2022年上海高考英语词汇手册，上海教育考试院编写版，上海译文出版社出版。

我们为这套最新的词汇手册编写了一套默写纸，每次布置20面背诵量，13次可以完成一轮背诵。

每次默写，可以将左侧英文折起来，然后指定任意序号，往后默写50个单词，默写后打开左侧英文，检查默写正确率。

每个单词2分，合计100分。此外，我们还配套制作了一份重点单词的词组默写纸。

千里之行始于足下，预祝大家都能考入理想的学校！

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| **序号** | **单词** | **默写** | **词性词意** |
| 1 | range |  | n./v.变化,变动,排序 |
| 2 | rank |  | n.职衔,军衔 |
| 3 | rapid |  | a.快的,迅速的 |
| 4 | rare |  | a.罕见的,稀有的 |
| 5 | rat |  | n.老鼠 |
| 6 | rate |  | n./v.率,评估,评价 |
| 7 | rather |  | ad.相当,宁可 |
| 8 | raw |  | a.生的,未煮过的,未加工的 |
| 9 | ray |  | n.光辉,光线 |
| 10 | reach |  | v.到达,伸手(脚)够到 |
| 11 | react |  | v.回应,过敏,起物理,化学反应 |
| 12 | read |  | v.读；朗读(read,read) |
| 13 | reading |  | n.阅读；朗读 |
| 14 | ready |  | a.准备好的 |
| 15 | real |  | a.真实的,确实的 |
| 16 | realise |  | vt.认识到,实现(美realize) |
| 17 | reality |  | n.现实 |
| 18 | really |  | adv.真正地；到底；确实 |
| 19 | reason |  | vi.评理,劝说n.理由,原因 |
| 20 | reasonable |  | a.合乎情理的 |
| 21 | rebuild |  | vt.重建 |
| 22 | receipt |  | n.收据 |
| 23 | receive |  | v.收到,得到 |
| 24 | recent |  | a.近来的,最近的 |
| 25 | reception |  | n.接待 |
| 26 | recipe |  | n.烹饪法,食谱 |
| 27 | recite |  | v.背诵 |
| 28 | recognise |  | vt.认出(美recognize) |
| 29 | recommend |  | v.推荐 |
| 30 | record |  | v.录制,记录 |
| 31 | recover |  | vi.痊愈；恢复 |
| 32 | recreate |  | v.娱乐,消遣 |
| 33 | recycle |  | vt.回收；再循环 |
| 34 | red |  | n.红色a.红色的 |
| 35 | reduce |  | vt.减少,缩减 |
| 36 | refer |  | vi.谈到,提到,涉及,有关 |
| 37 | reference |  | n.提到,涉及,谈及,查询 |
| 38 | reflect |  | v.反映,反射 |
| 39 | reform |  | v./n.改革,改进,改良 |
| 40 | refresh |  | v.使恢复精力,提醒 |
| 41 | refrigerator |  | n.冰箱 |
| 42 | refusal |  | n.拒绝 |

