

Part 3 Reading for Writing, Assessing Your Progress &

Video Time

基础过关练

I. 单词拼写

1. Anyway, I can't _____ (欺骗) him—it's against my principle.
2. Mary won't keep _____ (苗条的) unless she does exercise every day.
3. In the face of learning _____ (压力), we should have a positive attitude towards life.
4. According to a recent survey, China continues to be the only major economy to show _____ (积极的, 正面的) growth in 2020.
5. When it comes to a fitness program, they often emphasize the importance of a balanced d_____.
6. It was a r_____ difficult question for us. None of us could answer it.
7. The letter that you wrote in English contains a number of spelling e_____.

II. 用恰当的介词或副词填空

1. Children are often compared _____ happy birds.
2. As a result of the serious injury, he gave _____ the game.
3. Jane is busy and has little time to work _____.
4. When the right opportunity comes _____, you must take it.
5. I took his coat by mistake because my coat was similar _____ his in color.

6.I'd like to volunteer and don't forget to add my name _____the list.

7.To lose weight, many young girls prefer going _____a diet. But at the same time, we should pay more attention to our health.

III.选词填空

rather than;make a difference;lose heart;in common with;make it;now and then
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1.I never _____when I fail to do something.

2.People say I don't have a thing _____my father.

3.As long as you have a dream, keep trying and you will _____.

4.It shows that the knowledge of first aid can really _____.

5.We haven't seen each other for years, but we chat online _____.

6.Driverless cars may end up being a form of public transport vehicles you own.

IV.完成句子

1.即使张桂梅曾面对很多困难,她也没有放弃,帮助建立了国家第一所向来自贫困家庭的女孩提供免费教育的高中。

_____Zhang Guimei didn't give up and helped establish the country's first senior high school which provides free education for girls from poor families.

2.与以往的央视春晚相比,2021 年的央视春晚首次采用了 AI+VR 和裸眼 3D 技术。

_____ the past CCTV Spring Festival Gala, the 2021 CCTV Spring Festival Gala first used AI+VR and the naked-eye 3D technology.

3.他在意的是通过他的课程教人们如何感到幸福。

He cares about teaching people _____ happy through his courses.

V. 课文语法填空

I always wanted to look like the slim girls on TV even though I knew that it was 1 (possible). To lose weight, I tried every new diet I read about online. I tried no-fat, low-fat, 5 : 2, only bananas, no bananas—I almost 2 (go) mad.

Then an article changed me. It said instead of asking “Am I fat?” I should be asking “Am I fit?” I didn't know a letter could make such a 3 (different)! Then I started thinking about fitness rather than weight. I didn't say that I wanted to lose three kilos. Instead, I would say I wanted to run two kilometres in eight 4 (minute) or that I wanted to be able to do 30 push-ups. I preferred 5 (add) healthy foods to my meals rather than cut 6 the foods I enjoyed. I still had a burger now and then, 7 I would add a salad or an apple.

Finally, I stopped comparing myself with actresses and models and looking for things 8 were wrong with my face or body. Instead, I made a list of the things I liked about 9 (I). I became more positive about myself and my body. As 10 result, I became both happier and

healthier.

1._____ 2._____ 3._____ 4._____ 5._____

6._____ 7._____ 8._____ 9._____ 10._____

能力提升练

I. 阅读理解

主题语境：人与社会——体育活动 语篇类型：说明文 建议用时：8

(2021 福建厦门第六中学高一上第一次月考,★★)

Too much eating. Too many unhealthy foods. Too many ads for food. Too few activities. Different reasons are given for America's weight problem—a problem increasingly shared by other countries. Almost one-fifth of American children and teenagers are overweight.

Schools have been asked to increase physical education, an important tool for public health. However, a recent study has shown an increase in the number of injuries in P.E. classes.

Researchers say one possible reason for this is a decrease in the number of school nurses. Schools without a nurse on duty may be more likely to send an injured child to a hospital.

