



练习册

主编 肖德好

全品

学练考

高中英语

选择性必修第一册 WY

细分课时

分层设计

落实基础

突出重点

详答案本

01

培养核心素养，聚焦主题语境

导学案

LEARN

Unit 1 Laugh out loud!

主题素养积累

When we are kids, we laugh a lot. Children laugh **dozens of** times a day; they laugh at small things and big things; they laugh at silly jokes and serious things. But as we become adults, it is much more difficult to laugh so easily. Do you laugh too little in your life? Do you remember how you used to laugh as a child?

In fact, laughter has a lot of benefits. It's a great way to relax, not just on a **purely** emotional level, but also physically. It can reduce your blood pressure. **And it contributes to the release of hormones and neurotransmitters, which is good for our health; if we are laughing, it means that all is well.**

In addition to this, laughing has a social function. It helps us feel more **at ease** around new people and also connects us with others. **Laughing**

laugh at jokes. **Make a conscious effort** to include things, people, and events that make you laugh in your daily life. Try to see your friends more often.

Hang out with family members that are nice to be around, with whom you can have fun, laugh, and enjoy yourself.

【主题词句背诵】

- dozens of 几十个;许多
- purely *adv.* 完全地,仅仅
- contribute to 促成,导致,有助于
- at ease 心情放松,安逸,舒适
- bond *v.* 增强关系,建立纽带
- carefree *adj.* 无忧无虑的
- make a conscious effort 有意识地努力
- hang out 闲逛;消磨时间
- And it contributes to the release of hormones and neurotransmitters, which is good for our health; if

02

夯实语言基础，搭建知识框架

词汇点睛

1. mood *n.* 心情

(教材 P1) Lift the **mood** with a joke and explore the area.

用一个笑话来提升情绪,并探索这个区域。

- (1) be in a good/happy/cheerful/relaxed/bad mood
心情愉悦/放松/情绪低落
be/feel in the/no mood for sth/to do sth
有/没有心情做某事

(2) moody *adj.* 情绪多变的;郁郁寡欢的

(1) 单句填空

It is difficult to predict his reaction because he is so _____ (mood).

(2) 完成句子/一句多译

① 想到即将到来的假期,我们每个人的心情都很好。

(读后续写之心理描写)

句型透视

1. (教材 P4) **We have to be very sensitive and work closely with the doctors and nurses, who keep us updated on each patient.** 我们必须非常善解人意,并与医生和护士密切合作,他们会为我们提供每个病人的最新情况。

句型公式

keep + 宾语 + 宾语补足语

【归纳拓展】

用法 归纳	(1) keep + <i>n.</i> / <i>pron.</i> + 现在分词 (2) keep + <i>n.</i> / <i>pron.</i> + 过去分词 (3) keep + <i>n.</i> / <i>pron.</i> + 形容词/副词/名词/介词短语
注意 事项	在“keep + 宾语 + 宾语补足语”结构中,现在分词与宾语之间为主动关系,过去分词与宾语之间为被动关系。

课内基础巩固

I 单词拼写

- The class became a _____ (马戏团) as the boys, who had never come across anything like this before, started jumping out of the windows.
- She was in her 20s, with short, dark, _____ (卷曲的) wig and lively grey eyes.
- After hurting my a _____ during the hike, my mood instantly changed from excitement to frustration.
- Moved by the s _____, the other kids also came to offer their sincere apologies to Landy.
- The company decided to try a _____

- Many people depend on the smart phone for _____ (entertain), playing games, watching movies and viewing TikTok short videos.
- Luckily, all the injured _____ (rush) to the hospital after the accident yesterday.

II 短语填空

- Listening to uplifting music can improve our mood, and _____ (转而), a positive mood can boost our productivity and creativity throughout the day.
- These pills should _____ (起作用) after a while and you'll feel much

课后素养提升

VI 阅读理解 [2024·广东深圳大学附属实验中学高二期中]

Kurth Reis of San Francisco, California, has gone through many hard times in his life. In 2018, Reis had a serious motorcycle accident and spent time in a hospital. The accident affected him deeply, body and spirit. He had several medical operations. Reis said he felt like he was “reborn” each time he woke after an operation. Following 88 days in the hospital, Reis was released and felt ready to change his ways.

Lately, he says he just wants to cheer people up by making bubbles. You can watch him perform his bubble art for hours at a time around the city's streets and in its parks. Sometimes he puts out a glass container called a

can support himself with donations from the audiences. But money is not what stirs him to make bubbles. He feels his art is useful in more important ways. Not long ago, a woman told Reis after a performance that his bubbles had lifted her spirit when her dad died.

Reis can see smiles rise from under the face covers worn by those watching him perform. Children cheer and clap their hands. Reis said such reactions make him feel like an essential worker whose job is to spread joy.

“I'm just trying to put a smile on somebody's face by doing some bubbles,” said Reis. Such a small act will be remembered by others and warm others.

- () 1. What can we know about Kurth Reis from Paragraph 1?

II 写作

第一节 应用文写作

假定你是李华，想邀请外教 Matthew 一起观看本校学生的一次相声(crosstalk)表演。请你给他写封邮件，内容包括：

- 演出的时间和地点；
 - 简单介绍相声(如表演形式、表演内容等)。
- 注意：1. 词数 80 个左右；
2. 可以适当增加细节，以使行文连贯。

参考词汇：发人深省的 thought-provoking

第二节 读后续写

[2024·浙江宁波三锋教研联盟高二期中]

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

Papa built big houses in faraway places. He came home only once during the Chinese New Year and stayed only three days. It was the days that we anticipated so much. On that day Mama and I woke up early and waited for Papa at the gateway, with an anxious but light heart.

