

单元素养测评卷 (一)

Unit 1



(时间:120分钟 分值:150分)

第一部分 听力(共两节,满分30分)

第一节(共5小题;每小题1.5分,满分7.5分)

听下面5段录音。每段录音后有一个小题,从题中所给的A、B、C三个选项中选出最佳选项。听完每段录音后,你都有10秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

- ()1. What is Lucy playing?
A. The violin. B. The piano. C. The guitar.
- ()2. What is small for the woman?
A. The T-shirt. B. The hat. C. The skirt.
- ()3. How will the speakers go to the sports complex?
A. By bus. B. By taxi. C. By subway.
- ()4. Where will the man go this weekend?
A. His office. B. His home. C. The beach.
- ()5. What is the man's trouble?
A. He can't see the sign clearly.
B. He has no ticket for the movie.
C. He has parked in the wrong place.

第二节(共15小题;每小题1.5分,满分22.5分)

听下面5段录音。每段录音后有几个小题,从题中所给的A、B、C三个选项中选出最佳选项。听每段录音前,你将有时间阅读各个小题,每小题5秒钟;听完后,每小题都有5秒钟的作答时间。每段录音播放两遍。

听第6段录音,回答第6、7题。

- ()6. Where did the man use to play tennis?
A. In a club. B. In a stadium.
C. In the playground.
- ()7. What are the speakers going to do?
A. Go back home. B. Have a break. C. Play tennis.

听第7段录音,回答第8至10题。

- ()8. Who is probably the woman?
A. A teacher. B. A host. C. An accountant.
- ()9. What can we learn about Mr Moore?
A. He has many hobbies. B. He often works overtime.
C. He runs a big company.
- ()10. What will Mr Moore probably talk about next?
A. His work. B. His family. C. His hobbies.

听第8段录音,回答第11至13题。

- ()11. How did the woman's brother help her?
A. He taught her to apply a skill effectively.
B. He introduced her to a new habit.
C. He advised her to use rewards to build habits.
- ()12. What makes the method work according to the speakers?
A. The young age.
B. The brain chemistry.
C. The strong determination.
- ()13. Which new habit does the man want to start?
A. An exercise habit. B. A cooking habit.
C. A writing habit.

听第9段录音,回答第14至16题。

- ()14. Where will the speakers go?
A. A mountain. B. A beach. C. A farm.
- ()15. What is Gail's main purpose for the trip?
A. To make a fire. B. To observe stars.
C. To go camping.
- ()16. Who will bring the star-watching equipment?
A. The man. B. The woman. C. A friend.

听第10段录音,回答第17至20题。

- ()17. What did the speaker enjoy as a young child?
A. Climbing. B. Running. C. Swimming.
- ()18. What was the speaker doing when he injured himself?
A. The long jump. B. A handstand.
C. A forward roll.
- ()19. For how many weeks did the speaker have to give up exercising?
A. Eight. B. Twelve. C. Four.
- ()20. How did the incident affect the speaker?
A. He developed a new hobby.
B. He began to read love stories.
C. He enjoyed physical challenges even more.

第二部分 阅读(共两节,满分50分)

第一节(共15小题;每小题2.5分,满分37.5分)

阅读下列短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

A [2026·江苏前黄高级中学高二期中]

Magazine subscription

Bluey

Bluey is the hit TV show that follows the adventures of 6-year-old Bluey and her 4-year-old sister Bingo. Just like them, this is a

magazine that loves to play... and play! It's filled with silly humour and jokes, which bring the crazy funny moments of Bluey, Bingo, Bandit and Chilli into an interactive magazine that will keep little kids busy for hours.

Marie Claire

For 30 years, *Marie Claire* has offered a powerful mix of style and substance. It's this unique combination across all our platforms that continues to inspire Australian women to make a difference to their lives and the lives of others. With a proud history of agenda-setting journalism, from equal pay to paid maternity leave (带薪产假), mixed with the latest and greatest fashion, beauty and lifestyle content, we are the iconic and intelligent global brand that informs and guides Australian women.

