

**2025-2026学年高一英语上学期第一次月考卷（沪外版）**

（考试时间：120分钟 试卷满分：140分）

考生注意：

1．答题前，请务必将自己的姓名、准考证号用黑色字迹的签字笔或钢笔分别填写在试题卷和答题纸规定的位置上。

2. 答题时，请按照答题纸上“注意事项”的要求，在答题纸相应的位置上规范作答，在本试题卷上的作答一律无效。

3．难度系数：0.65。

4．考试结束后，将本试卷和答题卡一并交回。

**I.Listening Comprehension**

**Section A （第1-10题, 每题1分；第11-20题，每题1.5分；共25分）**

**Section A**

**Directions:** *In Section A, you will hear ten short conversations between two speakers. At the end of each conversation, a question will be asked about what was said. The conversations and the questions will be spoken only once. After you hear a conversation and the question about it, read the four possible answers on your paper, and decide which one is the best answer to the question you have heard.*

1．

A．$30. B．$27. C．$20. D．$10.

2．

A．He may feel better soon. B．He doesn’t like to take pills.

C．He may not be able to wake up on time. D．He may want to take the pills without food.

3．

A．Post her the paper after the deadline.

B．Hand in a handwritten draft of the paper.

C．Attend a conference with her two weeks later.

D．Complete the course without handing in the paper.

4．

A．Lose some weight. B．Shop for new clothes.

C．Have his jeans altered. D．Wear clothes that fit better.

5．

A．Sharpen the man’s pencil. B．Ask the model to move his arm.

C．Give the man a new sheet of paper. D．Show the man a drawing technique.

6．

A．Disappointed. B．Curious. C．Satisfied. D．Casual.

7．

A．He’d like some help at the baggage counter.

B．He doesn’t know the woman ahead of him.

C．He was permitted to carry one extra bag.

D．He is carrying someone else’s suitcase.

8．

A．Some of her colleagues may not take part in the program.

B．A few of them are allowed to participate in the training.

C．All her colleagues have agreed to go for the program.

D．Employees are all required to receive the training.

9．

A．She would rather take a direct train.

B．It doesn’t take long to get to Chongqing.

C．She doesn’t care how long the trip takes.

D．Taking an airplane might be more practical.

10．

A．If he has more than a dollar. B．If he makes a phone call first.

C．If he finds the change machine. D．If he buys something from her.

**Section B**

***Directions:*** *In Section B. you will hear two short passages several and one longer conversation, and you will be asked several questions on each of them. The passages and the conversation will be read twice, but the questions will be spoken only once. When you hear a question, read the four possible answers on your paper and decide which one is the best answer to the question you have heard.*

**Questions 11 through 13 are based on the following passage.**

11．A．The origin of shopping malls. B．The location of shopping malls.

C．The inventor of shopping malls. D．The prospect of shopping malls.

12．A．They were roofless buildings.

B．They mainly housed specialty shops.

C．They had a certain kind of landscape.

D．They provided indoor parking service.

13．A．People loved wandering from shop to shop.

B．The shops didn’t need to keep out bad weather.

C．Shoppers were more comfortable in such shops.

D．Malls could contain much more than just shops.

**Questions 14 through 16 are based on the following passage.**

14．A．How the London Underground system developed.

B．What the London Underground Drawing office did.

C．What the London Underground platforms were like.

D．How the London Underground map came into being.

15．A．Accurate information about distance. B．Time of the first and the last trains.

C．The number of station entrances. D．Locations of the stations.

16．A．Original and clear. B．Simple but advanced.

C．Attractive but misleading. D．Old-fashioned and complex.

**Questions 17 through 20 are based on the following conversation.**

17．A．To fight against violent action.

B．To explore new ways of studying animals.

C．To stop animal being used for medical research.

D．To highlight the protection of endangered animals.

18．A．It might be the most efficient way to free animals

B．The damage done in this case might not be so terrible.

C．It might not be such a serious crime in the eyes of the law.

D．The cost of setting up the lab might discourage the firm from doing so.

19．A．Evidence was found that no actual animal cruelty did happen.

B．Evidence was found that the scientists didn’t obey certain rules.

C．The scientists couldn’t afford to find animals again for the research.

D．The scientists were believed to have been involved in illegal action.

20．A．It is not their original intention. B．It does bring them much trouble.

C．It has made their life difficult. D．It is what they apologize for.

