



练习册

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全品

学练考

高中英语

选择性必修第二册 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 Growing up

主题素养积累

As children, we all dream of what we want to be when we **grow up**. Often, many young children will say that they want to be actors, singers, pop stars or models. Some will say that they want to become teachers, firefighters, or police officers. Others want to be astronauts or scientists or explorers.

When I was young, I wanted to be a fashion designer. I went to London Fashion Weekend and the Clothes Show Live in Birmingham and worked very hard at school to get good grades. Firstly, I applied to study fashion design at university. When I got there, I hated the courses. For some reason, which is still unknown to me, I no longer wanted to become part of the fashion industry.

I now study French. **I'm twenty, which many children would say is "grown-up", yet I still**

and hopefully figuring out if it's something I would like to do more of in the future.

I think that our choices can be heavily influenced by our parents. Some parents only want their children to study subjects like engineering, maths, science or medicine. Young people may be pressured into studying certain subjects, which can be stressful.

At the end of the day, there's no rush to decide what you want to do with the rest of your life. Many people change careers several times during their lifetime, so there's always time to pursue a different career path!

【主题词句背诵】

1. grow up 长大
2. look forward to 盼望

02

夯实语言基础，搭建知识框架

词汇点睛

1. in charge of = take charge of 负责; 掌管; 照料

(教材 P2) Will you be completely **in charge of** your own life and able to express yourself in new and exciting ways?

你将会完全负责你自己的生活, 并能够以新的、令人兴奋的方式表达自己吗?

(1) charge *n.* 主管; 要价, 收费; 指控; 充电量, 电荷

in the charge of sb (= in one's charge) 由某人负责; 由某人照料

free of charge 免费

(2) charge *v.* 收费; 指控; 充电; 猛

句型透视

1. (教材 P3) Surely, if you're old enough to earn a wage and pay taxes, you should be allowed to have a say on how the government spends them! 当然, 如果你(年龄)足够大能赚取工资并纳税, 你就应被允许对政府如何支出这些税款有发言权!

句型公式

主语 + be + *adj.* + enough to do sth

【句式点拨】

该句式意为“……足够……去做某事”, 可以与 so... that 以及 too... to 进行转换。

【归纳拓展】

so... that 以及 too... to 与 enough to 的转换

课内基础巩固

I 单词拼写

- Both of us had the qualities and _____ (美德) that are typical of Chinese actors: humour, integrity, and making fun of each other.
- The librarian's extensive knowledge of books showed how _____ (成熟的) and experienced she was in her profession.
- Spoiling children may make them have no consciousness about their _____ (自私的) behaviours even after they reach adulthood.
- I explained to him that an _____ (救护车) would be arriving instantly at the scene of the accident.

- If you want to be the person _____ the wheel, you must have a driving licence.

II 短语填空

- The company belongs to everyone, so all of us _____ (有发言权).
- She _____ (过去常常) have a steady morning routine before she adopted a more flexible schedule.
- All the peace-lovers don't _____ (赞成) violence in any shape or form.
- _____ (毫无疑问) the theatre has contributed to the area's development and economic growth so far.
- Officials _____ (负责) the camps say the system is now running

课后素养提升

V 阅读理解

[2024·湖南岳阳平江县高二期末]

Last year, my Singapore-based sister insisted my mother and I join her for the Christmas. My mum, a fearless woman, would get strangely nervous on flights. Perhaps the only thing that convinced her to overcome her fears was the chance to piece together our declining bond.

When I was growing up, moments with Mum were painfully short-lived because I spent most time at the boarding school. We reunited only during the holidays. Every year, she would eagerly await my return, which would always lead to constant loving scenes. Those cherished moments were gradually vanishing as

and forth in the virtual tank.

Looking around, I saw children sharing moments with their parents, and my own childhood flashed back. That rare instance where she let slip inner innocence and delight at a new experience revealed the little girl in her, who like me, had lost a vital connection to responsibilities of motherhood.

"Our time together was like that of friends. You were my mother, and I were a child following you around," my mum said to me with a smile.

() 1. What made Mum accept the visit to Singapore?

- A. The resolve to overcome the nervousness on flights.

第四部分 写作(共两节,满分40分)

第一节(满分15分)

[2024·山东菏泽高二期末]

你校英文报正举办以“Learning through travelling”为主题的英语征文比赛,请你写一篇短文投稿。内容包括:

- 行程与见闻;
- 感受与收获。

注意:写作词数应为80个左右。

Learning through travelling

第二节(满分25分)

[2024·湖北荆州中学高二期末]

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。

When starting my sixth-grade year, I was nervous about many things. But nothing compared to the problem that I got to the age where my voice started changing. At first, the voice getting deep excited me. But then I learned before getting deeper, it can crack (变嘶哑).

The first time it happened I was so embarrassed. Surprisingly, my friends didn't make fun of me. In fact, they didn't even

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Period One Starting out & Understanding ideas

课内基础巩固

❶ 单词拼写

- Both of us had the qualities and _____ (美德) that are typical of Chinese actors: humour, integrity, and making fun of each other.
- The librarian's extensive knowledge of books showed how _____ (成熟的) and experienced she was in her profession.
- Spoiling children may make them have no consciousness about their _____ (自私的) behaviours even after they reach adulthood.
- I explained to him that an _____ (救护车) would be arriving instantly at the scene of the accident.
- Educating children to understand the need to o _____ rules is widely thought to be the responsibility of their parents.