Diabetic Living

Diabetic Living is Australia's only newsstand magazine for people with diabetes and their carers. Every issue contains 45+ healthy and delicious recipes along with features written by experts in the fields of diabetes, research, exercise, mental health, technology and more. Inspiring real-life stories show readers how others are living with type 1, type 2 and gestational (妊娠期的) diabetes as well as prediabetes. It's a valuable resource for people who want to take charge of their health.

Take 5

Take 5 is jam-packed with real-life stories, a pull-out puzzle section and the most opportunities to win prizes out of any Australian magazine. It is packed with tales from everyday Australians whose stories make you laugh, cry, and feel inspired. There are also easy, budget-friendly recipes, expert health advice, plus handy tips to make your life easier.

- ()21. What is the main purpose of *Bluey*?
A. To promote the TV show.
B. To entertain children.
C. To provide parents with tips.
D. To teach children practical skills.
- ()22. Which word can best describe *Marie Claire*?
A. Academic. B. Conservative.
C. Comprehensive. D. Humorous.
- ()23. What do *Diabetic Living* and *Take 5* have in common?
A. They both provide real-life stories.
B. They both contain lots of puzzle games.
C. They both focus on diabetes-related contents.
D. They both have a large number of competitions.

B [2026·福建莆田第一中学高二期中]

The unforgiving demands of the IB programme became my reality on the third day of school with an overwhelming physics lab. My teacher's claim that no one would score above 90% shook my confidence. This anxiety was intensified at home, where my father voiced his concerns over my flat SAT progress, a necessity for a celebrated university.

The final catalyst for my breakdown was an unexpected rejection from the Regional Red Cross Youth Council. As vice president of my school's chapter, I had never considered this possibility. The Red Cross was my passion and what I relied on to set me apart from other applicants. This rejection made my future seem dim, and I broke like a rubber band stretched beyond its limit.

I found my mother, the woman who had sacrificed her own career and life for my opportunities, and poured out my fears. She listened attentively before drawing a circle on the tablecloth. "This is your time," she began. "Eighty percent is schoolwork, ten percent the SAT, and ten percent extracurriculars." She then looked at me with deep emotion and said, "But most importantly, at one hundred percent, is your mental health."

"Nothing is more important than your health," she continued. "We want you to have a good job so you'll be less stressed. If this path makes you so unhappy, it isn't worth it. If you're happier flipping hamburgers, so be it."

Her insight was a big relief. I realized a rubber band doesn't have to keep stretching. A rubber band that wraps around your hair during the day and is allowed to rest on your nightstand at night won't ever break.

Though my routine remained the same—studying hard and pursuing excellence—my perspective was forever changed. The fear of failure lost its power. I am still reaching for the moon, but I am no longer afraid.

- ()24. What does the underlined word "catalyst" in Paragraph 2 mean?
- A. Foundation. B. Solution.
C. Symbol. D. Cause.
- ()25. What does the author's mother attach most importance to?
- A. The author's overall well-being.
B. The sacrifice for her daughter.
C. The relief of the author's stress.
D. The author's devotion to schoolwork.
- ()26. What does the use of the "rubber band" try to illustrate?

- A. A conflict with her father about goals.
B. A bond between the author and her mother.
C. A shift in the author's outlook on pressure.
D. A link to the author's academic performance.

- ()27. What does the author mean by saying "reaching for the moon"?
- A. She will be unbeatable.
B. She will continue to aim high.
C. She has achieved all her goals.
D. She has a passion for astronomy.

C [2026·四川成都高二阶段练习]

"Funny or die" has a whole new meaning, thanks to a study published in April in a medical journal. Women with a strong sense of humour were found to live longer although they were ill, especially for those with heart problems and infection. Happy men seemed to be protected against infection.

The researchers reported the findings from a 15-year study on the connection between the sense of humour and death among 53,556 women and men in their country. The team studied the influence of humour on people's way of thinking, social skills and emotion development, and examined death from different conditions: heart problems, infection and other health problems.

