

全品

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教育图书



功能学具



学生之家

基础教育行业专研品牌

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# 全品学练考

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练习册

高中英语

选择性必修第一册 WY

## 01

### 培养核心素养，探究主题意义



## 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 together is great for **bonding**, no matter what the situation.

A good idea to laugh as happily as a child is to allow yourself to play. Play is a natural activity that promotes a lot of laughter, whether it's

films and videos, and read funny articles and books. Be silly with your friends, make jokes and 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】

1. contribute to 促成, 导致, 有助于
2. at ease 心情放松, 安逸, 舒适
3. bond *v.* 增强关系, 建立纽带
4. hang out 闲逛
5. **But as we become adults, it is much more difficult to laugh so easily.** (as 引导时间状语从句; it 作形式主语)  
但是, 当我们长大成人时, 很难如此轻易地笑出来。
6. **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. (which 引导定语从句; if 引导条件状语

## 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, 喜怒无常的; 郁郁寡欢的

#### 【活学活用】

(1) 单句填空

[北师版必修一 U2] Her schoolwork had improved, and best of all, she was no longer depressed or \_\_\_\_\_ (mood).

#### 句型透视

(教材 P4) **And my magic medicine does indeed seem to do the trick.** 我的灵药似乎确实奏效了。

#### 句型公式

强调谓语动词

#### 【归纳拓展】

“do/does/did + 动词原形”构成强调结构, 意为“确实, 的确”, 用来加强谓语动词的语气, 但须符合以下两个条件:

(1) 句子是肯定句;

(2) 句子的时态为一般现在时或一般过去时。在一般现在时的句子中, do 随人称变化, 第三人称单数用 does; 在一般过去时的句子中, do 变成 did。其他时态的强调通过重读谓语动词来体现。

## 课内基础巩固

## ① 单句填空(每小题 1.5 分, 满分 12 分)

- As we drove by, an eye-catching \_\_\_\_\_ (advertise) for the circus show made us decide to change our plans and spend the day there.
- The comedian's funny wig and amusing actions provided great \_\_\_\_\_ (amuse) for the audience.
- My roommate is \_\_\_\_\_ (mood) on rainy days, so I usually entertain her with funny stories or homemade desserts.
- After injuring her ankle during the game, Maria had to go to the doctor for an \_\_\_\_\_ positive mood can boost our productivity and creativity.
- If your computer is running slow, restarting it often \_\_\_\_\_ (奏效).
- The health care administrator needs to \_\_\_\_\_ (翻阅, 浏览) patient records regularly to ensure that all information is accurate and up-to-date.
- He cried out \_\_\_\_\_ (痛苦地) when the bad news came as a surprise.
- The security guard's badge \_\_\_\_\_ (掉下来) his uniform while he was bending down to pick up the dropped keys.
- Seeing us depressed, she tried to entertain \_\_\_\_\_

## 课后素养提升

## ② 阅读理解(每小题 2.5 分, 满分 10 分)

[2026·甘肃酒泉高二月考]

Brian is a very funny student. What he loves most is to make people laugh. All his friends love his jokes, and even the teachers think he is very funny. Brian knows that comedy is what he likes best.

When he hears about the school's talent show, he decides to sign up so that he can share his comedy on stage. He has never done real stand-up comedy before, and he is very excited. But when some of the students find out he will take part, they laugh at him. Brian thinks it does not feel very good when someone laughs at him in a mean way!

Brian cannot understand why they are

funnier. He gets more and more opportunities to perform, and he is even invited to appear on television and act in movies.

- ( ) 1. Why does Brian decide to take part in the school's talent show?
- His friends and teachers recommend it.
  - He wants to bring laughter to others on stage.
  - He wants to prove himself to other students.
  - He wants to laugh at some students on stage.
- ( ) 2. How does Brian react to some students' negative comments at the beginning?
- He feels a bit annoyed.
  - He ignores the comments.

## ① 写作

## 第一节 应用文写作(满分 15 分)

[2025·广东深圳部分学校高二期中]

假定你校英文报正在进行征文活动, 主题是“Maintain a good mood”。你打算写一篇短文投稿, 内容包括:

- 保持好心情的理由;
  - 保持好心情的方法。
- 注意: 1. 写作词数应为 80 个左右;  
2. 短文标题已经为你写好。

## How to maintain a good mood

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## 第二节 读后续写(满分 25 分)

[2025·山东青岛高二期中]

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。

I fell seriously ill when I was twelve and I was in hospital for the better part of the summer. For the first week or so, I was so uncomfortable that I did nothing but sleep. As I started feeling better, I wanted to keep engaged. I read too quickly for my mum to keep me in books and wasn't really interested in television either, so my mum was desperate.

One day, she accidentally hit on one of the most popular trends of the time: making bead

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# Unit 1 Laugh out loud!