We waited and waited and it was not until at dusk that I finally noticed a figure from the distance. It's Papa! He rushed over and swept

目录 Contents

01 Unit 1 Laugh out loud!

Period One	Starting out & Understanding ideas	练 001/导 116
Period Two	Using language	练 004/导 120
Period Three	Developing ideas	练 007/导 123
Period Four	Writing	练 010/导 126
▶ 单元小测 (Unit 1)		练 013

02 Unit 2 Onwards and upwards

Period One	Starting out & Understanding ideas	练 016/导 129
Period Two	Using language	练 019/导 133
Period Three	Developing ideas	练 022/导 136
Period Four	Writing	练 025/导 138
▶ 单元小测 (Unit 2)		练 028

03 Unit 3 Faster, higher, stronger

Period One	Starting out & Understanding ideas	练 031/导 141
Period Two	Using language	练 034/导 145
Period Three	Developing ideas	练 037/导 147
Period Four	Writing	练 040/导 150
▶ 单元小测 (Unit 3)		练 043

04 Unit 4 Meeting the muse

Period One	Starting out & Understanding ideas	练 046/导 153
Period Two	Using language	练 049/导 157
Period Three	Developing ideas	练 052/导 158
Period Four	Writing	练 055/导 162
▶ 单元小测 (Unit 4)		练 058

05 Unit 5 Revealing nature

Period One	Starting out & Understanding ideas	练 061/导 165
Period Two	Using language	练 064/导 169
Period Three	Developing ideas	练 067/导 171
Period Four	Writing	练 070/导 173
▶ 单元小测 (Unit 5)		练 073

06 Unit 6 Nurturing nature

Period One	Starting out & Understanding ideas	练 076/导 176
Period Two	Using language	练 079/导 179
Period Three	Developing ideas	练 082/导 181
Period Four	Writing	练 085/导 185
▶ 单元小测 (Unit 6)		练 088

M 默写本

Unit 1	Laugh out loud!	默 01
Unit 2	Onwards and upwards	默 03
Unit 3	Faster, higher, stronger	默 05
Unit 4	Meeting the muse	默 07
Unit 5	Revealing nature	默 09
Unit 6	Nurturing nature	默 11

◆ 参考答案 (练习册)	练 091
◆ 参考答案 (默写本)	默 13
◆ 参考答案 (导学案)	导 187

▶▶ 测 评 卷

单元素养测评卷 (一) [Unit 1]	卷 001
单元素养测评卷 (二) [Unit 2]	卷 005
单元素养测评卷 (三) [Unit 3]	卷 009
单元素养测评卷 (四) [Unit 4]	卷 013
单元素养测评卷 (五) [Unit 5]	卷 017
单元素养测评卷 (六) [Unit 6]	卷 021
参考答案	卷 025

Period One Starting out & Understanding ideas

课内基础巩固

❶ 单词拼写

- The class became a _____ (马戏团) as the boys, who had never come across anything like this before, started jumping out of the windows.
- She was in her 20s, with short, dark, _____ (卷曲的) wig and lively grey eyes.
- After hurting my a _____ during the hike, my mood instantly changed from excitement to frustration.
- Moved by the s _____, the other kids also came to offer their sincere apologies to Landy.
- The company decided to try a _____ their product—uniforms with badges, aiming to encourage potential customers to purchase them.

❷ 单句填空

- The job _____ (advertise) demands that any applicant should have three years' experience.
- _____ (amuse) parks are the places where we are most likely to see clowns.
- I was _____ (mood), depressed, lonely, and I didn't smile much.
- As a final _____ (examine) draws near, students are busy making preparations for it.
- Television helps to relieve the _____ (bore) of the long winter evenings.
- The _____ (employ) carefully examines each candidate's qualifications and experience before making a hiring decision.

- Many people depend on the smart phone for _____ (entertain), playing games, watching movies and viewing TikTok short videos.
- Luckily, all the injured _____ (rush) to the hospital after the accident yesterday.

❸ 短语填空

- Listening to uplifting music can improve our mood, and _____ (转而), a positive mood can boost our productivity and creativity throughout the day.
- These pills should _____ (起作用) after a while and you'll feel much better.
- I want to _____ (翻阅) these magazines and see if I can find the health care column.
- He cried out _____ (痛苦地) when the bad news came as a surprise.
- He had the bad luck to _____ (掉下来) the bicycle just before the race.
- Seeing us depressed, she tried to entertain us with stories and jokes to _____ us _____ (使高兴起来).

❹ 句型训练

- Please _____ regarding the project so that I can stay updated and contribute effectively. (keep)
请随时通知我有关该项目的任何更新或更改,以便我能够获得最新消息并有效地做出贡献。

2. I am grateful to my English teacher, _____
_____ I am making progress in my English. (定语从句)
我很感激我的英语老师,在他的帮助下我的英语一直在进步。
3. As far as I know, the progress in medical technology _____ to have a

significant impact on improving health care.
(强调谓语)

据我所知,医疗技术的进步似乎确实对改善医疗保健产生了重大影响。

4. The children ran out of the room, _____
_____. (非谓语)
孩子们跑出房间,愉快地笑着、说着。

课后素养提升

⑦ 阅读理解 [2024·广东深圳大学附属实验中学高二期中]

Kurth Reis of San Francisco, California, has gone through many hard times in his life. In 2018, Reis had a serious motorcycle accident and spent time in a hospital. The accident affected him deeply, body and spirit. He had several medical operations. Reis said he felt like he was “reborn” each time he woke after an operation. Following 88 days in the hospital, Reis was released and felt ready to change his ways.

Lately, he says he just wants to cheer people up by making bubbles. You can watch him perform his bubble art for hours at a time around the city's streets and in its parks. Sometimes he puts out a glass container called a tip jar. People who watch his show can drop money into it if they want to.