The findings showed that for women, those who had high scores on a humorous way of thinking had a 48 percent less risk of death from all causes, a 73 percent lower risk of death from heart problems and an 83 percent lower risk of death from infection. For men, a connection was found only for the risk of death from infection—those with high humour scores had a 74 percent reduced risk. The researchers suggested the sex differences could be due to a small decrease in humour scores as the men aged. No connection was found for the influence of humour on social skills and emotion development.

"The humorous way of thinking plays an important role in people's personality and may influence the way people cope with everyday life," said the study co-researcher Sven Svebak. "In this way, it may help reduce fighting in daily life, preventing the build-up of stress." Although the sense of humour is a natural characteristic, it can also be developed through social activities.

"I expect that children whose parents have no sense of humour when facing challenges are less likely to develop their sense of humour to cope with everyday life when they grow up," Sven Svebak said. "But if you had a humourless childhood, never fear—

studies show people can learn to be humorous at any age."

- ()28. According to the study, what is the relationship between humour and death risk for women with heart problems?
- A. Humour has no significant effect on their death risk.
B. Humour reduces their death risk by nearly three-quarters.
C. Humour increases their life expectancy only if they are not ill.
D. Humour helps men more than women in reducing death risk.
- ()29. What led to the gender difference in the humour-infection death link?
- A. Men have poor memories as they age.
B. Men have weaker abilities to fight disease.
C. Men become less humorous as they grow older.
D. Men take part in fewer social activities as they age.
- ()30. What can we infer according to Sven Svebak?
- A. Engaging in social activities can cure infections.
B. A sense of humour is an inborn quality that is unchangeable.
C. Parents' way of dealing with difficulties influences their children's.
D. The lack of humour makes it difficult for people to deal with stress in life.
- ()31. What is the best title for the text?
- A. Track humour, ease pain
B. Worry little, live better
C. Develop humour, reduce stress
D. Laugh lots, live longer

D

Novelists describing amusement are laughing all the way to the bank. Depending on context, characters can crack a smile, roar with laughter or smile through tears. This richness of language may suggest to some that laughter, itself, is a phenomenon of endless variations, one that lends itself to limitless subcategorization.

New work led by Roza Kamiloglu, a psychologist at the Free University of Amsterdam, provides evidence that there are just two primary types of laughter: one generated when people find something funny and one caused only through the physical act of tickling (挠痒痒).

The work started with the serious business of laugh collection. Dr Kamiloglu instructed research assistants to search YouTube, a video platform, and collect a total of 887 videos that were then categorized based on the comic incidents included.

Roughly 70% of these videos were then used to train a laughter-categorizing machine-learning algorithm (算法) to connect different forms of laughter with the activities that caused them. The algorithm was then asked to classify the remaining 30%. After a quick listen, Dr Kamiloglu and her colleagues thought the different laughs would be too varied for any connections to be made. However, the algorithm disagreed.

Based on loudness, rhythm and changes in frequency of the sounds, their findings suggested there was something unique about the post-tickling laugh, which showed distinctive patterns (62.5% identifiable) vs humour-related laughter, pointing scientists towards the evolutionary roots of laughter. After all, many mammals including dogs, monkeys, and chimpanzees produce sounds remarkably like laughter. Humans are not the only animals that tickle either. Chimpanzees engage in the activity too.

All this suggests that laughter from tickling evolved over 10 million years ago with the common ancestor that humans shared. Dr Kamiloglu suspects that this early sort of laughter probably evolved to help early humans build friendly relations, especially during play. With this in mind, she is now keen to study how infectious different sorts of laughs are. If the tickling laugh is one that truly evolved to bring humans together, it ought to be particularly infectious—but nobody has yet tested if it is.

