

# 英语练习 (卷一)

(时间为 40 分钟, 满分为 47 分)

一、听下面四段对话或独白, 从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话或独白你将听两遍。(共 16 分, 每小题 2 分)

听下面一段对话, 回答第 1 至第 2 小题。

1. What's the matter with the boy?  
A. He has a headache.      B. He has a toothache.      C. He has a fever.
2. What does the woman advise the boy to do?  
A. To see a doctor.      B. To get some sleep.      C. To take some medicine.

听下面一段对话, 回答第 3 至第 4 小题。

3. What does Ben Learner do?  
A. A guide.      B. A doctor.      C. A reporter.
4. Why does Jane Smith go to New York?  
A. To finish her work.      B. To enjoy herself.      C. To see her children.

听下面一段对话, 回答第 5 至第 6 小题。

5. When will Jack have to finish his article?  
A. By Monday.      B. By Tuesday.      C. By Wednesday.
6. What will Jack do next?  
A. Give up the job.      B. Read more books.      C. Write about a film.

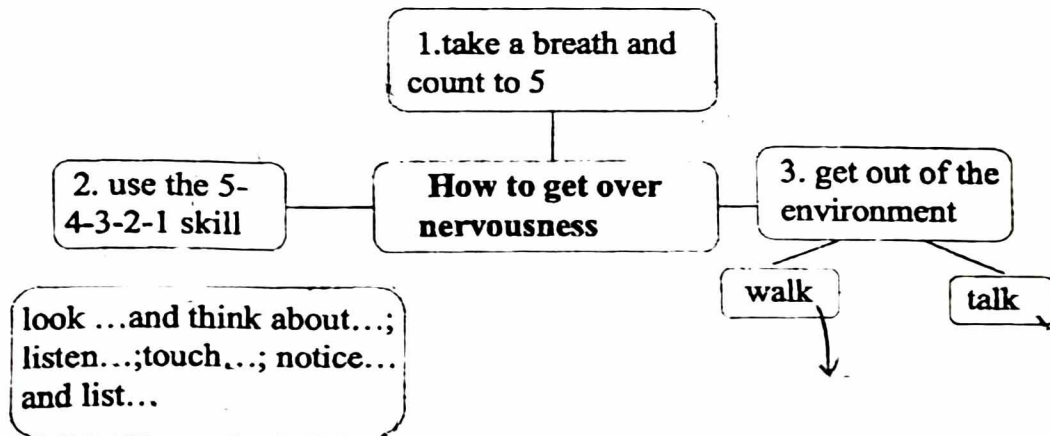
听下面一段独白, 回答第 7 至第 8 小题。

7. What's the speaker mainly talking about?  
A. How to learn Chinese.  
B. How to teach children.  
C. How to be good parents.
8. Why does the speaker think playtime is important?  
A. It helps children know each other.  
B. It makes children relax after learning.  
C. It is a way of learning for children.



二、听后转述。(共 5 分)

根据所听内容和提示信息记录并转述短文内容, 将转述内容书写在答题纸相应位置上。短文你将听三遍。



9. I've got some ideas on how to get over nervousness. \_\_\_\_\_



### 三、完形填空（每小题1分，共10分）

阅读下面短文，掌握其大意。然后从短文后各题所给的选项中，选择最佳选项。

#### The Pillow (枕头)

At the age of sixteen, I joined a volunteer group with my dad. I went on my first volunteer project in West Virginia. On the night we arrived, we found that “our family” was living in a trailer (拖车) that was in poor condition. Some workers had been working on it for two weeks, but every time they \_\_10\_\_ one problem, another surfaced (浮现).

We decided the only reasonable solution was to build a new house—something unusual but \_\_11\_\_ under these circumstances. The family was overjoyed with their new house that was twenty by thirty feet with three bedrooms, a bath and a kitchen.

On Tuesday of that week, while we ate lunch together, I asked the family's three boys, Josh, Eric and Ryan, “What do you \_\_12\_\_ for your new room?” Expecting toys and other gadgets (小玩意) that children usually ask for, we were astonished when Josh responded, “I just want a \_\_13\_\_.”

The boys had never slept in a bed! They were used to sleeping on plastic mats. That night we had a meeting and \_\_14\_\_ that beds would be the perfect gift. On Thursday night, a few adults in our group drove to the nearest city and bought beds and new bedding.