If the weather is good for bubbles, Reis makes a special mixture that can make bubbles the size of a small car. Humidity, or the amount of water in the air, is good for bubbles. So, he does not perform on very dry days. To make his large bubble, he puts a small rope hanging from two long sticks into the bubble mixture. As he removes it, he opens his arms wide and the bubbles begin to form. Once enough air is inside the bubble, he moves his arms back together to set the bubble free. Some people feel it looks like a bubble “ballet”.

While Reis may seem like a bubble-making expert, he only got started in April 2020. Reis

can support himself with donations from the audiences. But money is not what stirs him to make bubbles. He feels his art is useful in more important ways. Not long ago, a woman told Reis after a performance that his bubbles had lifted her spirit when her dad died.

Reis can see smiles rise from under the face covers worn by those watching him perform. Children cheer and clap their hands. Reis said such reactions make him feel like an essential worker whose job is to spread joy.

“I'm just trying to put a smile on somebody's face by doing some bubbles,” said Reis. Such a small act will be remembered by others and warm others.

- () 1. What can we know about Kurth Reis from Paragraph 1?
- A. He had to repay his operation fees.
B. He intended to do something different.
C. He suffered a minor motorcycle accident.
D. He gave up his career as a motorcyclist.
- () 2. What may people do when they watch Reis' performances?
- A. Put some money into a tip jar near him.
B. Give him encouragement when he sets a bubble free.
C. Grasp a small rope hanging from two long sticks.
D. Add a special mixture to help him make large bubbles.
- () 3. What does the underlined word “stirs” mean in Paragraph 4?
- A. Enables. B. Determines.
C. Requires. D. Encourages.

- () 4. What can you learn from the passage?
- A. Believe you can and you are halfway there.
 B. Every dog has its day.
 C. Everything comes to him who waits.
 D. Small actions can have a big impact.

Ⅶ 阅读七选五

I have the same 24 hours in a day as you do, but I have made specific choices that allow me to make the most of every day and still feel happy and relaxed. 1. _____

Pick the most important.

2. _____ Focus on spending time that for you is fun and productive. I chose the life of an adviser because I like to work with companies, but don't want the life of a big company's CEO. My choices are based on the lifestyle I want.

Combine your activities.

Many people go crazy trying to figure out how to spend time with friends, family, work, play, etc. 3. _____ Find ways to enjoy them in a combined manner. Build your social life around people in your work environment. Find people in your company who share common interests and develop your career (职业) around the people and activities you love.

4. _____

You would think learning takes more time from you, but actually there are always new ways of doing things that can save you time on daily tasks, freeing you up for the most important. Always be looking for a new way to gain back an hour here or there.

Lighten up.

The world won't come to an end in most cases just because you left a few things undone. Celebrate progress and keep refining (改进) towards a happy productive existence. 5. _____ Every completion is a small victory that adds up in a big way.

- A. Speed up.
 B. Be an active learner.
 C. Stop trying to balance time between them all.

- D. Make choices about what is meaningful in your life.
 E. The things you do well usually give you greater joy.
 F. Perhaps these tips will help you make the most of your time.
 G. This is why making lists is important in any productivity handbook.

Ⅷ 语法填空 [2024·福建泉州惠安一中、安溪一中、养正中学、泉州实验中学高二期中]

New research published by a team of psychologists at the University of Missouri Columbia suggests that our own happiness 1. _____ (influence) by the kindness and generosity we show to others.

2. _____ (arrive) at this conclusion, the researchers asked a group of research participants to engage in a series of 3. _____ (experiment) that examine them in acts of their own happiness against those aimed at 4. _____ (improve) the happiness of others. In one study, participants were given a few coins by a research assistant on the street after parking their cars. They were asked to put some coins either into their own parking meters (停车计时器) 5. _____ in others' nearby. 6. _____ (interesting), people who put coins in others' meters showed 7. _____ (great) happiness than those who put money in their own, despite not knowing who they were helping.

The researchers offer a good 8. _____ (explain) for the reasons why they come to such a conclusion. According to the researchers, an effort to make another person happy inspires feelings of closeness, 9. _____, in turn, explains why people end up feeling happy themselves.

But it is not just financial generosity that has the power to increase our happiness. Simply adopting an attitude that puts others' happiness above our own has 10. _____ positive influence on our psychological happiness.

班级	
姓名	
题号	答案区
阅读理解	
1	
2	
3	
4	
七选五	
1	
2	
3	
4	
5	

Period Two Using language

课内基础巩固

❶ 单句填空

- Teachers play a crucial role in shaping young minds, _____ provide essential knowledge and guidance for their students' academic and personal development.
- Ms White worked in a technique company in London, _____ she opened with her sister.
- I wanted to be a fireman, _____ uniform badge looked so cool.
- Then she walked into my room, _____ my clothes were lying all over the floor.
- The team's exceptional performance resulted in their victory in the championship, _____ deserved praise and recognition.
- They came to China in the 1980s, _____ China began to carry out reform and opening-up.
- The employer employed over 8,000 workers, eighty percent of _____ were well-educated.
- The weekend party in the community, _____ was held in the park, was attended by people in the neighbourhood.
- _____ you can imagine, after receiving the disappointing news, he walked around with a long face, unable to hide his disappointment and frustration.
- She succeeded in making a kind of candy only using natural sweeteners, _____ could reduce oral bacteria.

❷ 将下列句子改为含有非限制性定语从句的句子

- Receiving a heartfelt message from a loved one helped cheer her up during a difficult time. It made her smile and feel appreciated.

→ Receiving a heartfelt message from a loved one helped cheer her up during a difficult time, _____.

- The coffee shop creates a friendly atmosphere that improves everyone's mood. Most of the locals gather and socialize in the coffee shop.

→ The coffee shop, _____, creates a friendly atmosphere that improves everyone's mood.

- Many young people headed for remote regions to chase their dreams. Most of them were well-educated.

→ Many young people, _____, headed for remote regions to chase their dreams.

- Emily is one of my best friends. Her wedding is scheduled for tomorrow.