❷ 单句填空

- He has not yet announced whether he will stand in the _____ (elect).
- _____ (gradual), you will find your father, who always stands silently beside you, pouring hidden love into you continually.
- She made a _____ (commit) to keep the household running smoothly despite her busy schedule at work.
- If you could come, there is no need for you to take food but you'd better wear sports shoes and _____ (suit) clothes.
- _____ a minimum, the kinds of food local people consume tell us what they grow in their region.

- If you want to be the person _____ the wheel, you must have a driving licence.

❸ 短语填空

- The company belongs to everyone, so all of us _____ (有发言权).
- She _____ (过去常常) have a steady morning routine before she adopted a more flexible schedule.
- All the peace-lovers don't _____ (赞成) violence in any shape or form.
- _____ (毫无疑问) the theatre has contributed to the area's development and economic growth so far.
- Officials _____ (负责) the camps say the system is now running extremely well.

❹ 句型训练

- _____ for one or two weeks means that you have to speak their language, and as a result you improve your language fast.
在外国人家住一两个星期意味着你不得不说他们的语言,因而你的语言水平也就会提高得很快。
- He had a thick moustache and long white hair, which sometimes stood on end _____ an electric shock. (receive)
他留着浓密的胡子和长长的白发,有时会竖起来,好像他刚刚触电一样。
- I _____ the paper on time yesterday, for which my teacher praised me. (强调谓语) 我昨天确实按时交了卷子,老师还因此表扬了我。

Ⅶ 阅读理解

[2024·湖南岳阳平江县高二期末]

Last year, my Singapore-based sister insisted my mother and I join her for the Christmas. My mum, a fearless woman, would get strangely nervous on flights. Perhaps the only thing that convinced her to overcome her fears was the chance to piece together our declining bond.

When I was growing up, moments with Mum were painfully short-lived because I spent most time at the boarding school. We reunited only during the holidays. Every year, she would eagerly await my return, which would always lead to constant loving scenes. Those cherished moments were gradually vanishing as I moved away for university. Soon, our relationship became tense. She seemed unable to comprehend me and her stubborn and old-fashioned advice forced me to shut myself. But the more I pulled away, the more I felt a longing for the bond that had grown so dim. Perhaps Singapore would give us a chance to breathe it back to life.

I assumed the immersive exhibits at Art Science Museum would refresh my mother, who was an art student. However, I was surprised when she just turned her nose up at the *Bruges Whale*, a sculpture using plastic waste to raise awareness of ocean pollution. "It's art, mum! Be more appreciative," I defended.

Disheartened by the distance between us, I led her to the kid's zone. We signed up for a joint sketching activity, hoping that would help us connect. As our creative juices flowed, our faded relationship began to take on the hues and shades of something sincere and beautiful.

"Look!" she excitedly pointed towards a digital screen that displayed our creations. "That one's ours." Mum went up and reached out, touching the fish as it moved its tail back

and forth in the virtual tank.

Looking around, I saw children sharing moments with their parents, and my own childhood flashed back. That rare instance where she let slip inner innocence and delight at a new experience revealed the little girl in her, who like me, had lost a vital connection to responsibilities of motherhood.

"Our time together was like that of friends. You were my mother, and I were a child following you around," my mum said to me with a smile.

- () 1. What made Mum accept the visit to Singapore?
- The resolve to overcome the nervousness on flights.
 - The desire to restore the relationship with her children.
 - The sincere invitation of the author's Singapore-based sister.
 - The expectation for Art Science Museum as an artist.
- () 2. What is the attitude of Mum towards the *Bruges Whale*?
- She felt it a huge waste to make it from plastic.
 - She showed a great interest in this work of art.
 - She didn't think it good enough to be exhibited.
 - She considered it beneficial to ocean protection.
- () 3. What can we learn from the sketching activity?
- It revealed Mum's inner ignorance like a girl.
 - It explored causes for the faded bond between families.
 - It let Mum totally lose responsibilities of motherhood.
 - It provided an opportunity to share moments with families.

- ()4. What do Mum's words imply in the last paragraph?
- A. A good medicine tastes bitter.
 B. Life has indeed come full circle.
 C. Actions speak louder than words.
 D. Nothing is impossible to a willing mind.

Ⅶ 阅读七选五

[2024·浙江嘉兴高二期末]

As humans, we're meant to be social creatures. In fact, being socially connected is key to our mental and emotional health.

1. _____ This can cause us to cut ourselves off from others and gradually become lonely. Social situations can seem frightening, but the truth is never quite so black-and-white.

People aren't thinking about you—at least not to the degree that you think. 2. _____ Just like you're thinking about yourself, other people are thinking about themselves. They're not spending their free time judging you, so stop wasting time worrying about what others think of you.

3. _____ When you're socially anxious, it can seem as though everyone else is fully confident. But that's not the case. There are still many shy people out there struggling with the same self-doubts as you are. The next person you speak to is just as likely to be worried about what you think of them!

You don't have to be perfect to be liked. In fact, our imperfections can be pleasant. 4. _____ If you can cheerfully accept your awkwardness and imperfections, you'll likely find that others will, too. They may even like you better for it!

