

## 五年高考练

### I. 阅读理解

#### A

主题语境：人与自我——自行车旅行 语篇类型：应用文 建议用时：7

(2018 课标全国 I ,A,★★)

#### Washington, D.C. Bicycle Tours

##### Cherry Blossom Bike Tour in Washington, D.C.

Duration:3 hours

This small group bike tour is a fantastic way to see the world-famous cherry trees with beautiful flowers of Washington, D.C. Your guide will provide a history lesson about the trees and the famous monuments where they blossom. Reserve your spot before availability—and the cherry blossoms—disappear!

##### Washington Capital Monuments Bicycle Tour

Duration:3 hours(4 miles)

Join a guided bike tour and view some of the most popular monuments in Washington, D.C. Explore the monuments and memorials on the National Mall as your guide shares unique facts and history at each stop. Guided tour includes bike, helmet, cookies and bottled water.

##### Capital City Bike Tour in Washington, D.C.

Duration:3 hours

Morning or Afternoon, this bike tour is the perfect tour for D.C.

newcomers and locals looking to experience Washington, D.C. in a healthy way with minimum effort. Knowledgeable guides will entertain you with the most interesting stories about Presidents, Congress, memorials, and parks. Comfortable bikes and a smooth tour route(路线)make cycling between the sites fun and relaxing.

### Washington Capital Sites at Night Bicycle Tour

Duration:3 hours(7 miles)

Join a small group bike tour for an evening of exploration in the heart of Washington, D.C. Get up close to the monuments and memorials as you bike the sites of Capitol Hill and the National Mall. Frequent stops are made for photo taking as your guide offers unique facts and history. Tour includes bike, helmet, and bottled water. All riders are equipped with reflective vests and safety lights.

### 词汇积累

1.blossom *n.* 花朵 *vi.* 开花

2.duration *n.* 持续时间

3.monument *n.* 纪念碑;历史遗迹

4.reserve *vt.* 预订;预约

5.reflective *adj.* 反射的;反映的;深思的

1.Which tour do you need to book in advance?

A.Cherry Blossom Bike Tour in Washington, D.C.

B.Washington Capital Monuments Bicycle Tour.

C.Capital City Bike Tour in Washington, D.C.

D.Washington Capital Sites at Night Bicycle Tour.

2.What will you do on the Capital City Bike Tour?

A.Meet famous people.

B.Go to a national park.

C.Visit well-known museums.

D.Enjoy interesting stories.

3.Which of the following does the bicycle tour at night provide?

A.City maps.      B.Cameras.

C.Meals.      D.Safety lights.

B

主题语境：人与社会——竞走运动      语篇类型：说明文      建议用时：8

(2020 全国 I ,C,☆☆)

Race walking shares many fitness benefits with running, research shows, while most likely contributing to fewer injuries. It does, however, have its own problem.

Race walkers are conditioned athletes. The longest track and field event at the Summer Olympics is the 50-kilometer race walk, which is about five miles longer than the marathon. But the sport's rules require that a race walker's knees stay straight through most of the leg swing and one foot remain in contact(接触) with the ground at all times. It's this strange form that makes race walking such an attractive

activity,however,says Jaclyn Norberg,an assistant professor of exercise science at Salem State University in Salem,Mass.

Like running,race walking is physically demanding,she says.According to most calculations,race walkers moving at a pace of six miles per hour would burn about 800 calories(卡路里)per hour,which is approximately twice as many as they would burn walking,although fewer than running,which would probably burn about 1,000 or more calories per hour.

However,race walking does not pound the body as much as running does,Dr. Norberg says.According to her research,runners hit the ground with as much as four times their body weight per step,while race walkers,who do not leave the ground,create only about 1.4 times their body weight with each step.

As a result,she says,some of the injuries associated with running,such as runner's knee,are uncommon among race walkers.But the sport's strange form does place considerable stress on the ankles and hips,so people with a history of such injuries might want to be cautious in adopting the sport.In fact,anyone wishing to try race walking should probably first consult a coach or experienced racer to learn proper technique,she says.It takes some practice.

词汇积累

1.conditioned *adj.*有特殊要求的

2.swing *n.*摆动

3.assistant *adj.*助理的;副的

4.demanding *adj.*要求高的

5.approximately *adv.*大约

6.pound *v.*连续重击

7.considerable *adj.*相当大的

8.cautious *adj.*谨慎的

4.Why are race walkers conditioned athletes?

A.They must run long distances.

B.They are qualified for the marathon.

C.They have to follow special rules.

D.They are good at swinging their legs.

5.What advantage does race walking have over running?

A.It's more popular at the Olympics.

B.It's less challenging physically.

C.It's more effective in body building.

D.It's less likely to cause knee injuries.

6.What is Dr. Norberg's suggestion for someone trying race walking?

A.Getting experts' opinions.

B.Having a medical checkup.

C.Hiring an experienced coach.

D.Doing regular exercises.

7. Which word best describes the author's attitude to race walking?

- A. Skeptical.      B. Objective.  
C. Tolerant.      D. Conservative.

## II. 七选五

主题语境：人与自我——健康的生活方式 语篇类型：说明文 建议用时：7

(2018 课标全国 II, ★★)

If you are already making the time to exercise, it is good indeed! With such busy lives, it can be hard to try and find the time to work out. 1 Working out in the morning provides additional benefits beyond being physically fit.

