

Part 3 Using Language, Assessing Your Progress & Video Time

基础过关练

I. 单词拼写

1. You should find the opportunity and _____(抓住) it.
2. Hearing their father would be soon back home, the kids _____(尖叫) with excitement.
3. The roof of the hut _____(坍塌) last night under the weight of snow.
4. She almost _____(窒息) to death in the thick smoke at that time.
5. Don't get off while the train is still in _____(运动).
6. It's said that he has bought a cheaper house in the _____(郊区).

II. 单句语法填空

1. She has stuck to physical training for several years without _____(interrupt).
2. In _____(desperate), he decided to try again and as a result, he finally succeeded.
3. I need _____(practice) suggestions on how to increase the fibre in my daily diet.
4. The girl felt very nervous, so she held her father's hand _____(tight).
5. Please do not try to _____(justice) your behavior by telling me what other students are doing.

6.A Boeing 747 passenger jet crashed into another one on the _____
(fog) runway at Los Rodeos Airport,killing 583 people.

7.I am very envious of his _____(member) in the Communist Party. I
should learn from him.

III.完成句子

1.他正在考虑是否应该扶老人站起来。

He is wondering whether he should _____the old
man _____.

2.昨天,没有几个球员到场,因为大多数人都睡了懒觉。

Yesterday, few players turned up because most of them _____.

3.天晚了,我建议他今天先不要做这件事。

It was late, and I suggested that he _____it today.

4.如有必要,病人可以拜访自己的医生以得到更多的建议。

_____, the patient can visit his doctor for further advice.

5.她太小了以至于不能很好地当众表达她的想法。

She is _____she can't express her ideas well in public.

6.周二,苹果公司公布了其将发售 AirPods 系列头戴式耳机的计划。

(have+宾语+宾补)

Apple Inc. _____its plans to sell AirPods-branded over-the-ear
headphones _____on Tuesday.

7.随着越来越多的森林被破坏,一些动物和植物正面临着灭绝的危险。

(with 的复合结构)

_____, some animals and plants
are facing the danger of dying out.

8.在这节计算机课上,学生将学习如何编写程序。(疑问词+不定式)

In this computer class, students will learn _____.

IV.课文语法填空

Zhang Tao, who was eating at a restaurant, should owe his safety to a fellow diner, Chen Wei. During the dinner, he suddenly 1 (choke) on some steak, while what his friends could do was only slap him on the back 2 (desperate). Fortunately, Chen had learned how 3 (give) first aid in school. He remained calm and performed the Heimlich manoeuvre right away, thus forcing out the food instantly and 4 (make) Zhang breathe again.

The Heimlich manoeuvre, 5 was created by Henry Heimlich, an American doctor, has saved thousands of lives around the world. 6 (do) the Heimlich manoeuvre is quick, 7 (practice) and easy. However, 8 is not recommended to perform it on a small child, as it may hurt him.

With choking victims, every minute counts. So, we shouldn't stand 9 and do nothing. We are all 10 (human) and we all have a responsibility to look after one another's welfare.

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

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

能力提升练

I. 阅读理解

主题语境：人与自然——安全常识与自我保护 语篇类型：说明文 建议用时：7

(2020 山东滨州高二上期末,★★)

In daily life, there are some emergencies that you might have to deal with one day. Learn to handle the emergencies below for yourself, your family and friends.

Sudden heart attack

Having CPR training is the life-saving help for someone having a heart attack. Move the patient's head back and look for breathing. If the patient doesn't take a breath in less than 10 seconds, start CPR. Push on the chest. Put your hands on the center of the chest. Push hard and fast—about twice per second. Push on the chest 30 times and then give 2 mouth-to-mouth. Repeat cycles of 30 presses and 2 mouth-to-mouth until the help arrives or the patient wakes up.

Choke

Stand behind the choking person. Put your arms around the waist and bend him or her slightly forward so that the object blocking the airway will move out of the mouth. Do this up to five times. You can also do back blows—firmly slap the person on the back with your hand while he or she is bent over. If the object still doesn't come out, call 120.

