

2023 北京大兴高二（上）期末

英 语

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,并在答题卡上将该项涂黑。

My Olympic dream began a few years after I started ski jumping. The Sochi Games are the first time women ski jumpers are 1 to compete for gold. Before that my Olympic dream was just impossible. So I dearly wanted a(n) 2 on this historic team. But first, I had to overcome the worst day of my life.

Five months before the Games, an unimaginable amount of 3 overtook me during my training—my right knee was severely broken. Lying there, a sense of despair seized me, and I thought my dream was all over.

To my surprise my doctor told me that it was still 4 to make it to Sochi. He said that if anyone could come back in time, it would be me. I took his words to heart, and decided I wouldn't let anything 5 me.

The road to my full 6 demanded hard work. I couldn't control how quickly my body healed, but I could 7 myself to workouts and rehab (康复治疗). I 8 hours and hours at the gym. Despite all the sweat, I was 9 about the outcome due to my injury. However, I was all in because I knew that I had to work hard so that I could have a chance to prove myself.

10, my hard work paid off. I passed the strength tests and was named to the 2014 Sochi Olympic team.

- | | | | |
|-------------------|-----------------|---------------|------------------|
| 1. A. convinced | B. allowed | C. forced | D. attracted |
| 2. A. place | B. model | C. bet | D. advertisement |
| 3. A. interest | B. excitement | C. pain | D. expectation |
| 4. A. difficult | B. possible | C. important | D. necessary |
| 5. A. test | B. refuse | C. stop | D. blame |
| 6. A. competition | B. challenge | C. speed | D. recovery |
| 7. A. owe | B. devote | C. admit | D. commend |
| 8. A. waited for | B. cut down | C. put in | D. brought in |
| 9. A. unsure | B. hopeful | C. crazy | D. curious |
| 10. A. Constantly | B. Occasionally | C. Definitely | D. Fortunately |

第二节语法填空(共10小题;每小题1.5分,共15分)

A

阅读下列短文,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。

Laughter can help us to feel more 11 (relax) and comfortable when we are feeling anxious or worried. Even if you 12 (study) for a long time and feeling sleepy and bored, laughing can make you feel energized as if you had just had a nap! There are so many 13 (benefit) of laughter that I hope you all try and find a

way to add more fun and laughter to your daily life.

B

阅读下列短文，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。

Being a marine researcher is something that I've always dreamed of. I work with a team of scientists, 14 are all experts in their fields, on an international project. I'm currently based in Argentina, which is in South America, studying sea temperatures from Antarctica. Unfortunately, there 15 (be) a significant rise in temperatures over the past 50 years, which is clearly linked to human activity. I hope by educating people about this and sharing research we can work together as a global community 16 (protect) our planet.

C

阅读下列短文，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。

As is known to all, a positive parent-child relationship is beneficial to the physical and mental growth of children, but 17 (keep) a healthy parent-child bond needs the efforts of both parties. Parents should take the 18 (responsible) to improve their relationship with the children. What matters is spending quality time with 19 (they) children, however tight their schedule is. Children, on the other hand, should let their parents know they appreciate 20 their parents have done for them.

第二部分阅读理解(共两节,40分)

第一节(共15小题;每小题2分,共30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，并在答题卡，上将该项涂黑。

A

Four Soccer Clubs for Kids in New York City

Soccer is a sport loved by many kids, families and countries. Here are four soccer clubs that are great for kids throughout New York City.

Stellar Soccer

Address: 1047 Amsterdam Ave

Stellar Soccer was created and taught by early-childhood educators. All classes are held outdoors and are for children aged 2 to 8 years old. No experience is necessary and players of all skill sets are welcome. They offer private lessons on the weekdays and public lessons on the weekends. They also have programs for boys and girls individually.

Soccer Friends USA

Address: 106-06 Queens Blvd, Forest Hills

Soccer Friends USA offers soccer programs for kids aged 18 months to 14 years old. Their philosophy is that the best way for young children to learn soccer is by having fun! Children here are able to learn the game of soccer in a non-competitive environment. In order to teach kids how to play, they believe as teachers they need to have good social skills and a talent for teaching.

Downtown United Soccer Club

Address: 527 Hudson St

Downtown United Soccer Club values friendship and good sportsmanship in a caring and supportive way for every player. Training is offered to players of all ages and genders (性别). They hope to develop a community that helps children develop their lifelong love for the game of soccer.

Coney Island Cyclones Soccer Club

Address: Bill Brown Playground, 4475, Brooklyn

Coney Island Cyclones Soccer Club provides soccer training for kids aged 3 to 15 years old. Their programs include a soccer academy (学院), as well as winter and summer camps that have indoor and outdoor facilities. Their goal is to teach young players the values of sportsmanship, teamwork, self-confidence and respect.

21. Where is Stellar Soccer?

- A. In Amsterdam Ave.
- B. In Forest Hills.
- C. In Hudson St.
- D. In Bill Brown Playground.

22. Which soccer club can a 16-year-old kid join?

- A. Stellar Soccer.
- B. Soccer Friends USA.
- C. Downtown United Soccer Club.
- D. Coney Island Cyclones Soccer Club.

23. What does Coney Island Cyclones Soccer Club provide?

- A. Training for all ages.
- B. Winter and summer camps.
- C. A non-competitive environment.
- D. Programs for boys and girls individually.

