

# 2023 北京密云高一（上）期末

## 英 语

考生须知：1. 本试卷分卷 I (70 分)，卷 II (30 分)，共 8 页，100 分。

2. 本试卷考试时间 90 分钟。

3. 考生务必在答题卡指定区域按要求作答，客观题请用 2B 铅笔，主观题请用黑色签字笔，在试卷上作答无效。

### 第 I 卷(共 70 分)

#### 第一部分 知识运用(共两节，共 30 分)

##### 第一节 完形填空(共 10 小题;每小题 1.5 分，共 15 分)

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，并在答题卡上将该项涂黑。

Ever since I was very young afraid of making mistakes, I've asked countless times "What should I do?"

However, during my high school years, I \_\_\_\_1\_\_\_\_. Maybe it was when I decided to try for the lead in *Beauty and the Beast*. I would have to memorize lines and movements, but I took the chance that I might fail. On the day of practice, my heart was pounding; my hands were \_\_\_\_2\_\_\_\_ badly when I got up to sing. But when I opened my mouth, the sound was loud and \_\_\_\_3\_\_\_\_. I reached for the high notes that sometimes were beyond my reach, which made me very \_\_\_\_4\_\_\_\_. I was trying to do my best even though I might fail. I realised that if I wanted to live life to the fullest, I had to take \_\_\_\_5\_\_\_\_.

Now, I do take these chances, with baby steps every day, voicing my opinions in class discussions or debates and riding my bike for exercise.

Three years ago, I broke my back when I fell from my bike. The \_\_\_\_6\_\_\_\_ stopped me from trying out for basketball. But I didn't give up. The first day my doctor \_\_\_\_7\_\_\_\_ me to do any physical activity, I started running with my mom. No stop-watches. No cheering crowds. I didn't make the basketball team, but I didn't fail, either.

I have finally learned to \_\_\_\_8\_\_\_\_ myself, like taking a tough science course. And I have come to realise that even though my parents, friends and teachers don't always have the \_\_\_\_9\_\_\_\_ to "What should I do?", they will be there to \_\_\_\_10\_\_\_\_ me when I try.

- |                |             |              |               |
|----------------|-------------|--------------|---------------|
| 1. A. survived | B. learned  | C. quitted   | D. changed    |
| 2. A. hurting  | B. shaking  | C. suffering | D. struggling |
| 3. A. powerful | B. gentle   | C. weak      | D. distant    |
| 4. A. nervous  | B. panic    | C. delighted | D. worried    |
| 5. A. chances  | B. turns    | C. notes     | D. sides      |
| 6. A. event    | B. injury   | C. disease   | D. experience |
| 7. A. refused  | B. promised | C. allowed   | D. forced     |
| 8. A. help     | B. enjoy    | C. push      | D. save       |
| 9. A. way      | B. answer   | C. access    | D. attitude   |

10. A. teach

B. watch

C. forgive

D. support

## 第二节 语法填空(共 10 小题;每小题 1.5 分, 共 15 分)

### A

阅读下面短文, 根据短文内容填空。在未给提示词 空白处仅填写 1 个适当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

One study 11 (show) that the media can play an important role in building an image of a modern person. Some people are so 12 (interest) in a “perfect” image in the media that they try their best to become as good as that “perfect” image. Actually, that is not necessary. The truth is that those 13 think themselves less attractive should pay more attention to books rather than looks.

### B

阅读下面短文, 根据短文内容填空。在未给提示词的空白处仅填写 1 个适当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

Some foreign people want to know 14 Zhang Guimei is a role model. She has committed her life to improving girls' education in a remote, mountainous region in Yunnan Province by starting China's first free high school for female students. Her story 15 (write) into a book—*Brief History of the People's Republic of China* last year. It described her as a moral model who used love and wisdom to help thousands of rural 16 (girl) realize their dreams. Millions of people were moved by her story.

### C

阅读下面短文, 根据短文内容填空。在未给提示词的空白处仅填写 1 个适当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

Running is very 17 (relax) and beneficial. It is a great sport for beginners. You do not need any special equipment. Just a good pair of running shoes will do. Running helps you get fit and prevents you 18 diseases. It will give you good upper and lower body strength. It makes your heart 19 (strong) than before and allows more blood to flow around your body. It also strengthens your immune system. Besides, anybody who is feeling down can go for a run 20 (cheer) themselves up.

## 第二部分 阅读理解(共两节, 共 32 分)

### 第一节(共 11 小题;每小题 2 分, 共 22 分)

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, 并在答题卡上将该项涂黑。

### A

#### Four Free Mobile Apps to Help You Learn English Faster

Have you realized that you can put your smartphone to really good use for learning English? Here are four free mobile apps that will help you do just that.

#### Duolingo

If you want to learn English from ABC then this is the app you are looking for. Duolingo uses educational games to help you learn English. For beginners, the app focuses on helping you learn verbs, phrases and sentences.

#### Hello English

It covers all the sides of language learning, including vocabulary, translation, grammar, spellings, spoken and reading skills. It uses educational games to teach different English lessons and offers new video books, latest news, and books. However, you should already understand simple English sentences and alphabets(字母表), for the app can't help you learn English from ABC.

### Lingbe

If you are ready to practice your spoken skills in the real world, you'll need Lingbe. It's a community-based app where people help each other and share their native languages. It connects you with real people on call who are native English speakers.

