

## 五年高考练

### I. 阅读理解

主题语境：人与社会 难度：☆☆ 语篇类型：说明文 建议用时：8

(2020 课标全国 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.approximately adv.大约

2.considerable adj.相当大的 3.consult v.咨询

4.experienced adj.有经验的

1.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.

2.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.

3.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.

4.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：人与自然 难易度：☆☆ 语篇类型：说明文 建议用时：7

(2019 课标全国 I )

### Is Fresh Air Really Good for You?

We all grew up hearing people tell us to “go out and get some fresh air.” 1 According to recent studies, the answer is a big YES, if the air quality in your camping area is good.

2 If the air you're breathing is clean—which it would be if you're away from the smog of cities—then the air is filled with life-giving, energizing oxygen. If you exercise out of doors, your body will learn to

breathe more deeply, allowing even more oxygen to get to your muscles(肌肉)and your brain.

Recently, people have begun studying the connection between the natural world and healing(治愈).\_\_3\_\_ In these places patients can go to be near nature during their recovery. It turns out that just looking at green, growing things can reduce stress, lower blood pressure, and put people into a better mood(情绪).Greenery is good for us. Hospital patients who see tree branches out their window are likely to recover at a faster rate than patients who see buildings or sky instead.\_\_4\_\_ It gives us a great feeling of peace.

\_\_5\_\_ While the sun's rays can age and harm our skin, they also give us beneficial vitamin D. To make sure you get enough vitamin D—but still protect your skin—put on sunscreen right as you head outside. It takes sunscreen about fifteen minutes to start working, and that's plenty of time for your skin to absorb a day's worth of vitamin D.

A.Fresh air cleans our lungs.

B.So what are you waiting for?

C.Being in nature refreshes us.

D.Another side benefit of getting fresh air is sunlight.

E.But is fresh air really as good for you as your mother always said?

F.Just as importantly, we tend to associate fresh air with health care.

G.All across the country, recovery centers have begun building Healing

Gardens.

### 词汇积累

1.muscle n.肌肉

2.reduce v.减少

3.age vt.使变老

4.beneficial adj.有益的

5.absorb vt.吸收

6.quality n.质量

7.recovery n.恢复

8.turn out 结果是

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

### III.语法填空

主题语境：人与自然 难易度：☆☆ 语篇类型：说明文 建议用时：7

(2018 课标全国 I )

According to a review of evidence in a medical journal, runners live three years\_\_1\_\_(long)than non-runners. You don't have to run fast or for long\_\_2\_\_(see)the benefit. You may drink, smoke, be overweight and still reduce your risk of\_\_3\_\_(die)early by running.

While running regularly can't make you live forever, the review says it\_\_4\_\_(be)more effective at lengthening life\_\_5\_\_walking, cycling or swimming. Two of the authors of the review also made a study published in 2014\_\_6\_\_showed a mere five to 10 minutes a day of running reduced

the risk of heart disease and early deaths from all 7 (cause).

The best exercise is one that you enjoy and will do. But otherwise...it's probably running. To avoid knee pain, you can run on soft surfaces, do exercises to 8 (strength) your leg muscles (肌肉), avoid hills and get good running shoes. Running is cheap, easy and it's always 9 (energy). If you are time poor, you need run for only half the time to get the same benefits as other sports, so perhaps we should all give 10 a try.

词汇积累

1.evidence n.证据

2.journal n.杂志

3.reduce v.减少

4.effective adj.有效的

5.otherwise adv.否则

6.reduce one's risk of...降低某人.....的风险

7.give...a try 试一试.....

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

6.\_\_\_\_\_ 7.\_\_\_\_\_ 8.\_\_\_\_\_ 9.\_\_\_\_\_ 10.\_\_\_\_\_

### 答案全解全析

I.◎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。

1.C 推理判断题。本题题干意为:为什么竞走运动员是受制约的运动员?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。

2.D 细节理解题。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:它在奥运会中更受欢迎;B:它对身体的要求更小;C:它对健身更有效果。

3.A 细节理解题。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:做医疗检查;C:雇一个有经验的教练;D:经常锻炼。

4.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,作者客观地介绍了竞走运动的特点以及优缺点,因此 B 项(客观的)正确。A:怀疑的;C:宽容的;D:保守的。

II.◎语篇解读 本文体裁为说明文。主题语境为人与自然,主题语境内容为人与环境。文章围绕新鲜空气是否对我们有好处这一话题进行阐述。本文侧重培养学生的语言能力。

1.E 过渡句。设空处前句提到“go out and get some fresh air”,空格处马上针对呼吸新鲜空气这件事情进行提问,然后设空处后一句就是针对提问的回答“the answer is a big YES”,所以选择 E 项。

2.A 主题句。设空处后面一整段都是在阐述呼吸新鲜空气的好处,尤其两次提到 oxygen(氧气),且设空处位于段首,所以设空处是整段的主题句,而且话题需要一致,oxygen 与 A 项中的 lungs 有联系,所以选择 A 项。