Another possible reason for more injuries is a change in the traditional idea of physical education. This “New P.E.” expands the kinds of sports that are taught. “But activities that some schools offer now, like rock climbing and skateboarding, can also increase the risks,” says Cheryl

Richardson, who is with the National Association for Sport and Physical Education(NASPE).

She also says not all states require P.E. teachers to be specially trained. Untrained teachers could be less likely to recognize unsafe conditions.

Cheryl Richardson points to one of the study's findings—those injuries are often the result of contact with a person or a structure. This tells her that the teachers were not giving each student enough space to move around safely.

Six activities produced seventy percent of all injuries: running, basketball, football, volleyball, rugby and gymnastics.

The researchers say larger class sizes are another possible reason for the increase in injuries. Larger classes can mean less supervision(监督). The National Association for Sport and Physical Education says twenty to thirty students in a P.E. class should be the limit.

1.What does the passage mainly discuss?

- A.What leads to the weight problem in America.
- B.Whether students should have more P.E. classes.
- C.Why there have been more injuries in P.E. classes.
- D.What kinds of activities are safe for school students.

2.What can we know from the third paragraph?

- A.Nurses are paid more in hospitals than in schools in America.

B.Many nurses in American schools don't have good skills.

C.Fewer people choose to become a nurse in America.

D.American schools need more school nurses at present.

3.Which of the following statements is TRUE?

A.P.E. classes become more dangerous for students now in America.

B.Fewer and fewer students are interested in P.E.classes in America.

C.The number of P.E. teachers in schools must be increased now.

D.P.E. classes follow the traditional ideas in physical education.

4.According to Cheryl Richardson,_____.

A.students should do more exercise when they are at school

B.teachers are partly responsible for injuries in P.E. classes

C.the equipment for P.E. classes must be improved in all schools.

D.P.E. teachers should give students more freedom in their classes

II.七选五

主题语境：人与自我——体育运动

语篇类型：说明文

建议用时：9

(2021 四川宜宾第一中学高一上第二次月考,★★)

Why Is Exercise Cool?

•Exercise Strengthens Muscles

Did you ever do a push-up or swing across the monkey bars in the playground? 1 By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

- 2

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. Being flexible is having a “full range of motion”, which means you can move your arms and legs freely without feeling tightness or pain.

- Exercise Keeps the Balance

3 Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic things. 4 If you're not very active, your body won't need as many calories. Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as extra fat. And exercise helps to burn the fat and make your body in a state of balance.

- Exercise Makes You Feel Good

It feels good to have a strong, flexible body that can do all the activities you enjoy—like running, jumping and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.5 It's just another reason why exercise is cool!

A.Exercise Makes You Flexible

B.Exercise Makes Your Heart Happy

C.Those are exercises that can build strength.

D.So you want to do some aerobic(有氧的) exercise right now?

E.But if you're active, your body needs an extra measure of calories or energy.

F.Food gives your body fuel in the form of calories, which are a kind of energy.

G.When you exercise, your brain releases a chemical which may make you feel happier.

1._____ 2._____ 3._____ 4._____ 5._____

III.完形填空

主题语境：人与社会——体育活动 语篇类型：记叙文 建议用时：15

(2021 北京西城区高一上期末统考,☆☆)

When I tried out for the football team during the summer before the 9th grade, I never imagined how important this sport would become in my life. Football is a 1 sport, at times almost painful, and practices really 2 a team's physical and mental limits. Without trust in my own ability and a strong sense of commitment(投入), I would never have managed to continue after years of hard work as a player, and with countless 3 .

In the first year, I played on the defensive line(防线). This was an amazing 4 that gave me a great sense of achievement. But in the last

game of the season, I was seriously injured. I was prohibited(禁止) from any physical activities for six months. After going 5 a series of physical treatments, I returned to the field as a team captain. I practiced harder than ever to make up for my 6 time.

In September, during my junior year, my name was mentioned in the local newspaper as the key defensive lineman on the team. After playing a fantastic season, I was given the 7 of the Most Valuable Player.