It's okay to make mistakes. Everyone makes mistakes; it's part of being human. 5. _____ Your value doesn't come from being perfect. If you find self-forgiveness difficult, try to look at your own mistakes as you would those of a friend.

Overcoming social fear requires practice. Don't expect to become socially comfortable without putting in the time. That said, you can start small. Take baby steps towards being

more confident and social, and then build on those successes.

- A. So give yourself a break when you mess up.
 B. Most people are caught up in their own lives.
 C. The good news is that you can learn from them.
 D. People are much more confident than you think.
 E. Even our weaknesses can bring us closer to others.
 F. Many other people feel just as awkward and nervous as you do.
 G. Yet many of us are shy and feel awkward around unfamiliar people.

Ⅷ 语法填空

In his book, *Intentional Living*, author John Maxwell shares that back in 1976, he received a gift from one of his 1. _____ (friend). As he opened the gift, he saw that it was a book 2. _____ (name) *The Greatest Story Ever Told*. He couldn't wait 3. _____ (read) it.

But when he opened the book, he was 4. _____ (astonish) to see that the pages were blank. Inside the book was 5. _____ note that said, "John, your life is before you. Fill these pages 6. _____ kind acts and good thoughts of your heart. Write a great story about your life." The intention of writing the story of his life excited him. Then, he 7. _____ (begin) to write his book.

Every day we live out our story through our words, actions and decisions. But we must remember to live with intention to focus on what 8. _____ (matter) most in life and to regain that focus when we get changed. Without intention, we can become focused on things 9. _____ needn't be added to a life of significance and difference in our world.

Life isn't perfect and it's always hard, so we need reminders in our life from a friend, writer, blogger, pastor or our inner spirit to refocus us on the things that matter and make us live 10. _____ (positive).

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

Period Two Using language

课内基础巩固

❶ 单句填空

1. I am going on a dream vacation to Hawaii. While you are doing household chores, I _____ (lie) on a sunny beach.
2. It is a wonderful occasion which we _____ (cherish) for many years to come.
3. You had better come tomorrow afternoon, because I _____ (have) a meeting tomorrow morning.
4. At 9:00 am next Sunday, I _____ (listen) to some renowned doctors talking about organ donation.
5. If you plant watermelon seeds in spring, you _____ (eat) fresh watermelon in fall.
6. Daniel's family _____ (enjoy) their holiday in Mount Huangshan this time next week.
7. I'm afraid I won't be available. I _____ (visit) a librarian at 3 o'clock this afternoon.
8. By the time you arrive home, I _____ (sleep), so please don't make any noise.

❷ 语法 + 写作

1. I'm sick of rain and the bad weather! Hopefully, when we wake up tomorrow morning, _____ (shine)
我受够了雨和坏天气! 希望我们明天早上醒来时,阳光灿烂。
2. At this time tomorrow morning, our students _____ on campus for the celebration of the Adulthood Ceremony.
明天早上这个时候,我们的学生将聚集在校园里参加成人典礼。
3. You'll recognize me when you get out of the station. I _____ .
你出站的时候就会认出我来。我将穿着牛仔裤和白T恤衫。
4. Next week, I will be on my winter holiday. My whole family _____ from Melbourne on Monday.
下周,我将放寒假。我全家星期一将从墨尔本飞往北京。

❸ 语篇语法填空

In the not-too-distant future, we 1. _____ (live) in smart homes that will lock the door and switch off the TV automatically. These smart homes will keep us secure, save us energy, and provide a more comfortable environment 2. _____ (live) in.

First, we will be using advanced technology every day for automatic control of just about everything in our home. You will no longer have to think about turning switches 3. _____ and off yourself. Your home will also learn your 4. _____ (day) routine and preferences, so everything will be ready for you when you get home each evening. Your lights will come on 5. _____ instant you enter the door along with your favourite music or TV programmes, and you will find your dinner already 6. _____ (prepare) for you. In addition, your smart home will be monitoring your health for you every day. If you start to have sleep or weight problems, it will send a 7. _____ (warn) to your phone. Smart toilets will be keeping constant track of your health as well. They can warn you early on if there is something 8. _____ (normal) or if you have a critical illness. What's more, smart

homes will be able to prevent serious damage from accidents.

Many of these new 9. _____ (innovate) are already available and being used

in some homes. Nevertheless, it will take some years 10. _____ most new homes begin to use this new technology.

课后素养提升

Ⅳ 完形填空

[2024·河北石家庄西山学校高二期末]

I started cooking when I was thirteen. Both of my parents worked, so I was usually 1 after school. One day, my parents forgot to 2 dinner before they went to work. As we were short of money, eating out was beyond 3. So I decided to be the 4 of the day.

A few moments later, I 5 to cook fried rice, the best option out of 6 resources, including my cooking knowledge. After 7 a pan on the stove and turning on the heat, it soon began to sizzle (滋滋作响). I was so hungry that I 8 and threw everything into the pan all together. In went rice, pieces of meat and vegetables. Little did I know that the 9 of ingredients was crucial in cooking. I 10 waited for the meat to be thoroughly cooked, but other ingredients were 11. At first, I mistook it as steam from cooking, but I soon 12 something went horribly wrong when smoke came out to 13 the kitchen.

Later that day, my mother told me, "You cannot rush yourself when cooking." Rather, I should take steps, turning to the basics, such as learning about the ingredients and 14 the recipe.

