的感叹句

单元语法归纳 …… ( 78 )

重点 现在分词作状语

写作素材积累 …… ( 79 )

写作素材 写影评时常用的表达

**Unit 5 On the road** …… ( 80 )

探究词汇 …… ( 81 )

quit aboard budget engage mass

高频句式 …… ( 83 )

句式 it is/was+被强调部分+that/who+其他部分

单元语法归纳 …… ( 83 )

重点 动词-ing 形式作定语

写作素材积累 …… ( 84 )

写作任务 写一封邮件介绍旅行计划

**Unit 6 Earth first** …… ( 85 )

探究词汇 …… ( 86 )

scare due to devote supply reduce permission
majority amount urge concerned contribute

高频句式 …… ( 90 )

句式 倍数表达法

单元语法归纳 …… ( 91 )

重点 1 现在分词作宾补
重点 2 过去分词作宾补

写作素材积累 …… ( 92 )

写作素材 劝告信/建议信中表达环保相关建议的常用句式

# 必修第一册

# Unit 1 A new start

青春不是用来浮雕的，是用来绚烂和发光的。



## Part Ⅰ 词汇分层解析

### 基础词汇 通关

| 词 汇 | 含义及拓展 |
| --- | --- |
| campus | *n.* 校园<br>on campus 在校园里 |
| tradition | *n.* 传统<br>【派】traditional *adj.* 传统的 |
| facilities | *n.* [*pl.*] 设施 |
| moment | *n.* 某一时刻；片刻<br>at this/that moment 就在这/那时候<br>at the moment 此刻；目前；眼下<br>in a moment 马上；很快<br>the last moment（重大事情前的）最后一刻，紧要关头 |
| author | *n.* 作者；作家 |
| eagerness | *n.* 热切；渴望<br>eager *adj.* 渴望的；热切的<br>be eager to do sth 渴望做某事<br>be eager for sth 渴望得到某物 |
| engine | *n.* 发动机；引擎<br>【派】engineer *n.* 工程师 |
| insect | *n.* 昆虫<br>【近】bug *n.* 小昆虫；虫子 |
| collection | *n.*（一批）收藏品<br>collect *vt.* 收集；收藏 |
| nudge | *n.*（通常用肘）轻推 |
| butterfly | *n.* 蝴蝶<br>butterflies in one's stomach 情绪紧张，心里发慌 |
| panic | *n.* 惊恐；惊慌<br>in panic 惊慌地 |
| pressure | *n.* 压力<br>put pressure on sb 向某人施压<br>put... under pressure 使……承受压力<br>press *v.* 按；压 |
| description | *n.* 描述；描写；叙述；形容<br>beyond description 无法形容；无法描述<br>describe *vt.* 描述；描写；叙述；形容 |
| poster | *n.* 海报 |
| badminton | *n.* 羽毛球 |
| drama | *n.* 戏剧<br>【派】dramatic *adj.* 戏剧的；急剧的 |
| band | *n.* 乐队；乐团 |
| gym | *n.* 体育馆；健身房 |
| piano | *n.* 钢琴 |
| stage | *n.* 舞台；阶段 |
| photography | *n.* 摄影<br>photograph *n.* 相片 |
| topic | *n.* 话题；论题 |
| dinosaur | *n.* 恐龙 |
| dolphin | *n.* 海豚 |
| volunteer | *n.* 志愿者；义务工作者；自愿参加者<br>*vi.* & *vt.* 自愿做；义务做<br>volunteer to do sth 自愿做某事<br>voluntary *adj.* 自愿的；自发的 |
| award | *n.* 奖；奖赏<br>*vt.* 授予；给予奖励<br>win an award 获奖<br>award sth to sb 授予某人某物 |

续表

| 词 汇 | 含义及拓展 |
| --- | --- |
| opportunity | *n.* 机会;时机 |
| | ✎【同】chance *n.* 机会 |
| hint | *n.* 有益的建议 |
| orientation | *n.*(新工作或学习课程开始前一段时间的)培训,迎新 |
| | ✎ Orientation Day 迎新日 |
| rainbow | *n.* 彩虹 |
| journal | *n.* 日记;日志 |
| skateboarding | *n.* 滑板运动 |
| committee | *n.* 委员会 |
| performance | *n.*(工作或活动中的)表现;表演 |
| | ✎ perform *vt.* 做;执行 *vt.* & *vi.* 表演 |
| explore | *vi.* & *vt.* 考察;探险 *vt.* 探究 |
| | ✎【派】exploration *n.* 探测;探索 |
| organise | *vt.* 组织;安排;管理 |
| | ✎【派】organisation *n.* 组织;机构<br>organiser *n.* 组织者;安排者<br>organised *adj.* 有序的;有组织的 |
| investigate | *v.* 查明;调查 |
| | ✎【派】investigation *n.* 调查 |
| gain | *vt.* 获得;赢得 |
| subscribe | *vi.* 订阅(报纸或杂志);定期捐款 |
| | ✎ subscribe to 订阅;向……定期捐款 |
| select | *vi.* & *vt.* 挑选;选择;选拔 |
| | ✎ select... for... 为……挑选……<br>【派】selection *n.* 挑选;选拔 |
| memorise | *vt.* 记住;熟记 |
| | ✎ memory *n.* 记忆力;回忆 |
| improve | *vi.* & *vt.* 改善;改进 |
| | ✎【派】improvement *n.* 改善;改进 |
| rate | *vt.* 对……作评估 *vi.* 被认为 |
| senior | *adj.*(地位、水平或级别)高的,高级的 |
| | ✎ senior high 高中 |
| junior | *adj.* 低年级的;地位(或职位、级别)低下的 |
| | ✎ junior high 初中 |
| curious | *adj.* 好奇的 |
| | ✎ be curious about... 对……好奇<br>【派】curiosity *n.* 好奇心 |