B

Until quarantine (隔离期) ends, we are left picturing what sport we might do: working out at the gym, playing on a competitive sports team, swimming, biking, or rock climbing. However, we don't often think of martial arts as possible activities; instead, we rule it out because we think it's dangerous, uncommon, and even, impossible. Martial arts aren't considered a sport, right?

Well, here's some good news: you're wrong! Martial arts aren't much more common than people think, and you can start learning at any age. Practicing martial arts is a great way to keep in shape, both physically and mentally. They're much less boring and much less arduous sport than they're usually described as in movies, so do not worry that they need a lot of effort.

Martial arts generally require you to focus on the position and movement of every one of your legs and arms, sometimes even your breathing too. Think about it: when you leave the gym, your mental state has improved and you are much calmer. This is because you've only paid attention to one activity. It is a great way to clear your head. And practicing it can help you learn to stay more focused, which is the greatest advantage of martial arts training.

Martial arts also improve your coordination (协调性), and greatly improve your posture (姿势). I have personally seen students go from slouching (没精打采) to walking tall with their shoulders back in just a couple of months.

There are many styles and countless kinds of martial arts. Whichever one you like better, know that all of them are good choices.

24. What can we know about martial arts from the first two paragraphs?

- A. They often have people hurt.
- B. They are difficult to practice.
- C. People have a wrong view on it.
- D. People practice them more often.

25. What does the underlined word "arduous" in paragraph 2 mean?

- A. Interesting. B. Difficult. C. Friendly. D. Exciting.

26. What is the biggest benefit of practicing martial arts?

- A. Adjusting the breath. B. Enjoying one's free time.
C. Correcting the movement. D. Keeping one's attention.

27. What does the writer think of martial arts?

- A. They are not sports. B. They attracted many teenagers.
C. They are beneficial and helpful. D. They were invented to protect others.

C

Increasingly over the last few years, we have become familiar with the range of small electronic devices or "smart" accessories (附件). Pocket heart-rate monitors for joggers and electronic maps are just the first examples of many new products that promise to change our lives in all sorts of surprising ways.

As a scientist at New York University, Rosalind Picard tries out different smart accessories before they go on the market. One of these was the so-called "frown headband". Rosalind was shocked to realize just how often she frowned stuck in a traffic jam recently, Rosalind kept hearing the sounds of the tiny sensor inside the band worn around her forehead—each time she frowned in annoyance, the sensor gave out a signal.

Another computer scientist Steven Feiner, is working on a pair of glasses that will do more than help you to see. Imagine you want to try a restaurant in a foreign city but you're not familiar with the dishes on the menu. If you are wearing a pair of Steven's glasses, all you have to do is glance above the restaurant's doorway and your glasses will immediately become windows to the Internet, offering you full details of the meals served inside. The glasses could also be used to help people make speeches, give chefs access to the latest recipes and even provide doctors with patient information while they carry out operations.

At the moment, Steven's invention looks more like a large skin mask than a pair of glasses. It's a headset collected to a hand held computer and a Global Positioning System (GPS) receiver, which tracks the wearer's position. But he says that these head-worn displays will eventually get smaller and lighter as technology improves.

And, of course, this new technology has a fashionable as well as a useful application. A chemical engineer named Robert Langer has invented a new microchip that, if put inside a ring, can give off different smells according to a person's mood. That, of course, may or may not appeal to you. And, in the end, it is shoppers not scientists, who will determine which of these smart accessories will succeed as fashionable items and which are sure to join history's long list of crazy inventions.

It is clear, however, that as computers get smaller and cheaper, they will pop up in all sorts of easily-wearable accessories, even in the buttons on your coat. What's more, this is something that's going to happen a lot sooner than we all expect.

28. How does the second paragraph develop?

- A. By analyzing the cause B. By giving an example.
C. By making comparison. D. By following time order.

29. Steven's glasses can do the following except _____.

- A. Try and taste the dishes for people in a restaurant.
B. Offer chefs details about the latest recipes.
C. Give patient information to doctors.

D. Provide customers with the information on the meals.

30. In general, what does the writer think about smart accessories?

A. Much more research is needed into them.

B. They will soon be widely available.

C. Only a few of them will appeal to shoppers

D. Most of them are considered to be crazy inventions.

31. What's the writer's purpose in writing this passage?

A. To advertise some smart accessories.

B. To argue that smart accessories are fashionable.

C. To introduce the idea of smart accessories.

D. To tell interesting stories about smart accessories.

D

Sleeping with a dim light like a television or nightlight is enough to raise blood sugar and heart rates of healthy people, according to a new study. Light helps our body maintain an internal clock, but artificial light at night can interrupt the rest and repair that should happen during the sleep. New research suggests that even when our eyes are closed, a small amount of light can disrupt the way our bodies normally keep our blood sugar within a healthy range.

In the study published in *Sciences* on Monday, scientists asked 20 participants ages 19 to 36 to spend two nights in their lab. On the first night of sleep, the volunteers slept in a very dark room. For their second night of sleep, half of the group snoozed with a small light like the glow of television at night, or streetlights through a window—and half spent their second night in a dark room.