 8 , my skills in football do not magically(神奇地) extend to other sports. During the winter break, I went on a snowboarding trip and seriously injured my right shoulder. I had to have four 9 . Since I could not use my right arm for two months, I had to learn how to write and eat using my left hand.

 10 life must go on. I knew that my own present efforts would decide my future, so I 11 the strict training program to build strength and improve flexibility in my 12 . After an eight-month recovery, I was back out on the field playing football, the sport I 13 .

In this sense, the world of football has taught me an important life lesson: 14 and commitment make what seems impossible 15 . This lesson from football is one that I know translates through every part of life.

- 1.A.tough B.popular C.typical D.dynamic
- 2.A.set B.control C.test D.require
- 3.A.mistakes B.adventures
- C.accidents D.injuries
- 4.A.performance B.position
- C.moment D.advantage
- 5.A.with B.against C.through D.into
- 6.A.valuable B.lost C.extra D.regular
- 7.A.pride B.choice C.name D.honour
- 8.A.Unfortunately B.Similarly
- C.Happily D.Gradually
- 9.A.practices B.tryouts C.seasons D.operations
- 10.A.But B.Or C.So D.And
- 11.A.examined B.changed
- C.provided D.completed
- 12.A.shoulder B.hand C.leg D.foot
- 13.A.explore B.avoid C.love D.support
- 14.A.Knowledge B.Belief
- C.Experience D.Hate
- 15.A.enjoyable B.possible
- C.sensible D.responsible

答案全解全析

基础过关练

I .1.cheat 2.slim 3.stress 4.positive 5.diet 6.rather 7.errors

II.1.to 句意:孩子经常被比作快乐的鸟儿。be compared to 意为“被比作……”。

易错分析

本题易错填介词 with。be compared with/to 意为“与……相比”。表示“被比作……”时只能用介词 to。

2.up 句意:由于受了重伤,他放弃了比赛。give up 意为“放弃”。

3.out 句意:简很忙,几乎没有时间去锻炼。work out 意为“锻炼”。

4.along 句意:当合适的机会出现时,你必须抓住它。come along 意为“出现”。

5.to 句意:我错拿了他的外套,因为我的外套在颜色上和他的相似。be similar to 意为“与……相似”。

6.to 句意:我想当志愿者,别忘了把我的名字加到名单上。add...to... 意为“把……添加到……上”。

7.on 句意:为了减肥,许多年轻女孩更喜欢节食。但同时,我们应该更加注意自己的健康。go on a diet 意为“节食”。

III.1.lose heart 2.in common with 3.make it 4.make a difference

5.now and then 6.rather than

IV.1.Even if/though she faced so many difficulties 2.Compared with/to

3.how to feel

V.1.impossible 考查形容词。句意:我总是想(让自己)看起来像电视上的苗条女孩一样,尽管我知道这是不可能的。根据 even though(尽管)和下文内容可知,此处表示看起来像电视上的苗条女孩是不可能的,故填形容词 impossible。

2.went 考查动词时态。句意:我尝试了无脂肪、低脂肪、5:2(轻断食法)、只吃香蕉、不吃香蕉——我几乎要疯了。文章介绍过去发生的事情,所以用一般过去时。

3.difference 考查名词。句意:我不知道一个字母能够产生如此大的影响!make a difference 有作用或影响。

4.minutes 考查名词的数。句意:相反,我会说我想在 8 分钟内跑 2 公里,或者我希望能做 30 个俯卧撑。eight 后面接名词的复数形式。

5.to add 考查不定式。prefer to do sth. rather than do sth. 宁愿做某事而不愿做某事。

6.out 考查固定短语。cut out 停止食用。

7.but 考查连词。句意:我仍然偶尔吃个汉堡,但我会加一份沙拉或一个苹果。由句意可知,此处应用连词 but 表转折。

8.that/which 考查定语从句。句意:最后,我不再拿自己和女演员、模特做比较,也不再寻找我的脸或身体还有哪些问题。分析句子结构可知,___8___ were wrong with my face or body 为定语从句,修饰先行词 things,且定语从句中缺少主语,故用关系代词 that 或 which。