| 词 汇 | 含义及拓展 |
| --- | --- |
| calm | *adj.* 镇静的;沉着的;平静的;稳定的 |
| | *vi.* & *vt.*(使)平静;(使)镇定 |
| | ✎ calm (sb/sth) down (使某人/某物)平静下来<br>【派】calmly *adv.* 平静地<br>calmness *n.* 平静;镇定 |
| inner | *adj.*(想法或情感)未表达出来的;隐藏的;内心的 |
| sharp | *adj.* 敏锐的;聪明的;锋利的 |
| | ✎【派】sharply *adv.* 急剧地;大幅度地<br>sharpen *v.*(使)变得锋利;(使感觉或感情)加强 |
| intelligent | *adj.* 有智慧的;聪明的 |
| | ✎【派】intelligence *n.* 智力;智慧 |
| various | *adj.* 各种各样的;各种不同的 |
| | ✎ variety *n.*(同一事物的)不同种类,多种式样<br>a variety of 各种各样的<br>varied *adj.* 各种各样的;变化的 |
| former | *adj.* 从前的 |
| neat | *adj.* 好的;令人愉快的;整洁的 |
| | ✎【派】neatly *adv.* 整洁地 |
| specific | *adj.* 具体的;特定的 |
| | ✎【派】specifically *adv.* 明确地;专门地;确切地说 |
| forward | *adv.* 向前 |
| one by one | 依次地;一个接一个地 |
| go all out | 全力以赴;竭尽全力 |
| depend on | 取决于;依靠;依赖 |
| make the most of | 充分利用 |
| be about to do | 即将做 |
| as if | 仿佛;好像 |
| keep an open mind | 不怀成见;思想开明 |
| deal with | 处理;应付 |
| hold one's head up | 抬起头来;昂首挺胸 |
| give... a hand | 帮助…… |

探究词汇 提高

## impression *n.* 印象；感想；影响；印记

教材原句 P3 What could I say to make a good first impression? 我能说些什么来留下一个不错的第一印象呢？

常用搭配 make/leave a(n)... impression on sb 给某人留下一个……的印象

have/get a good/bad impression of sb/sth 对某人/某物有一个好的/不好的印象

- His inspiring speech made/left a deep impression on me. 他那鼓舞人心的演讲给我留下了深刻的印象。

联想词 ①impress *vt.* & *vi.* 给……留下深刻的好印象；使钦佩 *vt.* 使意识到；使铭记

impress sb with sth 用某事/某物给某人留下深刻印象；用某事/某物打动某人

impress sth on/upon sb 使某人了解某事/某物的重要性

- He impressed her with his gentle manners. 他举止文雅，给她留下了深刻的印象。

②impressive *adj.* 令人钦佩的；给人深刻印象的

③impressed *adj.* 印象深刻的

be impressed by/with... 对……印象深刻

## breathe *vi.* & *vt.* 呼吸

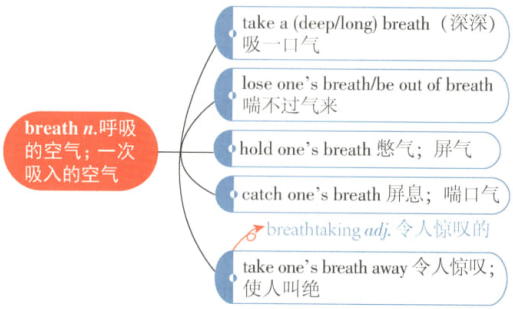
教材原句 P4 With butterflies in my stomach, I breathed deeply. 心里忐忑不安，我深吸了一口气。

常用搭配 breathe in/out 吸入/呼出(气体)

breathe a sigh of relief 轻松地舒一口气；松一口气

- The smaller particles, if breathed in, can result in illness and even death. 这些较小的颗粒如果被吸入，可能会导致疾病甚至死亡。

联想拓展




## challenge

❶ *n.* 挑战；艰巨任务；质疑

教材原句 P4 Challenges like this might sometimes put you under pressure. 这样的挑战有时可能会让你们倍感压力。

常用搭配 face/meet/accept/take on the challenge of... 面对/迎接/接受……的挑战

a challenge to/from... 对/来自……的质疑

- The company is ready to meet the challenge of the next few years. 这家公司准备好迎接未来几年的挑战。

❷ *vt.* 向(某人)挑战；对……怀疑(或质疑)；拒绝接受；考查，考验(能力和技巧)；激励

常用搭配 challenge sb to sth 向某人挑战某事

challenge sb to do sth 向某人挑战做某事；激励某人做某事

- The development of the new technology challenges us to study more in our spare time. 新技术的发展激励我们在空闲时间多学习。

联想词 ①challenging *adj.* 挑战性的；考验能力的

②challenger *n.* 挑战者

## confident *adj.* 有信心的；自信的；确信的；有把握的

教材原句 P4 He was not sure about life at senior high, but after the English class, he felt more confident. 他对高中生活没有把握，但是英语课后，他觉得更有信心了。

常见用法 be confident about sth 对某事有信心

be confident of (doing)... 确信(做)……；对(做)……有把握

be confident that... 确信……

- What made him feel satisfied was that his students became more confident about the future. 让他感到满意的是，他的学生对未来更有信心了。
- He was confident of passing the examination. 他有把握通过考试。