Nosebleed

Ask the person to lean forward and pinch(捏) his nose for five to six minutes. Do not move the head backward, as the blood may run into his mouth or even his lungs.

Encourage the person not to speak,swallow, cough or spit because these may break blood clots(血块) that may have started to form in the nose. If the bleeding lasts more than 30 minutes, call 120 for medical help.

Burn

Burns should be treated by an adult—the injured area should be put under cool running water for 10 to 15 minutes to relieve the pain. Ice should never be used, as it can make the injury even worse. If a child has a serious burn, he or she should be taken to a doctor or the emergency room.

1.How often should you push on the chest when you perform CPR?

- A.Once a second.
- B.Twice a second.
- C.Once every two seconds.
- D.Once every three seconds.

2.What can you do to help a choking person?

- A.Do some back blows.
- B.Ask him or her to drink some water.
- C.Press his or her stomach and back at the same time.

D.Help him or her bend forward as much as possible.

3.According to the text, what is the first thing to do with a slight burn?

A.Put it under cool running water.

B.Put an ice pack on it.

C.Wrap it in a cloth.

D.Call a doctor for help.

II.七选五

主题语境：人与自我——完善自我 语篇类型：说明文 建议用时：7

(★★)

Last week when I was reading at home, my younger sister rushed in and told me an old man was lying on the ground in front of our building. I immediately took my first aid kit and ran downstairs. He was suffering a slight heart attack. And I performed CPR on him. Luckily, an ambulance came soon and he was taken to hospital. Later that day I was told by the hospital what I did helped rescue the old man's life. I was happy to hear that. 1 There were many people who wanted to help around the old man then. Yet no one performed first aid on him as they hadn't attended a first aid course.

2 Here are my reasons.

You can gain the knowledge, skills and confidence to act in an emergency. You never know when you might need them—you could be

at home, at work, at school or on holiday. If you have the skills, you can act whenever you need.

 3 For your family, your neighbors or the broader community, having more people with first aid skills helps build a stronger and more harmonious community.

You can stay safe at work. 4 With first aid knowledge you can create a safe work environment and help meet your workplace's safety requirements.

It's helpful to your future career. The first-hand experience you gain through learning first aid and using your skills could help you decide if you want to pursue a career in the health profession. 5

A. Yet at the same time I felt a bit sad.

B. I received a phone call from the hospital.

C. You can be a resource for your community.

D. Illness and injury can happen anywhere, anytime.

E. You can take first aid courses in your community for free.

F. I think everyone should learn at least some basic first aid techniques, which can be very vital.

G. It also shows your commitment to a career in the health profession when it comes to applying for jobs.

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

III. 读后续写

主题语境：人与自我——认识自我

语篇类型：记叙文

建议用时：22

(2021 辽宁沈阳高二上期中,★★)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

I met DeDe during my second year in high school. She was in a class that helps students with a variety of mental and physical disabilities. I had never communicated with them until my field hockey(曲棍球)coach, who was also their teacher, asked me to help meet DeDe when her bus dropped her off for the basketball game.

On that January evening, I saw an electric wheelchair with DeDe in it. The first feature I noticed about DeDe was her smile, which was as vibrant (有活力的) as the sun on a summer day. “I came to pick you up for your first basketball game,” I said. “I'm really excited about that,” she replied enthusiastically.

I had never worked with students with special needs and didn't know what to expect, but DeDe was calm, and on a full conversation, I could understand 90% of her words. She blew me away with her intelligence and confidence. Soon we became close friends.

One day as I drove to DeDe's house, I thought about my life. I couldn't think of any great achievements, yet I had the ability to succeed. DeDe couldn't go through a normal day of high school, and she didn't

have a regular social life. But she was always joyful and devoted herself to her interest. At that time, I was deeply in love with field hockey, but my mother didn't allow me to play it in the third year. I didn't know what to do.

Pulling up in front of her house, I saw DeDe's grandmother. She called me inside to talk. She said, "DeDe really talks a lot about you and I feel so blessed that you have come into her life. It's not a complete day if DeDe doesn't mention you." I felt so touched. I had never known how much I meant to DeDe before.