★ 提示：加底纹词汇为复现词汇

## Period One Starting out & Understanding ideas

### 课内基础巩固

#### ❶ 单句填空(每小题 1.5 分, 满分 12 分)

1. As we drove by, an eye-catching \_\_\_\_\_ (advertise) for the circus show made us decide to change our plans and spend the day there.
2. The comedian's funny wig and amusing actions provided great \_\_\_\_\_ (amuse) for the audience.
3. My roommate is \_\_\_\_\_ (mood) on rainy days, so I usually entertain her with funny stories or homemade desserts.
4. After injuring her ankle during the game, Maria had to go to the doctor for an \_\_\_\_\_ (examine).
5. During the long summer vacation, many students experience \_\_\_\_\_ (bore) because they have too much free time and not enough activities.
6. The \_\_\_\_\_ (employ) carefully examined each candidate's qualifications and experience before he made a hiring decision.
7. For many people, watching comedy shows is their favourite form of \_\_\_\_\_ (entertain) after work.
8. \_\_\_\_\_ (spot) a crucial clue that others had overlooked, the detective found the solution to the case.

#### ❷ 短语填空(每小题 2 分, 满分 12 分)

1. Listening to uplifting music can improve our mood, and \_\_\_\_\_ (转而, 相应地), a

positive mood can boost our productivity and creativity.

2. If your computer is running slow, restarting it often \_\_\_\_\_ (奏效).
3. The health care administrator needs to \_\_\_\_\_ (翻阅, 浏览) patient records regularly to ensure that all information is accurate and up-to-date.
4. He cried out \_\_\_\_\_ (痛苦地) when the bad news came as a surprise.
5. The security guard's badge \_\_\_\_\_ (掉下来) his uniform while he was bending down to pick up the dropped keys.
6. Seeing us depressed, she tried to entertain us with stories and jokes to \_\_\_\_\_ (使我们高兴起来).

#### ❸ 句型训练(每小题 3 分, 满分 9 分)

1. Please \_\_\_\_\_ to the schedule, as I need to adjust my plans accordingly. (keep)  
请随时告知我日程的任何变动, 因为我需要相应地调整我的计划。
2. We \_\_\_\_\_ before asking for help, but it was beyond our capabilities. (强调谓语)  
我们确实在寻求帮助之前尝试了自己解决问题, 但这个问题超出了我们的能力范围。
3. \_\_\_\_\_ over the distant mountains, she couldn't resist taking a photo. (非谓语)  
看到远处山峦上那令人叹为观止的日落, 她忍不住拍了一张照片。

Ⅳ 阅读理解 (每小题 2.5 分, 满分 10 分)

[2026·甘肃酒泉高二月考]

Brian is a very funny student. What he loves most is to make people laugh. All his friends love his jokes, and even the teachers think he is very funny. Brian knows that comedy is what he likes best.

When he hears about the school's talent show, he decides to sign up so that he can share his comedy on stage. He has never done real stand-up comedy before, and he is very excited. But when some of the students find out he will take part, they laugh at him. Brian thinks it does not feel very good when someone laughs at him in a mean way!

Brian cannot understand why they are being so unkind to him. For a moment, he thinks about telling the talent show organizers he will not attend. But then he remembers how much his friends and teachers like his jokes. He makes up his mind to go ahead and prepare his comedy routine (喜剧表演) for the talent show.

Brian decides to do a great job at the talent show to prove to the mean students that they are wrong. Everyone loves his routine, and he wins first prize! Even so, the same students tell Brian he is foolish and that he will never be a successful comedian. Brian just shakes his head and wonders what their problem is. He does not understand, but he realizes that it has nothing to do with him. He happily continues to work towards his goal.

As the years go on, Brian meets more people like that. Luckily, they are the minority, and as he works hard to become a comedian, most of the people he meets encourage him and help him to become even

funnier. He gets more and more opportunities to perform, and he is even invited to appear on television and act in movies.

- ( ) 1. Why does Brian decide to take part in the school's talent show?
- A. His friends and teachers recommend it.  
B. He wants to bring laughter to others on stage.  
C. He wants to prove himself to other students.  
D. He wants to laugh at some students on stage.
- ( ) 2. How does Brian react to some students' negative comments at the beginning?
- A. He feels a bit annoyed.  
B. He ignores the comments.  
C. He is determined to go on.  
D. He is thankful to the students.
- ( ) 3. How does Brian handle those negative comments later?
- A. He learns to fight with them bravely.  
B. He attempts to avoid them finally.  
C. He tries to learn from them happily.  
D. He learns to treat them calmly.
- ( ) 4. Which of the following can best describe Brian?
- A. Caring and helpful.  
B. Generous and grateful.  
C. Determined and passionate.  
D. Modest and humorous.

Ⅴ 阅读七选五 (每小题 2.5 分, 满分 12.5 分)

[2026·福建泉州南安一中高二阶段测试]

**How to develop a sense of humour**

A good sense of humour can make you the life of the party and help you go easier on yourself. Using different forms of tricks, you'll have people around you roaring with laughter.

Learn to tell the sort of jokes you find funny. Once you've learned what kind of humour you enjoy, try including it in your conversations with friends. Try to tell your jokes as if commenting on the weather. 1. \_\_\_\_\_

Have fun. 2. \_\_\_\_\_ Remember, you are more than your humour. Try to find the world engaging, new, and strange. This will help improve your overall mood and make it easier for you to find humour in things if you allow yourself to play. So get out there and have fun with yourself!

