

门头沟区 2024 年初三年级综合练习 (一)

英 语

2024.4

考生须知

1. 本试卷共 10 页，共两部分，共 38 题，满分 60 分，考试时间 90 分钟。
2. 在试卷和草稿纸上准确填写姓名、准考证号、考场号和座位号。
3. 试题答案一律填涂或书写在答题卡上，在试卷上作答无效。
4. 在答题卡上，选择题用 2B 铅笔作答，其他试题用黑色字迹签字笔作答。
5. 考试结束，请将本试卷、答案卡和草稿纸一并交回。

第一部分

本部分共 33 题，共 40 分。在每题列出的四个选项中，选出最符合题目要求的一项。

一、单项填空 (每题 0.5 分，共 6 分)

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

1. My brother Tony got the first prize in a photo competition. I am proud of _____.
A. her B. him C. us D. them
2. We'll visit the Capital Museum _____ Friday.
A. at B. in C. on D. to
3. — _____ I finish the work before 3:00 pm today?
— No, you needn't. You can finish it tomorrow morning.
A. Must B. Need C. Can D. Will
4. It's cold today. Wear your warm clothes _____ you may catch a cold.
A. and B. but C. so D. or
5. — _____ shall we meet tomorrow?
At 7:30 in the morning.
A. When B. What C. Where D. Who
6. By changing my learning methods, remembering English words is becoming _____ than before.
A. easy B. easier C. easiest D. the easiest
7. If you keep working hard, you _____ your dream sooner or later.
A. realize B. realized C. will realize D. have realized

8. — Amy, what were you doing at 8:00 yesterday evening?
— I _____ my sister with her homework.
A. helped B. am helping C. was helping D. have helped
9. China _____ 18 astronauts into space since 2003.
A. sends B. sent C. will send D. has sent
10. Yesterday I _____ a difficult task and felt a great sense of achievement.
A. complete B. completed C. will complete D. have completed
11. Nowadays, a kind of new information technology _____ in learning.
A. uses B. used C. is used D. was used
12. — Can you tell me _____?
— Because he always gives me the support I need.
A. why you trust your dad B. why do you trust your dad
C. when you trust your dad D. when do you trust your dad

二、完形填空 (每题 1 分, 共 8 分)

阅读下面的短文, 掌握其大意, 然后从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

The Melody Within

Ethan was crazy about playing the guitar. He always lost himself in the melodies he created.



melody

One day, Ethan got to know the village he lived in was hosting a talent show, and he 13 to participate.

However, doubts started to creep (缓慢行进) into his mind. He compared himself to other talented musicians and began to 14 his abilities. The fear of failure consumed (消耗) him.

Ethan's grandfather noticed that. He sat down with Ethan and shared a story from his own youth.

“When I was your age, I had a dream of becoming a painter. But I was filled with self-doubt, just like you are now. Later, I asked for help from a wise old artist.”

“The old artist listened to my worries and made me 15 myself. He asked me to paint a picture on a large canvas (油布) in front of a crowd. I hesitated (犹豫) because I didn't know how to deal with it.”

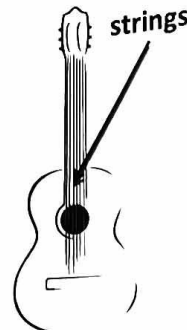
“The wise artist smiled and said, ‘Don't focus on what others might think. Instead, paint from your heart. The beauty lies not in perfection, but in the authenticity (真实性) of your work.’”

“Encouraged by these words, I accepted the challenge. I painted with passion

(激情), letting my 16 guide my brush. The crowd watched in shock as a beautiful masterpiece appeared on the canvas.”

Finishing the story, Ethan’s grandfather said, “That day, I realized that success is not defined (定义) by how 17 we are or how we compare to others. It’s about expressing ourselves with passion and authenticity.”

Inspired by his grandfather’s story, Ethan decided to give the talent show his all. He practiced 18 and poured (倾注) his heart into every note. When the day of the talent show arrived, Ethan stepped on the stage, and began to play his guitar. Ethan’s fingers danced on the strings, creating melodies that touched the hearts of the audience. At that moment, he realized that his self-doubts had held him back, but now he was 19.



Ethan didn’t win the talent show, but he felt like a winner deep inside.

Ethan continued to play his guitar with passion, inspiring others with his music and reminding everyone that the true 20 lies in the journey itself.

- | | | | |
|------------------|---------------|--------------|---------------|
| 13. A. decided | B. failed | C. pretended | D. managed |
| 14. A. improve | B. get | C. lose | D. question |
| 15. A. challenge | B. enjoy | C. introduce | D. respect |
| 16. A. actions | B. trusts | C. emotions | D. patience |
| 17. A. kind | B. careful | C. regretful | D. perfect |
| 18. A. secretly | B. tirelessly | C. quietly | D. carelessly |
| 19. A. wise | B. free | C. satisfied | D. confused |
| 20. A. heart | B. hope | C. reward | D. dream |

三、阅读理解 (每题 2 分, 共 26 分)

阅读下列 TED 演讲视频简介, 请根据人物喜好、特点与需求匹配适合的 TED 演讲视频, 并将其所对应的 A、B、C、D 选项填在相应位置上。选项中有一项为多余选项。

A

A. How I Found Myself Through Music	B. A Plan to Recycle the Unrecyclable
Anika Paulson understands the world and herself through music. In this talk, she plays beautiful melodies on the guitar while talking about how music	Styrofoam (聚苯乙烯泡沫塑料) takes 500 years or more to reduce and ends up on beaches and in landfills as it’s too expensive to recycle. Do you

encourages people. Everything is music and “If you ever feel lost, stop and listen for your song” she explains. If you have a few musicians in your class or even just some kids who love to listen to music, they’ll love this feel-good talk!

think this is a problem too hard to solve? Well, think again! Watch and see how the amazing 14-year-old Ashton Cofer and his science fair team discovered how to break down and reuse Styrofoam.