### HelloTalk

HelloTalk is similar to Lingbe as it connects you with native speakers to help improve your language skills. However, it adds a few extra functions that might interest you. You can view the information about users to find a match that interests you. Additionally, you can also send text and audio messages, and even make calls with other people.

Whether you are a beginner or a fluent learner, you can find your favorite app. Why not take action now!

21. Which app is the best choice for an English beginner at first?

- A. Duolingo.                      B. Lingbe.                      C. HelloTalk.                      D. Hello English.

22. What should you already understand to use Hello English?

- A. Good reading and writing skills.                      B. Basic listening and speaking tips.  
C. English letters and simple sentences.                      D. Different English lessons and books.

23. If you are a fluent spoken English learner, which apps can you try?

- A. Hello English and Duolingo.                      B. Hello English and HelloTalk.  
C. Lingbe and Duolingo.                      D. Lingbe and HelloTalk.

## B

Chinese sprinter Su Bingtian made history in the Tokyo Olympics by setting the new Asian record for men's 100m at 9.83 seconds in the semifinal and finishing sixth in the final at 9.98 seconds.

There used to be a wrong view that no Asian sprinter can finish 100m within 10 seconds. Su proved people wrong with his performance. "I never thought we couldn't do it, but there were some problems with our understanding of training before. Now we can do it by finishing at 9.83 seconds. That's the best proof to beat such wrong view," said Su to China News Service (CNS).

Su believes scientific training plays a key role in his success. "I realize that running as much as possible does not necessarily help you run faster. Scientific training attaches more importance to the applying of techniques and requires you to do it right instead of doing it a lot. In that way, athletes can save more strength in training and recover faster," said Su. According to Su, he did not understand some of the moves coaches asked him to do when he went to train abroad at the beginning. His coach made detailed research on Su's condition based on "champion model" from the start before arranging specific training sessions for Su to work on. It took him years to realize the importance of scientific training. "That's why I chose to change how I started off at the end of 2014 and gained a new running pace. And it played a key role in the process of making breakthrough, said Su.

When asked if there will be another "Su Bingtian" in the future, Su's answer was "Yes, 100 percent." "People in the future can definitely do what I can do. I'm looking forward to seeing they can do it better than me. All records are to be broken," said Su.

24. According to Paragraph 2, what was the important meaning of Su's achievement?

- A. It beat the unfair view about Asian sprinter.
- B. It proved that Su Bingtian is the best sprinter in Asia.
- C. It showed our understanding of training should not be changed.
- D. It told people Asian sprinters are better than those from western countries.

25. What is the third paragraph mainly about?

- A. The determination Su had to be a champion.
- B. The difficulty Su overcame when he did training.
- C. The reason why Su used scientific training methods.
- D. The result of Su's applying some new training methods.

26. What can we learn from the last paragraph?

- A. Su wanted to break more records in the future.
- B. Su hoped that someone would do better than him.
- C. Su thought that people would do the same as he did.
- D. Su believed that nobody could do what he had done.

27. What qualities does Su have according to this passage?

- A. Determined and honest.
- B. Hardworking and confident.
- C. Responsible and clever.
- D. Outgoing and adaptable.

### C

Wang Mengshu, an expert at the Chinese Academy of Engineering, said at a group discussion of the annual session of the National People's Congress that WiFi should not be provided on high-speed trains, as it might harm communication signals (信号) of trains and would also cost a lot in keeping trains in good condition. He also encouraged passengers to enjoy the views, instead of fixing their eyes on the tiny screens of smartphones and laptops. However, *Beijing Youth Daily* said it should be market demand that decides whether the WiFi is offered on the trains or not.

An increasing number of people, especially young white-collar workers, are addicted to their smartphones rather than face-to-face communications, thanks to the extensive WiFi coverage across the country. That justifies Wang's disagreement to the offering of WiFi on high-speed trains, because they shouldn't depend on high-tech devices. It is also obvious that passengers on trains without free WiFi will use their smartphones and other mobile devices less. However, whether the trains should provide a free WiFi service mainly depends on customer demand.

In other words, the China Railway Corp has to obey relevant market rules, and provide technologically possible services to passengers if that is what they want. It cannot turn a blind eye to customers' wants.

Free WiFi, in fact, is already offered on a lot of buses and coaches. This is a natural response to their competition with trains (especially high-speed ones), which are significantly faster and safer. The bus companies have been forced to improve their services to survive. So it requires proper guidance, not total "no" on the use, to make up for the negative effects of high-end technologies, such as people's increasing addiction to smartphones.

28. Wang Mengshu thought Wifi shouldn't be offered on the train because it may \_\_\_\_\_.

- A. make the communication signals harmful
- B. cause a high cost in keeping trains in good condition
- C. help people enjoy the beautiful views throughout a journey



D. prevent passengers being addicted to their smartphones and laptops

29. What does the underlined word “justifies” in Paragraph 2 mean?

A. Gives an explanation.

B. Offers a response.

C. Confirms it incorrect.

D. Proves it reasonable.

30. The purpose of providing free WiFi on many buses and coaches is to \_\_\_\_\_.

A. compete for more passengers

B. help drivers stay concentrated

C. prevent passengers feeling bored

D. encourage passengers to use phones

31. What is the author’s attitude to saying “no” to free WiFi on the train?

A. Positive.

B. Negative.

C. Objective.

D. Supportive.

## 第二节(共 5 小题;每小题 2 分, 共 10 分)

根据短文内容, 从短文后的七个选项中选出能填入空白处的最佳选项, 并在答题卡上将该项涂黑。选项中有两项为多余选项。

Confidence is at the heart of every successful person and it holds the key to success. Regardless of how knowledgeable you are in your professional field, your success will be limited if you lack confidence. Actually, confidence isn’t what you’re born with, but something learned over time. \_\_\_\_\_ 32 \_\_\_\_\_

Know yourself. Take a long look in the mirror and make an honest and accurate judgement of your strengths and weaknesses. Continue to build upon your strengths, as this will increase your confidence. \_\_\_\_\_ 33 \_\_\_\_\_ We all have areas in our professional and personal lives that need to be improved. \_\_\_\_\_ 34 \_\_\_\_\_ Instead, it only holds back your success and keeps your confidence low.