During the trial, all participants were connected to devices that measured different markers of their sleep quality. They were each connected via a special tube, allowing researchers to collect samples without waking the individual. Researchers also recorded participants' heart rates and brain waves.

When the volunteers awoke in the morning, the team tested their blood sugar and found that participants that slept in rooms with a dim light spent less time in deep sleep. In addition to having slightly worse blood sugar control, the group exposed to dim light had a higher heart rate on average. "By comparison, those that spend two nights in the dark room had little difference in their blood sugar control. They thought they slept well, but your brain knows that the lights are on," says Zee, "you should clearly pay attention to the light in your bedroom. If you can't give up your night light, keep it dim and at floor level."

Earlier work has linked exposure to light during sleep to an increased risk of obesity in women. Zee recommends, "make sure that you start dimming your lights at least an hour or two before you go to bed to prepare your environment for sleep."

32. What did the underlined word "disrupt" in paragraph 1 mean?

A. bother

B. keep

C. disagree

D. follow

33. How did the researchers draw a conclusion from the study?

A. By analyzing the data from scientific texts.

B. By conducting the experiments.

C. Using questionnaires.

D. By comparing earlier work.

34. What did the study find if the participants slept in dark rooms?

A. The participants would have a higher heart rate.

B. The participants would have higher blood sugar.

C. The participants' blood sugar control would not change.

D. The participants actually sleep more than average.

35. Which of the following is a suitable title for the text?

- A. Sleeping With a Dim Light Can Raise Health Problems
- B. How to Sleep Well With a Dim Light
- C. Sleep Well, Eat Well, Good Health
- D. The Darker, the Lower Blood Sugar

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。选项中有两项为多余选项。

How to Get Along With Friends

Friendships can have a major impact on your health and happiness, but it's not always easy to develop friendships. The following are some tips for you.

Be positive

_____36_____. If you're someone who likes to discuss hopeless-sounding situations, that's OK, but remember to talk about more cheerful topics, too. Discussing books or sharing funny stories are better for your friendships. Of course, if something bad happens, it's OK to ask your friends for support. You're not expected to be positive all the time.

_____37_____

Listening helps you learn about your friends and support them when they need it. Give your friends your full attention, and make mental notes about the important things in their lives—like the names of their loved ones, things they like and major things that have happened or are happening in their lives. _____38_____, don't immediately share your experiences or advice. Instead, ask them, "How are you feeling about it?" or "What do you plan to do about that?"

Make time for each other

Spending time with your friends has a huge impact, whether it's for a few minutes or for several hours. _____39_____. If you can't easily see your friends in person, try texting each other or having video calls. It certainly doesn't replace an in-person hangout, but it's a good way to keep in touch.

Calmly discuss problems one-on-one

If your friends are doing something that's bothering you, it doesn't help to give them the silent treatment or leave them out. Instead, talk to them one-on-one about what's bothering you, and calmly share how you feel about it. For example, if your friends have given you an embarrassing (令人尴尬的) nickname, pull them aside and say, "I know you're trying to be funny, but when you call me that, I get really embarrassed. _____40_____."

- A. Listen to them
- B. Please don't call me that
- C. Focusing on the upside makes you a better friend
- D. If you answer telephone calls only during certain hours
- E. If your friend shares something that they're struggling with
- F. Talking directly to your friend is the best way to solve an issue
- G. Schedule fun activities with your friends, or just find time to talk for a while

第三部分书面表达(共两节,30分)

第一节阅读表达(共4小题;第41、42题各2分,第43、44题各3分,共10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。

The Olympic medal ceremonies have already begun. But some athletes hardly disguise (掩饰) their disappointment when silver is hung around their necks. The British judo (柔道) silver medalist Neil Adams calls his two from the 1980s “loser’s medals”.

Until twelve years ago, they were in a box at the back of a cupboard. His wife then had them framed for his 50th birthday and they are now up on the wall.

Adams feels proud when he looks at them, but his thoughts quickly turn to “what ifs”. “I wouldn’t change much,” he adds. And he wouldn’t need to. Gold was within his grasp twice, but slipped away by a narrow margin on the judo mat.

“The losses at the Olympic Games were the most difficult thing for me to accept,” he said. “I didn’t win the silver medal. I lost the gold. In my mind they were losses. It has taken more than 30 years to get over it.”

Mark Cavendish, Jessica Ennis and Mo Farah have never won the Olympic gold, but they came into London in 2012 as three of Team GB’s biggest medal hopes. Unfortunately, Cavendish has already suffered disappointment in the cycling road race. Neil Adams was in that same position in both the 1980 and 1984 Games. However, in a career in which he collected every other judo accolade (荣誉), things simply went wrong at the Olympics.

In Moscow 1980, Adams was just 21 years old and found the media focus and pressure of expectation too much.

Asked about being a favorite Adams said, “It is hell, and about how you cope with it in the mind. It can make you afraid to win or lose and there is a difference. I was afraid to lose. Sometimes you freeze. Sometimes it takes you over.”

Adams says that he was very cautious and that when something was tactical (策略上的) and technical he approached it too tactically. Perhaps it’s better to go in with “nothing to lose” attitude. That might be the reason why the Olympic Games have often created surprising results. Sometimes it’s the ones who keep their cool and work the hardest that get the results.

