

## 高一英语

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说明：本试卷共 9 页，共 100 分。考试时长 90 分钟。

## 第一部分：知识运用（共两节，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，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题纸上将该项涂黑。

This morning, I started very late in my car to my office. I was in a hurry to reach my office as someone was waiting for me there. Unfortunately, I got \_\_\_\_1\_\_\_\_ in a traffic jam. All the cars stood up in a line, and drivers honked（按喇叭）at each other to get rid of their \_\_\_\_2\_\_\_\_. I got down from my car and moved forward in search of the \_\_\_\_3\_\_\_\_ of the traffic jam. At a turning a young man was trying hard to move forward his car that might have \_\_\_\_4\_\_\_\_. Everyone there was just staring at the man without coming to offer help to him. At the same time, they were \_\_\_\_5\_\_\_\_ the man for the traffic jam. The number of cars was gradually increasing. The man looked \_\_\_\_6\_\_\_\_ as everyone put him to the scorn（奚落）for creating this public inconvenience. Nobody was going to forgive the man for his fault.

Seeing this, I \_\_\_\_7\_\_\_\_ rushed to help the man, followed by other four drivers. We worked together to push the car. Very soon it started with loud sound. The man smiled in \_\_\_\_8\_\_\_\_ the moment his car worked again. Then he thanked us and made an apology to everyone there and moved off.

After that I went into deep thinking over the human attitude in the times of crisis（危机）. Every human on this earth unavoidably make mistakes. When other people do that we blame, but when we are in the same condition we desire to gain \_\_\_\_9\_\_\_\_. In the times of crisis we should try to solve the problem instead of blaming others. Forgiving is a \_\_\_\_10\_\_\_\_ choice, as it not only avoids conflicts further, but also spreads love.

- |                  |                |                |                |
|------------------|----------------|----------------|----------------|
| 1. A. injured    | B. trapped     | C. lost        | D. ashamed     |
| 2. A. fear       | B. trouble     | C. anger       | D. sadness     |
| 3. A. cause      | B. alarm       | C. result      | D. suspect     |
| 4. A. run away   | B. hung out    | C. kept up     | D. broken down |
| 5. A. pushing    | B. criticizing | C. encouraging | D. punishing   |
| 6. A. satisfied  | B. impatient   | C. frightened  | D. embarrassed |
| 7. A. actually   | B. definitely  | C. immediately | D. sharply     |
| 8. A. relief     | B. confidence  | C. regret      | D. desire      |
| 9. A. confidence | B. sympathy    | C. benefit     | D. experience  |
| 10. A. painful   | B. similar     | C. wise        | D. common      |

## 第二节 语法填空 (共10小题; 每小题1.5分, 共15分)

阅读下列短文, 根据短文内容填空。阅读短文A、B, 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括号内所给词的正确形式填空。阅读短文C, 根据上下文语境填词, 每空一词。

### A

Amelia Mary Earhart was born on July 24<sup>th</sup> 1897. Her parents named her after both of her 11 (grandmother). Her life was changed by a phone call one afternoon in April 1928. "How would you like to be the first woman 12 (fly) the Atlantic?" Captain Hulton asked her. "Yes!" She promptly replied. When she returned from the journey, she 13 (greet) with a parade in New York.

### B

Stress is the feeling of being under too much mental or physical pressure and everyone 14 (suffer) from it. For those people 15 body cannot function well under pressure, stress from daily life can even cause diseases. To cope with it, 16 (make) a to-do list of the little things is what I recommend. When seeing the list get shorter as you check items off, you must feel a sense of 17 (satisfy) so that your stress can be reduced.

### C (根据上下文语境填词, 每空一词)

I'm a senior secondary school student now and my new chapter of life starts now. My life 18 in many ways from my previous one. I have more classmates now and we sometimes have different schedules. What's more, I found myself more busy finishing school work with little time for 19. I plan to join in the long-distance running club so that I will be more energetic and develop what I'm 20 of in every aspect.

## 第二部分: 阅读理解 (共两节, 38 分)

### 第一节 (共14小题; 每小题2分, 共28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, 并在答题纸上将该项涂黑。

### A

#### BODWELLS SUMMER PROGRAM

If you want your children to experience Canada in one of the best high schools here, we can help make the experience memorable, enjoyable, and educational. Many activities offer training from instructors in the related field for additional learning. Teachers work with children to strengthen their English skills during all activities.