When we saw the delivery truck coming, we told the family about the \_\_15\_\_. We could feel their excitement. It was like watching excited children on Christmas morning.

That afternoon, as we fitted the frames of the beds together, Eric \_\_16\_\_ into the house to watch us. Too dirty to enter his room, he observed with wide-eyed excitement from the doorway.

As my father slipped a pillowcase onto one of the pillows, Eric asked, “What is that?”

“A pillow,” he replied.

“What do you do with it?” Eric continued to ask.

“When you go to sleep, you put your \_\_17\_\_ on it,” I answered softly. Tears came to my eyes as my father handed Eric the pillow.

“Oh...that's soft,” he said, hugging it \_\_18\_\_.

Now, when my sister or I start to ask for something that seems urgent (紧急的), my dad gently asks, “Do you have a \_\_19\_\_?”

We know exactly what he means.

- |                  |            |                |                |
|------------------|------------|----------------|----------------|
| 10. A. finished  | B. found   | C. made        | D. cancelled   |
| 11. A. necessary | B. funny   | C. interesting | D. comfortable |
| 12. A. design    | B. trade   | C. have        | D. want        |
| 13. A. mother    | B. friend  | C. bed         | D. desk        |
| 14. A. discussed | B. decided | C. suggested   | D. heard       |
| 15. A. surprise  | B. ride    | C. lift        | D. drive       |
| 16. A. stole     | B. moved   | C. looked      | D. ran         |
| 17. A. hand      | B. face    | C. head        | D. hair        |
| 18. A. quickly   | B. tightly | C. hardly      | D. quietly     |
| 19. A. pillow    | B. gift    | C. room        | D. friend      |

#### 四、阅读回答问题（共8分）

With my head against the glass of the hospital window, my eyes were fixed on the red rental (租赁) bikes across the street. Once again we were cut off at a children's hospital. And by the 8th day of our stay, my bike-riding daydreams were clearer.

As the parents of a child with lots of medical needs, this life wasn't new to us. Our little patient had experienced an eight-hour operation (手术). It had not been easy, either for her or for me.

Then came a Sunday afternoon when the doctors had completed their rounds, our girl was finally comfortable and happy, and my mom was with us. It was a calm day of rest. So, as we clicked on *Frozen* for our eleventh viewing, I looked longingly (渴望的) again at those rental bikes shining in the summer sun.

As I was wondering if it is possible to slip away, another me asked: What if the doctor came back? What if my daughter cried?

"Go," urged (催促) my mom.

"Go," urged everything in me.

So, I pushed aside those questions, walked through the hospital doors, and headed for the bikes.

As I unlocked the bike, something in me unlocked as well. For two freeing hours, I rode fast. My hair blew, and my heart raced. My soul (心灵) went through a flood of feelings, from excitement to hidden, angry tears, then back to grateful joy.

Back to the hospital, my girl smiled wide when I came in, happy to see me. And instead of watching another movie, I decided it would be better to pull out our unused paintbrushes and turn on some music. Soul care was long overdue (过期) for her, too.

That joyride changed my thinking. Yes, life is hard, full, and even scary, but I'd gotten a good taste of the importance of caring for the soul.

The reality is, I am a mom of four children with limited "me time". We've always got long to-do lists. But now I have a changed perspective (视角). That's: "Do something each day that brings you joy."

When I care for my soul and take a little "me time", it is a gift to my whole family. A happy mum often results in a happy family.

After that Sunday bike ride, Monday unavoidably came. The new day brought my girl discomfort and pain. For hours, I tried to do everything I could, but no good.

Then I remembered my joyride. So, I pulled a little table close to her bed, and dumped out a 100-piece puzzle. I sang softly as I sorted through the pieces. She was upset at first, but I kept singing and sorting. Then slowly, I calmed down, and so did she. I moved the table closer, and her little hands went to work, helping me find all the blue-sky pieces.

As it turns out, when I took the time to care for my soul, it helped my daughter settle hers as well.