41 How did Neil Adams feel about his two silver medals when he was awarded them?

42. According to Neil Adams what kind of people can get surprising results at the Olympic Games?

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

➤As a young and promising athlete, Neil Adams became the media focus and he enjoyed being a favorite very much.

44. Do you agree with Neil Adams’s attitude towards his two silver medals? Why or why not? (In about 40 words)

第二节书面表达(满分20分)

45. 假定你是李华,你校将于下周五举办一次以“保护自然遗产(Protect the Natural Heritage)”为主题的讲座,请你代表校学生会给你校的留学生 Henry 写封信,邀请他参加该讲座。内容包括:

1.写信目的; 2.讲座的时间、地点及意义; 3.期盼回复。

注意：1.词数 80 左右；

2.可以适当增加细节，以使行文连贯。

Dear Henry

Yours,
Li Hue



参考答案

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)

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

【解析】

【导语】这是一篇记叙文。本文讲述了作者作为跳台滑雪运动员的奥运梦想。索契冬奥会是首个允许女子跳台滑雪运动员参与的奥运会。然而作者因为训练受伤,担心自己错过参赛机会,好在通过积极的康复训练,她终于能够如愿参加奥运会。

【1题详解】

考查动词词义辨析。句意:索契冬奥会是首个允许女子跳台滑雪运动员参与竞争金牌的奥运会。A. convinced 使信服; B. allowed 允许; C. forced 迫使; D. attracted 吸引。由下文的“Before that my Olympic dream was just impossible.(在那之前,我的奥运梦想是不可能的)”可知,索契冬奥会是首个允许女子跳台滑雪运动员参与的奥运会。故选B项。

【2题详解】

考查名词词义辨析。句意:所以我非常想在有历史意义的运动员队中占有一席之地。A. place 地方; B. model 模范; C. bet 打赌; D. advertisement 广告。由上文的“My Olympic dream began a few years after I started ski jumping.(我开始跳台滑雪几年后,我的奥运梦想就开始了)”和“Before that my Olympic dream was just impossible.(在那之前,我的奥运梦想是不可能的)”可知,作者非常看重这次冬奥会,可得出作者很想要在这次奥运会中获得一席之地。故选A项。

【3题详解】

考查名词词义辨析。句意:距离奥运会还有五个月,我在训练时感到了难以想象的疼痛,我的右膝严重骨折。A. interest 兴趣; B. excitement 兴奋; C. pain 疼痛; D. expectation 期待。由下文的“my right knee was severely broken”可知,作者的膝盖受伤严重,可得出在一次训练中,巨大的疼痛向作者袭来。故选C项。

【4题详解】

考查形容词词义辨析。句意:令我惊讶的是,我的医生告诉我,去索契还是有可能的。A. difficult 困难的; B. possible 可能的; C. important 重要的; D. necessary 必要的。由上文的“I thought my dream was all over.(我以为我的梦想已经结束了)”和下文的“He said that if anyone could come back in time, it would be me.(他说,如果有人能及时返回赛场,那就是我)”可知,作者认为自己的奥运梦结束了,但医生认为作者还是有可能参加索契冬奥会的,呼应上文“To my surprise”作者听到医生话的惊讶感。故选B项。

【5题详解】

考查动词词义辨析。句意:我把他的话铭记在心,决定不会让任何事情阻止我。A. test 测试; B. refuse 拒绝; C. stop 阻止; D. blame 责备。由上文语境可知,作者是有可能及时返回赛场的,所以有奥运梦的作者不会让任何事情阻止自己返回赛场。故选C项。

【6题详解】

考查名词词义辨析。句意：我完全康复的道路需要努力。A. competition 比赛；B. challenge 挑战；C. speed 速度；D. recovery 恢复。由下文的“demanded hard work”和“I couldn't control how quickly my body healed, but I could _____ 7 _____ myself to workouts and rehab (康复治疗).(我无法控制自己的身体恢复得有多快，但我可以_____ 7 _____到锻炼和康复中。)”可知，此处表示在康复之路上作者需要付出很多努力。故选 D 项。

【7 题详解】

考查动词词义辨析。句意：我无法控制自己的身体恢复得有多快，但我可以全身心投入到锻炼和康复中。A. owe 欠；B. devote 致力于；C. admit 承认；D. commend 赞扬。由 but 表转折可知，虽然作者无法掌控自己身体痊愈的时间，但作者可以全力投入到训练和康复治疗中去，devote oneself to sth. 为固定短语，意为“专心致志做某事”。故选 B 项。

【8 题详解】

考查动词短语辨析。句意：我在健身房花了好几个小时。A. waited for 等待；B. cut down 砍倒；C. put in 投入（时间或精力）；D. brought in 引入。由上文语境和“hours and hours at the gym”可知，作者全身心投入于康复训练中，可得出作者在健身房度过（投入）了很长时间。故选 C 项。

【9 题详解】

考查形容词词义辨析。句意：尽管出了很多汗，但由于受伤，我不确定结果。A. unsure 不确定的；B. hopeful 有希望的；C. crazy 疯狂的；D. curious 好奇的。由上文的“Despite all the sweat”和下文的“due to my injury”可知，尽管作者付出了很多努力，但是作者不知道自己的伤势到底恢复的如何。故选 A 项。