## ● PROGRAM SCHEDULE

TIME \ DATE	Aug. 1st	Aug. 2nd	Aug. 3rd	Aug. 4th	Aug. 5th	Aug. 6th	Aug. 7th
8:00 am - 10:00 am	Arrivals	English Class	Science Project	English Class	English Class	Whistler Day Trip Street & Down town Vancouver	Victoria Day Trip
10:00 am - 12:00 am		Sports & Games	Yoga	Ice Skating	Swimming		
1:00 pm - 3:30 pm	Royal Ontario Museum	Nature Walk	English Class	Art Projects	Drama Class	Farewell Party	Departures
3:30 pm - 9:00 pm		Movie Night	Talent Show	Canoeing at Deer Lake	Robson Granville Island		

### ● Outings:

All outings and sightseeing trips are led and supervised by Bodwell teachers who live on-site to provide 24-hour care and supervision. You won't have concern about children's safety. Groups participate in visiting famous attractions, exploring museums, and shopping, to name a few. Afterwards, groups participate in games and activities that develop trust and strengthen friendships.

#### ● Where can students eat and where can they buy food?

Students are provided three meals usually from a Bodwell cafeteria and an evening snack every day. Packed lunches or dinners will be provided on all the outings.

#### ● How can students call home?

Students may use one of the phones available in the Student Lounges or a pay phone on campus.

#### ● Program Fees: \$1980 (Canadian students 10% off)

For more information about us, please click [here](#).

21. What can we learn about the program?

- A. Students have an English class every day.
- B. No activity is available on the first day.
- C. Students go sightseeing trips accompanied by teachers.
- D. As is scheduled, Victoria Day Trip is on Aug. 6th.

22. How much would a Canadian student pay for the summer program?

- A. \$1980.
- B. \$1962.
- C. \$2180.
- D. \$1782.

23. Where is the text probably taken from?

- A. A travel leaflet.
- B. An advertisement brochure.
- C. A school website.
- D. An educational newspaper.

When school started on that warm August day, I threw myself into everything I did, including playing volleyball. I decided to become beautiful, or at the very least, skinny. I stopped eating completely. Soon I began losing weight, which thrilled me, and I even grew to love the tiredness and lightheadedness that came with my poor diet, for those feelings meant that I was winning.

As the season progressed, things had become tense between my head volleyball coach, Coach Smith, and me. She felt that something was wrong with my health. She talked with me about my eating and was angry that I wouldn't listen to her when she tried to make me eat. She tried to persuade me in a determined way and so we fought constantly. Then my hunger started to affect my performance. I was so tired that practice and games were becoming a struggle. One afternoon, with hurt in her eyes, Coach Smith asked me what I had eaten and I told her nothing yet, but I was going to. She looked at me, disappointment in her eyes, knowing she couldn't make me stop, and walked away.

A couple of weeks later I attended a formal dinner for our volleyball team. I stood there as my coach managed to say something nice about me. I realized then that I had ruined my senior year by being disrespectful, and I had probably ruined hers as well. So that evening I wrote her a letter apologizing and thanking her.

Then one Saturday, as I was reading in the library, I felt someone gently take my arm and say softly, "Lynn Jones, how are you doing?" I looked up and saw the familiar face. "Thanks for the letter," she said. "It meant a lot."

When I think of a coach, I think of someone above me, someone who gives instruction—not a friend. But Coach Smith is different, and, like any other good friend, she dealt with my problem in a determined way even when I hated her for it at that time. I didn't deserve her kindness, but she gave it anyway. I will forever be grateful for her help, and now for her friendship.

24. How did the author feel when the author ate a poor diet and had a sense of tiredness?

- A. Ashamed      B. Proud      C. Funny      D. Nervous

25. The author fought with Coach Smith because \_\_\_\_\_.

- A. she refused to go on a diet.  
B. she caused failure of her team.  
C. she changed the training course.  
D. she kept her idea of losing weight.

26. Why did the author write a letter to Coach Smith?

- A. She felt sorry for eating too little food.  
B. She decided to improve her performance.  
C. She was grateful for Smith's care for her health.  
D. She wanted to build a close relationship with Smith.