3. \_\_\_\_\_ If the way you tell a story goes a long way towards making it funny, practise it as you talk. Smile and laugh along with everyone. If you're telling a shocking part of the story, widen your eyes and lean forward for a dramatic effect. You can also use your hands to be more expressive and get a laugh from others, too.

Joke kindly and carefully. 4. \_\_\_\_\_ If you are making fun of a friend, try to joke about a positive aspect of that person rather than a weakness. If a colleague is always on time, say you set your watch by him or her. If your children write a good paper for school, say they'll be promoted to a teacher next. 5. \_\_\_\_\_

- A. Surround yourself with funny people.
- B. Use your body language to be more engaging.
- C. Jokes about friends should not show them in a bad light.
- D. A casual delivery is often the funniest part of an unusual comment.
- E. Focus on their delivery and how they turn it into something humorous.

F. Jokes out of place may look like a power move on your parting with them.

G. Avoid getting so caught up in making people laugh that you forget to enjoy yourself.

**Ⅶ 语法填空** (每小题 1.5 分, 满分 15 分)

[2026·湖北黄冈高二月考]

Chinese humour, deeply 1. \_\_\_\_\_ (root) in the country's rich history and cultural traditions, sets itself apart from Western humour. First of all, in China, humour often comes from traditional cultural elements, 2. \_\_\_\_\_ reflect the social values of Chinese society. Foreigners may find 3. \_\_\_\_\_ hard to fully understand Chinese jokes, for they may involve historical figures or ancient 4. \_\_\_\_\_ (saying) that are unfamiliar to them. Also, Chinese humour is sometimes 5. \_\_\_\_\_ (intelligent) and less direct, requiring the audience 6. \_\_\_\_\_ (think) and infer the meaning behind the words, creating a richer and more engaging experience. Third, the Chinese language has unique characteristics, and this contributes to its humour. Idioms and four-character phrases can be used 7. \_\_\_\_\_ creative ways to generate humour. Additionally, the use of puns (双关语) and wordplay is popular, making the humour even more complex. There are a few other differences to keep in mind: physical comedy sometimes does not go down well with Chinese people; neither do jokes about marriage, since it 8. \_\_\_\_\_ (consider) too personal.

In conclusion, humour in China is 9. \_\_\_\_\_ important part of Chinese culture. It not only brings joy and laughter to people but also reflects the 10. \_\_\_\_\_ (wise) and creativity of the Chinese people.

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	

## Period Two Using language

### 课内基础巩固

#### ❶ 单句填空(每小题 1.5 分, 满分 12 分)

1. The athlete **grinned** with confidence, \_\_\_\_\_ was fully prepared and eager to take on the challenge ahead.
2. I wanted to be a fireman, \_\_\_\_\_ uniform **badge** looked so cool.
3. The mountain resort, \_\_\_\_\_ skiing and snowboarding are popular activities, **impresses** visitors from all over the world.
4. The team's exceptional performance resulted in their victory in the championship, \_\_\_\_\_ **deserved** praise and recognition.
5. Florence's history is alive with the memory of a time \_\_\_\_\_ art, culture and science were being "reborn".
6. The **employer** employed over 8,000 workers, eighty percent of \_\_\_\_\_ were well-educated.
7. The **advertisement** \_\_\_\_\_ you designed for the campaign was very effective in reaching the target audience.
8. There is no reason \_\_\_\_\_ we cannot complete the assignment on time if we all work together efficiently.

#### ❷ 语法+写作(定语从句)(每小题 3 分, 满分 12 分)

1. \_\_\_\_\_, his efforts paid off, and his wonderful performance received bursts of applause.  
正如他所预料的, 他的努力得到了回报, 他的精彩表演获得了一阵阵的掌声。
2. The team's performance in the game was disastrous, \_\_\_\_\_ the **laughing stock** of the sporting world.  
这支队伍在比赛中的表现非常糟糕, 这使他们成为体育界的笑柄。
3. The headmaster asked my father to come to

school, \_\_\_\_\_ brought a mix of relief and shame.

校长请我父亲来学校一趟, 而父亲对我那份坚定的(unshakable)信心让我既感到些许宽慰, 又夹杂着一丝羞愧。

4. The couple got off the beaten track and headed for Quirimbas National Park, \_\_\_\_\_ a tiny stretch of white sand beach close to a village.

这对夫妇特意避开了热门的旅游路线, 前往奎林巴斯国家公园, 在那里他们发现了一小片临近村庄的白沙滩。

#### ❸ 语篇语法填空(每小题 1.5 分, 满分 15 分)

[2025·山东德州高二期中]

Nearly three decades have passed since Xu Jiadong first entered a bamboo forest with his father to pick suitable bamboo for making folding fans. It was in Anji County of Zhejiang Province, 1. \_\_\_\_\_ a special type of bamboo known as "jade bamboo" grows. Xu, who was in his late twenties at the time, still remembers the lessons he 2. \_\_\_\_\_ (receive) from his father then.