20. What can we know about the writer? What happened to her family? How did she make it through? (3 分)

21. What can we learn from the writer? What does she inspire (启示) us to do in life? Please give some examples. (5 分)

**五、翻译句子。(每小题 2 分, 共 8 分)**

22. 你应该注意你的书写。
23. 每天做运动是很重要的。
24. 这周末去野餐怎么样啊?
25. 昨天他妈妈回家的时候, 他正在听音乐。



# 英语练习 (卷二)



(时间为 40 分钟, 满分为 53 分)

## 一、单项填空 (每小题 1 分, 共 13 分)

从下面各题所给的 A、B、C、D 四个选项中, 选择可填入空白处的最佳选项。

- This is not \_\_\_\_\_ umbrella. It's \_\_\_\_\_.  
A. my; her                      B. mine; her                      C. my; hers                      D. mine; hers
- My grandparents will arrive in Beijing \_\_\_\_\_ three days. I will take them to some famous places.  
A. in                              B. on                              C. at                              D. for
- Sam didn't go to work \_\_\_\_\_ he had a fever.  
A. because                      B. so                              C. but                              D. or
- Must I clean my room at once, mom?  
— No, you \_\_\_\_\_. You can finish your homework first.  
A. mustn't                      B. can't                              C. needn't                      D. couldn't
- After joining the basketball club, Mary can play much \_\_\_\_\_ than last year.  
A. good                              B. well                              C. better                              D. the best
- The boys in my class often \_\_\_\_\_ basketball on the playground after school.  
A. play                              B. plays                              C. played                              D. will play
- Please remember \_\_\_\_\_ the lights before you leave the classroom.  
A. turn off                      B. to turn off                      C. turning off                      D. turned off
- I saw Lucy and Steve this morning. They \_\_\_\_\_ at the bus stop.  
A. were waiting                      B. waited                              C. are waiting                      D. waited
- It might be cool in the evening. You'd better \_\_\_\_\_ a coat.  
A. to bring                      B. bringing                              C. bring                              D. brings
- There \_\_\_\_\_ a basketball match on TV tomorrow evening.  
A. will be                              B. was                              C. is                              D. are
- Tom \_\_\_\_\_ his leg by accident when he \_\_\_\_\_ a horse yesterday.  
A. hurt; was riding                      B. was hurting; was riding  
C. hurt; rode                              D. was hurting; rode
- As the top student in the class, he always finishes his homework \_\_\_\_\_.  
A. careful                              B. more careful  
C. carefully                              D. more carefully
- The girl asked her father to \_\_\_\_\_ the bird from the cage.  
A. set                              B. free                              C. let                              D. break

## 二、阅读以下段落, 根据语境, 选择最佳词汇。(共 10 分, 每小题 2 分)

从下面各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

- Here finally comes the Big Day! For this day, I have practiced and practiced, day in and day out, for a whole month. Now I'm sitting at the center of the stage, peaceful and calm. The moment I \_\_\_\_\_ my fingers on the piano, the music flows in my heart.  
A. fix                              B. warm                              C. feel                              D. place

15. Harbin Ice and Snow World is a very cool place where you can have lots of fun. Almost everything there is made of ice. My favorite entertainment is ice slide. It's high and long. You can fly from the top and go all the way down. That's really interesting! But in order to keep warm, you'd better wear \_\_\_\_\_ clothes. (出题人: 1班, 伦清维)

- A. heavy                      B. cheap                      C. new                      D. comfortable

16. Some teachers \_\_\_\_\_ students with suitable study partners to make a study group. Their original intention is to let students help each other and complete some tasks together. But some students use this as an excuse to use electronics for a long time and waste their time. (出题人: 7班, 杨清清)

- A. share                      B. match                      C. connect                      D. part

17. Betty sat by the window at the back of the classroom, paying no attention to the teacher. She was attracted by a beautiful butterfly dancing in the golden morning sunshine. It flew up and down, and then in a circle, until finally \_\_\_\_\_ on a small red flower. How she wished she could be a butterfly!

- A. lived                      B. landed                      C. fell                      D. lay



18. My heart misses a/an \_\_\_\_\_ every time I am called into the teachers' office. Well, this morning, the moment I stepped into the classroom, my deskmate told me Mr. Li was waiting for me at the office. Was there anything scarier in the world? Not to waste one second, I dumped my schoolbag and rushed to the teachers' office, only to be greeted with a lovely little cake. "Happy birthday", said Mr. Li. Is there anything more joyful than that in the world?