**II. Grammar and Vocabulary （每题1分；共20分）**

**Section A**

**Directions***: After reading the passage below, fill in the blanks to make the passage coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given word; for the other blanks, use one word that best fits each blank.*

**Winning Doesn’t Equal Success**

John Wooden was a celebrated basketball coach, who led his team to 10 championships over the course of 12 years. The team’s seven-year winning record still 21 (remain) unbroken. Wooden also received numerous coaching awards throughout his career.

Do all those wins equal success? Wooden would be the first to say 22 don’t. In a TED talk, titled “The difference between winning and success,” Wooden offered his take on 23 it means to succeed.

Wooden noted that Webster’s dictionary defines success as “the amassing of material possessions or the fulfilment of a position of power.” This didn’t work for him. Wooden said that success was peace of mind 24 (get) only through self-satisfaction in knowing you made the effort to do the best of which you’re capable. Simply, if you have tried your best, then you have succeeded regardless of the outcomes.

This attitude 25 (see) in Wooden’s coaching. He believed that his players were students first and athletes second. More than creating a winning team, he wanted to create individuals 26 would succeed off the court. He had three rules for his players: never be late, be neat and clean, and never criticize a teammate. If someone showed up late, Wooden would not let them 27 (play) even if they were the best on the team. He believed in building character, which would impact his players long 28 they stopped playing basketball.

Wooden also came up with a “pyramid of success.” 29 cornerstones at the base were industriousness and enthusiasm, and at the top, faith and patience. These were marks of success for Wooden, and winning 30 them meant that you hadn’t actually succeeded.

**Section B**

**Directions:** Fill in each blank with a proper word chosen from the box. Each word can only be used once. Note that there is one word more than you need.

|  |
| --- |
| A．devoting   B．expectation   C． academic   D．disappointment   E. lasting   F. effort   G. bear   H. join   I. behavior   J. experience   K. laughter |

The below advice is really all about life lessons. We have to learn to value ourselves for our unique talents and be our biggest fans.

Grades do not define you.

Grades on a piece of paper do not define your intelligence or your future. Put your best 31 into your schoolwork,but also give yourself a break if you don’t do well enough to meet your 32 . There are so many other ways to be successful that do not involve grades — being a loyal friend, 33 yourself to theater or sports, or learning how to make life decisions with confidence.

Learn from your relationships.

Not all relationships will work out, but every single one will be a learning 34 . If you’re having trouble making friends, 35 club or sports team that interests you. And 36 in mind that other freshmen are just as nervous as you are about starting high school. But also remember that not everyone finds lifelong friends in high school. You will have many more chances in life to build 37 friendships, so don’t beat yourself up (自责) if you feel like you’re not forming deep connections.

Everything passes.

Bad days in high school can feel like the end of the world, but they’re not. These years will be mere memories one day. Enjoy the moments of joy — 38 achievements, 39 with close friends, meeting people who make you smile, finding a hobby you’re passionate about — but don’t dwell on (老想着) the moments of 40 . If you feel lost or hurt, confide in (向……倾诉) the people who love you.

**III. Reading Comprehension (41 – 55题，每题1分；56 – 70题，每题2分；共45分)**

**Section A**

**Directions:** *For each blank in the following passage there are four words or phrases marked A, B, C and D. Fill in each blank with the word or phrase that best fits the context.*

I used to hate being called upon in class mainly because I didn’t like attention drawn to myself. And unless otherwise assigned a seat by the teacher, I always 41 to sit at the back of the classroom.

All this 42 after I joined a sports team. It begin when a teacher 43 I should try out for the basketball team. At first I thought it was a(n) 44 idea because I didn’t have a good sense of balance. Nor did I have the team ability to keep pace with the others on the team and they would laugh at me. But for the teacher who kept insisting on my “going for it,” I wouldn’t have decided to give a try.

Taking the 45 to go to the tryouts was only the half of it! When I first started attending the practice sessions, I didn’t even know the rules of the game. Sometimes I would get 46 and take a shot at the wrong direction -- which made me feel really stupid. 47 , I wasn’t the only one “new” at the games, so I decided to 48 learning the game, do my best at each practice session, and not be too hard on myself for the things I didn’t know “just yet.”

I practiced and practiced. Soon I knew the 49 and the “moves”. Being part of a team was fun and exciting. Very soon the competitive part in me was winning over my 50 confidence. With time, I learned how to play and made friends in the process -- friends who 51 my efforts to work hard and be a team player. I never had so much fun!