Generally speaking, bamboo which has grown to 5 years old 3. \_\_\_\_\_ (desire) with a natural layer of white, waxy(蜡状的) substance 4. \_\_\_\_\_ (coat) the plant. This is bamboo wax, and when it is 5. \_\_\_\_\_ (intentional) removed, the green colour underneath is revealed.

By the time folding fans became popular in the 14th century, bamboo had long stood 6. \_\_\_\_\_ a symbol of virtue and integrity in Chinese culture. Paintings from ancient times, 7. \_\_\_\_\_ (inspire) by the unbreakability and flexibility of bamboo, symbolized the artists' virtue.

These qualities made 8. \_\_\_\_\_ a favoured material for fan-makers, including Xu's family, who have passed down the workmanship for generations. Fans made from rare materials may be valuable, but they lack

the unique cultural 9. \_\_\_\_\_ (significant) that bamboo provides. Today, Xu continues the techniques learned from his father, ensuring that each fan reflects 10. \_\_\_\_\_ (impress) Chinese craftsmanship.

### 课后素养提升

#### Ⅳ 完形填空(每小题 1 分, 满分 15 分)

[2026·福建宁德高二期中]

I didn't possess any of that pioneer spirit of exploring the unknown. Besides, the long journey would take 1 for transportation, accommodations and meals. Unless someone paid for all those 2 items, that road trip wasn't happening anytime soon. But I always imagined 3 being at all the places I had only read about in books.

One day, I noticed a brochure 4 a teacher creativity fellowship (团队) programme for the summer. This fellowship was for teachers like me who had taught for a number of years and needed a 5 passion for continuing our teaching career. I read over the 6 of the programme. One of the examples 7 travelling to domestic locations to study literature and history.

Not expecting any 8, I went ahead and mailed my 9. Then, reality hit me. Two months later, I learned I was one of eighty 10 from hundreds of applicants.

With a(n) 11 on the outside and fear on the inside, I 12 packing and booking hotels near the sites I wished to visit. I started on my travels the next morning with a new purpose in each step.

Yes, I 13 my adventure and continued using all I learned in my long teaching career. Ever since that trip, I have travelled to 14 locations and given lectures about my fellowship and my life has changed due to a brave 15.

- ( )1. A. money                      B. security  
C. respect                         D. experience

- ( )2. A. efficient                    B. necessary  
C. potential                      D. convenient
- ( )3. A. barely                        B. gradually  
C. normally                       D. actually
- ( )4. A. seeking                      B. warning  
C. examining                      D. advertising
- ( )5. A. rare                            B. mild  
C. new                                D. limited
- ( )6. A. conclusion                  B. structure  
C. feature                          D. content
- ( )7. A. mentioned                  B. opposed  
C. repeated                        D. remarked
- ( )8. A. plot                            B. success  
C. delay                             D. hesitation
- ( )9. A. essay                         B. draft  
C. application                      D. bill
- ( )10. A. spotted                      B. removed  
C. selected                         D. adjusted
- ( )11. A. smile                         B. tear  
C. anxiety                         D. concern
- ( )12. A. set about                    B. called on  
C. brought about                  D. insisted on
- ( )13. A. finished                     B. stopped  
C. switched                        D. prohibited
- ( )14. A. abnormal                    B. unfamiliar  
C. instant                         D. unavailable
- ( )15. A. escape                      B. encounter  
C. attempt                         D. appointment

#### Ⅴ 阅读七选五(每小题 2.5 分, 满分 12.5 分)

[2026·河南濮阳高二期中]

To be funny is not just talent but a skill that can be learned. Many people believe humour is natural. Research, however, shows that funny people actually practise techniques. Being funny matters. 1. \_\_\_\_\_ Yet most

班级
姓名
题号
答题区
完形
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七选五
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common advice on humour sounds vague (含糊的). Suggestions like “listen carefully” or “be surprising” leave people wondering how to use them in real life. Fortunately, researchers and comedians have provided practical strategies.

One of the easiest techniques is to give the opposite answer to yes/no questions. When people expect “yes”, a sudden “no” creates surprise and laughter. The magic is that the moment you give the opposite answer, you have surprised your audience, so they laugh.

2. \_\_\_\_\_  
 The Rule of 3 is another useful method.  
 3. \_\_\_\_\_ For example, “I love hot dogs, hamburgers, and handsome men.” The break in pattern catches attention and creates humour. Similarly, switching character roles in a story can also work. If the “serious” person suddenly acts silly, or the “weak” one becomes powerful, the change surprises the audience.

4. \_\_\_\_\_ Jokes may fail if the punchline (妙语) is weak, but true experiences are relatable. That is why many comedians collect daily observations and later share them. If the story is not funny, it still has meaning; if it is funny, the effect is even stronger. In daily life, you can do the same: note down things that made you laugh and retell them naturally in conversation.

Finally, humour is also about attitude. When you are asked an awkward question, turning it into humour shows confidence. Even a simple word like “whatever” can shift the focus and make others laugh. 5. \_\_\_\_\_ Anyone can become funnier through practice.

