

## Part 2 Learning About Language & Using Language

### 基础过关练

#### I .单词拼写

- 1.The effects of the \_\_\_\_\_( 药 物 ) naturally wear off within a few hours.
- 2.All of a sudden, a man wearing a blue \_\_\_\_\_( 胡 须 ) appeared around the corner.
- 3.We firmly support the African people in their struggle for \_\_\_\_\_( 解 放 )!
- 4.If you have any problems, please get in touch with an experienced ( 顾 问 ).
- 5.The parents want their child, who is only 6 years old, to s\_\_\_\_\_ to the second grade.
- 6.As usual, Mr. Smith got up, took a shower and s\_\_\_\_\_ his face before he left home.
- 7.As we know, England, Scotland and Wales c\_\_\_\_\_ the island of Great Britain.
- 8.I hate to d\_\_\_\_\_ you, but I have something really important to tell you.
- 9.The lighted c\_\_\_\_\_ burned a hole in his clothes which were bought only yesterday.
- 10.In 1993, he needed back s\_\_\_\_\_ to relieve the pain caused by

decades of working.

## II.选词填空

make up one's mind;shave off;in control of;take up
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1.I think everyone should \_\_\_\_\_ his hair and go bald at least for a week.

2.A new table was placed in the room but it was a little big and too much room.

3.Moved by the lovely children, he \_\_\_\_\_ to donate more money to the homeless.

4.Mr. Black has been \_\_\_\_\_the company for 20 years. Who will take it over after his retirement?

## III.单句语法填空

1.Looking around, they saw a man with a little girl \_\_\_\_\_ (skip) along behind him.

2.\_\_\_\_\_ (simple) speaking, a black hole is what's left after a large star dies.

3.They are very busy and often stay \_\_\_\_\_ late to make preparations for the coming event.

4.Much to their disappointment, the opinion they stuck to \_\_\_\_\_ (prove) wrong.

5.After attending the lecture, the children all made up their (mind) to learn from this hero.

6.To our surprise, neither the boy \_\_\_\_\_ his parents have heard of such a rich relative.

7.As a famous \_\_\_\_\_ (surgery), he has the ability to reattach a fingertip that is cut off by accident.

8.Not having learned Chinese, the foreigner has problems communicating with the locals.

9.In such an urgent situation, Tom had no choice but to turn \_\_\_\_\_ the stranger for help.

10.If you have a specific problem that requires special skills, you need to hire a \_\_\_\_\_ (special) who has those skills.

#### IV.完成句子

1.逐渐地做一些小的改变,在很短的时间内你就会发现不同。

\_\_\_\_\_, and you will see the difference in a short time.

2.两国签署了一项协议,承诺加强“一带一路”合作。

The two countries signed an agreement the Belt and Road cooperation.

3.在安眠药的作用下,他不知道外科医生们花了多长时间才完成手术。

Under the effect of the sleeping pill, he didn't know how long it took the surgeons \_\_\_\_\_.

4.由医学专家和社会工作者组成的特别工作组已经飞往武汉。

Special work teams\_\_\_\_\_ and social workers

have already flown to Wuhan.

#### V. 翻译句子

1. 他们很难决定在哪里定居下来。(疑问词+不定式)

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2. 汤姆很固执, 所以你要说服他改变主意是不容易的。(it 作形式主语)

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3. 事实上, 一开始就进行太多的锻炼对你的身体健康是有害的。(不定式作主语)

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4. It will take the workers over a year to rebuild the walls around the palace.

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5. It is selfless of the old man to give away food to the homeless in the street.

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### 能力提升练

#### I. 阅读理解

主题语境: 人与自我 难易度: ★★ 语篇类型: 说明文 建议用时: 6

(2020 山东青岛胶州高二上期末)

Nobody needs reminding that exercise is good for our physical health, but we may need reminding that it needs to be done in the right

way.

Light exercises are a great way to improve circulation(循环) and keep our muscles active, especially if the rest of the day will be spent sitting in front of a computer or in a lecture hall. However, certain sports like long distance running require training to build up our bodies so we can handle the challenge. If we go into such sport cold, it can shock our muscles, hearts, lungs, and other organs and cause severe pain or in some cases, even death.