- A. jump                      B. drop                      C. act                      D. beat

### 三、阅读理解 (每小题 1.5 分, 共 30 分)

(一)信息匹配。下面的材料分别介绍了四个不同的俱乐部, 请根据 19-22 小题中所描述的 Betty, Tom, Thomas 和 Maria 四人各自的特点, 推荐一个最适合他们的俱乐部, 并将每个俱乐部所对应的序号 A、B、C、D 填写在相应的位置上。

A

	<p><b>A. History Club</b></p> <p>The History Club is a place to bring you into historical events while sharing an interest in the past with like-minded classmates. Guest speakers and historians who know a lot about a special period of history will join us.</p>
	<p><b>B. Environment Club</b></p> <p>In the Environment Club, there are many hands-on activities, including science experiments, habitat restoration, gardening, and even building solar cars. It shows students of all ages that everybody can make a difference.</p>



### C. *Math Club*

To many, math is fun, and even more so when it is competitive math. In math club, students can develop thinking skills while learning new types of math. It is also a great way to socialize and meet new people while developing teamwork skills.



### D. *Soup Kitchen Volunteer Club*

In this club, students have the chance to serve their community at their local food banks or soup kitchens. It's a great way to learn to help people who have less than others.



19. Betty is an active girl. She not only does well in math but also likes making friends. She wants to discuss math problems with math lovers. \_\_\_\_\_
20. Tom thinks that helping others brings him great fun. He enjoys cooking and often cooks for his family. \_\_\_\_\_
21. Thomas loves reading, especially history stories. He hopes to share ideas with those who have the same interest. \_\_\_\_\_
22. Maria cares about the environment. Every month, she and her good friends put up posters to call on people to protect the environment. \_\_\_\_\_

(二) 阅读短文，根据短文内容，从短文后各题所给的 A、B、C、D 四个选项中选择最佳选项。

### B

“The children’s story time begins in fifteen minutes.” The head librarian said. “We have a special guest today to read to us.”

While the children were waiting, a man stepped into the room with lots of books. He carefully felt his way along with a cane (拐杖).

“Good morning, children,” the man called out to the room. “I’m Mr. Mead. Today we are going to read a book about animals.”

Placing his cane on the floor, he reached into his bag and pulled out a large, thick book with a picture of a monkey on the front.

“Mommy,” a young voice whispered curiously, “he needs to take off his sunglasses.”

“Janet,” her mother warned and apologized to the group.

“It’s quite all right,” the man said. “Janet is correct. Normally a person would take off the sunglasses to read indoors, but I am blind, and bright lights hurt my eyes.”

“But how can you read to us if you’re blind?”

He smiled and turned the book toward the children, “This is a special book for people who lost their sight.”

After that, he moved his finger across the paper, and read to them about the different kinds of primates (灵长目动物). The children were never so interested before. Mr. Mead was a natural with kids.

Then, the children worked on a craft (手工) with Mr. Mead. They colored a picture of one of the animals, took it to Mr. Mead, and told him about it. Using a special Braille slate (盲文印板), Mr. Mead wrote about the animal next to their drawings.

While they worked, Mr. Mead told the children of his work at the local zoo. Before he lost his sight, he was a zookeeper in charge of the primates. He brought that book so the children could see a little bit of the world he loved so much through the eyes of a person who now saw the world only by touch, smell, and sounds.

“I’m sorry you can’t see the animals anymore.” Janet said sadly.

“It’s okay. I can still work with them as a volunteer, and you know what?”

“What?” She asked.

“Somehow, I think they know,” he said thoughtfully, “they’re gentler with me now. It’s like we’re friends now, instead of me just being the worker and them the animals at the zoo.”

“I feel lucky actually,” he continued softly, “because now I can see them with different eyes.”

Holding up her picture of a Capuchin monkey with a big smile on its face, Janet touched the words in Braille, and said, “So am I, Mr. Mead.”

23. Where do the children enjoy the story time?

- A. In a zoo.                      B. In a library.                      C. In a museum.                      D. In a hospital.

24. What was special about Mr. Mead’s book?

- A. It covered all kinds of primates.  
B. It must be read with sunglasses on.  
C. It was thick with brightly colored pictures.  
D. It was made for blind people like Mr. Mead.

25. Why did Mr. Mead feel lucky although he lost his sight?

- A. Because he could still read the stories to the animals.  
B. Because the animals treated him like one of themselves.  
C. Because he could see the animals with other senses.  
D. Because the children understood and loved him very much.

26. In the story, how did Janet’s feelings about Mr. Mead and his book change?

- A. curious-interested-sad-happy                      B. angry-interested-surprised-sad  
C. curious-happy-interested-sad                      D. angry-surprised-interested-happy



### C

A few months ago I was visiting a friend of mine who teaches high school English. We were in his classroom and he showed me his grade book. I noticed that in some of his classes, most of the students were missing most of their schoolwork. I asked him about this.