27. What is the best title for the passage?

- A. Unexpected Friendship      B. A Fight with My Coach  
C. A Strict Volleyball Coach      D. My Way of Losing Weight



As we age, even if we're healthy, the heart just isn't as efficient in processing oxygen as it used to be. In most people the first signs show up in their 50s or early 60s. And among people who don't exercise, the changes can start even sooner.

"Think of a rubber band. In the beginning, it is flexible, but put it in a drawer for 20 years and it will become dry and easily broken," says Dr. Ben Levine, a heart specialist at the University of Texas. That's what happens to the heart. Fortunately for those in midlife, Levine is finding that even if you haven't been an enthusiastic exerciser, getting in shape now may help improve your aging heart.

Levine and his research team selected volunteers aged between 45 and 64 who did not exercise much but were otherwise healthy. Participants were randomly divided into two groups. The first group participated in a program of non-aerobic exercise—balance training and weight training—three times a week. The second group did high-intensity aerobic(有氧的) exercise under the guidance of a trainer for four or more days a week. After two years, the second group saw remarkable improvements in heart health.

"We took these 50-year-old hearts and turned the clock back to 30-or 35-year-old hearts," says Levine. "And the reason they got so much stronger and fitter was that their hearts could now fill a lot better and pump a lot more blood during exercise." But the hearts of those who participated in less intense exercise didn't change, he says.

"The sweet spot in life to start exercising, if you haven't already, is in late middle age when the heart still has flexibility," Levine says. "We put healthy 70-year-olds through a yearlong exercise training program, and nothing happened to them at all."

Dr. Nieca Goldberg, a spokeswoman for the American Heart Association, says Levine's findings are a great start. But the study was small and needs to be repeated with far larger groups of people to determine exactly which aspects of an exercise routine make the biggest difference.

28. What does Levine want to explain by mentioning the rubber band?

- A. The right way of exercising.    B. The aging process of the heart.  
C. The difficulty of keeping fit.    D. The causes of a heart attack.

29. What does Levine's research find?

- A. Middle-aged hearts get younger with aerobic exercise.  
B. High-intensity exercise is more suitable for the young.  
C. It is never too late for people to start taking exercise.  
D. The more exercise we do, the stronger our hearts get.

30. What does Dr. Nieca Goldberg suggest?

- A. Making use of the findings.    B. Interviewing the study participants.  
C. Conducting further research.    D. Clarifying the purpose of the study.



## D

The biggest criticism (批评) of social networking is that our young people are losing their offline friends to online friends. In fact there is a lot of research that shows these criticisms are generally unfounded. Research by Allen et al. found that people are not replacing offline friends with online companions but are using them to support their offline relationships. They also found that our online friendships actually allow us to have discussions with a much more diverse set of people than in the real world and improve our psychological happiness.

However, there is one part of social networking that is deeply worrying. We find ourselves in a hyper-connected world where people access social media day and night, excited to make announcements about the tiniest details of their lives. Research is starting to show that this culture is negatively affecting not our friendships but our character.

Professor Larry D. Rosen, in his book *iDisorder*, presents evidence that social networking is turning us into narcissists (自恋者). He says that young people who overuse social networking sites can become vain, aggressive, and show anti-social behavior in their offline lives. But perhaps an even more disturbing effect is that one of our most basic emotions seems to be disappearing—empathy. This is the emotion that bonds us together; it allows us to see the world from our friends' points of view. Without it, we are far less able to connect and form meaningful adult relationships.

Sherry Turkle, a professor of social sciences at MIT, suggests that people are no longer comfortable being alone. This is something confirmed by a study where 200 university students were asked to go without social media for 24 hours. Many admitted an addiction to their online social network; most complained that they felt cut off from family and friends. But being alone is a time, Turkle argues, when we self-reflect and get in touch with who we really are. It is only when we do this that we can make meaningful friendships with others. She believes, as is the title of her book, that we are simply "Alone Together."

These potential changes in our characters are rather disturbing. If nothing is done, our young people could well be in trouble. Therefore, suggestions about ways to encourage our young people to avoid the problems of social networking should be made, so they can develop the kinds of friendships that are required to grow into well-adjusted and happy adults.