- A. Then you can move on to your real story.
- B. In short, humour is not a gift for only a few.
- C. The real-life stories are often funnier than jokes.
- D. It explains why they often make their jokes

- funny.
- E. Practising humour requires observing others’ mistakes carefully.
- F. It builds a pattern with two normal items and ends with something unexpected.
- G. It makes conversations easier, creates connection, and often reduces awkwardness.

Ⅶ 语法填空(每小题 1.5 分, 满分 15 分)

As the saying goes, laughter is the best medicine. Laughing is like a super drug for your health 1. \_\_\_\_\_ can lift your mood, lessen pain, and protect you from the harmful 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 chance. 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 himself on a regular 6. \_\_\_\_\_ (base). Remarkably, 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 7. \_\_\_\_\_ (continuous) 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 the body 10. \_\_\_\_\_ (connect).

## Period Three Developing ideas

### 课内基础巩固

#### ❶ 单词拼写(每小题 1 分,满分 4 分)

1. Those ancient \_\_\_\_\_ (故事) about the wise king have kept his fame alive for hundreds of years.
2. The e \_\_\_\_\_ that he submitted to the competition were praised for their unique perspectives and logical structure.
3. I tried various methods, but a simple solution ultimately did the trick to solve the c \_\_\_\_\_ problem.
4. He stood quietly in front of the bathroom mirror, carefully s \_\_\_\_\_ his thick beard to make a good impression on everyone when he attended the party.

#### ❷ 单句填空(每小题 1.5 分,满分 15 分)

1. Positive social \_\_\_\_\_ (interact) is necessary for the emotional well-being and mental health of individuals.
2. No one with a sense of justice and morality should turn a blind eye to such cold-blooded acts of \_\_\_\_\_ (cruel) in society.
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. To increase my vocabulary, I started reading \_\_\_\_\_ (literature) magazines, and it did the trick.
5. The \_\_\_\_\_ (impress) collection of rare books in the library is a treasure for researchers.
6. He believes that everyone deserves \_\_\_\_\_ (treat) with respect, regardless of their background.
7. Amy and Neal had no qualifications in tourism or health care but they had common sense, \_\_\_\_\_ (enthusiastic) and determination.

8. I take my time over every spoonful, \_\_\_\_\_ (gentle) rolling the silky dessert around my mouth.
9. Global shark populations are now being carefully monitored, and there is cause for \_\_\_\_\_ (optimistic).
10. Her story is a \_\_\_\_\_ (remark) example of how hard work and devotion can lead to sporting excellence.

#### ❸ 短语填空(每小题 2 分,满分 10 分)

1. Many successful documentaries use breathtaking sound and imagery, and \_\_\_\_\_ it \_\_\_\_\_ (把……与……结合起来) emotional storytelling and recreations of dramatic events.
2. I decided to \_\_\_\_\_ (删除) some non-essential details to make the main points of my article stand out.
3. I thought his concluding speech \_\_\_\_\_ (使……显得清楚) the differences between Chinese and Western cultures.
4. Jake's friends played a practical joke on him, and when he finally realized what had happened, he couldn't resist \_\_\_\_\_ (笑了起来).
5. She knew her life would have its share of \_\_\_\_\_ (起起落落), but she was ready to face them with hope and courage.

#### ❹ 句型训练(每小题 3 分,满分 6 分)

1. \_\_\_\_\_, she quickened her pace, her heart pounding with anxiety.  
知道时间所剩无几,她加快了脚步,心因焦虑而狂跳。
2. \_\_\_\_\_, it also presents certain challenges. (while 引导状语从句)  
互联网在带来诸多宝贵益处的同时,也带来了一些挑战。



**B** [2025·四川阆中中学高二期中]

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.

- ( ) 5. 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.
- ( ) 6. 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.
- ( ) 7. 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.
- ( ) 8. 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

班级

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阅读理解

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## Period Four Writing

### ① 阅读理解(每小题 2.5 分,满分 20 分)

#### A [2026·四川成都高二期中]

Humour has long been recognized for its positive effects, even in the darkest times. Laughter serves as a bridge, helping individuals get through pain. This is shown in Amy Herzog's new play, *Mary Jane*. The play balances humour and heartbreak, providing a fresh idea on the trials of care giving and the strength of the human spirit.

*Mary Jane* tells the story of a single mother who raises her disabled son, Alex. The play explores friendship, unconditional mother love, and hope and despair. Despite all the challenges she faces, Mary Jane's life is filled with humour, offering the audience a brief respite (喘息) from her emotional trouble.

The play focuses on the characters' emotional and psychological experiences rather than the physical presence of Alex who is mostly hidden from the audience. This is achieved by showing the influence of Alex's condition through the eyes of those who care for him. The audience feels the weight of his absence and his various needs, which take up most of Mary Jane's life. Mary Jane tries hard to meet the demands of her job while managing her son's constant medical needs. Her interactions with the supporting characters show the importance of community support and humour that help her fight with her daily struggles. One of the most moving parts of the play is that of Mary Jane's interactions with other mothers of disabled children. They exchange advice, encourage and entertain each other with humour.