“There’s really not much I can do about it. I give schoolwork, collect it, grade it and post the scores on-line. Some kids just don’t turn in their work. Other than giving them an F, there’s not much else I can do, since some kids simply couldn’t care less about their grades.”



I explained how things work in my classroom. I give work and then collect it. If a student doesn't have it, they do it during recess(休息时间). Period. No questions, no complaining, no discussion. Their names go up on the whiteboard and they come back to the room after lunch to get it done. I'm in the room anyway, taking care of paperwork, and I don't mind the students staying with me.

And if someone misbehaves or wastes time during the day, I put a mark next to their name on my clipboard. Each mark means one minute of lost recess during our second recess, which we have toward the end of the day.

I use first recess to take care of missing schoolwork and I use second recess to take care of misbehavior. And it works beautifully. I have the best-behaved class in the school with almost no missing schoolwork.

But then I came across this article in USA Today. Basically, many pediatricians (儿科医生) want us to leave recess sacred: don't make kids do schoolwork when they should be out playing and don't use recess as a form of punishment.

In other words, don't do what I do.

I can see their point. Recess is an important time for kids to blow off steam, get some exercise, talk to friends, and just "be kids." For most children, it's their favorite time of the day. It certainly was for me, when I was young.

But pediatricians aren't teachers. They deal with one kid at a time, for ten or fifteen minutes, with their parents in the room. They're not trying to make 25 to 30 kids work quietly at something most of them would rather not do for seven hours a day.

At a certain level, teachers need some power to do what they want. For those of us at the elementary level, recess gives us that.

27. According to the passage, some kids fail to hand in their schoolwork because

- A. their teachers always give them an F
- B. they don't care about their grades
- C. they think the schoolwork is too difficult
- D. their teachers are too busy to grade their papers

28. What does the underlined word "sacred" in Paragraph 6 mean?

- A. lost
- B. popular
- C. unknown
- D. unchanged

29. What can we infer from the passage?

- A. The writer wants to keep using recess in his teaching.
- B. The writer's friend doesn't care about his students.
- C. The pediatrician can do better jobs than the teacher.
- D. The writer is unsure of using recess in his teaching.

30. Which could be the best title?

- A. Recess and Schoolwork
- B. A Discussion about Recess
- C. Two Teachers' Teaching Methods
- D. Students' Attitudes towards Schoolwork



## D

### Can Training Your Working Memory Make You Smarter?

We would all like to increase our cognitive(认知的) ability beyond the limits set by Mother Nature. So it's no wonder that brain-training programs—which focus on training our working memory — are a multibillion-dollar industry. But can this kind of training really make us smarter?

Cognitive training sees the brain as a kind of muscle (肌肉) that can be made stronger with the right kind of practice. Although people did much research, there has been no agreement about its effectiveness. Some think that cognitive training increases some cognitive abilities, while others less hopeful.

Yet we do know that some cognitive skills probably go together and are predictors of real-life skills such as work performance. Thus, training one cognitive skill might lead to an improvement in many other cognitive and non-cognitive skills. That is the key hypothesis(假设) on which working-memory training is based.

To test this hypothesis, we examined all the studies about working-memory training. The results were very clear. Working-memory training did not show any effect on children's fluid intelligence(流体智力), a person's ability to solve new problems and get used to new situations. It didn't influence their educational achievements or other cognitive abilities, either. The only dependable effect was that children got better at what they were trained to do. So performing working memory tasks does seem to make you better at doing them. However, the fact that participants (参与者) got better at such tasks does not necessarily mean that their working memory ability increased. They may just have learnt how to perform that type of task.

5 The results do show that the use of working-memory training programs as an educational tool is useless. Beyond working-memory training, other recent studies have shown the limitations of different types of cognitive training.

However, these negative(负面的) results must not discourage us from training our cognitive and non-cognitive skills. We just have to realize the actual limitations of such practice in areas outside what we are actually training. But that doesn't mean we shouldn't do it — the most efficient way to develop a skill is, after all, to train that skill.