\_\_\_\_\_ 35 \_\_\_\_\_ Whether you like it or not, people make judgments about you based upon how you dress. You only have one chance to make a good first impression. How you dress directly shows how you feel about yourself. Research shows that you will feel differently about yourself if you are wearing a business suit or sweat pants and a T-shirt. Therefore, be highly aware of your appearance. Dress in a manner that reflects who you are.

Go step by step. You can increase your confidence by seeking out one new challenge at a time. \_\_\_\_\_ 36 \_\_\_\_\_ Move on to the next one when one challenge is successfully achieved. Success builds upon itself, therefore success brings success—all fueled by increased confidence!

A. Dress for success.

B. Put pressure on yourself.

C. Forgetting them does not make them go away.

D. Research shows confident people always seek out new challenges.

E. Meanwhile, take an effective method toward improving your weaknesses.

F. The following are three key tricks you may learn to increase your confidence.

G. What you wear will unintentionally show your weaknesses to those around you.

## 第三节(共 4 小题;第 37、38 题各 1 分, 第 39 题 2 分, 第 40 题 4 分, 共 8 分)

阅读下面短文, 根据题目要求用英文回答问题。

There is a saying, “An apple a day keeps the doctor away.” Although eating properly is important, being kind to others is also good for your health. Recent studies show that people who do kind acts are more relaxed, happier, and healthier than other people.

In one study at Arizona State University, researchers found that many volunteers experienced a sudden feeling

of joy, followed by a long period of calmness, after doing a kind act. This feeling, called “a helper’s high”, may actually help reduce stress as the body produces natural painkillers.

Stress can cause serious health problems. It can lead to high blood pressure and heart disease, and it can also lead to overeating and sleeping problems. However, the study found that volunteers had fewer stress-related health problems when they did helpful things for other people.

The study also found that people who did nice things for others felt better about themselves as well. They had higher self-respect, and were happier. Many believe this is because volunteers spend more of their time with other people. People who are more outgoing are often healthier.

Another study at the University of Michigan’s Survey Research Center confirmed the health benefits of volunteering. A ten-year study of 2,700 men in Michigan showed that people who volunteered lived longer than those who didn’t. Although you shouldn’t need a reason to be helpful, it is nice to know that kindness may help you live longer.

37. According to Paragraph 1, what do recent studies show?

38. According to the passage, what serious health problems can stress cause?

39. Please decide which part is false in the following statement, then underline it and explain why.

> ***When volunteers did helpful things for other people, they had fewer stress-related health problems, felt better about others and respected others more.***

40. Besides the benefits mentioned in this passage, what do you think are some other benefits of volunteering? Why? (*In about 40 words*)

## 第Ⅱ卷(共 30 分)

### 第一部分 基础知识(共 10 分)

#### 第一节(共 5 小题;每小题 0.5 分, 共 2.5 分)

根据句意及所给单词首字母和汉语提示拼写出该单词的正确形式。请将答案完整地书写在答题卡相应题号后的横线上。

41. The a \_\_\_\_\_ (目标) of Earth Day is to raise public awareness about environmental protection. (根据中英文提示填空)

42. Beijing is the first city to h \_\_\_\_\_ (主办) the Summer Olympics and Winter Olympics. (根据中英文提示填空)

43. Teachers make efforts to i \_\_\_\_\_ (鼓励) all students to listen attentively and think creatively. (根据中英文提示填空)

44. Eating zongzi and holding dragon boat races are t \_\_\_\_\_ (传统的) activities of celebrating the Dragon Boat Festival. (根据中英文提示填空)

45. Xiao Ming would like to w \_\_\_\_\_ (挥手) hands to show his delight of completing the race of 42.195 kilometers

in Beijing Marathon on November 6<sup>th</sup> in 2022. (根据中英文提示填空)

## 第二节(共 5 小题;每小题 0.5 分, 共 2.5 分)

根据句意, 将句中黑体部分单词翻译成汉语。

46. With strong education background, I am **capable** and competent in my job.

47. Our school often **organises** many group activities to help us develop team spirit.

48. Three years ago, Zhang Tian **graduated** from university with high marks and became a volunteer teacher in a village school.

49. After entering the senior secondary school, Li Hua made friends with his **classmates** who had the same **personality** and interest.

50. The 2022 Qatar World Cup kicked off on November 20<sup>th</sup>, 2022, and many people admired the **professional** skills of all the excellent football players during the heated competition.