3.G 细节句。设空处前一句中的关键词 healing 与 G 项中的 Healing 对应,G 项中的 recovery 与设空处后一句中的 recovery 对应。此外,G 项中出现 Healing Gardens,后一句马上出现 In these places 来指代 Healing Gardens,因此答案是 G 项。

4.C 主题句。根据本段的第三句 In these places patients can go to be near nature during their recovery.可知,此段讲了接近大自然有助于病人的康复,而下文对有哪些帮助进行了进一步说明,所以在本段的最后再次进行总结,话题依然是与大自然有关,而且是总结性质的句子,所以选择 C 项。C 项中 nature 与话题一致,与设空处后一句均是对本段话题的收尾。

5.D 主题句。根据设空处位置可以推测此处为主题句,是对本段话题的开启。设空处后一句中的 the sun's rays 与 D 项中的 sunlight 对应。而 D 项中的 Another side benefit of getting fresh

air 又是对前面段落中阐述呼吸新鲜空气有好处的延伸,因此 D 项是最佳选项。

#### 长难句分析

原句 If you exercise out of doors, your body will learn to breathe more deeply, allowing even more oxygen to get to your muscles and your brain.

句意 如果你在户外锻炼,你的身体就会学会呼吸地更深,允许更多的氧气到达你的肌肉和你的大脑。

分析 本句是一个主从复合句。your body will learn to breathe more deeply 是主句,If 引导的是条件状语从句,而 allowing even more oxygen to get to your muscles and your brain 则是现在分词短语作结果状语。

原句 Hospital patients who see tree branches out their window are likely to recover at a faster rate than patients who see buildings or sky instead.

句意 医院里看到窗外有树枝的病人可能比看到建筑物或天空的病人恢复得更快。

分析 本句是一个主从复合句。句中的两个 who 引导的是限制性定语从句,分别修饰其前面的先行词 patients。

III.◎语篇解读 本文为说明文。文章介绍了跑步对人们保持身体健康的好处。

1.longer 句意:根据一份医学杂志中的证据报告,跑步者比非跑步者的寿命要长 3 年。根据题干中的 than 可知设空处需用副词比较级形式,故填 longer。

2.to see 句意:你不必为了弄清跑步带来的好处而跑得很快、很久。本题考查非谓语动词。由句意可知,此处在此句中作目的状语,主语 you 与动词 see 为主动关系,故填不定式的主动式 to see。

3.dying 句意:你可能饮酒、吸烟、超重,但你仍然可以通过跑步降低过早死亡的危险。本题考查非谓语动词。介词(of)后需用动名词形式作宾语,根据提示词 die 可知设空处填 dying。

4.is 句意:虽然经常跑步不可能使你长生不老,但报告上说与走路、骑自行车或游泳相比,跑步对延长寿命更有效。本题考查主谓一致和时态。设空处所在从句被用来介绍一种理论,需用一般现在时;再根据主语 it 及提示词 be 可知设空处填 is。

5.than 本题考查介词。根据题干中的“more effective”可知设空处需填介词 than,意为“比”。

6.that/which 句意:该报告的其中两名作者在 2014 年还发表了一项研究,这项研究表明每天只跑步 5 至 10 分钟便可以降低患心脏病或由于各种原因导致过早死亡的危险。本题考查定语从句。先行词为 study,指“物”;将先行词代入定语从句后为:The study showed a mere 5 to 10 minutes a day of running reduced the risk of heart disease and...由此可见关系词在定语从句中作



主语,故填 **that** 或 **which**。

7.causes 本题考查名词的“数”。cause 作“原因”讲,为可数名词;根据设空处前的 **all** 可知设空处填名词复数形式,故填 **causes**。

8.strengthen 句意:为了避免膝盖疼痛,你可以在柔软的地面上跑步、锻炼以增强你的腿部肌肉……。设空处作目的状语,需用不定式形式,故在不定式符号 **to** 后填动词原形 **strengthen**。

9.energetic 设空处作表语,表示主语的特征,故填形容词 **energetic**。

10.it/running 句意:如果你时间不充裕,你只需要花费其他运动一半的时间去跑步便可获得同样的收益,因此或许我们都应该试一试跑步。设空处作 **give** 的宾语,需填名词或代词,因此用 **it** 代替上文中的 **running** 或直接填 **running** 作宾语。

#### 长难句分析

原句 While running regularly can't make you live forever, the review says it is more effective at lengthening life than walking, cycling or swimming.

句意 虽然经常跑步不可能使你长生不老,但报告说与走路、骑自行车或游泳相比,跑步对延长寿命更有效。

分析 While running regularly can't make you live forever 为让步状语从句,后面的为主句。在主句中 it is more effective at lengthening life than walking, cycling or swimming 为宾语从句,作 **says** 的宾语。