

Part 2 Discovering Useful Structures & Listening and Talking

基础过关练

I. 单词拼写

1. They sold their house for about 1.4 _____ (百万) pounds.
2. The girl wasn't really crying; she was only _____ (假装).
3. The young man makes people believe that he is a doctor, but in fact he is a _____ (骗子).
4. Physical _____ (健康) has now become a hot topic during the pandemic.
5. The _____ (观众) spoke highly of the film *Hi, Mom* which was released in February, 2021.
6. Life is like a long race where we c_____ with others to go beyond ourselves.

II. 选词填空

make sense; give up; by the way; work out

1. We should _____ every day to keep fit.
2. _____, what do you think of this football team?
3. The sentence just doesn't _____, no matter how you read it.
4. When we take a bus, we often hear the announcer say "Don't be the Phubber (低头族)". Sometimes we do need to _____ our cellphone for a while.

III.完成下面的反意疑问句

- 1.This is the second time that he has been to Japan, _____?
- 2.The boy said that he would come to my birthday party, _____?
- 3.Let's do exercises by ourselves, _____?
- 4.I don't think you have heard of him before, _____?
- 5.They must have stayed at the hotel last night, _____?
- 6.Learning how to repair computers takes a long time, _____?
- 7.Nobody will believe how difficult his work has been, _____?
- 8.He can hardly stay awake because he is so tired, _____?
- 9.You must have learned to dance for years, _____?
- 10.There is little doubt in your mind that he is honest, _____?
- 11.The movie that we saw last week was quite interesting, _____?
- 12.Tell me how to operate the electronic computer, _____?

IV.完成句子

- 1.每年数百万人死于吸烟引起的疾病。

Every year, _____ die from illnesses caused by smoking.

- 2.即使你打车,你也赶不上航班了。

You will miss the flight _____ you take a taxi.

- 3.当他妈妈进屋时,杰克藏起了他给妈妈的生日贺卡并假装在看书。

Jack hid his birthday card for his mother and _____

_____when his mother came into the room.

4.来自不同国家的一万多名参赛选手来到北京参加奥运会,为了奖牌而相互竞争。

More than 10,000 competitors from different countries came to Beijing to participate in the Olympic Games and _____ medals.

5.——你没有参加会议,是不是?

——是的,我没有。

—You didn't attend the conference, did you?

—_____, I _____.

能力提升练

I. 阅读理解

A

主题语境: 人与社会——运动与健康 语篇类型: 新闻报道 建议用时: 8

(2021 北京一零一中学高一上期中,★★)

Some teens are disapproving of compulsory BMI (body mass index)(体重指数) checks in PE classes. Do BMI checks at school do more harm than good? Two teens take different sides.

Maya Meade, a high school freshman in Ohio, says yes. “I understand that schools want to weigh students because they are

concerned about their physical health. That's not a bad thing! But what about their mental health? For many students, appearances and self-images are huge sources of stress. Forcing teens to be weighed at school will only increase the pressure they feel to fit a certain mold (模子),” says Maya.

In Maya's opinion, weight is a personal matter that should stay between a doctor and a patient. She says, “Just imagine someone who struggles with the body image being told that his or her BMI is too high as classmates look on! Even if other kids can't hear, no student wants to feel judged by his or her teacher. That's not why we go to school.”

Maya thinks that if a school wants to have an impact on a student's physical health, there are better ways to do it, such as providing healthy but filling meals, encouraging physical activities and teaching students about nutrition.

Ben Bagbek, a second-year student in a high school in New York, holds a different opinion. “There is no reason why a school should not be allowed to weigh its students and teach them how to calculate BMI! Obesity(肥胖) is a huge public health concern in our country. And schools are in a position to help students understand what their weight means to their health—before they're at risk of life-threatening conditions.”

“A school's job is to help students reach their full potential, and

your health undoubtedly plays a role in your academic performance. BMI is not a perfect measurement, but it can help you identify the need for healthier eating habits or more physical activities,” says Ben.

The bottom line is: When you feel good, you learn better. As long as the actual number on the scale stays private, it should be viewed as an important part of your health education.