9.myself 考查代词。句意:相反,我列出了一份我喜欢自己哪些地方的清单。从句主语是 I,所以介词 about 后用反身代词 myself。

10.a 考查冠词。句意:结果,我变得更加快乐和健康了。as a result 结果。

能力提升练

I.◎语篇解读 本文是一篇说明文。美国学生在体育课上发生意外伤害的情况增加了。原因有很多:校医数量少,班级容量大,一些危险的运动形式的增加,学生活动空间不够,体育老师的相关培训不够。

1.C 主旨大意题。根据第二段中的“However, a recent study has shown an increase in the number of injuries in P.E. classes.”以及下文分段分析美国学生在体育课上发生意外伤害的情况增加的原因可知,本文主要讲述为什么体育课上意外伤害会增加。故选 C。A 项“是什么导致了美国人的体重问题”,B 项“学生是否应该上更多的体育课”,D 项“什么类型的活动对学生来说是安全的”都不能概括本文的主旨。

2.D 推理判断题。根据第三段中的“Schools without a nurse on duty may be more likely to send an injured child to a hospital.”可知,学校的医护人员少,所以不得不把受伤的孩子送到医院,如果学校里有校医,那这种情况就会缓解。由此推知,现在美国的学校需要更多的校医。故选 D。A 项“在美国,医院护士的工资比学校护士高”,B 项“美国学校的许多护士没有良好的技能”,C 项“在美国,选择当护士的人比较少”等内容本段均未提及。

3.A 细节理解题。根据第二段中的“However, a recent study has shown an increase in the number of injuries in P.E. classes.”可知,对于美国学生来说,现在体育课变得更加危险了,因为体育课上的受伤学生数

量在增加。故选 A。B 项“在美国,对体育课感兴趣的学生越来越少”和 C 项“现在学校体育教师的数量必须增加”所述内容本文并未提及;D 项“体育课遵循传统的体育教育观念”与第四段中“Another possible reason for more injuries is a change in the traditional idea of physical education.”的表述相矛盾。

4.B 细节理解题。根据第五段内容和第六段中的“*This tells her that the teachers were not giving each student enough space to move around safely.*”可知,有一些体育老师没有经过专业的培训,给学生的活动空间不够导致学生受伤,这些和体育老师有关,即 Cheryl Richardson 认为老师要对体育课的意外伤害负部分责任。故选 B。其他三项并非 Cheryl Richardson 的观点。

【高频词汇】 1.increase *v.* 增多 *n.* 增加 2.decrease *n.* 减少;降低
3.on duty 值班;值勤 4.be likely to do...很可能做..... 5.expand *v.* 扩大
6.contact *n.* 接触;联系 7.be responsible for...对.....负责
8.equipment *n.* 设备

长难句分析

原句 “But activities that some schools offer now, like rock climbing and skateboarding, can also increase the risks,” says Cheryl Richardson, who is with the National Association for Sport and Physical Education(NASPE).

分析 直接引语中句子主干为 But activities can also increase the risks; that some schools offer now 为定语从句,修饰先行词 activities。who

is...(NASPE)为非限制性定语从句,修饰先行词 Cheryl Richardson。

句意 “但是一些学校现在提供的活动,如攀岩运动和滑板运动,也会增加风险,”美国国家运动与体育教育协会的 Cheryl Richardson 说。

II.◎语篇解读 本文是一篇说明文。文章讲述了运动的好处:运动可以增强肌肉,使体重有柔韧性,使体重保持平衡,并且能使人心情好。

1.C 根据本段小标题和上文提到的俯卧撑和荡攀爬架上的单杠可知 C 项“那些是可以增强体力的锻炼。”符合语境。故选 C 项。

2.A 设空处为段落主旨句。根据段落内容(你能轻松地触摸你的脚趾而不太喊大叫吗?大多数孩子都很有柔韧性,这意味着他们可以毫不费力地弯曲和伸展身体.....)可知,本段主要讲的是运动可以让你的身体有柔韧性。故选 A 项。