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| 43 | refuse |  | vi.拒绝,不愿 |
| 44 | regard |  | v.把……看作 |
| 45 | regardless |  | a.不顾,不加理会 |
| 46 | register |  | n.登记簿,花名册,注册员v.登记,注册 |
| 47 | regret |  | n./vt.可惜,遗憾;痛惜;哀悼 |
| 48 | regular |  | a.规则的,经常 |
| 49 | regulation |  | n.规则,规章 |
| 50 | reject |  | v.拒绝 |
| 51 | relate |  | vi.有关；涉及 |
| 52 | relation |  | n.关系；亲属 |
| 53 | relationship |  | n.关系 |
| 54 | relative |  | n.亲属,亲戚 |
| 55 | relax |  | v.（使）放松,轻松 |
| 56 | relevant |  | a.紧密相关,有意义的 |
| 57 | reliable |  | a.可信赖的,可依靠的 |
| 58 | relief |  | n.轻松,解脱,缓和,救济 |
| 59 | religion |  | n.宗教 |
| 60 | religious |  | a.宗教的 |
| 61 | rely |  | v.依赖,依靠 |
| 62 | remain |  | vt.余下,留下vi.保持,仍是 |
| 63 | remark |  | n.陈述；话；议论 |
| 64 | remember |  | v.记得,想起 |
| 65 | remind |  | vt.提醒,使记起 |
| 66 | remote |  | a.偏远的,偏僻的 |
| 67 | remove |  | vt.移动,拿走,脱掉（衣服等） |
| 68 | rent |  | n.&v.租金 |
| 69 | repair |  | n.&vt.修理；修补 |
| 70 | repeat |  | vt.重说,重做 |
| 71 | replace |  | vt.取代 |
| 72 | reply |  | n.回答,答复 |
| 73 | report |  | n.&v.报道,报告 |
| 74 | reporter |  | n.记者,新闻通讯员 |
| 75 | represent |  | vt.代表 |
| 76 | representative |  | n.代表,典型人物 |
| 77 | republic |  | n.共和国 |
| 78 | reputation |  | n.名声,名誉 |
| 79 | request |  | n.请求,要求的事物 |
| 80 | require |  | vt.需求；要求 |
| 81 | requirement |  | n.需要；要求；必要的条件 |
| 82 | rescue |  | vt.营救,援救 |
| 83 | research |  | n.研究,调查 |
| 84 | resemble |  | v.（不用进行时）像,看起来像 |
| 85 | reserve |  | n.&v.储备；预定 |

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| 86 | resign |  | v.辞职 |
| 87 | resist |  | v.抵抗；挡开 |
| 88 | respect |  | vt.&n.尊敬,尊重 |
| 89 | respond |  | v.回答,回应,作出反应 |
| 90 | responsibility |  | n.责任,负责 |
| 91 | rest |  | n.休息；剩余的部分,其余的人（物）vi.休息,歇息 |
| 92 | restaurant |  | n.饭馆,饭店 |
| 93 | restrict |  | v.限制 |
| 94 | result |  | n.结果,效果 |
| 95 | retire |  | v.退休 |
| 96 | return |  | v.归还 |
| 97 | review |  | vt.重新调查；回顾；复习n.复查；复习；评论 |
| 98 | revision |  | n.复习,温习 |
| 99 | revolution |  | n.革命,变革 |
| 100 | reward |  | n.奖赏 |
| 101 | rewrite |  | vt.重写 |
| 102 | rhythm |  | n./v.押韵 |
| 103 | rice |  | n.稻米；米饭 |
| 104 | rich |  | a.富裕的,有钱的 |
| 105 | rid |  | vt.使摆脱(rid,rid/ridded,ridded) |
| 106 | ride |  | v.骑（马、自行车）；乘车n.乘车旅行(rode,ridden) |
| 107 | ridiculous |  | a.荒谬的,愚蠢的 |
| 108 | right |  | n.权利a.对,正确的ad.正确地,恰恰,完全地a.右,右边的 |
| 109 | ring |  | v.（钟、铃等）响；打电话n.电话,铃声n.环形物（如环、圈、戒指等）(rang,rung) |
| 110 | ripe |  | a.成熟的,熟的 |
| 111 | rise |  | vi.上升,上涨(rose,risen) |
| 112 | risk |  | n./v.危险,风险,冒险 |
| 113 | river |  | n.江；河；水道；巨流 |
| 114 | road |  | n.路,道路 |
| 115 | roast |  | v.烤（肉） |
| 116 | rob |  | v.抢夺,抢劫 |
| 117 | robot |  | n.机器人 |
| 118 | rock |  | n.岩石,大石头vt.摇,摇晃 |
| 119 | rocket |  | n.火箭 |
| 120 | role |  | n.角色 |
| 121 | roll |  | v.滚动,打滚n.面包圈,小圆面包；卷状物 |
| 122 | roof |  | n.屋顶,顶部 |
| 123 | room |  | n.房间,室;空间;地方 |
| 124 | root |  | n.根,根源,起源 |
| 125 | rope |  | n.绳,索 |
| 126 | rose |  | n.玫瑰花 |
| 127 | rot |  | vi.烂；腐败 |
| 128 | rough |  | a.粗糙的,粗略的 |