1. What are the two teens debating?

- A. Whether students are enjoying PE classes.
- B. Whether schools are body-shaming students.
- C. Whether students should pay attention to weight.
- D. Whether schools should help students lose weight.

2. According to Maya, what will BMI checks bring to students?

- A. Healthy diets.
- B. Emotional stress.
- C. Fierce competition.
- D. Positive self-awareness.

3. What does Maya think of weight?

- A. It's private.
- B. It's important.
- C. It's hard to lose.
- D. It's not a big deal.

4. Which of the following may Ben agree with?

- A. Most school students are overweight.
- B. BMI checks are of little help to students.
- C. Schools have the right to weigh students.
- D. It's not schools' duty to help students keep fit.

B

主题语境：人与社会——体育活动 语篇类型：记叙文 建议用时：8

(2020 山东淄博第一中学高一期中, ★★)

My First Marathon (马拉松)

A month before my first marathon, one of my ankles was injured and this meant not running for two weeks, leaving me only two weeks to train. Yet, I was determined to go ahead.

I remember back to my 7th year in school. In my first P.E. class, the teacher required us to run laps and then hit a softball. I didn't do either well. He later informed me that I was “not athletic”.

The idea that I was “not athletic” stuck(粘贴) with me for years. When I started running in my 30s, I realized running was a battle against myself, not about competition or whether or not I was athletic. It was all about the battle against my own body and mind. A test of wills!

The night before my marathon, I dreamt that I couldn't even find the finish line. I woke up sweating and nervous, but ready to prove something to myself.

Shortly after crossing the start line, my shoe laces(鞋带) became

untied. So I stopped to readjust. Not the start I wanted!

At mile 3, I passed a sign: “GO FOR IT, RUNNERS!”

By mile 17, I became out of breath and the once injured ankle hurt badly. Despite the pain, I stayed the course walking a bit and then running again.

By mile 21, I was starving!

As I approached mile 23, I could see my wife waving a sign. She is my biggest fan. She never minded the alarm clock sounding at 4 a.m. or questioned my expenses on running.

I was one of the final runners to finish. But I finished! And I got a medal. In fact, I got the same medal as the one that the guy who came in first place had.

Determined to be myself, move forward, free of shame and worldly labels(世俗标签), I can now call myself a “marathon winner”.

5.A month before the marathon, the author _____.

A.was well trained

B.felt scared

C.made up his mind to run

D.lost hope

6.Why did the author mention the P.E. class in his 7th year?

A.To acknowledge the support of his teacher.

B.To amuse the readers with a funny story.

C.To show he was not talented in sports.

D.To share a precious memory.

7.How was the author's first marathon?

A.He made it.

B.He quit halfway.

C.He got the first prize.

D.He walked to the end.

8.What does the story mainly tell us?

A.A man owes his success to his family support.

B.A winner is one with a great effort of will.

C.Failure is the mother of success.

D.One is never too old to learn.

II.语法填空

主题语境：人与社会——体育运动 语篇类型：说明文 建议用时：7

(2021 浙江“七彩阳光”新高考研究联盟高一上期中联考,★★)

There is a growing interest in rock climbing. Recently there 1 (be) an improvement in technology and techniques to perform it. The sport is getting more 2 (attract) to many people. Although rock climbing has risks and physical challenges, people still have several reasons to take it up.

Some sportsmen feel that rock climbing can never become boring. This is because you have different places to go climbing. Additionally,

there are several challenging routes to climb. If you are tired 3 walls at your location, you may visit elsewhere 4 (experience) other challenging walls.

5 (obvious), it offers great fun and adventure to people when they go high up on walls. When they push themselves beyond the expected limits, they get 6 sense of achievement. Many people feel that rock climbing also gives them a feeling of 7 (free), as they can go wherever they want.