31. According to the passage, cognitive training probably \_\_\_\_\_.
- A. benefit the training companies
  - B. balance the learning skills
  - C. make us stronger through practice
  - D. help the children get good results
32. Children taking part in the experiments were able to \_\_\_\_\_.
- A. be familiar with new situations quickly
  - B. get greater educational achievements
  - C. succeed when they solve real life problems
  - D. do better in the field that they were trained in
33. What is the writer's opinion on the cognitive training?
- A. The cognitive training is a useful experiment.
  - B. The cognitive training can't make us smarter.
  - C. The cognitive training challenge the children's skills.
  - D. The experiment is helpful to children's cognitive skills.





## E

### Is Binge (狂欢) -Watching TV Good or Bad for You?

A binge-watcher is a strange sub-species of modern human beings. They are alone and are often found lying on their bed or sofa, still as a rock, looking searchingly into their laptop or at the TV. They rarely get up, nor do they sleep at the end of every day. They stay up late and are often found to have red eyes. They get angry when you interrupt them and do whatever they can to drive distractions away.

This, of course, is an overstatement, but for many of us, binge-watching a show is how we consume our entertainment diet. With streaming services bringing endless content, creators design their shows to keep us hooked, I can't help wondering if this way of consuming television does us any good.



Netflix's CEO Richard Hastings told reporters at a conference (会议), "Think about it... when you watch a show from Netflix and you get addicted (上瘾) to it, you stay up late at night. We're competing with sleep on the margin." A study published in the Journal for Clinical Sleep Medicine found that of their 423 participants, 80% found as binge-watchers, with an average watch time of 3 hours and 8 minutes per day.

We're advised to get 7 to 8 hours of sleep per day, but staying up all night to finish shows like 'Breaking Bad' and 'The Fall', which Netflix says are binged the fastest, won't result in 8 hours of uninterrupted sleep. It isn't only the amount of sleep we get; the quality matters too! The same study found that those who binged television more often were found to have poorer sleep quality. The mental arousal we get from watching TV doesn't lend itself to peaceful sleep.

#### ● Binging TV can cause weight gain

Sitting and watching TV for 3 hours is great for weight loss, said no one ever, especially not the study conducted by Harvard in 1985 that linked TV watching to obesity (肥胖症) in children and teenagers. For every extra hour of TV watched, there was a 2% increase in the risk of obesity, the study found. Since then, more research has concluded that too much TV might put both children and adults at risk of obesity.



While it is true that there is growing evidence that binging isn't good for us, the results aren't all doom and gloom. Binging, sometimes, might have some benefits. For many people, binging is a social activity. It gives people something to talk about at parties and with their friends, or even on social media. Popular shows have fandoms dedicated (致力于) to creating theories, fan fiction, and memes. This interaction—mostly online, though sometimes offline through conferences like Comic-Con—can create a sense of community for many.

For others, binging might just be relaxing. After a long day, a few hours of F.R.I.E.N.D.S.—still one of the most popular shows on any streaming platform—can ease the stress (压力) of a long day, literally. A study followed 240 people through their binging and recorded their cortisol levels, the so-called stress hormone (荷尔蒙). They noted for some people that their cortisol levels decreased during their binging

experience.

With bingeing, there isn't an objective "good" or "bad" answer. Like many things, the key is moderation.

Watching TV can be relaxing, but only if it doesn't stop you from exercising, taking care of your health, and fulfilling your social responsibilities. Binge-watching in moderation, once in a while, might actually do some good.

34. Which of the following is a binge-watcher?
- A. He watches TV until he falls asleep.
  - B. He searches carefully with laptop or TV.
  - C. He doesn't like taking breaks while watching TV.
  - D. He doesn't mind getting up and doing chores meanwhile.
35. What does the underlined word "overstatement" probably mean?
- A. explanation
  - B. enlargement
  - C. visualization
  - D. empowerment
36. What is the sub-title of paragraph 3 and 4?
- A. Binging TV causes the lack of sleep.
  - B. TV shows are made to get people addicted.
  - C. Binging TV can have mental peace in sleep time.
  - D. The amount and the quality of sleep are both important.
37. What is the sub-title of paragraph 6 and 7?
- A. Why is bingeing TV good?
  - B. When is bingeing TV good?
  - C. Binging TV actually helps.
  - D. Binging TV in moderation is good.
38. What can we infer from the passage?
- A. Bing-watchers can lend relaxing experiences to daily life.
  - B. Binging can increase both people's weight and cortisol levels.
  - C. Fans hold parties where binge-watchers can share and discuss.
  - D. Streaming services help manage the harmful effects of bingeing.