Norman Cousins, a professor, recorded his

recovery from a severe illness through daily laughter. Cousins discovered that ten minutes of genuine laughter had an anesthetic (麻醉的) effect and gave him at least two hours of pain-free sleep. His findings show humour's physical and psychological benefits.

Research also supports the importance of laughter and humour, showing that it can reduce stress, improve mood and resilience. Humour positively and directly affects people's health. This indicated that humour could buffer against stress and improve overall mental health.

- ( )1. What is the purpose of the text?
- To advertise a new play.
  - To provide humour in our daily life.
  - To introduce the way to be humorous.
  - To emphasize the importance of humour.
- ( )2. Which words can describe Mary Jane?
- Careful and friendly.
  - Loyal and hard-working.
  - Strong and humorous.
  - Curious and sensitive.
- ( )3. What can we learn from the play?
- The audience seldom see Alex in the play.
  - Mary Jane has no friends.
  - Mary Jane never goes out to work.
  - Mary Jane has a considerate husband.
- ( )4. How do we know about Norman Cousins?
- He interacts with other mothers of disabled children.
  - The community helps him a lot.
  - He has a balanced diet.
  - He recovers from his illness by laughing a lot.

**B** [2026·浙江宁波高二期中]

Laughter is often called the best medicine, but according to a new study led by researchers from Pennsylvania State University, it could also serve as an effective parenting tool. “Humour can teach people cognitive (认知的) flexibility, relieve stress, and promote creative problem solving and resilience,” noted Benjamin Levi, the senior author of the study.

The researchers surveyed 312 individuals aged 18 to 45. More than half reported being raised by caregivers who used humour, and 71.8% agreed that humour can be an effective parenting tool. The majority also said they either use or plan to use humour with their children and believe it has more potential benefits than drawbacks.

The researchers also found that among those who reported that their parents used humour, 50.5% said they had a good relationship with their parents, and 44.2% felt their parents did a good job raising them. On the contrary, among those whose parents didn't use humour, only 2.9% reported having a good relationship with their parents, and just 3.6% believed their parents had done a good job.

According to the study's first author Lucy Emery, both business and parenting are hierarchical (等级制的). “In business, humour is shown to help reduce hierarchies, create better environments for collaboration and creativity, and relieve tension,” she said, noting that while parent-child relationships are more loving than business relationships, stressful situations are common in parenting. “Humour can help reduce that tension and hierarchy, making both parties feel better about stressful situations.”

The study authors noted that if these findings are generalizable, they potentially open

the door to a much deeper exploration of how “parenting humour” can be appropriately applied to enhancing the experiences of both children and their parents. “To that end, we should examine how parents currently use different kinds of humour, and how to map these uses of humour onto existing knowledge and theory,” Levi said.

- ( ) 5. What's the purpose of the new study?
- A. To prove strict parenting is outdated.
  - B. To measure different people's sense of humour.
  - C. To explore humour's role in parenting.
  - D. To compare humour in parenting and business.
- ( ) 6. What might happen to humorous parents according to the study?
- A. They bond better with their children.
  - B. They tend to be successful in business.
  - C. They avoid conflicts with their children.
  - D. They face challenges in establishing authority.
- ( ) 7. What is humour's role in business?
- A. Creating a formal environment.
  - B. Maintaining authority structures.
  - C. Making relationships feel more balanced.
  - D. Increasing power differences between parties.
- ( ) 8. How does the author end this text?
- A. By offering choices of new research methods.
  - B. By discussing the direction for further research.
  - C. By stressing the need to involve more participants.
  - D. By mentioning potential applications of the findings.

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## II 写作

### 第一节 应用文写作(满分 15 分)

[2025·广东深圳部分学校高二期中]

假定你校英文报正在进行征文活动,主题是“Maintain a good mood”。你打算写一篇短文投稿,内容包括:

1. 保持好心情的理由;
2. 保持好心情的方法。

注意:1. 写作词数应为 80 个左右;  
2. 短文标题已经为你写好。

#### How to maintain a good mood

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### 第二节 读后续写(满分 25 分)

[2025·山东青岛高二期中]

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。

I fell seriously ill when I was twelve and I was in hospital for the better part of the summer. For the first week or so, I was so uncomfortable that I did nothing but sleep. As I started feeling better, I wanted to keep engaged. I read too quickly for my mum to keep me in books and wasn't really interested in television either, so my mum was desperate.

One day, she accidentally hit on one of the most popular trends of the time: making bead (珠子) animals. She bought me a lot of silk thread, a big bag of beads in every colour of the rainbow, and a book that taught me how to make all different types of animals. I got the hang of it quickly, and enjoyed making bead animals, such as snakes, rabbits and turtles.

One morning, one of the nurses came in, saw me working on a beaded keychain, and

praised it warmly as cute. She was one of my favourite nurses, so I offered her one, and she quickly attached the keychain to her ID badge. An elder nurse asked for one, so I gave her one, too, and then my doctor ... and then it seemed like everyone wanted one! I started spending most of my time making them. My mother felt bad that it was turning from a hobby into a burden, but I truly enjoyed it and wanted to make something for everybody who'd been so nice to me when I was sick.