→ Emily, _____, is one of my best friends.

- I recently read two books, and both of them impressed me with their attractive storytelling and thought-provoking themes.

→ I recently read two books, _____ their attractive storytelling and thought-provoking themes.

❸ 句型训练

- _____, his efforts paid off, and his wonderful performance received bursts of applause.

正如我们所预料的,他的努力得到了回报,他的精彩表演获得了一阵阵的掌声。

- The advertisement is constantly interrupting my favourite TV show, _____.
广告不断打断我最喜欢的电视节目,那令我无法忍受。

3. Our school will hold a Cooking Show, _____ our cooking ability and arouse our sense of responsibility to share housework with our parents.
我们学校将举办一场烹饪表演,它的目的是提高我们的烹饪能力,唤起我们与父母分担家务的责任感。
4. Following the doctor's directions, we moved him into a Sunrise Assisted Living Community,

- _____。
按照医生的指示,我们把他搬到了日出辅助生活社区,在那里他可以得到更好的照顾。
5. Try to communicate with the natives in simple Chinese as much as possible, _____
_____。
尽可能多地用简单的汉语与当地交流,这将有助于你练习和掌握汉语。

课后素养提升

Ⅳ 完形填空 [2024·河北石家庄第一中学高二期中]

Last summer, my family had a vacation that left a lasting impact on me. Our family is a tight-knit (亲密的) group, each member with their unique 1. My mother stands out with her cheerful and humorous 2. Her personality has a way of 3 any situation, making her the heart and soul of our adventures.

During our journey, we 4 a situation that showed my mother's kindness and humour. We had just arrived at a little town when we 5 a lost tourist looking bewildered (茫然的). Most people would have walked by, but not my mum. She 6 the stranger with a warm smile and started a 7. Her sense of humour and friendliness 8 put the traveller at ease.

As we listened to their chat, I realized the importance of extending a helping hand to those in need, even to 9. Finally with my mum's help, the tourist reunited with her partners. It was a heart-warming moment that taught me the power of kindness, humour, and the beauty of human 10.

Throughout the trip, I 11 how my mother's positive attitude and willingness to lend a hand made our journey smoother and more 12. She taught me that life's adventures are not just about the 13 but also discovering valuable things along the way.

Looking back, I 14 myself on having such a loving family. And the trip was such a 15 experience.

- () 1. A. height B. characteristics
C. plans D. wealth
- () 2. A. nature B. blood
C. duty D. interest
- () 3. A. setting aside B. appealing to
C. brightening up D. taking up
- () 4. A. foresaw B. evaluated
C. created D. encountered
- () 5. A. spotted B. accepted
C. questioned D. dropped
- () 6. A. prevented B. approached
C. recognized D. impressed
- () 7. A. trouble B. silence
C. conversation D. experiment
- () 8. A. slightly B. hardly
C. instantly D. truly
- () 9. A. neighbours B. co-workers
C. producers D. strangers
- () 10. A. faith B. need
C. commitment D. responsibility
- () 11. A. expected B. explained
C. concluded D. observed
- () 12. A. changeable B. normal
C. enjoyable D. difficult
- () 13. A. destinations B. devotion
C. resistance D. predictions
- () 14. A. press B. pride
C. charge D. challenge
- () 15. A. far B. risky
C. demanding D. memorable

Ⅶ 阅读七选五 [2024·山东日照高二期中]

A study examined positive empathy's (同理心) role in daily life and found that it drove kind acts, such as helping others. Sharing in someone else's joy can also improve life satisfaction and help people work together during a conflict. 1. _____

Show active interest in someone else's happiness. To start with, invite the bearer of good news to discuss the experience. Even if your heart isn't in it, happiness can grow when you make a heartfelt effort to busy yourself with a positive activity. So when you speak with your friend, make eye contact and listen attentively. 2. _____ Thus you may feel as if your efforts will pay off.

See personal success as a common effort. When we feel happy for others, their joy becomes our joy. Sharing in someone else's joy encourages us to look at success as a community achievement. 3. _____ When you lift up others, you're often carried up with them.

4. _____ Showing appreciation for your successes to others can also increase the happiness. Start by sharing your win, and then tell the other person how you appreciate the help. In this way, you can think of sharing as something you can spread when you're experiencing personal joy.

Turn into a joy spectator (见证者). You don't need to wait for someone else's good news to share. Asking about other people's wins turns you into a joy spectator. 5. _____ Celebrating our friends' successes—big and small—helps us all succeed in the end.

- A. No one gets to the top alone.
- B. Create a friendly atmosphere.
- C. Share your successes with others.
- D. This should drive you to keep going.
- E. Being able to reach for happiness is helpful.
- F. Here are some ways to bring about the feeling.
- G. It gives you a chance to witness them at their best.

Ⅷ 语法填空 [2024·山西吕梁高二期中]

As the saying goes, laughter is the best medicine. Laughing is like a super drug for your health that can lift your mood, lessen pain, and protect you from the 1. _____ (harm) effects of stress.

Journalist, author and professor Norman Cousins was 2. _____ well-known supporter of laughter as a form of medicine and an outstanding figure 3. _____ the field of health and wellness. Diagnosed with ankylosing spondylitis (强直性脊柱炎) in the late 1960s, Cousins 4. _____ (age) about 50, had little hope of recovery, just one in 500 chances. However, Cousins 5. _____ (notice) that his pain decreased when he was involved in laughter, according to the Newport Academy. So, he began to schedule funny movies for 6. _____ (he) on a regular basis. 7. _____ (remarkable), he lived another 25 years after diagnosis and conducted in-depth research on the medical benefits of laughter, with the support of California University Hospital.

Since then, research has continuously confirmed the effectiveness of laughter in relieving pain 8. _____ improving overall well-being. It's found that a hearty laugh can lessen physical tension, 9. _____ (leave) muscles relaxed for up to 45 minutes. Importantly, these physical improvements have a significant positive impact on mental health, as the mind and body 10. _____ (connect).