Some people are born with medical conditions that go unnoticed until they stress the unstable part of their body. A weak heart may never be seen until we do something that causes extreme physical effort. Recently there have been cases of people dying while running long distances. Also, a university student died after taking a 1,000 m running exam. Some universities and high schools have cut long distance races (i.e. 3,000 m, 5,000 m) from their campus sports games, partly because of the potential danger and partly because they say fewer people are entering such events.

Maybe education about such events is lacking, especially during primary and high school. People participating in such competitions should realize that a reasonable amount of training is required beforehand and having a medical check is wise, especially for a marathon. People shouldn't be forced to participate in events that push them past their limits,

especially if they haven't warmed up completely. Cancelling events could lead to people becoming less healthy and overweight. Maybe these events shouldn't be cancelled, but organizers and participants should be more careful about regular health examination.

1. Why does the author write the text?

- A. To persuade us to take less sports.
- B. To give us some tips on exercise.
- C. To advise students to have regular exercise.
- D. To require cancelling long distance running.

2. What does the underlined word “cold” in Paragraph 2 probably mean?

- A. Having trained a lot.
- B. Without any preparation.
- C. Having a low temperature.
- D. In an unfriendly way.

3. Why do some universities and high schools cancel long distance races?

- A. Because no students are willing to enter such events.
- B. Because the students' physical conditions are too poor.
- C. Because long distance running is not fit for students.
- D. Because they worry about the potential danger in such races.

4. What does the author advise us to do before running a marathon?

- A. Have a medical check and warm-up exercises.
- B. Push ourselves past our limits.

C.Participate in it confidently.

D.Try to lose some weight first.

## II.完形填空

主题语境：人与自我 难度：★★ 语篇类型：记叙文 建议用时：15

(2020 辽宁六校协作体高二上开学考试)

Skydiving isn't an activity for the faint of heart, but when you do it at 101 years old, you're pretty much a superhuman. On May 13, Verdun Hayes became the   1   person in the world to complete a 15,000-foot tandem jump (双人跳伞),   2   the Guinness World Records he once set up.

Verdun Hayes wasn't   3  . He finished the jump with eight family members and two close friends at Dunkeswell Airport in England. As they   4   to make the jump, the entire family looked nervous, but   5   as well. Hayes' grandson-in-law Ian Honnor, the organizer of the family's jump, told TODAY, “He was probably the calmest one on the   6  . He had no fear and just loved it. He just wanted everyone to enjoy it and be healthy.” Honnor, who helped   7   the outing, said this wasn't Hayes' first jump! “When he was more than ninety years old, his family held negative attitude and kept telling him he wasn't   8   to do the jump. However, he didn't give up his   9  . At the age of 100, he finally realized his ambition and became the first man of such an advanced age to   10   a tandem skydive.”

This time he made up his mind to shoot for the world record. “Because it's such a big 11, it was decided that as many people in the family as we could possibly get were going to be 12 him,” said Honnor. “He had four generations of his family in the air at the same time—they ranged from age 16 to 101.” The family held a big party to 13 his achievement.

Hayes even had some 14 for those people hoping to achieve the same thing at his age. “Just keep your mind 15 occupied by positive thoughts and keep as physically healthy as possible,” said Hayes. “Those are the two great things.”

- |              |             |
|--------------|-------------|
| 1.A.happiest | B.bravest   |
| C.oldest     | D.riskiest  |
| 2.A.equaling | B.creating  |
| C.pursuing   | D.breaking  |
| 3.A.alone    | B.tall      |
| C.unusual    | D.satisfied |
| 4.A.refused  | B.prepared  |
| C.claimed    | D.dared     |
| 5.A.puzzled  | B.relieved  |
| C.frightened | D.excited   |
| 6.A.plane    | B.ground    |
| C.mountain   | D.tower     |



- 7.A.discuss            B.mention  
C.cancel               D.plan
- 8.A.reminded        B.required  
C.allowed            D.taught
- 9.A.dream            B.career  
C.freedom            D.fantasy
- 10.A.bear             B.attempt  
C.hold                D.understand
- 11.A.party            B.festival  
C.event               D.duty
- 12.A.in defense of B.in fear of  
C.in place of        D.in support of
- 13.A.ignore           B.celebrate  
C.care                D.report
- 14.A.information B.warning  
C.invention          D.advice
- 15.A.fully            B.partly  
C.nearly              D.officially