【10 题详解】

考查副词词义辨析。句意：幸运的是，我的努力得到了回报。A. Constantly 不断地；B. Occasionally 偶尔地；C. Definitely 肯定地；D. Fortunately 幸运地。由下文的“my hard work paid off. I passed the strength tests and was named to the 2014 Sochi Olympic team.(我的努力得到了回报。我通过了力量测试，入选了 2014 年索契奥运会代表队)”可知，作者受伤后努力康复，终于成功入选了 2014 年索契奥运会代表，这是一件幸运的事。故选 D 项。

第二节语法填空(共 10 小题;每小题 1.5 分,共 15 分)

【答案】11. relaxed

12. have been studying

13. benefits

【解析】

【导语】这是一篇说明文。文章讲述了笑的好处。

【11 题详解】

考查形容词比较级。句意：当我们感到焦虑或担忧时，笑可以帮助我们感到更加放松和舒适。修饰人，用-ed 形容词 relaxed，结合 more 可知，用形容词比较级 more relaxed 作表语。故填 relaxed。

【12 题详解】

考查时态。句意：即使你已经学习了很长时间，感到困倦和无聊，大笑也会让你感觉精力充沛，就像刚刚小睡过一样！结合时间状语 for a long time 和现在分词 feeling 可知，用现在完成进行时（has/have been doing）

表示动作从过去某个时刻开始一直持续到现在，甚至将来，强调进行的过程，主语 you，用助动词 have。故填 have been studying。

【13 题详解】

考查名词复数。句意：笑声有很多好处，我希望你们都能找到一种方法，为日常生活增添更多乐趣和欢笑。由 many 修饰，用可数名词 benefit 的复数形式。故填 benefits。

【答案】14. who

15. has been

16 to protect

【解析】

【导语】这是一篇记叙文。本文是作者作为一名海洋研究员对工作经历方面的分享。

【14 题详解】

考查定语从句关系词。句意：我与一个科学家团队合作，他们都是各自领域的专家，参与一个国际项目。空处引导非限制性定语从句，先行词 a team of scientists，指人，关系词在从句中作主语，用关系代词 who。故填 who。

【15 题详解】

考查时态和主谓一致。句意：不幸的是，过去 50 年来气温显著升高，这显然与人类活动有关。该空作谓语，由时间状语 over the past 50 years 可知，谓语时态用现在完成时，主语 a significant rise in temperatures 单数，助动词 have 应用单数形式。故填 has been。

【16 题详解】

考查不定式。句意：我希望通过教育人们这方面的知识并分享研究成果，我们可以作为一个全球社区共同努力来保护我们的星球。protect 用不定式形式作目的状语。故填 to protect。

【答案】17. keeping

18. responsibility

19. their 20. what

【解析】

【导语】这是一篇说明文。文章介绍了如何维持健康的亲子关系。

【17 题详解】

考查动名词。句意：众所周知，积极的亲子关系有利于孩子的身心成长，但保持健康的亲子关系需要双方的努力。keep 用动名词形式作主语。故填 keeping。

【18 题详解】

考查名词。句意：父母应该承担起改善与孩子关系的责任。此处应用名词 responsibility 作宾语，take the responsibility to do 固定搭配，意为“承担责任做某事”。故填 responsibility。

【19 题详解】

考查代词。句意：重要的是，无论他们的日程安排多么紧凑，都要有质量的时间陪伴孩子。形容词性物主代词 their 修饰名词 children。故填 their。

【20 题详解】

考查宾语从句连接词。句意：另一方面，孩子们应该让父母知道，他们很感激父母为他们所做的一切。该空引导宾语从句，从句缺乏宾语，意为“……的事情”，用连接代词 what。故填 what。

第二部分阅读理解(共两节,40分)

第一节(共15小题;每小题2分,共30分)

【答案】 21. A 22. C 23. B

【解析】

【导语】这是一篇应用文。短文介绍了纽约市的四个儿童足球俱乐部的相关信息。

【21 题详解】

细节理解题。根据 Stellar Soccer 部分 “Address: 1047 Amsterdam Ave” 可知，Stellar Soccer 位于 Amsterdam Ave。故选 A 项。

【22 题详解】

细节理解题。根据 Downtown United Soccer Club 部分 “Training is offered to players of all ages and genders (性别).(训练面向所有年龄和性别的球员)” 可知，16岁的小孩可以加入 Downtown United Soccer Club。故选 C 项。

【23 题详解】

细节理解题。根据 Coney Island Cyclones Soccer Club 部分 “Their programs include a soccer academy (学院), as well as winter and summer camps that have indoor and outdoor facilities.(他们的项目包括一个足球学校，以及有室内和室外设施的冬季和夏季营地)” 可知，Coney Island Cyclones Soccer Club 会组织冬令营和夏令营。故选 B 项。

【答案】 24. C 25. B 26. D 27. C

【解析】

【分析】这是一篇说明文。文章介绍了武术对人的好处，并建议读者选择武术作为体育锻炼的方式。

【24 题详解】

细节理解题。根据文章第一段 “However, we don't often think of martial arts as possible activities; instead, we rule it out because we think it's dangerous, uncommon, and even, impossible. Martial arts aren't considered a sport, right? (然而，我们通常不认为武术是可能的活动；相反，我们排除了它，因为我们认为它是危险的，不寻常的，甚至是不可能的。武术不被认为是一项运动，对吧?)” 和文章第二段 “Well, here's some good news: you're wrong! (好吧，这里有一些好消息：你错了!)” 可知，通过前两段我们可以知道人们对武术的观点是错误的。故选 C。