注意:续写词数应为 150 左右。

Paragraph 1:

*So I decided to talk to DeDe directly about my problems.*_____

Paragraph 2:

*I thought DeDe was right.*_____

答案全解全析

Part 3 Using Language, Assessing Your Progress & Video Time

基础过关练

I .1.grab 2.screamed 3.collapsed 4.choked 5.motion

6.suburbs

II .1.interruption 考查名词。句意:她坚持体格锻炼已经好几年了,从未间断。without interruption 不间断。

2.desperation 考查名词。句意:在走投无路的情况下,他决定再试一次,结果他终于成功了。设空处作介词的宾语,用名词形式,构成短语 in desperation,意为“在走投无路的情况下,在绝望中”。

3.practical 考查形容词。句意:关于如何增加我日常饮食中的纤维素,我需要一些切实可行的建议。修饰复数名词 suggestions 应使用形容词 practical。

4.tightly 考查副词。句意:这个女孩感觉非常紧张,所以她紧紧地拉着她父亲的手。设空处作状语修饰动词 held,故用副词形式。

5.justify 考查词性转换。句意:请不要试图通过告诉我其他学生在做什么来为你的行为辩护。try to do sth.意为“试图做某事”,故填动词 justify。

6.foggy 考查词性转换。句意:一架波音 747 客机在洛斯罗迪欧机场雾茫茫的飞机跑道上与另一架客机相撞了,造成 583 人死亡。名词 runway 前缺少形容词作定语,故填 foggy。

7.membership 考查名词。句意:我非常羡慕他的共产党党员身份。我应该向他学习。membership 意为“成员身份”,符合题意。

III.1.help;to his feet 2.slept in 3.not do 4.If necessary 5.so young that 6.had;announced 7.With more and more forests destroyed 8.how to program

IV.1.choked 考查动词的时态。因为事件发生在过去,所以用一般过去时 choked。

2.desperately 考查副词。修饰动词 slap 应使用副词,故填 desperately。

3.to give 考查不定式。句意:幸运的是,陈在学校里学习过如何实施急救。how to do sth.意为“如何去做某事”,此处使用了“疑问词+不定式”结构作宾语。

4.making 考查现在分词。该处动作与前面的 forcing out 并列,都表示 He remained calm and performed the Heimlich manoeuvre 产生的影响或结果。故填 making。

5.which 考查非限制性定语从句。此处 which 指代先行词 The Heimlich manoeuvre,在非限制性定语从句中作主语。

6.Doing 考查动名词。该处缺主语,指抽象的一般行为,故填 Doing。

7.practical 考查形容词。quick、设空处和 easy 为 and 连接的并列成分在句中作表语,所以用形容词形式。故填 practical。

8.it 考查代词。it 在这里作形式主语,真正的主语是 to perform it on a small child。

9.by 考查介词。stand by 为固定短语,意为“袖手旁观”。

10.humans 考查名词复数。human 为可数名词,且前面有 all 修饰,故填 humans。

能力提升练

I.◎语篇解读 本文是一篇科普类的说明文,介绍了在不同的紧急状况下应该实施的正确的急救措施。

1.B 细节理解题。根据第二段的 Push hard and fast—about twice per second.可知,实施心肺复苏时按压胸部的频率是每秒钟两次,故选 B。

2.A 细节理解题。根据第三段的 You can also do back blows—firmly slap the person on the back with your hand while he or she is bent over.可知,当一个人被食物噎住时,可以拍打他的后背,故选 A。B 项“让他或她喝点水”和 C 项“同时按压他或她的腹部和背部”都没有在文章中提到;D 项“帮助他或她尽量向前弯腰”与第三段第二句中的 bend him or her slightly forward 描述不符。

3.A 推理判断题。根据最后一段第一句 Burns should be treated by an adult—the injured area should be put under cool running water for 10 to 15 minutes to relieve the pain.以及后文又提到了针对患者严重烧伤或烫伤时的做法,可以推断轻微烧伤或烫伤时应该将受伤部位放置在流动的冷水下冲洗,以缓解疼痛,故选 A。本题容易误选 D,认为烫伤后要马上寻求医生帮助,但原文中给出的首先要做的事情是正确急救。B 项“在它上面放一个冰袋”与最后一段第二句中的 Ice should never be used 描述不符;C 项“用布把它包起来”没有在文章中提到。