I've learned that the first 15 seems hard but we should just start and let the journey teach us.

- ()1. A. alone B. energetic
C. anxious D. excited
- ()2. A. enjoy B. prepare
C. serve D. approve
- ()3. A. expectation B. control
C. description D. budget

- ()4. A. owner B. ruler
C. chef D. librarian
- ()5. A. agreed B. decided
C. failed D. switched
- ()6. A. varied B. delicious
C. pricey D. limited
- ()7. A. placing B. covering
C. washing D. breaking
- ()8. A. quit B. slept
C. rushed D. collapsed
- ()9. A. standard B. order
C. quality D. amount
- ()10. A. proudly B. unconsciously
C. fearfully D. eagerly
- ()11. A. burning B. exploding
C. disappearing D. mixing
- ()12. A. insisted B. obeyed
C. realized D. explained
- ()13. A. decorate B. destroy
C. leave D. fill
- ()14. A. working on B. fixing on
C. referring to D. contributing to
- ()15. A. race B. try
C. route D. ride

Ⅴ 阅读七选五

[2024·山东德州高二期末]

In our ever-evolving world, where both personal and professional areas are loaded with challenges, problem-solving skills are increasingly valuable in the workplace. 1. _____ Here's how to enhance your strategy.

Clear and brief communication is the key to effective problem-solving, acting as the bridge that connects diverse perspectives towards a common goal. 2. _____ It involves

班级
姓名
题号
答题区
完形
填空
1
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七选五
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choosing the right words, structuring information logically, and being mindful of the audience to ensure that your message is both impressive and comprehensible. Active listening, on the other hand, is the skill of receiving information. It includes not just hearing words but understanding the underlying messages.

3. _____ To foster creativity, individuals must engage in activities that stimulate their imagination and encourage new perspectives. Have free-flowing brainstorming sessions that allow for the exploration of diverse ideas without immediate judgement. Additionally, exposing yourself to different fields promotes creative solutions.

Mistakes are not failures but valuable stepping stones on the path to mastery. 4. _____ Analyse what went wrong, identify areas for improvement and use this knowledge to inform your future problem-solving efforts. Creating a culture that opens the eyes of mistakes within a team or an organization encourages an environment where individuals feel comfortable admitting errors.

The journey to becoming a skilled problem solver is an ongoing process of growth and improvement. 5. _____ Remain curious and open to acquiring new knowledge and skills that are directly applicable to your problem-solving attempt. That ensures you stay ahead of evolving challenges and acquire the skills needed to navigate an ever-changing landscape.

Furthermore, participating in industry events, joining professional associations and connecting with mentors can offer insights that enrich your problem-solving skills.

- A. Seek continuous learning opportunities.
- B. Therefore, comprehension is a vital skill to develop.
- C. Effective conversation begins with the art of expression.

- D. Problem-solving at its best requires the out-of-the-box thinking.
- E. And they could help you achieve more in your personal life too.
- F. Each misstep provides an opportunity for reflection and learning.
- G. Each individual brings unique information to overcome challenges.

Ⅶ 语法填空

[2024·安徽六安二中河西校区高二期末]

When someone has deeply hurt you, it can be very difficult to let go of your anger. However, forgiveness may be beneficial 1. _____ your physical and mental health. Up to now, research 2. _____ (show) that people who forgive can have more energy, better appetite and better sleep. People who forgive show 3. _____ (little) anger and more hopefulness. So it can help reduce the tiredness out of the immune system and allow people 4. _____ (feel) more energetic.

So when someone has hurt you, cool down first. Take a couple of breaths and think of something that gives you pleasure: a beautiful scene in nature, or someone you love. Don't wait for an 5. _____ (apologize). Many times the person who hurt you may never think of apologizing. They may have wanted to hurt you or they just don't see things in 6. _____ same way. So if you wait for people to say sorry, you could be waiting a very long time. Next keep in mind that forgiveness does not necessarily mean 7. _____ (accept) the action of the person who upsets you. Learn to look for the love, beauty and 8. _____ (kind) around you. Finally, try to see things from the other person's point of view. You may realize that he or she is acting out of ignorance. You may write a letter to 9. _____ (you) from that person's point of view, 10. _____ can help let go of your anger in some way.

Period Three Developing ideas

课内基础巩固

❶ 单词拼写

1. The lion began to _____ (咀嚼) its prey after a successful hunt in the region.
2. I find it very _____ (令人厌烦的) to do the same job day after day, so I want to make a change.
3. He _____ (珍惜) the colourful necktie his daughter gave him as a Father's Day gift.
4. Aiming to create a _____ (杰作) dish, the skilled chef carefully selected a series of delicate ingredients.
5. Her daily r_____ includes a morning commute to work that takes approximately 45 minutes by train.

❷ 单句填空

1. He saw no _____ (evident) of steady economic growth, which worried him.
2. He has a delicate _____ (digest) and cannot eat oily food.
3. Our oceans are full of plastic waste, and animals and birds end up _____ (swallow) the plastic and dying.
4. Her _____ (devote) to politics took up most of her time.
5. The dumplings were filled with _____ (vary) fillings, such as pork, shrimp, and vegetables.
6. Since there is a mass of information available on the Web, it can be hard to distinguish a real story _____ a false one.
7. _____ the course of education, virtues like integrity are formed gradually and students will learn to make a clear distinction between right and wrong.