## 第三节(共 5 小题;每小题 1 分, 共 5 分)

根据句意, 用方框中词组的正确形式完成句子, 每个词组只能使用一次。

make sure   a variety of   keep up with   calm down   in case

51. It is **important** to \_\_\_\_\_ in dangerous situations.

52. Please remind me of tomorrow's meeting \_\_\_\_\_ I forget it.

53. I hope I will develop my competence in solving \_\_\_\_\_ problems.

54. Xiao Ming tended to study hard every day in order to \_\_\_\_\_ his classmates.

55. Lots of works were done to \_\_\_\_\_ the three astronauts on the Shenzhou XIV spaceship could return safely.

## 第二部分 书面表达(20 分)

56. 假设你是红星中学高一学生李华, 想邀请外教 Jim 一起参观中国剪纸艺术展。请你给他写封邮件, 内容包括:

1. 展览的时间和地点;
2. 展览的内容;
3. 邀请其参加。

注意: 1. 词数 100 左右;

2. 开头和结尾已给出, 不计入总词数;

Dear Jim,

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Yours,

Li Hua

# 参考答案

## 第 I 卷(共 70 分)

### 第一部分 知识运用(共两节, 共 30 分)

#### 第一节 完形填空(共 10 小题;每小题 1.5 分, 共 15 分)

【答案】1. D 2. B 3. A 4. D 5. A 6. B 7. C 8. C 9. B 10. D

#### 【解析】

【导语】这是一篇记叙文。主要讲述了作者高中时不再害怕犯错, 勇于冒险和尝试, 而父母和老师也支持作者。

#### 【1 题详解】

考查动词词义辨析。句意: 然而, 在我的高中时代, 我改变了。A. survived 幸存; B. learned 学习; C. quitted 停止; D. changed 改变。根据后文 “I would have to memorize lines and movements, but I took the chance that I might fail.(我得背台词和动作, 但我冒着可能会失败的风险)” 可知, 作者勇于尝试, 有了改变。故选 D。

#### 【2 题详解】

考查动词词义辨析。句意: 练习那天, 我的心怦怦直跳; 当我站起来唱歌时, 我的手抖得厉害。A. hurting 伤害; B. shaking 颤抖; C. suffering 遭受; D. struggling 挣扎。根据上文 “my hands were” 指手颤抖, 应用 shake。故选 B。

#### 【3 题详解】

考查形容词词义辨析。句意: 但当我张开嘴时, 声音又大又有力。A. powerful 强大的, 有力的; B. gentle 温和的; C. weak 虚弱的; D. distant 遥远的。根据上文 “the sound was loud and” 可知, 指声音又大又有力。故选 A。

#### 【4 题详解】

考查形容词词义辨析。句意: 我努力去唱高音, 但有时我唱不到, 这让我很担心。A. nervous 紧张的; B. panic 恐慌的; C. delighted 高兴的; D. worried 担心的。根据上文 “I reached for the high notes that sometimes were beyond my reach” 指对于唱不上去高音感到担忧。故选 D。

#### 【5 题详解】

考查名词词义辨析。句意: 我意识到, 如果我想要充实地生活, 我就必须冒险。A. chances 机会; B. turns 转弯; C. notes 笔记; D. sides 边。呼应上文 “I took the chance” 为短语 take chances 表示 “冒险”。故选 A。

#### 【6 题详解】

考查名词词义辨析。句意: 这次受伤使我无法参加篮球选拔。A. event 事件; B. injury 受伤; C. disease 疾病; D. experience 经历。呼应上文 “I broke my back” 指作者受伤无法参加选拔。故选 B。

#### 7 题详解】

考查动词词义辨析。句意: 医生允许我做任何体育活动的第一天, 我就开始和妈妈一起跑步。A. refused 拒绝; B. promised 承诺; C. allowed 允许; D. forced 迫使。根据后文 “me to do any physical activity” 可知, 医生允许作者参加体育活动。故选 C。



### 【8 题详解】

考查动词词义辨析。句意：我终于学会了鞭策自己，就像学习一门艰难的科学课程一样。A. help 帮助；B. enjoy 欣赏；C. push 推；D. save 拯救。根据后文“like taking a tough science course”指鞭策自己，push oneself 表示“鞭策自己”。故选 C。

### 【9 题详解】

考查名词词义辨析。句意：我开始意识到，即使我的父母、朋友和老师并不总是能回答我“我该做什么？”，当我尝试的时候，他们会支持我。A. way 方法；B. answer 回答；C. access 进入；D. attitude 态度。根据后文“to “What should I do?””指问题的答案，应用 answer。故选 B。

### 【10 题详解】

考查动词词义辨析。句意：我开始意识到，即使我的父母、朋友和老师并不总是能回答我“我该做什么？”，当我尝试的时候，他们会支持我。A. teach 教学；B. watch 观看；C. forgive 原谅；D. support 支持。根据后文“me when I try”以及上文妈妈和作者一起跑步，可知是支持作者尝试。故选 D。

## 第二节 语法填空(共 10 小题;每小题 1.5 分, 共 15 分)

【答案】11. shows

12. interested

13. who##that

### 【解析】

【导语】这是一篇说明文。一项研究表明，媒体在塑造现代人的形象方面发挥着重要作用。有些人对媒体上的“完美”形象如此感兴趣，以至于他们尽最大努力让自己变得和那个“完美”形象一样好。实际上，这是不必要的。事实是，那些认为自己没有魅力的人应该更多地关注书籍，而不是外表。