With my improved self-confidence comes more 52 from teachers and classmates. I have gone from “ 53 ” in the back of the classroom and not wanting to call 54 to myself, to raising my hand -- even when I sometimes am not 100 percent 55 I had the right answer. Now I have more self-confidence in myself.

41．A．hesitated B．chose C．declined D．turned

42．A．reflected B．remained C．changed D．ruined

43．A．admitted B．objected C．suggested D．considered

44．A．crazy B．funny C．interesting D．wonderful

45．A．signal B．impression C．courage D．hesitation

46．A．confused B．bored C．assisted D．frightened

47．A．Effectively B．Regularly C．Historically D．Fortunately

48．A．glance at B．concentrate on C．apply for D．account for

49．A．rules B．structures C．remarks D．gestures

50．A．preference to B．overuse of C．lack of D．awareness of

51．A．experienced B．included C．involved D．respected

52．A．stress B．praise C．energy D．sigh

53．A．sealing B．lasting C．attracting D．hiding

54．A．attention B．authority C．hostility D．damage

55．A．depressed B．regretful C．pleased D．sure

**Section B**

**Directions:** *Read the following three passages. Each passage is followed by several questions or unfinished statements. For each of them there are four choices marked A, B, C and D. Choose the one that fits best according to the information given in the passage you have just read.*

**(A)**

Lakshmi spends hours every day digging up large yams (山药) that grow under the soil. Some yams weigh 5 kg and are almost as tall as she is. Lakshmi says this work is very hard.

Lakshmi lives in Kerala, a state in southern India. She is part of an all-women group called Noorang. The women in Noorang belong to one of Kerala’s oldest tribes (部落). They are trying to save yams. These yams have grown on their land for many years.

But yams are no longer a main diet among tribal communities in Kerala due to their rapidly changing lifestyle. Young people have many other foods to eat, like rice and wheat. They do not think yams are special anymore.

Bad weather also hurts yam harvests. In the past, floods and landslides caused many yams to die. Recently, there was a sharp decline in lands dedicated to yam production in Kerala, with many of these being changed to the more rubber cultivation instead.

“The women grow yams to feed their families and to keep these rare yams from disappearing,” says Lakshmi. “We believe yams can cure some illnesses,” says Shantha, another member of Noorang. “Many mothers here think yams are good for the stomach.”

Since 2022, the Noorang group has brought back 180 kinds of wild yams. They have fifteen kinds of wild yams, three kinds of elephant yams, eight kinds of Colocasias, seven kinds of sweet potatoes, and one kind of Chinese potato. “Our goal is to save rare yams and grow more,” says Sarasu, a member of Noorang.

56．What is the Noorang’s main task?

A．Getting more people to eat yams. B．Selling yams for more profits.

C．Protecting ancient types of yams. D．Growing yams instead of rubber.

57．Why are yams no longer a main diet for locals?

A．People didn’t realize their nutrition.

B．Local people’s lifestyle has changed.

C．Yams have gone from the region.

D．Yams are now a fancy food.

58．What caused yam production to drop greatly recently?

A．Flooding and deadly landslides. B．A ban on yam cultivation.

C．The introduction of new yams. D．The shift to rubber cultivation.

59．What is the main idea of the last paragraph?

A．The project’s great achievement. B．The market prediction of yams.

C．The added nutrition to the variety. D．The project ‘s great motivation.

**(B)**

As April 18 marks the International Day for Monuments and Sites, also known as World Heritage Day, we’ve selected four archaeological (考古的) sites in China that deserve exploration.

**Zhoukoudian, Beijing**

Zhoukoudian, a UNESCO heritage site located 50 km from downtown Beijing, has been a significant site. At various parts of the site, scientists have unearthed the remains of early human “Peking Man” that date back more than 500,000 years, as well as of “Shandingdong Man”, who lived 30,000 years ago.

**Sanxingdui Ruins site, Sichuan province**

As one of the greatest archeological finds of the 20th century, the Sanxingdui Ruins are believed to be the remains of the Shu Kingdom, dating back at least 4,800 years and lasting over 2,000 years.

The ruins are located in Guanghan city in Southwest China’s Sichuan province, covering 12 square kilometers.

**The Yinxu Ruins, Henan province**

The Yinxu Ruins, a UNESCO World Heritage Site in Anyang city, Henan province, was an ancient capital of the Shang Dynasty (16th century BC-11th century BC).