There are many sportsmen 8 also take rock climbing as a physical challenge where they always move up the levels. After 9 (cross) a set level, they move to the next and then to the next. And they can always give a fight to their previously achieved 10 (goal). It all depends on their physical fitness and skill levels.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____

答案全解全析

基础过关练

I .1.million 2.pretending 3.cheat 4.fitness 5.audience 6.compete

II .1.work out 2.By the way 3.make sense 4.give up

III.1.isn't it 2.didn't he 3.shall we 4.have you 5.didn't they

6.doesn't it 7.will they/will he 8.can he 9.haven't you

10.is there 11.wasn't it 12.will you/won't you

IV.1.millions of people 2.even if/though 3.pretended to be reading a book 4 compete with each other for

5.No;didn't

易错分析

本题的第一空容易错填为 Yes。需要注意的是在回答这类问句时,答语要与事实一致。答语中的 yes 译成“不”,no 译成“是”。

能力提升练

I .A

◎语篇解读 本文是一篇专题报道。对于体育课上学校是否可以测量学生体重这一问题,两个学生给出了不同的意见。

1.B 主旨大意题。根据第一段内容可知,一些青少年反对在体育课上强制进行体重指数检查。在学校检查体重指数弊大于利吗?两个青少年表明了立场。第二段中 Maya 说强迫青少年在学校称体重只会增加他们为适应某种模子而感到的压力。倒数第二段中 Ben 说学校的工作就是帮助学生发挥他们的全部潜能,学生的健康无疑在学生的学业表现中发挥着作用。体重指数并不是一个完美的衡量标准,但它可以帮助学生确认是否需要更健康的饮食习惯或更多的体育活动。故选 B。

2.B 细节理解题。由第二段中的“‘Forcing teens to be weighed at school will only increase the pressure they feel to fit a certain mold(模子),’ says Maya.”可知,Maya 认为学校测量学生体重会给学生带来心理压力。故选 B。

3.A 细节理解题。由第三段中的“In Maya's opinion, weight is a personal matter that should stay between a doctor and a patient.”可知,Maya 认为体重是个人隐私。故选 A。

4.C 推理判断题。由第五段中的“‘There is no reason why a school should not be allowed to weigh its students and teach them how to calculate BMI!’”可知,Ben 认为学校有权测量学生体重。故选 C。第五段说到“Obesity(肥胖) is a huge public health concern in our country.”(肥胖是我们国家一个巨大的公共健康问题。),但这并不能说明大部分学生都超重,故 A 项错误。根据第六段中的“‘BMI is not a perfect measurement, but it can help you identify the need for healthier eating habits or more physical activities’”(BMI 并不是一个完美的测量方法,但它可以帮助你确认是否需要更健康的饮食习惯或更多的体育活动)可知 B 项错误。根据第六段中的“‘A school's job is to help students reach their full potential, and your health undoubtedly plays a role in your academic performance.’”(学校的工作是帮助学生充分发挥他们的潜能,而你的健康无疑在你的学业表现中发挥着作用。)可知 D 项错误。

【高频词汇】 1.disapprove of 不赞同;反对 2.be concerned about... 担心..... 3.appearance *n.* 外貌;出现;抵达 4.struggle with 与.....作斗争 5.image *n.* 形象;画像 6.have an impact on... 对.....有影响 7.condition *n.* 健康状况;疾病;状况 8.potential *n.* 潜力;可能性 9.play a role in... 在.....中起作用 10.identify *v.* 确认;鉴定;识别

长难句分析

原句 Just imagine someone who struggles with the body image being told that his or her BMI is too high as classmates look on!

分析 本句为主从复合句。其中 who struggles with the body image 为 who 引导的定语从句,修饰先行词 someone;that his or her BMI is too high 为 that 引导的宾语从句,作 being told 的宾语;as 引导的是时间状语从句。

句意 想象一下,一个吃力地管理身体形象的人被告知他或她的体重指数太高了,而且当同学们都在围观时!