### 【11 题详解】

考查时态。句意：一项研究表明，媒体在塑造现代人的形象方面发挥着重要作用。陈述客观事实用一般现在时，主语为 study，谓语用第三人称单数形式。故填 shows。

### 【12 题详解】

考查形容词。句意：有些人对媒体上的“完美”形象如此感兴趣，以至于他们尽最大努力让自己变得和那个“完美”形象一样好。作表语，且主语为人，应用-ed 结尾形容词 interested。故填 interested。

### 【13 题详解】

考查定语从句。句意：事实是，那些认为自己没有魅力的人应该更多地关注书籍，而不是外表。定语从句修饰先行词 those，从句缺少主语，指人，故用关系代词 who 或 that 引导。故填 who/that。

【答案】14. why

15. was written

16. girls

### 【解析】

【导语】这是一篇说明文。文章主要讲述了张桂梅成为道德模范的原因。

### 【14 题详解】

考查宾语从句。句意：一些外国人想知道为什么张桂梅是一个榜样。分析句子成分可知，从句谓语谓动词

词 want to know 后，故为宾语从句；从句不缺主、宾、表语，故需要填连接副词；结合后文 “She has committed her life to improving girls’ education in a remote, mountainous region in Yunnan Province by starting China’s first free high school for female students.(她一生致力于改善云南省偏远山区女孩的教育，创办了中国第一所免费女高中。)” 可知，后文是在说明张桂梅成为榜样的原因，所以应用 why 引导宾语从句。故填 why。

#### 【15 题详解】

考查动词的时态和语态。句意：它将她描述为用爱和智慧帮助成千上万农村女孩实现梦想的道德模范。分析句子成分，主语为 Her story “她的故事” 为单数，和谓语动词 write “写” 为动宾关系，故需要用被动语态；结合后文 “It described her as a moral model” 中动词 described 为一般过去时态可知，句子时态为一般过去。故填 was written。

#### 【16 题详解】

考查名词单复数。句意：它将她描述为用爱和智慧帮助成千上万农村女孩实现梦想的道德模范。根据空前有 thousands of 可知，空处名词需要填可数名词 girl 的复数形式。故填 girls。

#### 【答案】17. relaxing

18. from 19. stronger

20. to cheer

#### 【解析】

【导语】这是一篇说明文。文章主要介绍了跑步的好处。

#### 【17 题详解】

考查形容词。句意：跑步是非常放松和有益的。此处应用形容词作表语，主语是物，应用 -ing 结尾的形容词 relaxing，表示 “令人放松的”，故填 relaxing。

#### 【18 题详解】

考查介词。句意：跑步可以帮助你保持健康，预防疾病。prevent sb. from (doing) sth. 是固定搭配，表示 “阻止某人（做）/发生某事”，故填 from。

#### 【19 题详解】

考查形容词比较级。句意：它使你的心脏比以前更强壮，并允许更多的血液在你的身体周围流动。由 than 可知，此处应用形容词 strong 的比较级 stronger 作宾语补足语，表示 “更强壮的”，故填 stronger。

#### 【20 题详解】

考查非谓语动词。句意：此外，任何情绪低落的人都可以去跑步，让自己振作起来。此处应用不定式作目的状语，故填 to cheer。

## 第二部分 阅读理解(共两节，共 32 分)

### 第一节(共 11 小题;每小题 2 分，共 22 分)

【答案】21. A 22. C 23. D

#### 【解析】

【导语】本文是一篇应用文。文章主要介绍了四款帮助你快速学习英语的应用软件。

### 【21 题详解】

细节理解题。根据“Duolingo(多邻国)”部分中的“If you want to learn English from ABC, then this is the app you are looking for.(如果你想从 ABC 开始学习英语,那么这就是你要找的应用程序。)”可知,如果你要从零开始学习英语, Duolingo 是最佳选择。故选 A 项。

### 【22 题详解】

细节理解题。根据“Hello English(你好英语)”部分最后一句“However, you should already understand simple English sentences and alphabets, for the app can't help you learn English from ABC.(但是,你应该已经理解简单的英语句子和字母表,因为应用程序不能帮助你从 ABC 学习英语。)”可知,你要想使用 Hello English, 你需要有基本的英语结构和字母为基础,因为 Hello English 不是从零开始的课程。故选 C 项。

### 【23 题详解】

推理判断题。根据文章“Lingbe”部分中的“If you are ready to practice your spoken skills in the real world, you'll need Lingbe.(如果你准备在现实世界中练习口语技能,你需要 Lingbe。)”和文章“HelloTalk(好聊)”部分中的“HelloTalk is similar to Lingbe as it connects you with native speakers to help improve your language skills.(HelloTalk 类似于 Lingbe, 它将您与母语人士联系起来,帮助您提高语言技能。)”可知,这两个 APP 旨在提高口语技能,对于英语水平要求较高。由此可以推测出,如果英语口语流利的人想学英语,可以尝试 HelloTalk 和 Lingbe 这两个软件。故选 D 项。

【答案】24. A    25. C    26. B    27. B

### 【解析】

【导语】这是一篇说明文。文章主要介绍了苏炳添在冬奥会上短跑创造亚洲纪录的事情,并强调了科学训练的重要性。

### 【24 题详解】

推理判断题。根据文章第二段“‘There used to be a wrong view that no Asian sprinter can finish 100m within 10 seconds. Su proved people wrong with his performance.(过去有一种错误的观点认为,没有一个亚洲短跑运动员能在十秒内跑完一百米。苏炳添用他的表现证明了人们是错的。)’”可知,苏炳添的表现打破了以往对亚洲短跑运动员的不公平的看法。故选 A 项。