- ()32. What is the main conclusion of Dr Kamiloglu's study on laughter?
- A. Laughter cannot be scientifically categorized.
 B. Laughter generated by tickling is exclusive to humans.
 C. Laughter fundamentally consists of just two distinct types.
 D. Laughter can be divided into countless types based on context.
- ()33. How did researchers collect data for the study?
- A. By conducting interviews with professionals.
 B. By analysing online videos featuring laughter.
 C. By recording laughter in laboratory experiments.
 D. By observing babies' laughter in controlled settings.
- ()34. Which of the following would be easier for the algorithm to identify?
- A. Viewing stand-up comedy.
 B. Laughing at a friend's silly face.
 C. Laughing after being tickled by a brother.
 D. Watching someone pour salt into the tea.

- ()35. What can we infer from the last paragraph?
- A. The tickling laugh evolves alongside human language development.
 B. The infectiousness of the tickling laugh remains scientifically unproved.
 C. Evolutionary functions of the tickling laugh include boosting confidence.
 D. Chimpanzees' tickling behaviour challenges laughter's social bonding function.

第二节(共5小题;每小题2.5分,满分12.5分)

[2026·安徽A10联盟高二期中]

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

The following are some tips for making reading a daily joy without feeling overwhelmed!

Make reading part of your routine. Pair reading with an existing habit, like drinking your morning coffee or winding down at night. 36. _____ Setting a specific time for reading each day can help turn it into a consistent (连续的) habit.

37. _____ Writing about what you read helps strengthen your thoughts and makes the experience more rewarding. Keep a reading journal, write reviews on Goodreads, start a book blog, or share your thoughts on social media.

Create a comfortable reading spot. Make reading irresistible by setting up a comfortable spot with warm lighting, soft blankets, and a hot drink. Sometimes, getting out of bed and having a warm and comfortable environment makes all the difference. Having a dedicated (专用的) reading space signals your brain that it's time to relax. 38. _____

Find a reading partner. Share books with a friend, join a book club, or buddy-read with someone online. Comment and cheer on your friend's post about a book or your favourite book blogger's blog post. 39. _____ A reading partner can also introduce you to books you might not have picked up otherwise.

Be kind to yourself. Reading should be enjoyable, not a task. If you miss a day, don't stress—just pick up where you left off. 40. _____ The goal is to develop a lifelong love for books, not to rush through them.

- A. Every page you read is a win.
 B. Share books with your friends.
 C. Document your reading journey.

- D. It also helps you lose yourself in a book.
 E. Reading books quickly can help save your free time.
 F. Connecting books with daily routines makes reading second nature.
 G. Discussing books makes reading more fun and keeps you responsible.

第三部分 语言运用(共两节,满分30分)

第一节(共15小题;每小题1分,满分15分)

[2026·辽宁阜新部分重点高中高二期中]

阅读下面短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

When I was in Westwood High School, history came alive with Mr Jacobs' creative teaching. Unlike the usual 41, his classes were filled with discussions and activities that made learning history 42.

One day, during a lesson on the Renaissance, Mr Jacobs had us break into groups to discuss the impact of the 43 on society. My group was 44 puzzled, but he inspired us, saying, "Your opinions matter." So we dove into the debate, and I found myself 45 for the role of art in shaping culture. That moment ignited (点燃) my 46 for debate.

Mr Jacobs 47 my enthusiasm and gently pushed me to join the debate team of our school, which significantly boosted my confidence. His 48 in our abilities was infectious, and I felt it every time he said, "You can achieve more than you think."

In a history class of the second year, I was 49 about answering a question. With a smile, Mr Jacobs 50 me and said, "Take a chance, even if it's not perfect." I did, and it 51 a class discussion that enriched my comprehension.

I am 52 for Mr Jacobs' influence and carry with me the lessons of 53 he taught. Mr Jacobs was more than a teacher; he was a role model who 54 my path to success. I will always 55 the great influence he had on my high school experience.