8. The airline has improved its business model in recent years, so its profits have been _____ (steady) increasing.

❸ 短语填空

1. He _____ (成功) getting his plan approved although he met with a great many difficulties.
2. You ought to ponder whether to _____ (留出) some free time to have relaxation.
3. I _____ (投身于) this cause for many years and I am pleased that my commitment is paying off.
4. He has a poor education, and worse still, he has no special skills. _____ (因此) he can only get the minimum wage.
5. He was caught _____ (正在) stealing a car, which made his parents disheartened.
6. Communication is no longer merely _____ (关注) the transmission of information.
7. He saw _____ (一瞥) that she'd been crying, so he went ahead to comfort her.
8. It is very important to have a dictionary _____ (近在咫尺) when you are learning English.

❹ 句型训练

1. He can't see clearly, so he wants to _____ in no time. (have)
他看东西模糊, 所以他想立刻去检查眼睛。
2. We stopped for the post; that was _____ . (表语从句)
我们停下来等邮件, 那就是我们开会迟到的原因。

3. _____, you should respect others' legal rights.
不论你是谁, 你都应该尊重别人的合法权益。
4. I'll find a way to improve my skills in playing golf on my own _____

_____ next year. (目的状语从句)
我会自己找到提高高尔夫球技的方法, 这样明年我就能取得很大的进步。

5. _____, we can be sure that we did our best.
不管成功与否, 我们肯定已尽了最大努力。

课后素养提升

Ⅰ 阅读理解

[2024·山东滨州高二期末]

When a snowstorm blanketed my city one December morning, I awoke, immediately put on my warmest clothes and dashed outside to build a snowman. But as I was halfway to a snow angel, I had audiences—a serious-looking couple. The moment I spotted their expressions, my face flushed with shame as I murmured an answer to their unspoken question: Don't you have anything better to do?

A middle-aged woman playing by herself in the snow is an undeniably odd sight, but maybe it shouldn't be. New research suggests we modern adults have controlled or hidden our nature of play, and that's causing all kinds of problems. "The adult play deficit is becoming a public health crisis," says psychiatrist and play researcher Stuart Brown. "The opposite of play isn't work; it's depression."

Actually, adult play can lead to useful discoveries, which is a theory supported by a study on Bali's long-tailed monkeys. Researchers left two types of puzzle boxes for the monkeys to solve. To get the food inside, they had to either drop a rock into the container or use it to hit the box. They found the monkeys that previously had been observed dropping rocks for fun were more likely to solve the rock-dropping puzzle, while those who had discovered the joy of clacking rocks together came up with the answer to the percussive (敲击的) puzzle.

This finding also suggests that somewhere,

deep in our evolutionary history, a playful primitive human came up with the concept of stone tools. Even today, the urge to play underlies most of humanity's greatest inventions, artworks and scientific breakthroughs. "When I interviewed Nobel winners, I was struck by how most of them didn't separate work from play. Their labs were their playgrounds," Brown says. "Play gives us the ability to cooperate and get along with people who differ from us."

So next time I'm caught playing, I know exactly what I'll say. "I am not wasting time, or acting immaturely. I'm playing for the benefit of all humanity."

- () 1. What can we learn about the couple from Paragraph 1?
- A. They may disapprove of the author's behaviour.
B. They showed great interest in the author's act.
C. They are more mature and sensible people.
D. They had something better to deal with.
- () 2. Which of the following can replace the underlined word "deficit" in Paragraph 2?
- A. Pressure. B. Addiction.
C. Shortage. D. Disadvantage.
- () 3. Why is the interview of Nobel winners mentioned?
- A. To suggest how people should play.
B. To highlight the value of adult play.
C. To evaluate the findings of the study.
D. To introduce the study participants.

- ()4. What message does the author intend to convey?
- A. Work comes before play.
 B. Work without play is rewarded.
 C. When the cat's away, the mice will play.
 D. All work and no play makes Jack a dull boy.

Ⅶ 完形填空

[2024·福建福州第二中学高二期末]

Gaining work experience is key to boosting your employability, especially as a business student. That's why, after my second college year, I 1 to intern (实习) for a part of the summer.

I 2 a six-week internship at a local bank, called Rawbank. At the start of each week, we were sent to a new department where we were 3 about the work process and then given an experienced employee to 4. During the process, we mostly took notes and were given small tasks. After two weeks I was 5 to a "permanent" position at the front desk, where I 6 small daily operations such as check deposits, withdrawal slips and such.

In short, for four weeks I was treated and 7 like a regular employee of the bank. I had to be there at 7:30 every morning, and 8 to have positive interactions with clients at all times, no matter how I was feeling personally.

During my internship there, the 9 was working at the front desk the morning of pay day. I had to deal with an endless stream of impatient and demanding 10, but just seeing my colleagues supporting each other, and heading out together to socialize after work, made it all 11.

My six weeks there allowed me to 12,

and it also helped me to gain new skills and experience that I did not 13 have. Most importantly, I gained a new sense of professionalism and a clearer 14 of what it meant to be in the professional world.

So I would advise everyone to take the opportunity and do an internship, 15 it is not necessarily in the industry that you wish to work in.