### 【25 题详解】

主旨大意题。根据文章第三段“Scientific training attaches more importance to the applying of techniques and requires you to do it right instead of doing it a lot. In that way, athletes can save more strength in training and recover faster,(科学训练更注重技术的运用,要求你做得对而不是做得多。这样运动员就能在训练中节省更多的力量,恢复得也更快。)”可知,苏炳添认为科学训练对运动员的好处包括在训练中节省力量、恢复得更快;下文“‘That's why I chose to change how I started off at the end of 2014 and gained a new running pace. And it played a key role in the process of making breakthrough.(这就是为什么我在 2014 年底选择改变我的跑步方式,并获得了新的跑步速度。它在取得突破的过程中发挥了关键作用。)’”同样也提到了采取科学训练的好处和意义。由此可见,本段旨在讲解苏炳添采用科学训练方法的原因。故选 C 项。

### 【26 题详解】



推理判断题。根据文章最后一段 “People in the future can definitely do what I can do. I’m looking forward to seeing they can do it better than me. All records are to be broken.(我能做到的，将来的人肯定也能到。我期待看到他们比我做得更好。所有的记录都会被打破。)” 可知，苏炳添认为未来一定会有人比他做的更好，能够打破他的记录。故选 B 项。

【27 题详解】

细节理解题。根据文章倒数第二段 “That’s why I chose to change how I started off at the end of 2014 and gained a new running pace.(这就是为什么我在 2014 年底选择改变我的跑步方式，并获得了新的跑步速度。)” 可知，苏炳添为了获得成功训练时间极长，训练十分努力，即 **hardworking**；根据文章第二段 “I never thought we couldn’t do it,(我从来没有想过我们做不到，)” 可知，苏炳添一直很相信自己，很相信亚洲人的短跑水平，所以苏炳添很自信，即 **confident**。故选 B 项。

【答案】28. B    29. D    30. A    31. C

【解析】

【导语】这是一篇议论文。文章主要讨论了是否应该在高铁上等公共交通工具上提供 WiFi 这一问题。

【28 题详解】

细节理解题。根据文章第一段 “Wang Mengshu, an expert at the Chinese Academy of Engineering, said at a group discussion of the annual session of the National People’s Congress that WiFi should not be provided on high-speed trains, as it might harm communication signals of trains and would also cost a lot in keeping trains in good condition.(中国工程院专家王梦恕在全国人民代表大会年度会议的小组讨论中表示，不应该在高铁上提供 WiFi，因为它可能会损害列车的通信信号，而且在保持列车良好状态方面也会花费很多。)” 可知，高铁上提供 WiFi 会使得保持火车的状态成本提高。故选 B 项。

【29 题详解】

词义猜测题。根据文章第二段 “An increasing number of people, especially young white-collar workers, are addicted to their smartphones rather than face-to-face communications, thanks to the extensive WiFi coverage across the country.(由于全国广泛的 WiFi 覆盖，越来越多的人，尤其是年轻白领，沉迷于智能手机而不是面对面的交流。)” 是王不同意高铁上装 WiFi 的原因之一，故后文 “That justifies Wang’s disagreement to the offering of WiFi on high-speed trains, because they shouldn’t depend on high-tech devices.(这也就把王不同意在高铁上提供 WiFi 这一观点 justifies，因为高铁不应该依赖高科技设备。)” 应该是对王的观点表示同意，认为王的观点是合理的、有理有据的。D 项 “证明其合理” 符合句意。故选 D 项。

【30 题详解】

推理判断题。根据文章最后一段 “The bus companies have been forced to improve their services to survive.(为了生存，公共汽车公司被迫改善服务。)” 可知，公共汽车上提供 WiFi 是为了在市场竞争中生存下来。由此可以推测出，公共汽车上装 WiFi 是为了吸引更多的顾客。故选 A 项。

【31 题详解】

推理判断题。根据文章最后一段 “So it requires proper guidance, not total “no” on the use, to make up for the negative effects of high-end technologies, such as people’s increasing addiction to smartphones.(因此，需要适当的引导，而不是完全不使用，以弥补高端技术的负面影响，比如人们越来越沉迷于智能手机。)” 可知，作



者认为不应该完全不使用，而是应该适当引导，不要沉迷于手机。由此可以推测出，作者的态度是客观的、就事论事的。故选 C 项。

## 第二节(共 5 小题;每小题 2 分, 共 10 分)

【答案】32. F    33. E    34. C    35. A    36. D

【解析】

【导语】这是一篇说明文。文章主要介绍了一些建立自信的方法。

【32 题详解】

上文 “Actually, confidence isn’t what you’re born with, but something learned over time.(事实上，自信不是与生俱来的，而是后天习得的。)” 提出观点，表示自信是后天习得的；下文每段段首给出学会自信的方法。由此推出，空处承上启下，需要对后文获得自信的三种方式进行基本的介绍。F 项 “下面是你可以学习的三个增加自信的关键技巧。” 符合文意。故选 F 项。

【33 题详解】

上文 “Take a long look in the mirror and make an honest and accurate judgement of your strengths and weaknesses. Continue to build upon your strengths, as this will increase your confidence.(好好照照镜子，诚实准确地判断自己的优点和缺点。继续建立你的优势，因为这将增加你的信心。)” 作者要求大家要准确地判断自己的优缺点，并讲解了对于优势需要继续保持，故后文是告诉大家如何应对自己的缺点。E 项 “同时，采取有效的方法来改进你的缺点。” 符合文意，且 weakness 为原文复现。故选 E 项。