The nurses proudly wore them on their badges, which not only made me smile but also made the other patients smile. Joy was brought into the wards, making us more cheerful. The head nurse also received such a gift and she appreciated it so much. She told me the children in other wards kept asking her where she got it.

注意:续写词数应为 150 个左右。

#### Paragraph 1:

*Her words reminded me that I could do something.* \_\_\_\_\_

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#### Paragraph 2:

*The day came for me to give gifts to the children in the wards.* \_\_\_\_\_

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## ▶ 单元小测

Unit 1

### ❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. The barber combed the customer's hair with \_\_\_\_\_ (gentle), listening attentively to the customer's preferences for the final look.
2. The story reflects a \_\_\_\_\_ (cruel) realistic world where only the strong can survive.
3. As a talented \_\_\_\_\_ (compose), he combined traditional folk music with modern elements in his works.
4. The book offers an \_\_\_\_\_ (entertain) look at the history of the city, making it a great read for anyone interested in local culture.
5. The quality of customer service significantly impacts a customer's \_\_\_\_\_ (impress) of a brand.
6. The countryside around Nanjing has been \_\_\_\_\_ (fame) for its ducks for centuries; its countless waterways make the area perfect for raising waterbirds.
7. He \_\_\_\_\_ (consistent) scored above average in all his exams, which impressed his teachers.
8. The sports day was extra fun because of the \_\_\_\_\_ (amuse) relay race among teachers.
9. This robot dog may have been a huge success as a technological work of art—it was \_\_\_\_\_ (interact) and funny.
10. I wish our government could set up more free Wi-Fi spots, \_\_\_\_\_ we can get access to the Internet.

### ❷ 短语填空(每小题 2 分, 满分 10 分)

1. Jake's laziness caused the team to \_\_\_\_\_ (不能按时完成) schedule, and the project leader gave him a harsh tell-off.
2. I don't know what it was that \_\_\_\_\_ (奏效, 起作用), but I am definitely feeling much better.

3. The witty remarks and quick wit of the comedian on stage managed to \_\_\_\_\_ (使高兴起来) the audience.
4. The next day, people \_\_\_\_\_ (搭建) shelters in the open air using anything that they could find.
5. After he saw his friend \_\_\_\_\_ (痛苦) with a long face, John's heart sank, and he immediately rushed to offer comfort and support.

### ❸ 句型训练(每小题 3 分, 满分 9 分)

1. \_\_\_\_\_ for all the time and effort she had put into her work. (强调谓语句)  
她确实值得表扬, 因为她为工作投入了大量的时间和精力。
2. \_\_\_\_\_, John couldn't get his arguments across effectively and was put on the spot during the debate. (非谓语句)  
没有做好充分的准备, 约翰无法有效地阐述自己的观点, 所以在辩论中陷入尴尬境地。
3. It was the interesting experiments and group discussions that could \_\_\_\_\_ in the chemistry class.  
正是这些有趣的实验和小组讨论, 能让学生在化学课上保持专注。

### ❹ 阅读理解(每小题 2.5 分, 满分 10 分)

[2026·浙江浙南名校联盟高二期中]

A humorous remark at just the right time can go a long way. Benevolent (善意的) humour helps medical assistants (MAs) cope positively with their stressful working day, according to a new study by the Martin Luther University (MLU) and the Federal Institute for Vocational Education and Training. The researchers surveyed more than 600 MAs and found that those who preferred light, well-intended humour were more satisfied with their work and received more positive feedback. Dark humour, such as sarcasm (嘲讽), was more likely to have disadvantages.

Medical assistants mostly work in primary healthcare facilities, especially medical practices. In Germany, becoming an MA requires three years of vocational training. Their daily routine is highly demanding: they handle administrative tasks, take blood samples, and apply wound dressings. “Medical assistants are in very close contact with patients most of the day. They have significant responsibility and experience high stress,” says Julia Raceke, a doctoral researcher at MLU. While humour has long been known to help healthcare workers manage stress, less is understood about the impacts of different humour styles.

The researchers conducted an online survey of over 600 MAs to better understand the relationship between job satisfaction and humour styles. Participants shared their humour preferences and provided information on their workplace well-being and perceived competence.

Results indicated that those who preferred positive, benevolent humour were generally more satisfied with their jobs. These MAs also reported receiving more positive feedback and feeling that they made a greater difference at work.

Surprisingly, not all forms of dark humour connected negatively with well-being—satire and irony showed no negative effects. However, cynicism and sarcasm were mostly harmful. Still, the researchers noted that occasional sarcasm among colleagues might help release frustration.

According to the researchers, humour is one of several factors influencing workplace well-being. Using humour consciously and appropriately can make conversations with patients more pleasant. The findings may also help develop new training programmes to enhance MAs’ social and emotional skills.

( ) 1. What is the main finding of the study conducted by MLU?