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| 129 | round |  | ad.转过来prep.环绕一周,围着a.圆的；球形的 |
| 130 | routine |  | n.常规,正常顺序,无聊 |
| 131 | row |  | n.（一）排,（一）行v.划船 |
| 132 | royal |  | a.皇家的,王室的,国王的,女王的 |
| 133 | rubber |  | n.橡胶；合成橡胶 |
| 134 | rubbish |  | n.垃圾；废物 |
| 135 | rude |  | a.无理的,粗鲁的 |
| 136 | ruin |  | vt.（使）毁坏；（使）毁灭n.(复)废墟；遗迹 |
| 137 | rule |  | n.规则,规定vt.统治,支配 |
| 138 | ruler |  | n.统治者；直尺 |
| 139 | run |  | vi.跑,奔跑；（颜色）褪色(ran,run) |
| 140 | runner |  | n.赛跑者；操作者；滑行装置 |
| 141 | rush |  | vi.冲,奔跑 |
| 142 | sacrifice |  | vt.牺牲 |
| 143 | sad |  | a.（使人）悲伤的 |
| 144 | safe |  | a.安全的n.保险柜 |
| 145 | safety |  | n.安全,保险 |
| 146 | sail |  | n.航行v.航行,开航 |
| 147 | sailor |  | n.水手,海员 |
| 148 | salad |  | n.色拉（西餐中的一种菜） |
| 149 | salary |  | n.薪金,薪水 |
| 150 | sale |  | n.卖,出售 |
| 151 | salesman |  | n.男售货员 |
| 152 | salt |  | n.盐 |
| 153 | salty |  | a.盐的,咸的,含盐的 |
| 154 | same |  | n.同样的事a同样的,同一 |
| 155 | sand |  | n.沙,沙子 |
| 156 | sandwich |  | n.三明治（夹心面包片） |
| 157 | satellite |  | n.卫星 |
| 158 | satisfaction |  | n.满意 |
| 159 | satisfy |  | vt.满足,使满意 |
| 160 | sauce |  | n.酱汁；调味汁 |
| 161 | saucer |  | n.茶碟,茶托,小圆盘 |
| 162 | sausage |  | n.香肠,腊肠 |
| 163 | save |  | vt.救,挽救,节省 |
| 164 | say |  | vt.说,讲(said,said) |
| 165 | saying |  | n.说,俗话,谚语 |
| 166 | scare |  | v.使害怕,使恐惧 |
| 167 | scarf |  | n.领巾,围巾 |
| 168 | scene |  | n.（戏剧、电影等的）一场,场景,布景 |
| 169 | scenery |  | n.风景,景色,风光 |
| 170 | schedule |  | n.工作计划,日程安排v.安排时间,预定 |
| 171 | scholar |  | n.学者 |

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| 172 | scholarship |  | n.奖学金 |
| 173 | school |  | n.学校 |
| 174 | science |  | n.科学,自然科学 |
| 175 | scientific |  | a.科学的 |
| 176 | scientist |  | n.科学家 |
| 177 | scissors |  | n.剪刀,剪子 |
| 178 | scold |  | vt.责骂 |
| 179 | score |  | n.&v.得分,分数 |
| 180 | scratch |  | v./n.划破,划痕,划伤 |
| 181 | scream |  | n.尖叫 |
| 182 | screen |  | n.幕,荧光屏 |
| 183 | sculpture |  | n.雕塑（术）,雕刻（术）,雕刻作品,雕像 |
| 184 | sea |  | n.海,海洋 |
| 185 | seal |  | n.海豹 |
| 186 | search |  | n.&v.搜寻,搜查 |
| 187 | seaside |  | n.海滨 |
| 188 | season |  | n.季；季节 |
| 189 | seat |  | n.座位,座 |
| 190 | second |  | n.秒num.第二a.第二的 |
| 191 | secondhand |  | n.二手货;旧货 |
| 192 | secret |  | n.秘密,内情 |
| 193 | secretary |  | n.秘书；书记 |
| 194 | section |  | n.段,部分,部门 |
| 195 | secure |  | a.安心的,有把握的,牢靠的 |
| 196 | security |  | n.安全,平安 |
| 197 | see |  | vt.看见,看到；领会；拜会(saw,seen) |
| 198 | seed |  | n.种子 |
| 199 | seek |  | vt.试图;探寻(sought,sought) |
| 200 | seem |  | v.似乎,好像 |
| 201 | seize |  | vt.抓住(时机等) |
| 202 | seldom |  | ad.很少,不常 |
| 203 | select |  | vt.选择,挑选,选拔 |
| 204 | selfish |  | a.自私的 |
| 205 | sell |  | v.卖,售(sold,sold) |
| 206 | send |  | v.打发,派遣；送,邮寄(sent,sent) |
| 207 | senior |  | a.年长的,资深的,高年级的n.上级,长辈,高年级生 |
| 208 | sense |  | n.感觉,意识 |
| 209 | sensitive |  | a.体贴的,善解人意的 |
| 210 | sentence |  | n.句子 |
| 211 | separate |  | v.使分开,使分离a.单独的,分开的 |
| 212 | serious |  | a.严肃的,严重的,认真的 |
| 213 | servant |  | n.仆人,佣人 |
| 214 | serve |  | vt.招待（顾客等）,服务 |