3.F 由设空处后一句可知,你的身体每天都需要一定量的卡路里来维持正常工作、呼吸、走动和做所有基本的事情。由此可知,此处提到了卡路里。F 项意为“食物以卡路里的形式给你的身体提供燃料,卡路里是一种能量。”选项 F 中 calories 与设空处后一句中的 calories 为复现词。故选 F 项。

4.E 该段第二句说明了身体每天都需要一定量的卡路里,由设空处后一句可知,如果你不太活跃,你的身体就不需要那么多卡路里了。E 项意为“但是如果你很活跃,你的身体需要定量的额外的卡路里或能量。”E 选项中的“**But if you're active**”和后句中的“**If you're not very active**”形成句式和内容上的对照关系。故选 E 项。

5.G 本段主要讲的是运动可以使你的心情愉悦。由设空处前一句可

知,你可能不知道锻炼实际上能让你的心情好一点。G项“当你锻炼的时候,你的大脑会释放出一种化学物质,它可能会让你感觉更快乐。”符合段落主旨,能够承接上文,讲述了为什么运动会使你快乐。故选G项。

【高频词汇】 1.flexible *adj.*柔韧的;可弯曲的;灵活的

2.stretch *v.*伸展 3.meet *v.*满足;相遇 4.store *v.*贮存 5.release *v.*释放

长难句分析

原句 Being flexible is having a “full range of motion”, which means you can move your arms and legs freely without feeling tightness or pain.

分析 本句为主从复合句。Being flexible is having a “full range of motion”为主句;which means you can move...pain 为非限制性定语从句,其中 you can move...pain 为省略了 that 的宾语从句,作 means 的宾语。

句意 柔韧就是有“全方位的运动范围”,这意味着你可以自由地移动你的手臂和腿,而不会感到紧绷或疼痛。

III.◎语篇解读 本文是一篇记叙文,主要介绍了作者自己从事足球运动的经历,学会了人生中重要的一课:信念和投入能让看似不可能的事成为可能。

1.A 考查形容词。句意:足球是一项艰苦的运动,有时几乎是痛苦的,训练真的考验一个球队的身体和精神极限。tough 艰苦的;popular 受欢迎的;typical 典型的;dynamic 有活力的。根据“at times almost painful”可知,足球是一项艰苦的运动。故选A。

2.C 考查动词。句意见上题。set 设置;control 控制;test 考验;require

要求。根据“at times almost painful”和“a team's physical and mental limits”可知,足球训练考验球队的身体和精神极限。故选 C。

3.D 考查名词。句意:如果没有对自己能力的信任和强烈的投入感,作为一名球员,在经历了多年的刻苦训练和无数次受伤后,我无法做到继续下去。mistake 错误;adventure 冒险;accident 事故;injury 受伤。根据下文“But in the last game of the season, I was seriously injured.”和“During the winter break, I went on a snowboarding trip and seriously injured my right shoulder.”可知,作者受过许多次伤。故选 D。

4.B 考查名词。句意:这是一个了不起的位置,给了我很大的成就感。performance 表现;position 位置;moment 时刻;advantage 优势。根据“In the first year, I played on the defensive line.”可知,作者在防守位置上获得了成就感。故选 B。

5.C 考查介词。句意:在经历了一系列的身体治疗后,我以队长的身份回到了球场。go through 经历。根据“I returned to the field as a team captain”可知,作者经过治疗康复后重回球场。故选 C。

6.B 考查形容词。句意:为了弥补失去的时间,我比以往任何时候都更加努力地练习。valuable 有价值的;lost 失去的;extra 额外的;regular 有规律的。根据“But in the last game of the season, I was seriously injured. I was prohibited(禁止) from any physical activities for six months.”和“I practiced harder than ever”可知,作者比以往任何时候都更加努力地练习,目的是弥补失去的时间。故选 B。