Spreading across over 30 square kilometers, the site features the greatest number of oracle bone inscriptions (甲骨文) discovered so far in the world.

**The Daming Palace, Shaanxi province**

Famous for its super-large scale and magnificent buildings, Daming Palace was the main royal palace in the Tang Dynasty (618-907) where Tang emperors lived and dealt with state affairs.

Covering 3.2 square kilometers, it fully demonstrates the majestic style of grand architecture during the Tang empire.

60．Which site reflects the earliest human?

A．Zhoukoudian.

B．The Yinxu Ruins.

C．The Daming Palace.

D．Sanxingdui Ruins site.

61．What is the Yinxu Ruins known for?

A．The grand architecture.

B．Oracle bone inscriptions.

C．Royal palace in the Tang Dynasty.

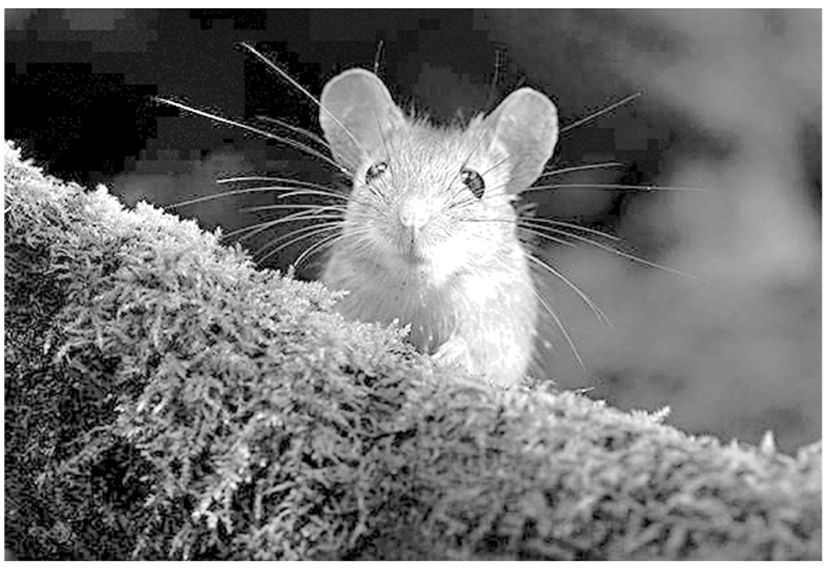
D．The remains of the Shu Kingdom.

62．Where can the text probably be found?

A．In a novel. B．In a biography.

C．In a history book. D．In a guidebook.

**(C)**



Everybody hates rats. But in the earthquake capitals of the world — Japan, Los Angeles, Turkey — rats will soon be man’s new best friends.

What happens after an earthquake? We send in rescue dogs. Why? Because they can smell people. Dogs save lives. They help rescuers to find living people. But dogs are big and they can’t get into small spaces. So now a new research project is using a smaller animal to save lives: the rat.

How does it work? First, the rat is trained to smell people. When this happens, the rat’s brain gives a signal (信号). This is sent to a small radio on its back, and then the rescuers follow the radio signals. When the rat’s brain activity jumps, the rescuers know that someone is alive. The rat has smelled that person.

Although there are already robots which can do this job, rats are better. Christian Linster at Cornell University, New York, says, “Robots’ noses don’t work well when there are other smells around. Rats are good at that.” Rats can also see in the dark. They are cheaper and quicker to train than dogs, and unlike robots, they don’t need electricity!

The “rat project” is not finished, but Julie Ryan of International Rescue Corps in Scotland says, “It would be fantastic. A rat could get into spaces we couldn’t get to, and a rat would get out if it wasn’t safe.” Perhaps for the first time in history, people will be happy to see a rat in a building (but only after an earthquake, of course)．

63．In the world’s earthquake capitals, rats will become man’s best friends because they can  \_\_\_\_\_\_\_\_ .

A．take the place of man’s rescue jobs

B．find the position of people alive who are trapped in buildings

C．serve as food for people alive who are trapped in buildings

D．get into small spaces

64．From the third paragraph we know the rescuers can judge a person who is alive by  \_\_\_\_\_\_\_\_ .

A．the noise made by the rat

B．the rat’s unusual behaviour

C．the signal sent by the radio on the rat’s back

D．the smell given off by the person

65．In doing rescue jobs, \_\_\_\_\_\_\_\_ .