【25 题详解】

词句猜测题。根据下文 “so do not worry that they need a lot of effort. (所以不要担心它们需要付出很多努力。)” 可知，划线词所在句子意为“与电影中描述的相比，它们并没有那么无聊，也没有那么困难”，arduous 意为“困难的”。故选 B。

【26 题详解】

细节理解题。根据文章第三段 “And practicing it can help you learn to stay more focused, which is the greatest advantage of martial arts training. (练习它可以帮助你学会更专注, 这是武术训练的最大优势。)” 可知, 练武术的最大好处是保持注意力。故选 D。

【27 题详解】

推理判断题。根据文章第二段 “Practicing martial arts is a great way to keep in shape, both physically and mentally. (练习武术是保持身体和精神健康的好方法。)”、文章第三段 “And practicing it can help you learn to stay more focused, which is the greatest advantage of martial arts training. (练习它可以帮助你学会更专注, 这是武术训练的最大优势。)” 和文章第四段 “Martial arts also improve your coordination (协调性), and greatly improve your posture (姿势). (武术还可以提高你的协调性, 并极大地改善你的姿势。)” 可推知, 作者认为他们是有益的和有幫助的。故选 C。

【答案】 28. B 29. A 30. B 31. C

【解析】

【分析】 这是一篇说明文。全文主要介绍了近几年广受人们欢迎的智能附件。它们用途各异, 但都让我们的生活更加美好。于文章结尾处, 作者展望了智能附件更光明的未来。

【28 题详解】

推理判断题。根据第二段 “As a scientist at New York University, Rosalind Picard tries out different smart accessories before they go on the market. One of these was the so-called “frown headband”. Rosalind was shocked to realize just how often she frowned stuck in a traffic jam recently, Rosalind kept hearing the sounds of the tiny sensor inside the band worn around her forehead—each time she frowned in annoyance, the sensor gave out a signal. (作为纽约大学的一名科学家, Rosalind Picard 在各种智能配件上市之前会对它们进行尝试。其中之一就是所谓的“皱眉发带”。Rosalind 很震惊地意识到, 她最近在交通堵塞时多么频繁地皱起眉头, Rosalind 一直听到戴在额头上的带内的微型传感器发出的声音——每当她烦恼地皱起眉头时, 传感器就发出信号)” 可知, 第二段是通过举例子展开的。故选 B。

【29 题详解】

细节理解题。根据第三段中 “If you are wearing a pair of Steven's glasses, all you have to do is glance above the restaurant's doorway and your glasses will immediately become windows to the Internet, offering you full details of the meals served inside. The glasses could also be used to help people make speeches, give chefs access to the latest recipes and even provide doctors with patient information while they carry out operations. (如果你戴着史蒂文的眼镜, 你所要做的就是朝餐厅门口上方扫一眼, 你的眼镜就会立即成为互联网的窗口, 为你提供餐厅提供的食物的详细信息。这种眼镜还可以用来帮助人们演讲, 让厨师获得最新的食谱, 甚至在医生进行手术时提供患者信息)” 可知, 史蒂文的眼镜可以向厨师提供最新食谱的详细信息、把病人信息给医生和为顾客提供餐食信息。除了 A 选项 “在餐馆里试着品尝人们喜欢的菜肴”。故选 A。

【30 题详解】

推理判断题。根据最后一段 “It is clear, however, that as computers get smaller and cheaper, they will pop up in all sorts of easily-wearable accessories, even in the buttons on your coat. What's more, this is something that's going to happen a lot sooner than we all expect. (显而易见的是, 随着电脑越来越小巧、便宜, 他们会以各种

各样的便携式配饰的形式层出不穷，甚至被放置在你的衣服的纽扣里。此外，它们会比我们预想的更快被广泛使用)”可推知，作者认为这些智能配饰会在不久的将来，广泛地进入我们的日常生活。故选 B。

【31 题详解】

推理判断题。根据第一段中 “Increasingly over the last few years, we have become familiar with the range of small electronic devices or "smart" accessories (附件).(在过去的这几年中，我们对各种小巧的电子设备或智能附件越来越熟悉)”结合全文主要介绍了近几年广受人们欢迎的智能附件。它们用途各异，但都让我们的生活更加美好。于文章结尾处，作者展望了智能附件更光明的未来。可知，作者写这篇文章的主要用意是向读者介绍近几年广受欢迎的智能附件，故选 C。

【答案】32. A 33. B 34. C 35. A

【解析】

【导语】文章为一篇说明文，介绍了一项关于灯光与睡眠关系的科学研究。

【32 题详解】

词句猜测题。由第一段 “Light helps our body maintain an internal clock, but artificial light at night can interrupt the rest and repair that should happen during the sleep.”（光线帮助我们的身体维持内部时钟，但夜间的人造光线会打断睡眠期间的休息和修复。）及 “the way our bodies normally keep our blood sugar within a healthy range”（我们的身体正常地将血糖控制在健康范围内的方式）可知，夜晚的灯光可能会影响身体的修复，影响正常的生理功能。划线词 disrupt 与 bother 意思相近，表示“影响、打扰”。故选 A 项。