【高频词汇】 1.handle v.处理;解决 2.bend v.(使)弯曲

3.slightly *adv.*轻微地 4.backward *adv.*向后 5.relieve *v.*缓解,减轻

II.◎语篇解读 本文是一篇说明文。作者认为每个人至少要学一些最基本的急救知识,这是非常重要的。本文介绍了一些学习急救知识的理由。

1.A 根据上文:那天早些时候,医院告诉我,我所做的事情帮助营救了老人的命。我听到那个消息很高兴。happy 和 sad 相对应,且联系下文内容,可知 A 项 Yet at the same time I felt a bit sad.(然而,与此同时我也感到有点悲伤。)承上启下。Yet at the same time 是解题关键,表明“高兴之余,还有点悲伤”。yet 意为“然而”,表示转折。

2.F 由设空处下句(这里是我的一些理由。)可知 F 项放在空处最合适。作者认为每个人至少要学一些基本的急救技能,这会是非常重要的。

3.C 根据下文内容,对你的家庭、你的邻居或更大点的社区来说,让更多人掌握急救技能有助于建立一个更强大和更和谐的社区,可知 C 项(你可以成为你的社区的一个资源。)符合语境,故选 C。

4.D 根据上句,你能在工作中处于安全状态;再根据空格下句,掌握急救知识你就能创造一个安全的工作环境,并帮助满足你的工作场所的安全需要,可知 D 项 Illness and injury can happen anywhere,anytime.(疾病和受伤随时随地都有可能发生。)符合语境。

5.G 本段首句 It's helpful to your future career.表示“这对你未来的事业是有帮助的。”关键词:career/health profession。根据上句,通过学习和使用急救知识获得的一手经验可以帮助你决定你是否想从事医疗

行业,可知此空的意思是“当谈到申请工作时,这也显示了你对医疗行业生涯的投入”。

【高频词汇】 1.immediately *adv.* 立即 2.rescue *v.* 营救;抢救
3.career *n.* 职业;生涯 4.pursue *v.* 追求 5.for free 免费 6.vital *adj.* 至关重要的 7.apply for 申请

III.

写作指导			
故事要素	Time	during the author's high school	
	Character	the author,DeDe, the author's mother, DeDe's grandmother, the author's coach	
	What	The author's mother didn't allow the author to play field hockey in his third year.	
情节	Beginning	引出文章话题——两人之间的关联。	
	Development	作者在帮助 DeDe 的过程中发现虽然 DeDe 不能过正常的高中生活,但 DeDe 总是很快乐和自信。作者非常喜欢曲棍球,但是在高中三年级时,妈妈不让他玩曲棍球了。在与 DeDe 祖母的聊天中,作者了解到对于 DeDe 来说,作者是很重要的人,他很感动。	
续写方	Para.1	So I decided to talk to DeDe directly about my problems.	①What was the author's problem? ②What was DeDe's advice to the author?

向	Para.2	I thought DeDe was right.	①What did the author do after going home? ②What did the author's mother do in the end?
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One possible version:

Paragraph 1:

So I decided to talk to DeDe directly about my problems. DeDe smiled as soon as she saw me. I kept talking about how much I loved field hockey and why my mother didn't want me to play it anymore. DeDe listened to me carefully. After a moment of silence, she said, “As one of the people with disabilities, I think it's lucky to have the ability to do what you really love. Maybe your mother just doesn't know what field hockey means to you. But you can explain it to her.”

Paragraph 2:

I thought DeDe was right. That night when I came back home, I had a conversation with my mother. “Mom, playing field hockey is not just an interest to me. It will be my lifelong hobby. The sport gives me confidence,” I explained. And I promised that I would keep a balance between my study and sports. My mother was greatly touched and finally agreed that I could continue playing field hockey. I have been grateful to DeDe until now.