- A. Benevolent humour contributes to MAs’ job satisfaction.
- B. Sarcasm is the most effective humour style in healthcare.
- C. Humour has no significant effect on workplace well-being.
- D. Medical assistants prefer dark humour to benevolent humour.

( ) 2. What is the purpose of the second paragraph?

- A. To present the research findings of the study.
- B. To argue for better working conditions for MAs.
- C. To compare different humour styles used in healthcare.
- D. To provide background information about medical assistants.

( ) 3. What can we infer about dark humour from the researchers’ analysis?

- A. It is completely useless for MAs.
- B. Its effects vary by specific type.
- C. It is widely accepted by patients.
- D. It is more effective than positive humour.

( ) 4. What is the research team’s attitude towards the use of humour?

- A. They are indifferent as its effects are too small to measure.
- B. They see it as a valuable tool that requires careful application.
- C. They believe all humour styles should be encouraged equally.
- D. They are cautious and think it should be avoided in medical settings.

● 语法填空(每小题 1.5 分, 满分 15 分)

Cross talk, “xiangsheng” in Chinese, is a 1. \_\_\_\_\_ (tradition) Chinese comedic performing art and one of China’s most popular cultural forms. It’s 2. \_\_\_\_\_ (general) believed that cross talk developed sometime in the Qing Dynasty. After the People’s Republic of China 3. \_\_\_\_\_ (found) in 1949,

this art became increasingly popular. Today, it is 4. \_\_\_\_\_ important part in the CCTV Spring Festival Gala and other countless shows in China.

There are four 5. \_\_\_\_\_ (skill) in cross talk: talking, imitating, teasing and singing. Most of the time, it is performed by two actors—one serves as the leading actor while the other 6. \_\_\_\_\_ (play) a supporting role. However, sometimes it is performed as a monologue (独白), 7. \_\_\_\_\_ is completed by one person mainly telling jokes, and at other times it is performed by more than two actors, 8. \_\_\_\_\_ (call) a group performance. Cross talk is humorous and its language is lively and rich 9. \_\_\_\_\_ puns (双关语).

Jump into a taxi in Beijing, and chances are that your driver will be listening to a radio broadcast of a cross talk show. These days, more and more foreigners are becoming interested in 10. \_\_\_\_\_ (study) the art of cross talk. Cross talk is a huge part of Chinese culture and it appears as if it's getting even bigger.

VI 完形填空(每小题1分,满分15分)

[2025·广西河池十校高二联考]

One day, I decided to visit my cousin, Betty Clever. Betty was always a cheerful person, but she had been very sick recently. When I arrived, I was surprised to find her 1 loudly while watching an old comedy movie. "Betty, what are you doing?" I asked. She looked at me with a big smile and said, "I'm 2 myself with laughter."

Betty then shared her story with me. She had read that laughter could help 3 our health and she decided to 4. She watched funny movies and allowed herself to laugh 5. Little by little, she felt better and even managed to 6 her illness.

I found Betty's story 7 and determined to dig deeper into the 8 of laughter. I discovered that laughter can 9 less pain and

improve the immune system (免疫系统). It can also 10 stress levels. Making a joke about something bad can make it seem 11.

12 by Betty, I decided to add more humour to my life. Whenever things got difficult, I remembered to laugh. I laughed at myself, at difficult situations, and even watched 13 shows or movies when I needed a good laugh.

Thanks to Betty, I learned that laughter is truly the best 14. It helped me stay positive and healthy, no matter how 15 life became.

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|--------|-----------------|---------------------|
| ( )1.  | A. coughing     | B. trembling        |
|        | C. frowning     | D. laughing         |
| ( )2.  | A. curing       | B. withdrawing      |
|        | C. banning      | D. bending          |
| ( )3.  | A. worsen       | B. enhance          |
|        | C. evaluate     | D. assess           |
| ( )4.  | A. have a say   | B. back down        |
|        | C. have a try   | D. break new ground |
| ( )5.  | A. knowingly    | B. potentially      |
|        | C. deliberately | D. uncontrollably   |
| ( )6.  | A. overlook     | B. overcome         |
|        | C. acknowledge  | D. analyse          |
| ( )7.  | A. puzzling     | B. appealing        |
|        | C. associated   | D. painstaking      |
| ( )8.  | A. power        | B. craft            |
|        | C. demand       | D. wisdom           |
| ( )9.  | A. come from    | B. result from      |
|        | C. lead to      | D. bank on          |
| ( )10. | A. lower        | B. enlarge          |
|        | C. dominate     | D. depict           |
| ( )11. | A. faraway      | B. precious         |
|        | C. intricate    | D. good             |
| ( )12. | A. Employed     | B. Regulated        |
|        | C. Inspired     | D. Disrupted        |
| ( )13. | A. relevant     | B. funny            |
|        | C. passionate   | D. intellectual     |
| ( )14. | A. medicine     | B. capacity         |
|        | C. grain        | D. assistant        |
| ( )15. | A. prosperous   | B. innocent         |
|        | C. thorough     | D. challenging      |

班级

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完形填空

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