7.D 考查名词。句意:在踢了一个精彩的赛季后,我被授予了最有价值

球员的荣誉。pride 自豪;choice 选择;name 名字;honour 荣誉。根据“After playing a fantastic season”和“Most Valuable Player”可知,作者被授予最有价值球员的荣誉。故选 D。

8.A 考查副词。句意:不幸的是,我的足球技能并没有神奇地延伸到其他运动上。unfortunately 不幸地;similarly 相似地;happily 高兴地;gradually 逐渐地。根据“my skills in football do not magically extend to other sports”和后文的作者滑雪受伤可知,此处表示“不幸的是”。故选 A。

9.D 考查名词。句意:我不得不做四次手术。practice 练习;tryout 试验;season(一年中开展某项活动的)季节;operation 手术。根据“During the winter break, I went on a snowboarding trip and seriously injured my right shoulder.”可知,作者受伤了,所以要做四次手术。故选 D。

10.A 考查连词。句意:但生活必须继续。but 但是;or 或者;so 因此;and 并且。根据上下文可知,“Since I could not use my right arm for two months, I had to learn how to write and eat using my left hand.”和“life must go on”之间是转折关系,故用连词 but。故选 A。

11.D 考查动词。句意:我知道我现在的努力将决定我的未来,所以我完成了严格的训练计划,来增强肩膀的力量和灵活性。examine 检查;change 改变;provide 提供;complete 完成。根据“I knew that my own present efforts would decide my future”和“to build strength and improve flexibility...”可知,作者完成了严格的训练计划。故选 D。

12.A 考查名词。句意见上题。shoulder 肩膀;hand 手;leg 腿;foot 脚。

根据上文“During the winter break, I went on a snowboarding trip and seriously injured my right shoulder.”可知,作者是肩部受伤,所以通过训练增强肩膀的力量和灵活性。故选 A。

13.C 考查动词。句意:经过 8 个月的康复,我又回到了球场上踢足球——我热爱的运动。explore 探索;avoid 避免;love 热爱;support 支持。根据“When I tried out for the football team...how important this sport would become in my life.”和“After an eight-month recovery, I was back out on the field playing football”可知,作者重回球场,说明了他热爱这项运动。故选 C。

14.B 考查名词。句意:从这个意义上说,足球的世界教会了我人生中重要的一课:信念和投入让看似不可能的事成为可能。knowledge 知识;belief 信念;experience 经验;hate 憎恨。根据上文“Without trust in my own ability and a strong sense of commitment(投入), I would never have managed to continue after years of hard work as a player”可知,信念和投入让作者完成了许多看似不可能完成的事情。故选 B。

15.B 考查形容词。句意见上题。enjoyable 令人愉快的;possible 可能的;sensible 合理的;responsible 负责的。根据上文介绍的作者的经历可知,作者让那些看起来不可能的事情变成可能。故选 B。

【高频词汇】 1.try out for 参加.....选拔 2.defensive *adj.* 防守的;防御的;保护的 3.a sense of achievement 一种成就感 4.prohibit *v.* 禁止 5.a series of 一系列;一连串 6.make up for 弥补 7.fantastic *adj.* 极好的;了不起的 8.extend *v.* 扩展;延伸 9.flexibility *n.* 灵活性;柔韧性

10.tough *adj.*艰苦的;艰难的

长难句分析

原句 Since I could not use my right arm for two months, I had to learn how to write and eat using my left hand.

分析 本句为主从复合句。Since I could not use my right arm for two months 为原因状语从句,since 意为“因为”;how to write and eat using my left hand 为“疑问词+不定式”结构,作 learn 的宾语;using my left hand 为现在分词短语作状语。

句意 因为我有两个月不能用我的右臂,我不得不学习如何用左手写字和吃饭。