A．rats smell better than dogs

B．dogs don’t need to be trained to smell people

C．robots’ sense of smell can be affected by other smells around

D．rats can see in the dark and are smaller than robots

66．Rats have all the following advantages EXCEPT that  \_\_\_\_\_\_ .

A．they are more fantastic than other animals

B．they are less expensive to train than dogs

C．they don’t need electricity

D．they are small and can get into small places

**Section C**

**Directions:** *Read the following passages. Fill in each blank with a proper sentence given in the box. Each sentence can be used only once. Note that there are two more sentences than you need.*

**Good News for Gamers**

Video games can sometimes have a bad reputation because they keep people indoors and looking at a screen instead of talking and playing with others face to face. 67

Scientists from the University of Vermont used data from the Adolescent Brain Cognitive Development (ABCD) scheme, which is a study of brain development and health of children in the US as they move into adulthood. The results were taken from 2,217 children aged nine or 10. They were divided into two groups: young people who never play video games and those who play them for three or more hours a day.

The young people were set two tasks. The first one measured their reaction times by seeing how quickly they could press buttons that matched images on a screen. The second test involved using their memory. 68 During the tests, their brains were scanned with fMRI, which uses magnets to measure brain activity.

The people who played video games were consistently better at the two tasks, and the fMRI scans showed that they also had more activity in the parts of their brains that look after memory and attention. 69 However, it’s important to note that researchers don’t yet know if gaming improved their memory and reactions, or if they already had good memories and reactions and therefore enjoyed gaming and played a lot.

70 The team could also perhaps find out in future if particular types of video games affect people’s brain activity differently. The lead scientist on the study, Bader Chaarani says that too much screen time is not good for people’s mental well being or physical health. It is still very important to spend time outdoors in the fresh air, taking exercise and having fun with friends and family.

|  |
| --- |
| A．This means that people who play video games show more brain activity.  B．Compared with scrolling through videos on YouTube, playing video games surely makes brain more active.  C．However, a new study has revealed that video games might be good for brain development in young people.  D．Not all of gaming’s effects on the brain are positive despite the activated brain.  E．The scientists are hoping to carry on studying the same young people as they get older to track the effects of gaming.  F．They were shown pictures of people’s faces and then, a bit later, were shown more and had to say if any of the faces were the same. |

**IV. Grammar Filling in Single Sentence (10分)**

71．The speech (deliver) by the president last week was inspiring.(所给词的适当形式填空)

72．Sometimes you have to get used to (be) alone. (所给词的适当形式填空)

73．The work is (do) by them now. (所给词的适当形式填空)

74．It is the first time that I (beg) a stranger for help. (所给词的适当形式填空)

75．By the end of last year, this company (produce) 20,000 cars. (所给词的适当形式填空)

76．The Chinese teacher (grade) the writing assignments tomorrow. (所给词的适当形式填空)

77．Since January of 2020, great changes (take) place all over the world. (所给词的适当形式填空)

78．He was under so much pressure because of the new job that he (lie) awake till mid-night. (所给词的适当形式填空)

79．I asked Tom to help me sweep the floor, but he said the teacher (assign) him to clean the windows. (所给词的适当形式填空)

80．The children couldn’t hide their joy while the Christmas tree (decorate). (所给词的适当形式填空)

**V. Translation (第1-2句，每句3分；第3句，4分；第4句5分；共15分)**

**Directions:** *Translate the following sentences into English, using the words given in the brackets*.

81．她这个人就是爱忘事。(typical) (汉译英）

82．年轻人热衷于建立有意义的人际关系。(keen) (汉译英)

83．新学期开始正是回顾过去许多成就的好时候。(reflect) (汉译英)

84．看了这个视频片段，你能发现这两种文化有什么共同之处吗?（common）（汉译英）

**VI. Guided Writing （25分）**

**Directions:** *Write an English composition in 120-150 words according to the instructions given below in Chinese*.

85．假如你是李华，是一中的一名学生。近年全球掀起了学汉语的热潮，美国人Tony也是汉语爱好者，他在网上招募一名汉语学习顾问，请你给Tony写一封应征信。

提示词：recruit招募 recommend推荐

要点如下：

1. 写信目的；2. 性格优点；3. 语言优势。

要求：

1. 需全面写出要点信息，内容简洁明了，语言流畅；

2. 文中不能出现真实姓名及所在学校的名称；

3. 词数100左右。

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