33 题详解】

推理判断题。由第二段 “In the study published in Sciences on Monday, scientists asked 20 participants ages 19 to 36 to spend two nights in their lab.”（在周一发表在《科学》杂志上的这项研究中，科学家们让 20 名年龄在 19 岁至 36 岁的参与者在实验室里待了两晚。）和第三段 “During the trial, all participants were connected to devices that measured different markers of their sleep quality.”（在试验期间，所有参与者都被连接到测量他们睡眠质量不同指标的设备上。）可知，研究团队采用了实验法来得出研究的结论。故选 B 项。

【34 题详解】

细节理解题。由第四段 “By comparison, those that spend two nights in the dark room had little difference in their blood sugar control.”（相比之下，那些在黑房间里待了两晚的人，他们的血糖控制差别不大。）可知，连续在黑房间睡两晚的人血糖控制没有变化。故选 C 项。

【35 题详解】

主旨大意题。由第一段 “Sleeping with a dim light like a television or nightlight is enough to the raise blood sugar and heart rates of healthy people, according to a new study. Light helps our body maintain an internal clock, but artificial light at night can interrupt the rest and repair that should happen during the sleep.”（一项新的研究表明，在像电视或夜灯这样昏暗的灯光下睡觉，足以提高健康人群的血糖和心率。光线帮助我们的身体维持内部时钟，但夜间的人造光线会打断睡眠期间的休息和修复。）及全文内容可知，文章主要介绍了在微弱的灯光下睡觉对健康的影响的相关性研究。A 选项 “Sleeping With a Dim Light Can Raise Health Problems”（在昏暗的灯光下睡觉会引发健康问题）符合全文主旨。故选 A 项。

第二节(共 5 小题;每小题 2 分,共 10 分)

【答案】36. C 37. A 38. E 39. G 40. B

【解析】

【导语】这是一篇说明文。主要给出了几个发展友谊的建议,包括要乐观积极、为彼此留出时间等等。

【36 题详解】

根据本段的小标题 **Be positive** 以及空后 “If you’re someone who likes to discuss hopeless-sounding situations, that’s OK, but remember to talk about more cheerful topics, too.” (如果你是一个喜欢讨论绝望情势的人,没有问题,但是请记住也要谈论令人振奋的话题)可知,本段讲述与朋友相处要积极乐观,因此推断 C 项 “Focusing on the upside makes you a better friend” (关注积极的一面会让你成为一个更好的朋友)符合语境,引出下文的具体解释。故选 C 项。

【37 题详解】

空处是段落小标题。根据空后 “Listening helps you learn about your friends and support them when they need it.” (聆听帮助你了解你的朋友并且在他们需要倾听的时候支持他们)可知,此处建议学习倾听, A 项 “Listen to them” (倾听他们)为最佳标题。故选 A 项。

【38 题详解】

根据空后 “don’t immediately share your experiences or advice. Instead, ask them, 'How are you feeling about it?' or 'What do you plan to do about that?'" (不要立刻分享你的经验或者建议。相反,问问他们,“你对此感觉如何”或者“你打算怎么做”)可知,空处是朋友分享了他们纠结的事情,下文是作者的建议,故 E 项 “If your friend shares something that they’re struggling with” (如果你的朋友分享了让他们纠结的事情)前后存在条件关系,符合语义逻辑。故选 E 项。

【39 题详解】

根据空前 “Spending time with your friends has a huge impact, whether it’s for a few minutes or for several hours.” (花时间和朋友在一起有很大的影响,无论是几分钟还是几个小时。)可知,此处指给予学生陪伴, G 项 “Schedule fun activities with your friends, or just find time to talk for a while” (和朋友一起安排有趣的活动,或者找时间聊聊天)刚好对应前面和朋友呆在一起。故选 G 项。

【40 题详解】

根据空前 “For example, if your friends have given you an embarrassing (令人尴尬的) nickname, pull them aside and say, I know you’re trying to be funny, but when you call me that, I get really embarrassed.” (例如,如果你的朋友给了你一个令人尴尬的昵称,那就把他们拉到一边,说,“我知道你在努力变得有趣,但是当你那样叫我的时候,我觉得很尴尬”)讲述朋友称呼你绰号让你尴尬,你可以告诉他你会尴尬,请他不要称呼,因此推断 B 项 “Please don’t call me that” (请不要那样叫我)与前句之间存在因果关系,符合语义逻辑。故选 B 项。

第三部分书面表达(共两节,30分)

第一节阅读表达(共 4 小题;第 41、42 题各 2 分,第 43、44 题各 3 分,共 10 分)。

【答案】41. He felt disappointed.

42. Those who keep their cool and work the hardest.

43. ➤As a young and promising athlete, Neil Adams became the media focus and he enjoyed being a favorite very much.

He didn't enjoyed being a favorite very much because it looked like a hell, which made him afraid.

44. No, I disagree with his idea of "loser's medals". Because those who can get on the Olympic Games are excellent. Athletes can't consider themselves losers just because they get a silver medal. On the contrary, they should tolerate failure.