- ()1. A. promised B. required
 C. chose D. hesitated
- ()2. A. undertook B. offered
 C. noticed D. launched
- ()3. A. assessed B. consulted
 C. briefed D. recognized
- ()4. A. contact B. shadow
 C. train D. respect
- ()5. A. led B. devoted
 C. attached D. assigned
- ()6. A. wrestled with B. set down
 C. looked into D. took over
- ()7. A. looked B. sounded
 C. dressed D. acted
- ()8. A. selfish B. scared
 C. annoyed D. ready
- ()9. A. quality B. benefit
 C. highlight D. value
- ()10. A. students B. clients
 C. co-workers D. employees
- ()11. A. worthwhile B. different
 C. right D. possible
- ()12. A. grow B. work
 C. learn D. serve
- ()13. A. normally B. previously
 C. obviously D. instantly
- ()14. A. sight B. view
 C. image D. memory
- ()15. A. now that B. unless
 C. even if D. when

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Period Four Writing

① 阅读理解

A

Stress in teenagers can be reduced by a 30-minute online intervention (干预) aimed at encouraging a growth mindset and seeing the body's reaction to stress as positive. It interprets physical responses such as a racing heart as potentially performance-enhancing.

Mental problems among teenagers are on the rise in the United Kingdom, with rates of probable mental health disorders increasing from one in nine (11.1%) in 2021 to one in five (20%) in 2023, and there is a long wait for access to services in some regions.

A study involving more than 4,000 secondary school pupils and university students suggests the new approach could be a low-cost, effective treatment for adolescent stress. "We're trying to change teenagers' belief about and their responses to stressful situations," said Dr David Yeager, first author of the study. "Actually when you're doing something hard and your body starts to feel stressed, that could be a good thing."

Yeager and colleagues conducted a series of controlled trials. In one trial, half of 166 students were given the intervention while the rest were not. All the students were then surprised with a request to give a speech about their personal strengths and weaknesses in front of peer evaluators who had been trained to create an unsupportive atmosphere by sighing and frowning. Those who had been given the intervention had lower stress responses, based on the heart rate and other physical measures.

In another experiment, the intervention was shown to influence academic achievement nine months later, with students 14% more

likely to pass classes at the end of the academic year. In the final experiment, teenagers who had received the online intervention reported lower levels of general anxiety several months later.

Yeager said the new approach went against the "common principle of self-care" that often appears to view stress as uniquely negative and suggests people "go do yoga or have camomile tea (甘菊茶)". "That's a way to take your attention away but it doesn't help you deal with the fundamental cause of stress," he said.

- () 1. Why does the author mention the figures in Paragraph 2?
- A. To provide historical information about the study.
 - B. To present the advantages of the online intervention.
 - C. To explain the necessity of providing the public services.
 - D. To stress the severity of mental problems in UK teenagers.
- () 2. What is teenagers' misunderstanding of stress?
- A. It is something negative.
 - B. It is something positive.
 - C. Many people are struggling with it.
 - D. It contributes to their growth.
- () 3. From the controlled experiments, we know the intervention might _____.
- A. lead to academic improvement and lower anxiety
 - B. do good to teenagers' physical and mental health
 - C. help students evaluate their strengths and weaknesses
 - D. prove efficient in ridding teenagers of stress immediately

- ()4. What does Yeager think about the new approach?
- A. It casts new light on the cause of stress.
 B. It changes people's perspective on stress.
 C. It respects people's opinions about self-care.
 D. It relieves teenagers' stress more effectively.

B

[2024 · 广东广州番禺区高二期末]

As a teacher for a decade, I find that college kids want to carve their routes and live out their journeys. But so many of them don't know what they want to do: What major to choose? What career to pursue? What topic to write their papers on? More importantly, they wonder why any of these things really matters.

One of the best books I have read is Dr Meg Jay's *The Defining Decade*. Basically, Dr Meg Jay explains one's 20s have an enormous effect across years and even generations to come, in terms of careers, families, friends, and relationships. She states that our brain completes the second and last growth peak in our 20s as it rewires itself for true adulthood.

From the time we are in primary school, people ask us what we want to be when we grow up. I once asked my friend's eight-year-old the question and she said, "I'm just a kid; I have no way of knowing what I want to be when I'm an adult." Maybe the questions should be: What means something to you? What makes you happy? What do you care about regardless of any rewards? This train of thought may benefit all.

In a world of easy access, today's students can find everything they need after a few clicks on the Internet. Sure, that's great, quick and convenient. But there is something important missed in the hunt—persistence (坚持), patience, and concentration. So I'm grateful that when I was in college, I still had to visit the library to find the resources I needed to write a research paper. During this process, I reflected on what truly made me happy and what I genuinely cared about.

My friend Brandon recently told me that he often woke up in the early morning and realized things he cared about were not what he devoted his life to, because he took the way that others considered good when he was in his 20s, instead of the way that was right for him. What you want to be when you grow up is something that may change throughout your life, but it's likely that your passion and motivation will always come along.