31. The underlined word "unfounded" in Paragraph 1 probably means \_\_\_\_\_.  
 A. undoubted                      B. false                      C. acceptable                      D. illegal
32. In this passage, the author mainly argues that \_\_\_\_\_.  
 A. internet culture causes various problems  
 B. we are losing some most important emotions  
 C. online friendships do good to offline friendships  
 D. social networking affects young people's personalities
33. According to Sherry Turkle, how can we make meaningful friendships with others?  
 A. by getting in touch with online friends  
 B. by avoiding the problems of social networking  
 C. by reflecting and getting in touch with ourselves  
 D. by being alone then having discussions with a much more diverse set of people



34. From the passage, we can learn that \_\_\_\_\_.  
A. social media have more advantages  
B. young people will develop offline friendships  
C. young people can't go without social media  
D. we are becoming unable to understand others well

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。

Fitness Magazine recently ran an article titled "Five Reasons to Thank Your Workout Partner." One reason was: "You'll actually show up if you know someone is waiting for you at the gym," while another read: " 35 " With a workout partner, you will increase your training effort as there is a subtle (微妙) competition.

So, how do you find a workout partner?

First of all, decide what you want from that person. 36 Or do you just want to be physically fit, able to move with strength and flexibility? Think about the exercises you would like to do with your workout partner.

You might think about posting what you are looking for on social media, but it probably won't result in a useful response. 37 If you plan on working out in a gym, that person must belong to the same gym.

My partner posted her request on the notice board of a local park. Her notice included what kind of training she wanted to do, how many days a week and how many hours she wanted to spend on each session, and her age. It also listed her favorite sports and activities, and provided her phone number. 38 .

You and your partner will probably have different skills. 39 Over time, both of you will benefit—your partner will be able to lift more weights and you will become more physically fit. The core (核心) of your relationship is that you will always be there to help each other.

- A. Your first meeting may be a little awkward.
- B. A workout partner usually needs to live close by.
- C. You'll work harder if you train with someone else.
- D. Do you want to be a better athlete in your favorite sport?
- E. How can you write a good "seeking training partner" notice?
- F. Just accept your differences and learn to work with each other.
- G. Any notice for a training partner should include such information.

### 第三部分 书面表达(共两节, 32 分)

第一节(共 4 小题;第 40、41 题各 2 分, 第 42 题 3 分, 第 43 题 5 分, 共 12 分)

阅读下面短文, 根据题目要求用英文回答问题。请在答题卡指定区域作答。

Nobody likes to feel anxious. Anxiety is among the most common and criticized of human emotions. It seems, then, that our efforts to contain (克制) anxiety aren't working.

As a clinical psychologist and neuroscience researcher, I believe that we mental health professionals have made a terrible mistake. Feeling anxious isn't the problem. The problem is that we don't understand how to respond constructively to anxiety. That's why it's increasingly hard to know how to feel good.

This "bad" feeling isn't a failure of mental health. It's a triumph (巨大胜利) of human evolution: the ability to think about the uncertain future and prepare for it. Anxiety turns you into a mental time traveler, drawing your attention to what lies ahead. Will you succeed or fail in that interview for a job you desperately want? Anxiety prompts (推动) your mind and body into action. Your worries force you to prepare thoroughly for the interview, while your heart races and pumps blood to your brain so that you stay sharp and focused, prepared to pursue your goals.

Research has also shown something that many scientists didn't expect: higher levels of dopamine (多巴胺) when we're anxious. We have long known that dopamine soars when an experience is pleasurable. The fact that anxiety also boosts dopamine levels points to its role in making positive possibilities into reality.

Many of us feel overwhelmed by lasting anxiety and don't see any benefit from it. Treating anxiety like a disease prevents us from distinguishing between ordinary anxiety and anxiety disorders. We need to develop a new mindset about this misunderstood emotion. We don't need to like anxiety—just to use it in the right way.

40. Why is it increasingly hard for us to know how to feel good?

41. How does anxiety help one in a job interview?

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

***Research has shown that dopamine soars when an experience is pleasurable, but it is in lower levels when we are anxious.***

43. How do you cope with anxiety positively in your daily life? (In about 40 words)

(请务必作答在答题卡指定区域内)



第二节(20 分)

44. 假设你是红星中学高一学生李华。你的英国朋友 Jim 来信, 询问你如何在繁忙的学习中, 保持良好的身体和精神状态 (keep fit both physically and mentally)。请你给他写一封回信, 内容包括:

1. 你的建议及理由;

2. 表示祝愿。

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

(请务必将作文写在答题卡指定区域内)

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