### III.语法填空

主题语境：人与自我 难易度：☆☆ 语篇类型：说明文 建议用时：7

(2020 河北唐山遵化高二上期中)

When someone has   1   (deep) hurt you, it can be very difficult to

let go of your anger. But forgiveness is possible and it can be surprisingly  
2\_\_\_\_(benefit) to your physical and mental health. So far, studies\_\_\_\_3  
(show) that people who forgive others can have more energy, better  
appetite and better sleep. “People who forgive show\_\_\_\_4\_\_\_\_(little) anger  
and more hopefulness,” says Dr. Frederic Luskin, who wrote the book  
Forgive for Good. “So it can help reduce the tiredness out of the immune  
system and allow people\_\_\_\_5\_\_\_\_(feel) more energetic.”

So when someone has hurt you, cool down first. Take a couple of  
breaths and think of something\_\_\_\_6\_\_\_\_gives you pleasure: a beautiful scene  
in nature, or someone you love. Don't wait for an\_\_\_\_7\_\_\_\_(apologize), which  
will be disturbing. “Many times the person who hurt you may never think  
of apologizing,” says Dr. Luskin. “They may have wanted to hurt you  
8\_\_\_\_they just don't see things in the same way. So if you wait for people to  
say sorry, you could be waiting for a very long time.”

Next, keep in mind that forgiveness does not necessarily mean\_\_\_\_9  
(accept) the action of the person who upsets you. Instead, learn to look  
for the love, beauty and kindness around you, which can lead to positive  
psychology. Finally, try to see things \_\_\_\_10\_\_\_\_ the other person's point of  
view.

- 1.\_\_\_\_ 2.\_\_\_\_ 3.\_\_\_\_ 4.\_\_\_\_ 5.\_\_\_\_  
6.\_\_\_\_ 7.\_\_\_\_ 8.\_\_\_\_ 9.\_\_\_\_ 10.\_\_\_\_

答案全解全析

## 基础过关练

I .1.drug 2.beard 3.liberation 4.consultant 5.skip

6.shaved 7.compose 8.disturb 9.cigarette 10.surgery

II .1.shave off 2.took up 3.made up his mind 4.in control of

III.1.skipping 考查非谓语动词。句意:环顾四周,他们看到一个男人和一个跟在他后面蹦蹦跳跳的小女孩。此处为 with 复合结构,girl 和 skip 是主动关系,根据句意可知此处表示动作正在进行,所以用现在分词 skipping。

2Simply 考查副词。句意:简单地说,黑洞是大恒星消亡后留下的东西。修饰现在分词 speaking 应该用副词形式,simply speaking 简单地说。

3.up 考查副词。句意:他们很忙,经常熬夜为即将到来的活动做准备。stay up 熬夜。

4.proved 考查谓语动词的时态。句意:令他们非常失望的是,他们坚持的观点被证明是错误的。句中 they stuck to 是省略了关系代词 that/which 的定语从句,修饰先行词 opinion,关系词在从句中作 stuck to 的宾语。空格处是主句的谓语动词,根据从句时态并结合语境可知用一般过去时。

5.minds 考查名词复数。句意:听了讲座后,孩子们都下定决心要向这位英雄学习。在短语 make up one's mind 中,mind 的单复数取决于 one's 的单复数,根据空前的 their 可知此处应该填 mind 的复数形式 minds。

6.nor 考查连词。句意:令我们吃惊的是,这个男孩和他的父母都没有听说过这么有钱的一个亲戚。neither...nor...既不.....也不.....。

7.surgeon 考查名词。句意:作为一个著名的外科医生,他有能力重新接上一个被意外切断的指尖。根据句意可知此处应该填表示人的名词。surgeon 外科医生。

8.of 考查介词。句意:由于没有学过汉语,这个外国人与当地人交流有困难。have problems of doing sth.做某事有困难。

9.to 考查介词。句意:在如此紧急的情况下,汤姆别无选择,只能向陌生人求助。turn to 求助于。

10.specialist 考查名词。句意:如果你有一个需要特殊技巧的特定问题,你需要雇用一位具备那些技巧的专家。根据空前的不定冠词 a 以及空后的定语从句可知应该填表示人的单数可数名词。specialist 专家。

IV.1.Make small changes gradually 2.in which they promised to strengthen 3.to finish the

operation 4.composed of medical specialists

V.1.It is hard for them to decide where to settle down.