- ()5. What idea does Dr Meg Jay express in her book?
- A. One's twenties matter a great deal in one's life.
 B. The brain is in its most active stage in our 20s.
 C. One's career choice affects their family members.
 D. The old have a long-time influence on the young.
- ()6. Why does the author include a series of questions in Paragraph 3?
- A. To help people find out what they truly love.
 B. To call on people to make plans for the future.
 C. To encourage people to have a positive attitude.
 D. To warn people to learn life skills at an early age.
- ()7. What is the author's attitude towards students' turning to the Internet?
- A. Favourable. B. Optimistic.
 C. Objective. D. Uncaring.
- ()8. What can we learn from Brandon's story?
- A. Laziness in youth spells regret in old age.
 B. Our dreams keep changing throughout life.
 C. Our life journey is always full of uncertainties.
 D. We should follow our heart and live a full life.

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II 写作

第一节 应用文写作

[2024·江苏宿迁高二期末]

学校英文报组织同学们分享自己在假期中学到的新技能,请你以此为主题写一篇短文投稿。内容包括:

1. 简要描述;
2. 体验和感受。

注意: 1. 词数 80 个左右;

2. 题目已为你写好。

Learning a new skill

第二节 读后续写

[2024·浙江金华高二期末]

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。

I chewed on my pencil as I walked back and forth across my bedroom. What was I going to do? It was bad enough that I was the new kid. But now I was sure to get laughed at right out of fifth grade. How could my first homework be such a disaster?

“My name is Anna, and this summer I...” I stopped. How could I stand in front of my class and say that I’d spent the entire summer handling something that most people don’t even like to talk about? Poop (粪便). I’d spent three months shoveling (铲), collecting, and analysing cow poop on my grandparents’ farm. I tried to think of a different adventure I could share. Maybe I could say I’d spent the summer on the Weather Control Team preventing floods.

“Time for dinner,” my mum called.

I walked slowly down the stairs and slid into my chair.

“You’ve been in your room since you came home from school,” Mum said. “What are you working on?”

I sighed, “I have to tell the class what I did this summer.”

My younger brother, Seymour, began to laugh uncontrollably. “No one will want to sit next to you after they hear you were covered in cow poop all summer!”

“OK, that’s enough, Seymour,” Dad said.

“Anna,” said Mum, putting green beans in a bowl, “be proud of the work we did this summer. Our planet would be in sad shape without scientists like your grandfather.”

It’s true that my grandfather does important work. He developed an easy way to use poop as a source of fuel. Using the poop is now easy, economical, and environmentally safe.

“I know, mum,” I said, staring at my meatloaf. “But it’s not exactly something people want to hear about before lunch.”

That night I dreamed about more splendid adventures: cave diving in Mexico, hiking through the Amazon rainforest.

At school the next day, I bent over my desk, listening to each kid speak. My palms were sweaty, and the knot (结) in my stomach grew tighter.

“And that was my journey to Mount Qomolangma,” Ember Adams said, finishing her report. She bowed and took her seat.

注意:续写词数应为 150 个左右。

Paragraph 1:

“It’s your turn, Anna,” Ms Hammond said. _____

Paragraph 2:

The class cheered as I returned to my desk, and some of my classmates approached me with admiration in their eyes. _____

▶ 单元小测

Unit 1

❶ 单句填空

1. When you come across such factual differences, do not rush to the _____ (conclude) that one of the news reports gives false information.
2. In the article, _____ (vary) people said that the public should oppose the idea of developing driverless cars.
3. Though there was no convincing _____ (evident) linking Watson to the tax dodging case, many people believed he was guilty.
4. She was a wonderful companion and her generosity to me was entirely _____ (selfish).
5. We should take measures to forbid returning _____ (legal) cooking oil to dinner tables.
6. Instantly she knew the terrible news, she didn't give _____ (approve) to her daughter's going out at night.
7. The most _____ (memory) part of our trip was a visit to historic Quebec City.
8. Millions of spectators _____ (watch) the opening ceremony at seven tomorrow evening.
9. Living on campus for three years left me a bond _____ other boarders in the same dorm.
10. The company publicly apologized and agreed to contribute some money _____ charity.

❷ 短语填空

1. No doubt that whoever has a say on this matter should _____ (承担……责任) its consequences.
2. To make the landlord less worried, he _____ (承诺) to pay the rent on time last night.
3. As a consequence, the man who was not

professional was placed _____ (管理) the department.

4. With such an app, people can know _____ (一瞥) which garbage can they should put the garbage in.
5. Seeing the rising flames, we instantly became _____ (意识到) danger approaching us.
6. Ken was _____ (正在做某事) paying his bill when Neil came up behind him.
7. Apart from daily life, the librarian _____ (留出) some time to play golf once in a while.
8. I cherish the memories we have created, knowing that our next adventure is _____ (接近的, 不远的).

❸ 句型训练

1. If I _____, I will make an effort to help others. (enough)
如果我有幸当选,我会努力帮助他人。
2. I _____ the first time I heard the sweetest voice in the wide world. (强调谓语) 我确实记得我第一次听到广阔世界上最甜美的声音(时的情景)。
3. Feeling dizzy, Zhang Yue took a deep breath as she struggled to finish her presentation, "And _____ I need your help in turning my new and exciting business into a successful one." (表语从句)
张悦感到一阵眩晕,做了个深呼吸,然后努力完成她的陈述:“那就是为什么我需要你们的帮助,使我这个全新的、激动人心的生意获得成功。”
4. Attracted by the beautiful scenery, we _____, capturing the precious moment forever. (have)
被美景所吸引,我们拍了些照片,将这宝贵的瞬间永久保存。

5. _____, we should attach significance to protecting the environment.