Period Three Developing ideas

课内基础巩固

❶ 单词拼写

1. The **barber** is highly skilled and has a warm service attitude towards customers, for which he wins good _____ (名誉) in the town.
2. Jim has been used to going to a **barber's** shop near his home for the past three years and being _____ (刮脸) by the **fellow** with neat hair.
3. The philosopher's groundbreaking _____ (观念, 理念) **impressed** the masses with its originality.
4. No matter how well-known a b _____ is, it can be in ruins once it betrays the trust of consumers.
5. Most authorities agree that play is an e _____ part of a child's development.

❷ 单句填空

1. Dear Sir or Madam, I'm writing in _____ (respond) to the **advertisement** you placed in *Chicago News* for a librarian on Monday, Aug. 23.
2. I cannot imagine such _____ (cruel) as to take a child away from its mother suddenly.
3. In _____ (conclude), playing a **practical joke** on someone may seem harmless, but it is important to consider the potential negative impact on relationships.
4. I tried various methods, but a simple solution ultimately **did the trick** to solve the _____ (complicate) problem.
5. The mother _____ (gentle) touched her son's head, showing a big smile on her face.
6. _____ (be) ill in bed for nearly a month, he was in a bad **mood**.
7. The more _____ (interact) the robot has with humans, the more it learns.
8. I looked around and finally **spotted** David _____ (stand) by himself off to the side by a fence.
9. We spoke _____ **whispers** for fear that we might interrupt the silence in the office.
10. The **cruel remarks** _____ her appearance deeply affected her self-esteem.

❸ 短语填空

1. The menu in this beautiful colonial house includes traditional Thai cuisine _____ (与……结合起来) modern cooking methods.
2. The teacher _____ (训斥) Tom in the office yesterday because he **whispered** something bad to his deskmate, eventually leading to a **roar** among the whole class.
3. You'd better _____ (删除) all the needless and complex words in your composition to make it shorter.
4. I thought his **concluding** speech _____ (使……显得非常清楚) the differences between Chinese and Western cultures.
5. I couldn't believe he asked me how old I was in front of the whole office, which really _____ (使我为难).
6. In order to help those students who _____ (落后) other classmates, our teacher Paul is burnt out from weeks of overworking and stress.
7. During the maths competition, he had to _____ (反应迅速) to solve complex **equations** under pressure.
8. When you're feeling low, spend 10 minutes with your laughter-launchers, until you can at least _____ (露出笑容).

Ⅳ 句型训练

1. _____, he pointed the gun at the lion but didn't fire with hesitation. (非谓语)
他慢慢地走过草地,把枪对准狮子,但是犹豫了一下,并没有开枪。
2. _____, I appreciate the immense talent and creativity of the skilled composer. (while)
虽然我对古典音乐知之甚少,但我欣赏这位技艺高超的作曲家的巨大才华和创造力。

3. At that moment, _____, screaming and looking angry. (倒装句)
就在那时有一个男人喊叫着冲了出来,看上去很生气。
4. While _____, out of a strong passion for knowledge, he continued to study, earning a doctorate in physics in 1905. (省略结构)
在那里工作期间,出于对知识的强烈热爱,他继续学习,于1905年获得物理学博士学位。

课后素养提升

Ⅰ 阅读理解

[2024·广西玉林博白县六校高二月考]

Spending time in the great outdoors is a full-on sensory experience with nature's views, endless skies, grand forests, the sounds of the wind and wildlife, and the warm feeling of sunbeams (阳光) resting on your face.

In fact, a recent study, published in the journal *Ambio*, found that nature doesn't just smell good, and its fragrances make people feel good as well. The researchers from the University of Kent in the UK sent 194 participants to woodlands throughout the four seasons. The participants reported feeling relaxed and refreshed when they smelled what they described as "fresh air" or "earthy smells". According to Earth.com, these smells awakened pleasant memories from their childhoods.

While it is well known that being in nature makes people feel good, this study was the first to focus on the olfactory (嗅觉的) aspect of the outdoors. The results showed that there may be more to smell than people give it credit for. The researchers wrote in the study, "We found smells affected multiple aspects of well-being with physical well-being discussed most frequently."

The same study uncovered the relaxing effect of lack of smells, according to CBS News. People feel more settled in a smell-free zone, with this result possibly linked to the absence of bad-smelling urban smells, like pollution, which interfere (干扰,阻碍) with

well-being. The study found that even the absence of pollution and unwanted smells that are associated with urban life was noticed by the participants to improve their physical well-being.

Dr Jessica Fisher, study co-author and postdoctoral research associate at Kent's Durrell Institute of Conservation and Ecology, said, "The study provides findings that can inform the work of practitioners, public health specialists, policy-makers and landscape planners looking to improve well-being outcomes through nature. Small interventions (干预) could lead to public health benefits. So, when it comes to enjoying a hike in the woods, a picnic under the open skies, or a day at the beach, it pays to keep one's eyes and ears, but also one's nose, open."

- () 1. Why is the study mentioned in Paragraph 2 different from other similar ones?
 - A. It adopted innovative research methods.
 - B. It involved a number of participants.
 - C. It was supported officially.
 - D. It was the first to turn to studying the sense of smell.
- () 2. What can be inferred from Paragraph 4?
 - A. Different smells have different functions.
 - B. No smell is better than a bad one.
 - C. Nature's smells are necessary to people's life.
 - D. Pleasant smells can improve people's sense of smell.

- ()3. What are people advised to do in the last paragraph?
- A. To enjoy nature using their sense of smell as well.
 B. To participate in outdoor activities frequently.
 C. To be exposed to natural smells as much as possible.
 D. To be away from places with bad smells.
- ()4. What can be the best title for the passage?
- A. The sounds of the wind and wildlife
 B. A scientific study applied to our real life
 C. Smell of nature improves well-being
 D. Pollution and bad smell are associated with urban life

Ⅶ 完形填空

[2024·广东肇庆鼎湖中学高二期中]

My mother worked as a housekeeper, and she often brought many leftover things home, including used 1 as well as many other things.