【解析】

【导语】这是一篇记叙文。文章讲述了参加奥运会的运动员都希望获得金牌，而那些与金牌失之交臂的运动员心里是什么滋味呢？Neil Adams 作为这样的运动员讲述了自己的感受。

【41 题详解】

考查细节理解。由第一段中的 "But some athletes hardly disguise (掩饰) their disappointment when silver is hung around their necks. The British judo (柔道) silver medalist Neil Adams calls his two from the 1980s "loser's medals". (但当银牌挂在脖子上时，一些运动员很难掩饰自己的失望。英国柔道银牌得主 Neil Adams 称他在 20 世纪 80 年代的两枚银牌为 "失败者的奖牌")" 可知，Neil Adams 在获得两枚银牌时很失望。故答案为：He felt disappointed.

【42 题详解】

考查细节理解。由最后一段中的 "That might be the reason why the Olympic Games have often created surprising results. Sometimes it's the ones who keep their cool and work the hardest that get the results. (这可能就是为什么奥运会经常产生令人惊讶的结果的原因。有时候，那些保持冷静、最努力工作的人才能获得令人惊讶的结果)" 可知，Neil Adams 认为那些保持冷静、工作最努力的人能在奥运会上取得令人惊讶的成绩。故答案为：Those who keep their cool and work the hardest.

【43 题详解】

考查推理判断。由倒数第二段 "Asked about being a favorite, Adams said, "It is hell, and about how you cope with it in the mind. It can make you afraid to win or lose and there is a difference. I was afraid to lose. Sometimes you freeze. Sometimes it takes you over." (当被问及成为最受欢迎的人时，Adams 说：“这是地狱，以及你如何在脑海中应对它。它会让你害怕赢或输，这是有区别的。我害怕输。有时你会停滞不前。有时会让你崩溃。)" 可知，Adams 认为成为最受欢迎的人这件事就像地狱一样可怕，这让他很害怕，可得出他不喜欢成为最受欢迎的人，"he enjoyed being a favorite very much" 错误。故答案为：➤As a young and promising athlete, Neil Adams became the media focus and he enjoyed being a favorite very much.

He didn't enjoyed being a favorite very much because it looked like a hell, which made him afraid.

【44 题详解】

考查开放答题。考生结合文章和自身实际答题，答题思路应以积极向上为好，如：不，我不同意他关于 "失败者的奖牌" 的观点。因为那些能参加奥运会的人都很优秀。运动员不能因为获得银牌就认为自己是失败者。相反，他们应该容忍失败。故答案为：No, I disagree with his idea of "loser's medals". Because those who can get on the Olympic Games are excellent. Athletes can't consider themselves losers just because they get a silver medal. On the contrary, they should tolerate failure.

第二节书面表达(满分 20 分)

45. 【答案】 Dear Henry,

My name is Li Hua, a member of the Students' Union. I'm writing to invite you to attend a lecture to be held by our school.

The lecture whose topic is Protect the Natural Heritage will be held from 2:30 pm to 4:30 pm next Friday in the lecture hall. We have invited Professor Li an environmentalist in our city, to give us the lecture. It can raise our environmental awareness and inspire us to think up brilliant ideas about how to protect the natural heritage around us. Therefore, I hope you can come and share your ideas with us.

Looking forward to your early reply.

Yours,

Li Hua

【解析】

【分析】本篇书面表达属于应用文，要求考生给留学生 Henry 写封信，邀请他参加学校将于下周五举办的一次以“保护自然遗产 (Protect the Natural Heritage)”为主题的讲座。

【详解】1. 词汇积累

提高: raise→boost

意识: awareness→consciousness

巧妙的: brilliant→ingenious

因此: therefore→hence

2. 句式拓展

简单句变复合句

原句: We have invited Professor Li, an environmentalist in our city, to give us the lecture.

拓展句: We have invited Professor Li, who is an environmentalist in our city, to give us the lecture.

【点睛】[高分句型 1] I'm writing to invite you to attend a lecture to be held by our school. (运用了不定式作后置定语)

[高分句型 2] The lecture whose topic is Protect the Natural Heritage will be held from 2:30 pm to 4:30 pm next Friday in the lecture hall. (运用了 whose 引导的定语从句)

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。

北京高考在线旗下拥有网站门户、微信公众平台等全媒体矩阵生态平台。平台活跃用户 40W+，网站年度流量数千万量级。用户群体立足于北京，辐射全国 31 省市。

北京高考在线平台一直秉承 “精益求精、专业严谨” 的建设理念，不断探索 “K12 教育+互联网+大数据” 的运营模式，尝试基于大数据理论为广大中学和家长提供新鲜的高考资讯、专业的高考政策解读、科学的升学规划等，为广大高校、中学和教科研单位提供 “衔接和桥梁纽带” 作用。

平台自创办以来，为众多重点大学发现和推荐优秀生源，和北京近百所中学达成合作关系，累计举办线上线下升学公益讲座数百场，帮助数十万考生顺利通过考入理想大学，在家长、考生、中学和社会各界具有广泛的口碑影响力

未来，北京高考在线平台将立足于北京新高考改革，基于对北京高考政策研究及北京高校资源优势，更好的服务全国高中家长和学生。



微信搜一搜

北京高考资讯