【34 题详解】

上文 “We all have areas in our professional and personal lives that need to be improved.(在我们的职业和个人生活中，我们都有需要改进的地方。)” 继续提及改进缺点；下文 “Instead, it only holds back your success and keeps your confidence low.(相反，它只会阻碍你的成功，降低你的信心。)” 表示转折，并结合常识可知，改进缺点不会阻碍成功，由此推测空处应该是在说如何应对缺点反而会阻碍我们成功。C 项 “忘记它们并不会让它们消失。” 符合文意，其中 them “它们” 代指上文提到的 “需要改进的地方”，后文 it 代指 “忘记它们” 这件事。故选 C 项。

【35 题详解】

该空为本段主旨句。下文 “Whether you like it or not, people make judgments about you based upon how you dress.(不管你喜不喜欢，人们都是根据你的穿着来评价你的。)” 提到关键词 dress “穿着”，故本段主旨句也应该与 “穿着” 相关。A 项 “穿着对标成功” 符合段意。故选 A 项。

【36 题详解】

上文 “You can increase your confidence by seeking out one new challenge at a time.(你可以通过一次寻找一个新的挑战来增加你的信心。)” 和下文 “Move on to the next one when one challenge is successfully achieved.(成功完成一个挑战后继续下一个挑战。)” 均提及关键词 challenge “挑战”，空处承上启下，也需要提及该关键词。D 项 “研究表明自信的人总是寻求新的挑战。” 符合段意。故选 D 项。

## 第三节(共 4 小题;第 37、38 题各 1 分, 第 39 题 2 分, 第 40 题 4 分, 共 8 分)

【答案】37. Recent studies show that those who are ready to help others are happier and healthier.

38. Stress can not only lead to/contribute to/cause high blood pressure and heart disease, but it also relates to overeating and sleeping problems.

39. When volunteers did helpful things for other people, they had fewer stress-related health problems, felt better about others and respected others more. Because the study also found that people willing to help others out felt better about themselves and develop higher self-respect.

40. Volunteering builds up your social skills. While volunteering, you can meet people of different personalities. You must constantly adjust and update your social skills to get tasks done. Through these experiences, you can truly understand to how to work with anyone.

【解析】

【导语】这是一篇说明文。文章主要论证了善意行为对人们健康的好处。

【37 题详解】

考查细节理解。根据文章第一段内容 “Recent studies show that people who do kind acts are more relaxed, happier, and healthier than other people. (近期的一些研究表明，乐善好施的人往往生活更惬意、更快乐并且更健康)” 可知，经常乐于助人的人生活更安乐，身体也更健康。故答案为 Recent studies show that those who are ready to help others are happier and healthier.

【38 题详解】

考查细节理解。根据第三段 “It can lead to high blood pressure and heart disease, and it can also lead to overeating and sleeping problems. (压力可能导致高血压、心脏病。它是暴饮暴食和睡眠问题的诱因)” 可知，压力可能导致心脏病、高血压，同时也会诱发过度肥胖及睡眠方面的亚健康状态，故答案为 Stress can not only lead to/contribute to/cause high blood pressure and heart disease, but it also relates to overeating and sleeping problems.

【39 题详解】

考查细节理解。When volunteers did helpful things for other people, they had fewer stress-related health problems, felt better about others and respected others more. 根据第四段 “The study also found that people who did nice things for others felt better about themselves as well. They had higher self-respect, and were happier. (该项研究还发现，乐于助人的人往往自我满意度更高，而且自尊心更强，更健康)” 可知，乐于助人的人通过志愿服务，能够培养更健康的心理，向内修行，更懂得自尊再爱，且自我感觉更好。故答案为 Because the study also found that people willing to help others out felt better about themselves and develop higher self-respect.

【40 题详解】

开放性试题。Volunteering builds up your social skills. While volunteering, you can meet people of different personalities. You must constantly adjust and update your social skills to get tasks done. Through these experiences, you can truly understand to how to work with anyone.

## 第Ⅱ卷(共 30 分)

### 第一部分 基础知识(共 10 分)

#### 第一节(共 5 小题;每小题 0.5 分，共 2.5 分)

根据句意及所给单词首字母和汉语提示拼写出该单词的正确形式。请将答案完整地书写在答题卡相应题号后的横线上。

41. 【答案】aim##im

【解析】

【详解】考查名词。句意：地球日的目的是提高公众对环境保护的认识。由汉语提示和首字母可知，此处“目标”应用名词 aim，作主语，且由系动词 is 可知，主语 aim 应用单数。故填 aim。

42. 【答案】host##ost

【解析】

【详解】考查动词。句意：北京是第一个同时举办夏季奥运会和冬季奥运会的城市。名词前 city 有序数词 the first 修饰，需要填不定式作定语，根据首字母以及句意“主办”，可知此处应填动词 host 和空格前的 to 构成不定式作名词 city 的定语。故填 host。

43. 【答案】inspire##nspire

【解析】

【详解】考查动词。句意：老师努力鼓励所有学生要认真听讲和创造性地思考。固定短语 make efforts to do sth. 表示“努力做某事”，故空处需要填动词原形；根据中英文提示，故填 inspire。

44. 【答案】traditional##raditional

【解析】

【详解】考查形容词。句意：吃粽子和赛龙舟都是庆祝端午节的传统活动。根据中文提示可知，空处需要填形容词作定语，修饰空后名词 activities；根据中英文提示，故填 traditional。