One December day, an old-model toy car 2 among a load of other things. It was as long as my forearm and took both hands to lift. I immediately began 3 it and polishing it to a bright candy-apple red. It was a thing of 4, and I glowed as much as it did with the pride of 5.

Our relatives from France came to visit that Christmas, and my young French cousin 6 that wonderful, shiny red automobile. He'd been 7 so far in life, suffering severe illnesses as a child and 8 himself badly earlier in the year when his bicycle hit a plate-glass window.

By now, everyone 9 how I felt about the car, so nobody dared suggest that I give it to him. But, deep down, I knew it was the

10 thing to do. So, when they 11, my red car went with him. Though I was sad to see it go, my heart 12 when I saw the pleasant smile on his face as he tightly held it.

I still 13 that car and miss it to this day. But with that beloved 14 Christmas gift, I bonded (建立亲密关系) with my cousin for life.

Giving that gift away showed me that it is better to give than to receive. It was the first gift that I gave that keeps me 15.

- ()1. A. candies B. toys
 C. badges D. books
- ()2. A. arrived B. returned
 C. hid D. parked
- ()3. A. driving B. packing
 C. cleaning D. studying
- ()4. A. memory B. magic
 C. interest D. beauty
- ()5. A. ownership B. membership
 C. friendship D. leadership
- ()6. A. fell behind B. got hold of
 C. kept an eye on D. fell in love with
- ()7. A. indecisive B. independent
 C. unfriendly D. unlucky
- ()8. A. treating B. hurting
 C. finding D. controlling
- ()9. A. agreed B. reflected
 C. wondered D. knew
- ()10. A. cruel B. safest
 C. right D. easiest
- ()11. A. left B. visited
 C. waited D. searched
- ()12. A. raced B. sang
 C. opened D. broke
- ()13. A. play with B. look for
 C. think about D. run into
- ()14. A. repaid B. preserved
 C. recycled D. improved
- ()15. A. moving B. giving
 C. living D. changing

班级

姓名

题号

答案区

1

2

3

4

完形填空

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

Period Four Writing

① 阅读理解

A [2024·四川宜宾第三中学高二期中]

I am a big laugher. I've been told that even in a room of a thousand people, you can always hear me laughing over the crowd. For me, laughter is the ultimate form of embodied joy. And by "embodied", I mean that my whole body is involved when I laugh. On the inside, it's like a bubbling fountain of joy spilling out all over the place.

But what is joy, anyway?

Life can be terrible, but if you decide to follow the sound of the joy-fountain, you will find joy showing up in all kinds of places: pets playfully bouncing around, kindness, or even in nothingness.

How can joy be found? A friend moved into a new apartment and needed some help, so I helped him. Afterwards, he was obviously so much happier and at ease. I noticed that playing even a small part in his happiness brought me great joy, and I took a moment to let this feeling of embodied joy in. We can practise letting joy in by noticing how it feels to smile. Where does your body light up when you smile? When I smile, it makes me want to take a deep breath, and I notice my shoulders and belly relaxing. When I embody caring and loving, it feels great!

Sadly, many of us are unaware of joy, or suspicious of it. Maybe you are afraid to open up to joy, or maybe you are so unfamiliar with what joy feels like that you ignore or resist it when it comes knocking. No one, other than you, owns your happiness, but you might unknowingly block feelings or experiences that

help you embody joy. The fact is that when you can't embody joy, you miss out on one of life's essential vitamins.

Want more joy? Don't be afraid to look silly. Silliness helps us take things less personally. It helps us see the world the way a kid does. When we can find more joy in the small things of everyday life, we can embody happiness, rather than just pursuing it.

- ()1. How is the topic of joy introduced at the beginning of the passage?
- A. By highlighting a joyful experience.
B. By stressing the importance of laughing.
C. By presenting an ultimate form of satisfaction.
D. By sharing the author's understanding of joy.
- ()2. What might be the author's advice on finding joy?
- A. Taking a deep breath.
B. Smiling to your friends.
C. Doing small acts of kindness.
D. Reflecting on nothingness.
- ()3. What might be the reason for many of us missing joy?
- A. That many of us refuse it on purpose.
B. That many of us are insensitive to joy.
C. That many of us lack life's essential vitamins.
D. That many of us are likely to take joy for granted.
- ()4. What is the best title of the text?
- A. Life is the creation of joy
B. A happy man always laughs last
C. People are always unaware of joy
D. Happy people are happy in childhood

B [2024·辽宁实验中学高二月考]

Philosophers have a bad reputation for expressing themselves in a dry and boring way. The ideals for most philosophical writing are precision, clarity, and the sort of conceptual analysis that leaves no hair unsplit.

There is nothing wrong with clarity, precision, and the like—but this isn't the only way to do philosophy. Outside academic journals, abstract philosophical ideas are often expressed through literature, cinema, and song. There's nothing that grabs attention like a good story, and there are some great philosophical stories that delight and engage, rather than putting the reader to sleep.

One of the great things about this is that, unlike formal philosophy, which tries to be very clear, stories don't wear their meanings on their sleeve—they require interpretation, and often express conflicting ideas for the reader to wrestle with.

Consider what philosophers call the metaphysics (形而上学) of race—an area of philosophy that explores the question of whether or not race is real. There are three main positions that you can take on these questions. You might think that a person's race is written in their genes (a position known as “biological realism”). Or you might think of race as socially real, like days of the week or currencies (“social constructionism”). Finally, you might think that races are unreal—that they're more like leprechauns (魔法精灵) than they are like Thursdays or dollars (“anti-realism”).