2.Tom is stubborn, so it's not easy for you to persuade him to change his mind.

3.Actually, to start with too much exercise is bad for your physical health.

4.工人们将需要一年多的时间来重建宫殿周围的城墙。

5.那位老人无私地把食物送给街上无家可归的人。

## 能力提升练

I.◎语篇解读 本文是一篇说明文。人人都知道运动有益于我们的健康,但运动需要以正确的方式进行。在本文中作者提醒人们在进行某些运动前要检查身体以及热身。

1.B 主旨大意题。根据文章第一段 Nobody needs reminding that exercise is good for our physical health, but we may need reminding that it needs to be done in the right way.可知,作者写这篇文章的目的是给我们一些运动方面的建议——做运动要用正确的方式。

2.B 词义猜测题。根据画线词前句可知,某些运动,如长跑,需要训练来增强我们的身体,这样我们才能应对挑战。因此,如果不做必要的准备,就会造成严重的后果。画线词 cold 指的是运动前不做准备。

3.D 细节理解题。根据第三段中的 Some universities and high schools have cut long distance races...partly because of the potential danger and partly because they say fewer people are entering such events.可知,一些学校取消长跑比赛的原因是这些比赛有潜在的危险和参加人数越来越少。

4.A 细节理解题。根据文章末段中的 People participating in such competitions should realize that a reasonable amount of training is required beforehand and having a medical check is wise, especially for a marathon.可知,作者建议人们参加马拉松赛跑前进行体检和热身练习。

【高频词汇】 1.remind v.提醒 2.circulation n.循环 3.handle v.处理,应对 4.organ n.器官

5.unstable adj.不稳定的

6.participate in 参与 7.cancel v.取消 8.participant n.参与者

### 长难句分析

原句 People participating in such competitions should realize that a reasonable amount of training is required beforehand and having a medical check is wise, especially for a marathon.

句意 参加这类比赛的人应该意识到,事先合理的训练量是必要的,进行医疗检查是明智的,

特别是对于马拉松比赛。

分析 本句是一个主从复合句。participating in such competitions 是现在分词短语作定语,修饰主语 People,that 引导宾语从句,在该宾语从句中,a reasonable amount of training is required beforehand 和 having a medical check is wise, especially for a marathon 是两个并列分句,由连词 and 连接。

II.◎语篇解读 这是一篇记叙文。文章讲述了一位 101 岁的老人 Verdun Hayes 完成了 15,000 英尺的双人伞挑战,成为世界上年纪最大的跳伞人员,他的家人和朋友鼓励他并和他一起完成了这个挑战,同时 Verdun Hayes 也鼓励想要完成跳伞的同龄人要保持积极的想法并经常锻炼身体。

1.C 根据上句 Skydiving isn't an activity for the faint of heart, but when you do it at 101 years old, you're pretty much a superhuman.可知,当你 101 岁时完成跳伞,你就是个超人。因此,101 岁是一个非常年长的年纪。

2.D 根据下文 the Guinness World Records he once set up 可知,Verdun Hayes 在不到 101 岁时曾经创造过一个吉尼斯世界纪录,如今 101 岁高龄的他完成跳伞,说明他打破了自己的纪录。equal 等于;create 创造;pursue 追求;break 打破(纪录)。

3.A 根据下句 He finished the jump with eight family members and two close friends at Dunkeswell Airport in England.可知,他是和他的 8 名家庭成员以及两个亲密的朋友一起完成的跳伞,说明他并不是一个人完成的。

4.B 句意:当他们准备跳伞的时候,整个家族看上去都非常紧张……。由常识可知跳伞之前需要做准备。故选 B。

5.D but 为并列连词,连接两个意义不同的分句或词,前文提到 Verdun Hayes 和他的家族都很紧张,但跳伞是一件非常刺激的事,因此也会让人感到兴奋。

6.A 众所周知,跳伞是要从飞机上跳下来的,因此可以判断跳伞前他在飞机上。

7.D 根据上文中 Ian Honnor, the organizer of the family's jump 可知,Honnor 是这次跳伞活动的组织者,说明他帮忙计划了这次集体的短途旅行。