- ()41. A. performances B. lessons
 C. exams D. chances
- ()42. A. memorable B. boring
 C. difficult D. moving
- ()43. A. technology B. art
 C. agriculture D. computer
- ()44. A. frequently B. slowly
 C. initially D. slightly

- ()45. A. advocating B. searching
C. applying D. preparing
- ()46. A. fear B. respect
C. support D. passion
- ()47. A. ignored B. changed
C. recognized D. decreased
- ()48. A. talent B. fault
C. shift D. faith
- ()49. A. excited B. worried
C. curious D. proud
- ()50. A. encouraged B. warned
C. forced D. promised
- ()51. A. subscribed to B. engaged in
C. brought about D. picked up
- ()52. A. suitable B. beneficial
C. sorry D. grateful
- ()53. A. patience B. courage
C. honesty D. generosity
- ()54. A. paved B. defended
C. approved D. generated
- ()55. A. adopt B. expose
C. remember D. protest

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2025·福建福州高二联考]

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

The formation and development of China's Maritime Silk Road, with a history of several thousand years, wove a tapestry (织锦,挂毯) of maritime 56. _____ (effort)—from modest beginnings in the Pre-Qin Era to the vibrant large-scale maritime trade that flourished after the Qin and Han dynasties, from maritime migration for 57. _____ (survive) to economic trade, China's Maritime Silk Road has experienced 58. _____ unusual course.

During the Qin and Han dynasties, social stability and development became the 59. _____ (important) issues for the state which had just been unified into a 60. _____ (centralize) state. During this period, social productive forces made great progress, 61. _____ which shipbuilding technology and navigation technology were developed

by leaps and bounds compared with before. It was during this period 62. _____ all the navigation routes along the Chinese coast were unimpeded (畅通的). Upon this solid foundation, the name of China 63. _____ (carve) in history through establishing the world's first oceanic route—the Maritime Silk Road, sailing from the calm waters of the South China Sea to the vast expanse of the Indian Ocean.

64. _____ (apparent), this route not only facilitated the exchange of goods but also fostered cultural and intellectual dialogue between civilizations, 65. _____ (leave) an everlasting mark on human history.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分) [2025·河南商丘高二期中]

假定你是李华,你的英语老师要求你们在下周的英语课上分享自己的一次幽默经历。请你准备一份发言稿,内容包括:

1. 讲述你的幽默故事;
2. 描述你的感受。

注意:1. 写作词数应为 80 个左右;
2. 请按如下格式在相应位置作答。

Hello, everyone!

第二节(满分 25 分) [2026·福建福宁古五校高二期中]

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。

The summer break was drawing near. Leo and his brother Max burst with joy and kept talking about the trip at the thought of visiting their grandparents again.

The long-awaited day came at last. With the whole family all packed and ready, they headed eagerly right away to their grandparents' small house. On the way, the brothers chatted excitedly about the fun times they'd shared with their grandparents before.

At last a cozy small blue house with a high white chimney came into sight gradually. Behind it lay the quiet forest holding their

sweet good memories with Grandpa. They pulled up at the driveway where Grandma stood at the end waiting happily with a big smile. Leo and Max each hugged Grandma tightly, and then rushed quickly into the living room yelling, "Grandpa, we're home!"

Seeing them walk in, Grandpa was over the moon. He tried to stand with all his strength from his chair but failed, a helpless look flashing across his face. Grandma sighed softly—she had thought more than once lately that a cane (拐杖) would help him, though she hadn't mentioned it yet, knowing how stubborn he was. Grandma explained his health had worsened fast lately and he might never stand up alone again. But Grandpa insisted, "I can!", still in his boyish way. Mum and the grandparents were delighted to reunite after such a long time, sitting together and chatting about what had happened recently.

Bored with the adults' slow conversation, the brothers wandered into the green forest. Tall trees stretched high skyward, thick branches crossing overhead while young ones standing straight like brave guards. Grandpa was once a great explorer full of wisdom. He could tell birds' origins easily by their calls. Trees, birds, lizards, small bugs...How many happy moments they'd shared with him here before!

Worried Grandpa couldn't stand up, Leo said, "We need to cheer him up." "Grandpa loves birds—let's catch one for him?" Max suggested softly. "But he hates birds being caged!" Leo shook his head firmly.

注意:续写词数应为 150 个左右。

Paragraph 1:

Then a clever thought hit Leo suddenly. _____

Paragraph 2:

Filled with joy, the brothers presented it to Grandpa. _____