A great example of a story with social constructionism taking on race is George Schuyler's novel *Black No More*. In the book, a black scientist named Crookman invents a procedure that makes black people visually indistinguishable from whites. Thousands of

African Americans flock to Crookman's Black No More clinics and pay him their hard-earned cash to undergo the procedure. White racists can no longer distinguish those people who are “really” white from those who merely appear to be white. In a final episode, Crookman discovers that new whites are actually a whiter shade of pale than those who were born that way, which kicks off a trend of sunbathing to darken one's skin—darkening it so as to look more white.

Philosophically rich stories like this bring more technical works to life. They are stories to think with.

- ()5. What does the author think of philosophical stories?
- A. The meaning behind is very obvious.
 - B. They are extremely precise and formal.
 - C. They often cause conflicts among readers.
 - D. They are engaging and inspire critical thinking.
- ()6. Which category might “Christmas” fall into according to Paragraph 4?
- A. Social constructionism.
 - B. Anti-realism.
 - C. Biological realism.
 - D. Literary realism.
- ()7. What is *Black No More* in Paragraph 5 mainly about?
- A. Racial issues caused by skin's colours.
 - B. A social view on race and self-image.
 - C. Black people accepted by the white society.
 - D. The origin of sunbathing among white people.
- ()8. What is the best title of the text?
- A. Stories made easy
 - B. Stories to think with
 - C. Positions in philosophy
 - D. Nature of philosophical writing

班级
姓名
题号
1
2
3
4
5
6
7
8

II 写作

第一节 应用文写作

假定你是李华,想邀请外教 Matthew 一起观看本校学生的一次相声(crosstalk)表演。请你给他写封邮件,内容包括:

1. 演出的时间和地点;
 2. 简单介绍相声(如表演形式、表演内容等)。
- 注意:1. 词数 80 个左右;
2. 可以适当增加细节,以使行文连贯。

参考词汇:发人深省的 thought-provoking

第二节 读后续写

[2024·浙江宁波三锋教研联盟高二期中]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

Papa built big houses in faraway places. He came home only once during the Chinese New Year and stayed only three days. It was the days that we anticipated so much. On that day Mama and I woke up early and waited for Papa at the gateway, with an anxious but light heart.

We waited and waited and it was not until at dusk that I finally noticed a figure from the distance. It's Papa! He rushed over and swept me up into his arms, with his beard prickling (刺,戳) my face. "Look what I've got for you!" Papa rummaged (乱翻) in his big suitcase and took out a gift—Ooh, what a pretty hat!

Making sticky rice balls together was a ritual. That night, Papa buried a coin in a sticky rice ball and said, "Whoever finds the coin will have good luck." That night I lied between Papa and Mama and fell asleep, drowsily hearing them whispering and firecrackers outside, with love and warmth enveloping me.

Early the next morning, Papa fed me sticky rice balls with a spoon. Suddenly, I bit

on something hard. "It's the fortune coin!" I yelled. "Quick, put it in your pocket so the good luck won't escape!" Mama helped me into a brand-new jacket and we were going New Year Visiting.

On the way, I met my friend Dachun who got a big red envelope from his Papa. "Well, how about this?" I took the coin out of my pocket proudly. "I have a fortune coin! My papa buried it in a sticky rice ball, and I found it!"

On the second day, it snowed really hard! When it finally stopped, Dachun got me to play and we had a snowball fight till it was getting dark. On the way home, I felt inside my pocket and...I couldn't find the coin! My fortune coin was gone!

I rushed back to the courtyard and searched, but in vain. Where was my fortune coin? "Don't cry, sweetie. I'll give you another one. Look, it's exactly the same!" Papa scooped another coin out of his pocket. "I don't want this one—I want the other one!" I bawled (放声痛哭).

注意:续写词数应为 150 个左右。

Paragraph 1:

In the evening, I crept into bed, miserable (痛苦的). _____

Paragraph 2:

That night, I slept very soundly (香甜) and I knew Papa would leave tomorrow. _____

▶ 单元小测

Unit 1

❶ 单句填空

1. The **composer** moved to the piano, hands trembling as he _____ (gentle) placed his fingers on the keys.
2. If we act fast, wild animals can be prevented from suffering terrible _____ (cruel) once and for all.
3. After _____ (examine) by the doctor and learning everything was OK, he felt his **mood** was lifted again.
4. With the gains and losses carefully weighed, we are confident that the plan really **deserves** _____ (try).
5. He felt homesick, but made a brave attempt to appear _____ (cheer).
6. If you see humour as an optional form of _____ (entertain), then you're missing some of its biggest benefits.
7. _____ (essential), a **long face** can't solve any problem, while a **grin** is the right attitude to life that we should pursue.
8. I didn't get much of an _____ (impress) of the place because it was dark when we drove through it.
9. I wish our government could set up more free Wi-Fi **spots**, _____ we can get access to the Internet.
10. The boss promised to treat his employees _____ a big dinner after they completed the **complicated** task.

❷ 一词多义

spot

1. Some of the **spots** on your trousers are quite noticeable, and your mother might **tell** you **off** for not keeping them clean. _____
2. As I walked through the park, I **spotted** my

fellow classmate enjoying a picnic with his friends. _____

3. I was worried that our **mischievous** boy would fall into the lake, so I tied a rope around his waist to keep him near to our **spot**. _____

❸ 短语填空

1. One _____ (落后) the times if he does not acquire new knowledge.
2. I don't know what it was that _____ (奏效,起作用), but I am definitely feeling much better.
3. He tried to _____ (使他们振作) with **witty** stories.
4. After working all day, he was so tired that he was _____ (没有心情) to go to the **amusement park** with us.
5. Although he was _____ (痛苦) in his **ankle**, he forced a smile.