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| 215 | service |  | n.服务 |
| 216 | set |  | vt.释放,安置n.装备,设备(set,set) |
| 217 | settle |  | vi.安家,定居 |
| 218 | settler |  | n.移居者,开拓者 |
| 219 | several |  | pron.几个,数个a.若干 |
| 220 | severe |  | a.极为恶劣,十分严重的 |
| 221 | sew |  | vi.缝,缝制；缝补；缝纫(sewed,sewn或sewed) |
| 222 | sex |  | n.性,性别 |
| 223 | shade |  | n.阴凉处,树荫处 |
| 224 | shadow |  | n.影子,阴影 |
| 225 | shake |  | v.（使）动摇,震动(shook,shaken) |
| 226 | shall |  | v.aux.（表示将来）将要,会；……好吗(should) |
| 227 | shallow |  | a.浅的,不深的,肤浅的 |
| 228 | shame |  | n.遗憾的事；羞愧 |
| 229 | shape |  | n.形状,外形v.使成型,制造,塑造 |
| 230 | share |  | vt.分享,共同使用 |
| 231 | shark |  | n.鲨鱼 |
| 232 | sharp |  | a.锋利的,尖的 |
| 233 | sharpen |  | v.（使）变锐利,削尖 |
| 234 | shave |  | v.刮（脸,胡子）(shaved,shaved或shaven) |
| 235 | she |  | pron.她 |
| 236 | sheep |  | n.（绵）羊；羊皮；驯服者(复sheep) |
| 237 | sheet |  | n.成幅的薄片,薄板 |
| 238 | shelf |  | n.架子；搁板；格层；礁；陆架(复shelves) |
| 239 | shelter |  | n.掩蔽；隐蔽处 |
| 240 | shine |  | v.发光；照耀；杰出；擦亮(shone,shone或d,d) |
| 241 | shine |  | n.光泽；光彩；阳光；晴天；光(亮) |
| 242 | ship |  | n.船,轮船vi.用船装运 |
| 243 | shirt |  | vn.男衬衫 |
| 244 | shock |  | vt.使震惊 |
| 245 | shoe |  | n.鞋 |
| 246 | shoot |  | (shot,shot)vt.射击,射中,发射n.嫩枝；苗；芽 |
| 247 | shop |  | vi.买东西n.商店,车间 |
| 248 | shopkeeper |  | n.店主,零售商人 |
| 249 | shore |  | n.滨,岸 |
| 250 | short |  | a.短的；矮的 |
| 251 | shortcoming |  | n.缺点,短处 |
| 252 | shortly |  | ad.不久 |
| 253 | shot |  | n.射击,开枪,开炮,射击声；子弹 |
| 254 | should |  | v.mod.应当,应该,会v.aux.会,应该（shall的过去时态） |
| 255 | shoulder |  | n.肩膀,(道路的)路肩 |
| 256 | shout |  | n.&v.喊,高声呼喊 |
| 257 | show |  | (showed,shown或showed)v.给…看,出示,显示 |