无论代价如何,我们都要重视保护环境。

IV 阅读理解

[2024·江苏启东高二期末]

How often in your busy life when faced with an issue or a problem do you consider subtraction (减法)?

Every day, with big and small challenges, we ignore a basic way to make things better. We are great at adding to our “to dos”, but we don’t consider “stop-doings”. We collect new-and-improved ideas, but don’t delete the outdated ones.

Do your resolutions more often start with “I should do more of...” than with “I should do less of ...”? Do you add new rules in your household or workplace more often than you take rules away? In our striving to improve our lives, our work and our society, we overwhelmingly add.

Leidy Klotz’s Lego bridge test, with two support towers of differing heights, found that almost everyone added a Lego brick to the shorter tower, rather than removing a brick from the longer tower. The valid subtraction solution produced a stronger outcome.

Why do we ignore the option to subtract from what is already there? Why do we fail to use subtraction as a way to change things?

Firstly, behavioural science suggests that our brains are wired to ignore subtraction. Initial studies show that our mental short cuts have a preference for adding when we are solving problems. We are tricked by our mindset.

Further, we have a tendency to think addition or subtraction; however, they can be complementary (互补的) ways to make changes.

So we ignore subtraction because it is often

harder to think of. Moreover, even when we do manage to think of it, subtracting can be harder to perform.

In chemistry, valency (化合价) refers to an elemental force that is not necessarily visible but helps explain the elements’ behaviour. Psychological valency is the inner attractiveness or strong dislike of something. There is a negative valency around subtracting. Even the word subtraction has a negative valency.

Subtraction is the act of getting to less but it is not the same as doing less. Getting to less often means doing, or at least thinking, more. In your pursuit of success and happiness I encourage you to overcome the tendency to ignore subtraction. Subtracting can be delightful!

- () 1. What do people usually do when faced with problems in life?
- A. Adopt subtraction.
B. Stop doing things.
C. Add new rules.
D. Abandon outdated ideas.
- () 2. How did the author prove his viewpoint?
- A. By comparing examples.
B. By conducting a survey.
C. By analysing statistics.
D. By citing a typical test.
- () 3. What causes people to ignore the option of subtraction?
- A. The initial fixed mindset.
B. Resistance to change.
C. Flexible mental desire.
D. Expectation of success.
- () 4. What does the author intend to do in the last paragraph?
- A. State possible reasons.
B. Offer valuable advice.
C. Give some warnings.
D. Provide useful proof.

Ⅶ 阅读七选五

[2024·广东茂名电白区高二期末]

Resolving (解决) conflict in friendships

Conflict is surely a common problem in life and friendships. 1. _____ That's because there isn't enough depth to guarantee all the trouble it takes to smooth over the disagreement. Unfortunately, even when the friendship reaches a deeper level, conflict continues to happen and can break apart a relationship. Here are some resolutions.

Resolve it the day it happens. One rule my parents follow in their marriage is that they don't go to bed angry with each other. They always attempt to resolve things the day it happens so that in the morning, it's a fresh start with no past grudge (怨恨). I've found I need a short cooldown period so that I don't act in anger. 2. _____ Whatever you do, don't let things ride for too long.

3. _____ Sometimes if you sit down and talk things over, you begin to see where the other person is coming from. Realize that everyone has been created differently with various talents, abilities, and personality traits. For example, you might be a leader while your friend is more of a follower. You may be frustrated with him or her for not being very decisive. Yet it is important to understand that each person is unique and needs to be appreciated.

Initiate resolution. 4. _____ Even when you think the other person is wrong, it's not a bad thing to say "I'm sorry if I offended you in that way." If you're honest and genuine in delivering your words, there's a good chance that your friend will respond positively.

Most importantly, be loving in what you do. Try to focus on peacefully resolving the disagreement. It is not the most pleasant task to resolve conflict in any friendship. 5. _____

A. Don't expect too much.

- B. Try to see the other person's perspective.
- C. Be the first person in a fight to say sorry for your part.
- D. Many shallow friendships end up being ruined after an argument.
- E. To say sorry bravely when a conflict breaks out is a better resolution.
- F. However, it is worth the efforts because it results in a deeper friendship.
- G. For some, counting to one hundred before you say anything may be an option.

Ⅷ 语法填空

If you can dream it, you can do it. I don't know what your dream is. I don't care how 1. _____ (disappoint) it might be as you're working towards that dream. Yet the dream that you're holding in your mind is possible, though in 2. _____ process of chasing your dream, you are going to encounter a lot of pain.

There will be 3. _____ (moment) when you are going to doubt 4. _____ (you). You'll say, "Why? Why is this happening to me? I'm just trying to take care of my children, and my mother. I'm not trying to rob anyone or steal from anybody. How does this have to happen to me?" For those of you who 5. _____ (experience) some hardships already—don't give up your dream. The rough times will come, but they will not stay, and they will come to pass.

Many of you fail 6. _____ (seek) your purpose in life and you have your dream and then follow it up with a list of all the reasons why the dream is not 7. _____ (achieve). You fill your life 8. _____ excuses and "I can't". The only true limits 9. _____ you experience in life are those you create or those you allow others to impose upon you. If you can 10. _____ (true) dream it, you can do it!

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