B

◎语篇解读 本文为记叙文。“我”虽然没有运动天赋,但是通过坚持不懈的努力,“我”最终完成了自己的第一次马拉松。

5.C 细节理解题。根据文章第一段可知,作者在参加马拉松赛跑前一个月脚踝受伤,但是仍然下定决心继续跑步。故选 C。

6.C 推理判断题。根据第二段最后两句 I didn't do either well. He later informed me that I was “not athletic”.(我两样都做得不好。他后来告诉我,我“不是运动型的人”。)可以推断出作者没有运动天赋。A 项“为了感谢老师的支持”,B 项“为了用有趣的故事逗乐读者”,D 项“为了分享一段珍贵的记忆”都不符合文意。

7.A 细节理解题。根据文章倒数第二段中的 I was one of the final runners to finish. But I finished!(我是最后跑完的选手之一。但我完成了!)可知作者最终跑完了马拉松。故选 A。

8.B 主旨大意题。通读全文可知,本文主要讲了作者在参加马拉松之

前脚踝受伤,但仍然下定决心继续参加。作者认为跑步是与自己的一种较量,而与竞争或者是否是运动型的人无关。这是对自己的身体和思想的一场考验,最终作者跑完了马拉松并得到了一枚奖牌,这告诉我们胜利者是有着坚强意志的人。故选 B。A 项“一个人的成功归功于家庭的支持”,C 项“失败是成功之母”,D 项“活到老,学到老”不符合文意。

【高频词汇】 1.be determined to do sth.决定做某事 2.inform v.告诉,通知;了解,熟悉 3.wake up 醒来 4.out of breath 上气不接下气 5.approach v.接近,靠近;着手处理;对付 6.question v.质询;表示疑问;怀疑 7.expense n.开支;花费;开销 8.free of...不受.....影响(或伤害等)的 9.acknowledge v.感谢;承认

II.◎语篇解读 本文是一篇说明文。文章介绍了攀岩,以及人们在攀岩有风险和体能上有挑战的情况下还是会进行这项运动的理由。

1.has been 考查时态和主谓一致。根据时间状语 Recently(最近)可知用现在完成时,主语为 an improvement,故填 has been。

2.attractive 考查形容词。句意:这项运动对许多人来说越来越有吸引力。分析句子成分可知,此处应填形容词,attract 的形容词形式为 attractive。

3.of 考查介词。句意:如果你厌倦了你所在的地方的墙,你可以去别的地方体验其他具有挑战性的墙。固定短语 be tired of...表示“对.....感到厌倦”,故填 of。

4.to experience 考查动词不定式。句意见上题。分析句子可知主句谓语为 may visit,所以此处应用非谓语动词形式,此处应使用动词不定式

作目的状语,故填 to experience。

5.Obviously 考查副词。句意:显然,当他们爬上高高的墙壁时,它给人们提供了巨大的乐趣和冒险。分析句子结构可知,此处应填副词,作状语,修饰整个句子,故填 Obviously。

6.a 考查冠词。句意:当他们推动自己超越预期的极限时,他们会有一种成就感。此处泛指“一种感觉”,应使用不定冠词,sense 以辅音音素开头,故用不定冠词 a。

7.freedom 考查名词。句意:很多人觉得攀岩也给了他们一种自由的感觉,因为他们可以去任何他们想去的地方。由句意并结合空前的介词 of 可知此处应填名词,free 的名词形式为 freedom,freedom 为不可数名词,a sense of freedom 意为“一种自由的感觉”。

8.who/that 考查定语从句。句意:有许多运动员也把攀岩作为一种体能挑战,在这之中他们总是不断地提升标准。分析句子可知设空处引导定语从句,先行词为 sportsmen (运动员),指人,从句中缺少主语,故填 who 或 that。

9.crossing 考查动名词。句意:在越过一个预设水平后,他们前进到下一个,然后再下一个。根据空前的介词 After 可知此处应填动名词作宾语,故填 crossing。

10.goals 考查名词复数。此处指他们之前实现的目标。goal 为可数名词,由语境可知此处表示复数含义,应用名词的复数形式,故填 goals。

【高频词汇】 1.improvement *n.*改进处;提升 2.attractive *adj.*吸引人的 3.take up 开始对……感兴趣;开始从事;接受

4.challenging *adj.* 具有挑战性的 5.be tired of... 对 感到厌倦

6.previously *adv.* 先前地;以前地 7.depend on 取决于;依靠