❹ 句型训练

1. He often volunteers at the animal centre, _____ .
(强调谓语+定语从句)
他经常去动物中心做志愿者,这表明他的确喜欢动物。
2. They stood there for half an hour, _____ . (非谓语)
他们在那儿站了半个小时,观察着天上的星星。
3. To truly embrace new experiences and ideas, it's important _____ to different **concepts**. (keep+宾语+宾补)
要想真正接受新的体验和想法,重要的是要让你的头脑对不同的概念保持开放。
4. When he was told _____, he **cracked a smile**. (there be 句型)
当他被告知还有座位剩下时,他笑了。

Ⅶ 阅读理解

[2024·湖北宜昌部分示范高中高二月考]

According to a well-known team of researchers, there are three kinds of smiles: genuine, false, and miserable. How can we distinguish them? In experiments where subjects are shown photos of fake and spontaneous smiles, people are pretty good at telling the difference. But in the real world, most people are less able to distinguish between them. They are distracted by other elements of communication such as speech, hand gestures, and other body movements. However, if they were to focus only on the face, they would probably know whether a smile was genuine or not.

This is because two muscles are involved in spontaneous smiling. The first muscle is a ring-like band of muscle around each eye. When it contracts, it causes what we know as “smiling eyes”. The other muscle extends from the top of the cheekbones to the corners of the mouth. It moves the mouth upwards when we smile. This muscle on its own produces what we call the “mouth smile”. When people genuinely smile in a spontaneous burst of positive emotions, the corners of the mouth move up and the muscles around the eyes also contract. It is these muscles that show that a smile is sincere.

Smiles can mean very different things in different countries. In the USA, for example, a smile is a friendly, positive gesture of trust. In contrast, in some Asian societies, people smile when they are happy, of course, but also when they feel anger, sadness, confusion, or embarrassment, perhaps to mask their true feelings.

Cultural norms aside, some people tend to smile more than others and that seems to

indicate they are cheerful, optimistic types. But that relationship isn't strictly true. Some people rarely smile and are quite happy. Others often have a smile on their face when they are actually feeling anxious. Human communication is full of uncertainties and we sometimes have a difficult time understanding each other, but a genuine, heartfelt smile that lights up a face can never be misunderstood.

- () 1. What does the first paragraph show?
- A. Most people tend to force a smile when taking pictures.
 - B. People wearing a fake smile can be genuine sometimes.
 - C. People using body language are often smiling genuinely.
 - D. Most people fail to detect fake smiles in reality due to distractions.
- () 2. What is Paragraph 2 mainly about?
- A. How to control facial muscles.
 - B. How smiles influence emotions.
 - C. How to distinguish different smiles.
 - D. How spontaneous smiling happens.
- () 3. Why are the USA and some Asian societies mentioned in the text?
- A. To show the problems brought by smiling.
 - B. To show some cultural differences of smiling.
 - C. To explain how people hide their true feelings.
 - D. To explain why smiling more can have positive effects.
- () 4. What can we infer from the last paragraph?
- A. Smiling has little to do with characters.
 - B. Smiling can clear up misunderstandings.
 - C. People rarely smiling are hard to get on with.
 - D. Uncertain smiles cannot lead to close relationships.

Ⅶ 阅读七选五

[2024·山东德州实验中学高二期中]

I believe almost everyone would like two things from their jobs and careers: success and happiness. They want to do relatively well financially, receive fair recognition for their accomplishments, enjoy their work as much as one can, and become happier as a person as a result. So many people, especially ambitious, hard-working people, simplify them in a logical way: they first seek success and then assume that success will lead to happiness. 1. _____ . Chasing success has cost that can end up lowering happiness.

This is not to say that you have to choose between success and happiness. 2. _____ . But you have to reverse (颠倒) the order of operations: instead of trying first to get success and hoping it leads to happiness, start by working on your happiness, which will enhance your success.

Whether you are an employee or employer, it is a better investment to increase happiness at work and in life, rather than simply trying to increase measures of success.

3. _____ . No matter how much you enjoy your work, overwork will become an obstruction (阻碍) to well-being.

Once work quantity is under control, happiness at work requires a sense of meaning and purpose. 4. _____ . Earned success implies a sense of accomplishment and recognition for a job well done, while service to others requires knowledge of the real people who benefit from your work.

Ultimately, although success and happiness are linked, the magic mostly works one-way—and not in the way that most people think. 5. _____ , and may lead you to unhappiness. But working on your happiness gives you the best chance of getting both.

A. You can obtain both

B. But this reasoning is faulty

C. It's fairly reasonable to think this way, though
D. It's dangerous to pursue success instead of happiness

E. The first thing to remember is that happiness requires balance

F. Working on your success to get happier is inefficient at best (充其量)

G. The two key aspects of meaningful work are earned success and service to others

Ⅷ 语法填空

It is very possible to liven up a history lesson. Believe it or not, one 1. _____ (power) way is through the use of technology. What surprises us most is when history goes high-tech, great things can happen! Here are a few ideas.

Produce newspaper 2. _____ (article) about historical events or figures. Students can get as creative as they'd like. Perhaps they'd like to pretend to interview 3. _____ person in history to get a “first-hand” idea of what life 4. _____ (be) like at that time. Free online tools make this type 5. _____ activity fun for students, and these tools can 6. _____ (use) to record research and ideas.

Bring digital storytelling to the classroom. Digital storytelling employs the use of various software programs, 7. _____ (allow) students to create historical documentaries. Moviemaking comes alive as students gather texts, narrations (解说), images, videos, and audio (音频的) pieces to tell stories from history 8. _____ are important to them. They are able 9. _____ (put) their critical thinking and problem-solving skills to good use, along with much creativity.

History doesn't have to be the subject that 10. _____ (rapid) puts students to sleep. With a little thinking outside the box, in fact it can become a class that students rush to each morning.

班级

姓名

题号
答题区

阅读理解

1

2

3

4

七选五

1

2

3

4

5