45. 【答案】wave##ave

【解析】

【详解】考查动词。句意：小明在 2022 年 11 月 6 日完成了北京马拉松 42195 公里的比赛，他想挥手表达自己的喜悦。固定短语 would like 后接 to do 不定式，故空处需要填动词原型；表示“挥手”为 wave。故填 wave。

## 第二节(共 5 小题;每小题 0.5 分，共 2.5 分)

【答案】46. 有能力的

47. 组织      48. 毕业

49. 性格      50. 专业的

【解析】

【46 题详解】

考查形容词。句意：有良好的教育背景，我能胜任我的工作。由下文“competent in my job”可知，capable 是形容词，-able 后缀表示“能的”，capable 有能力的，故填“有能力的”。

【47 题详解】

考查动词。句意：我们学校经常组织很多团体活动来帮助我们培养团队精神。由下文“many group activities”可知，organize 是动词，表示“组织”，organises 为其第三人称单数形式，不改变词义。故填“组织”。

【48 题详解】

考查动词。句意：三年前，张田以优异的成绩大学毕业，成为一所乡村学校的支教老师。由下文“from university with high marks and became a volunteer teacher in a village school”可知，graduate 为动词，表示“毕业”，graduated 为其一般过去时态，时态不改变词义。故填“毕业”。

#### 【49 题详解】

考查名词。句意：进入高中后，李华和他的同学有相同的性格和兴趣。由句意可知，personality 为名词，作宾语，表示“性格”。故填“性格”。

#### 【50 题详解】

考查形容词。句意：2022 年卡塔尔世界杯于 11 月 20 日拉开帷幕，在激烈的比赛中，众多优秀球员的专业技术让许多人赞叹不已。根据句意可知，professional “专业的”，为形容词作定语。故填“专业的”。

### 第三节(共 5 小题;每小题 1 分, 共 5 分)

【答案】51. calm down

52. in case

53. a variety of

54. keep up with

55. make sure

#### 【解析】

#### 【51 题详解】

考查动词短语。句意：在危险的境地中保持冷静很重要。结合空前不定式 to 可知，空处需要填动词短语；结合常识可知，在危险的环境下不能慌乱，需要保持头脑冷静。calm down 意为“冷静下来”符合句意。故填 calm down。

#### 【52 题详解】

考查连词。句意：请提醒一下我明天开会，以防我忘了。分析句子结构，空前空后为两个句子，故空处需要填连词引导从句；in case 意为“以防”、“免得”为短语连词，可以引导状语从句，且符合句意。故填 in case。

#### 【53 题详解】

考查形容词短语。句意：我希望能培养自己解决各种问题的能力。空后为名词，故空处需要填形容词或形容词短语修饰 problems。a variety of 意为“各种各样的”，符合句意。故填 a variety of。

#### 【54 题详解】

考查动词短语。句意：小明总是每天努力学习，以便跟上他的同学。结合空前不定式 to 可知，空处需要填动词短语；结合句意，小明学习是为了能跟上同学的进度，keep up with 意为“跟上”，符合句意。故填 keep up with。

#### 【55 题详解】

考查动词短语。句意：为了确保神舟十四号飞船上的三名字航员安全返回，人们做了大量的工作。结合空前不定式 to 可知，空处需要填动词短语；结合句意，人们做工作是为了能够确保宇航员的安全归返。make sure 意为“确保”，符合句意。故填 make sure。

### 第二部分 书面表达(20 分)

关注北京高考在线官方微信：北京高考资讯(微信号:bjgkzx)，获取更多试题资料及排名分析信息。



56. 【答案】 *Dear Henry,*

I'm Li Hua, one of your students. I'm writing to invite you to visit the paper cutting exhibition. Paper cutting is one of Chinese traditional art forms and I'm sure you will like it.

The exhibition will be held in the local museum from 8:00 am to 11:00 am next Saturday. There are some famous artists who will perform on the spot. Meanwhile, some beautiful paper cutting works that are collected from all over the country will be on show there. If you like, you can also join in paper cutting. I believe that it will be an unforgettable experience for you.

I'm looking forward to hearing from you.

*Yours,*

*Li Hua*

【解析】

【导语】本篇书面表达属于应用文。要求考生给外教 Jim 写一封邮件，邀请他一起参观中国剪纸艺术展，说明展览的时间和地点以及展览的内容。

【详解】1. 词汇积累

漂亮的: beautiful → pretty/good-looking

收集: collect → gather/assemble

展示: show → exhibit/display/present

参与: join in → participate in/take part in

2. 句式拓展

简单句变复合句

原句: Paper cutting is one of Chinese traditional art forms and I'm sure you will like it.

拓展句: Paper cutting is one of Chinese traditional art forms, which I'm sure you will like.

【高分句型 1】 There are some famous artists who will perform on the spot. (运用了 who 引导的定语从句)

【高分句型 2】 Meanwhile, some beautiful paper cutting works that are collected from all over the country will be on show there. (运用了 that 引导的定语从句)

【高分句型 3】 I believe that it will be an unforgettable experience for you. (运用了 that 引导的宾语从句)

## 关于我们

北京高考在线创办于 2014 年，隶属于北京太星网络科技有限公司，是北京地区极具影响力的中学升学服务平台。主营业务涵盖：北京新高考、高中生涯规划、志愿填报、强基计划、综合评价招生和学科竞赛等。

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