8.C 根据下句 However, he didn't give up his...可知,他并没有放弃,说明他的家人在最开始的时候是不允许他去跳伞的。

9.A 后一句提到 Verdun Hayes 在 100 岁的时候还是完成了跳伞的挑战,说明他没有放弃自己的梦想。

10.B 根据上文中的 At the age of 100, he finally realized his ambition 可知,Verdun Hayes 终于

实现了自己的梦想,成了第一个这么大年纪尝试跳伞的人。

11.C 根据上句 This time he made up his mind to shoot for the world record.可知,这一次他决定冲击世界纪录,说明这是一件大事。

12.D 根据第二段中的 He finished the jump with eight family members and two close friends 可知,Verdun Hayes 和他的家人、朋友一起完成了这次挑战,这说明他的家人都是支持他去跳伞的。in defense of 保卫; in fear of 担心; in place of 取代; in support of 支持。

13.B 在他完成了跳伞之后,他们举行了一个盛大的派对来庆祝他的成就。

14.D 根据最后一段内容可知,Hayes 提到要保持乐观,还要尽可能锻炼身体。可以看出这是两条对别人的建议。

15.A Hayes 建议人们要保持精神上的健康,让自己的头脑被积极的思想完全填满。

【高频词汇】 1.complete v.完成;结束 2.nervous adj.紧张的

3.negative adj.消极的 4.advanced adj.晚期的;先进的;高级的

5.occupy v.占用;使用

#### 长难句分析

原句 Because it is such a big event, it was decided that as many people in the family as we could possibly get were going to be in support of him.

句意 因为这是如此重大的一件事,所以我们决定让尽可能多的家里的人来支持他。

分析 本句是一个主从复合句,其中 Because it is such a big event 是原因状语从句,主句中 it 是形式主语,而 that 引导的主语从句作真正的主语,在主语从句中 as many people in the family as we could possibly get 是主语部分,其中的 as we could possibly get 是 as 引导的比较状语从句。

III.◎语篇解读 本文是一篇说明文。宽恕他人能够给自己的身心带来意想不到的益处。本文主要阐释了宽恕他人的原因以及如何宽恕他人。

1.deeply 考查副词。句意:当有人深深地伤害了你,摆脱你的愤怒可能是很难的。修饰过去分词 hurt 应该用副词形式。故填 deeply。

2.beneficial 考查形容词。句意:但宽恕是可能的,它能够给你的身心健康带来令人惊讶的好处。系动词 be 后面应该用形容词作表语,而且由副词 surprisingly 也可以推断填形容词作表语。故填 beneficial。

3.have shown 考查动词时态和主谓一致。句意:到目前为止,研究表明宽恕他人的人会有更多的精力、更好的胃口和更好的睡眠。根据时间状语 So far 可知,应该用现在完成时,而且主语 studies 是复数名词。故填 have shown。

4.less 考查形容词比较级。并列连词 and 连接并列成分,根据空后的 more 可知,空格处应该用 little 的比较级 less。

5.to feel 考查不定式。此处指所以它可以帮助减少免疫系统的疲劳,让人们感觉更有活力。

allow sb. to do sth.允许某人做某事。

6.that 考查定语从句。此处指吸几口气并且想一想给你快乐的事。设空处引导定语从句,定语从句中缺少主语,而且先行词是不定代词 something,所以填关系代词 that。

7.apology 考查名词。介词 for 后面接名词作宾语,根据空前的不定冠词 an 可知应填单数可数名词。故填 apology。

8.or 考查连词。此处指他们可能是想伤害你或者他们只是看待事物的方式不同。根据语境判断此处表示选择关系。故填 or。

9.accepting 考查动名词。句意:接下来请记住,宽恕并不一定意味着接受那个让你心烦的人的行为。根据句意可知,此处 mean 指“意味着”,后面应该用动名词作宾语。

10.from 考查介词。句意:最后,试着从别人的角度看问题。根据句意可知填 from。

【高频词汇】 1.forgiveness n.原谅 2.appetite n.胃口

3.reduce v.减少 4.energetic adj.精力充沛的 5.necessarily adv.必然地