- Your productivity is improved. Exercising makes you more awake and ready to handle whatever is ahead of you for the day. 2

- Your metabolism(新陈代谢) gets a head start. 3 If you work out in the mornings, then you will be getting the calorie(卡路里) burning benefits for the whole day, not in your sleep.

- 4 Studies found that people who woke up early for exercise slept better than those who exercised in the evening. Exercise energizes you, so it is more difficult to relax and have a peaceful sleep when you are very excited.

- 5 If you work out bright and early in the morning, you will be more likely to stick to healthy food choices throughout the day. Who would want to ruin their good workout by eating junk food? You will want

to continue to focus on positive choices.

There are a lot of benefits to working out, especially in the mornings. Set your alarm clock an hour early and push yourself to work out! You will feel energized all day long.

词汇积累

1. additional *adj.* 额外的

2. productivity *n.* 生产效率

3. energize *v.* 供给.....能量;使活跃

4. stick to 坚持

A. You will stick to your diet.

B. Your quality of sleep improves.

C. You prefer healthy food to fast food.

D. There is no reason you should exercise in the morning.

E. You can keep your head clear for 4—10 hours after exercise.

F. After you exercise, you continue to burn calories throughout the day.

G. If you are planning to do exercise regularly, or you're doing it now, then listen up!

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

### 答案全解全析

I .A

◎语篇解读 本文的题材为旅游类。文章为那些自行车爱好者介绍了

四个骑自行车探索美国首都华盛顿的项目。

1.A 细节理解题。根据第一个项目中的 Reserve your spot before availability 可知,第一个游玩项目需要预订,所以答案为 A 项。其他三个项目都没有提及需要预订。

2.D 细节理解题。根据第三个游玩项目中的第二句话(知识渊博的导游会给你讲关于总统、国会、纪念碑和公园的最有趣的故事,让你开心。)可知,在这个游玩项目中你会享受到有趣的故事,所以答案为 D 项。

3.D 细节理解题。根据文章最后一段的最后一句话(所有的骑手都配备了反光背心和安全灯。)可知答案为 D 项。

## B

◎语篇解读 本文为说明文。主题语境是人与社会,主题语境内容是竞走运动。文章介绍了竞走运动的特点及其利弊。文章旨在培养学生了解运动,认识体育,积极、科学地参加体育活动的品质。

4.C 推理判断题。本题题干意为:为什么竞走运动员是有特殊要求的运动员?根据文章的第二段可知,竞走运动有非常特殊的动作要求,所以 C 项(他们不得不遵守特别的规则)正确。A:他们必须跑长距离;B:他们有跑马拉松的资格;D:他们善于摆腿。

5.D 推理判断题。本题题干意为:和跑步相比,竞走有什么优势?根据文章最后一段的第一句可知,一些和跑步相关的身体损伤,如膝盖损伤,在竞走中就不常见,故 D 项正确。A 项“它在奥运会中更受欢迎”;B 项“它对身体的要求更小”;C 项“它对健身更有效果”。

6.A 推理判断题。本题题干意为:Norberg 博士对想尝试竞走的人的



建议是什么?根据文章最后一段的倒数第二句话可知,博士认为,任何一个想尝试竞走运动的人都要先向教练或有经验的竞走运动员学习正确的技巧。故 A 项正确。B 项“做医疗检查”;C 项“雇一个有经验的教练”;D 项“经常锻炼”。

7.B 推理判断题。本题题干意为:哪个单词可以最准确地描述作者对竞走的态度?在文章中,作者只是客观地介绍了竞走运动的特点以及优缺点,并没有表现自己的态度,因此 B 项(客观的)正确。A 项“怀疑的”;C 项“宽容的”;D 项“保守的”。

II.◎语篇解读 本文为说明文。早上锻炼不仅有利于身体健康,而且还可以提高效率、促进新陈代谢、提高睡眠质量并帮你保持良好的饮食习惯。

1.G 本句为过渡句。空格前的句子指出在繁忙的生活中很难找到时间锻炼,空格后的句子则指出了早上锻炼具有许多益处,G 项意为“如果你计划定期锻炼或者现在正在锻炼,那么注意听!”,能很好地连接上下文,故 G 项正确。

2.E 本句为细节句。本段指出早上锻炼有助于提高效率,让你更加清醒地处理这一天的事情,E 项意为“锻炼后的 4 到 10 个小时内,你可以保持清醒的头脑”。awake 与 E 项中的 keep your head clear 意思一致。

3.F 本句为细节句。F 项中的“continue to burn calories throughout the day(整整一天持续燃烧卡路里)”与设空处后句中的“will be getting the calorie burning benefits for the whole day(整整一天都会受益于卡路里的燃烧)”意义一致,故 F 项正确。

4.B 本句为主旨句。本段指出,研究发现早起锻炼的人比晚上锻炼的人睡眠更好,故 B 项符合本段主旨,意为“你的睡眠质量会有所提高”。

5.A 本句为主旨句。阅读本段可知,早上锻炼,你会更有可能全天坚持健康饮食,因为你不想因为吃垃圾食品而毁掉锻炼的积极效果。A 项符合本段主旨,意为“你会坚持你的饮食习惯”。stick to 为原词再现。