C. Meet a Young Cartoonist, Designer...

This kid can do it all! Maya Penn thought and felt deeply about the world and her responsibilities towards it from a super young age. She started her own fashion line at the age of 8 and has gone on to do even more! This talk shows your learners the power of staying true to their values.

D. How to Learn from Your Mistakes

It’s easy to say that we need to learn from our mistakes, but it’s not always so easy to put this into practice. Explore this with your students by showing them this TED-Ed talk explains why it’s sometimes so hard to see the learning moments in failure and what we can do about it.



21. _____ Lingling

I love music! I often listen to songs after class, but sometimes I feel lost. What can I do?



22. _____ Daming

I’m doing a project on how to recycle the unrecyclable. I think the problem is too hard to solve.



23. _____ Tony

I often make mistakes. I hope to learn from them and make myself better.

B

MVP

When Brandon had the ball, I was open. But he passed it to Cole. Cole had a great turn-around jump shot, but I was a good shot, too. In fact, we each had six

points so far. But Cole was more popular, and the team fed him the ball. I must outscore Cole because I wanted to be the MVP—most valuable player.

Later, Jeff stole the ball from the Kings and passed it to me. I saw Cole running toward the basket, but no one was guarding me either. I threw the ball into the basket.

Cole slapped (拍) my hand. “Good shot, Derek.” I just smiled. Then Cole got the ball. He passed it to me and ran under the basket. I ignored (忽视) him and shot, but I failed.

“Cole was open,” said Jeff.

“So was I,” I muttered (嘟囔). But I felt upset inside.

“Hey, it’s no big deal,” said Cole. “We’re all trying to win this game. We’re a team.”

It happened fast. Cole was on the floor holding his ankle (脚踝). Coach Sanchez was there in a second and helped him to the bench. I felt my heart hammer (敲击) in my ears. Now I was going to be the MVP without a doubt.

Everything didn’t look good. Every time I took the ball, two Kings players were guarding me instead of one. The Kings believed that with Cole gone, they could shut me down and win. Cole had helped divide their attention before. I’d never thought about how much that helped me.

Now we were down by one, but time was running out. All of a sudden, more than anything, I wanted our team to take home the trophy (奖杯). I took the ball down the court and passed it to Brandon. He caught it and hesitated.



“Shoot!” I shouted. He caught it and let it fly—right into the basket. We won!

We were all jumping around when I saw Cole on the bench.

“Hey,” I said. “Great game.”

“You, too,” said Cole, slapping my back. “Great idea to pass it to Brandon. Congratulations on getting MVP.”

I’d been waiting a long time to hear those words, but they didn’t seem so important now. “Thanks,” I said. “It was a team effort.”

And I finally understood just what that meant.

24. At first, Derek wanted to be _____.

A. the most valuable player

B. the greatest guard

C. the most popular coach

D. the best team leader

25. Derek helped the team win the game by _____.

A. throwing the ball into the basket

B. helping Cole to the bench

- C. giving the ball to Brandon D. making Cole hurt his ankle
 26. Finally, Derek thought _____ was more important.
 A. having fun B. working together
 C. being the MVP D. making friends

C

Some of us like to keep some things private—maybe we don't want people to know about our relationship status (状况), our age or where we live—because these details are personal. The problem is, everywhere we go online, we seem to leave a “digital footprint”.

On our social media accounts (账户), we often show things like our opinions, connections and holiday photos. The matter is, how do we stop everybody seeing everything? Maybe we don't want a stranger knowing our favourite type of coffee. And cookies—there was a time they were just something nice to eat. Now they seem to appear on websites. So how can you stay more private?

There are some steps you can take. First, on your social media accounts, check your privacy settings. Many social media platforms automatically (自动地) show everything to everyone unless you change the settings, so it's up to you to decide what other people can see. And limiting how much information you share isn't just something you should do on social media. There are many sites out there that help you to share documents, so a good tip may be to not put anything too private, like passwords, on there. One wrong click (点击) may send it to the wrong person.

Finally, cookies are designed to improve your browsing (浏览) experience by tracking (追踪) and saving information about your visits to a site, helping to personalize your time on these sites. Erasing your browsing history may help, but there are certain apps which can block them if you don't feel comfortable.

So, if you want to keep your privacy online, maybe only share things you'd be happy with a stranger seeing—and if you don't feel comfortable with cookies, you might decide to use some tech to block them. If that's not enough, just don't accept them and visit another site—and why not have a yummy cookie to eat instead?

27. According to the passage, which of the following is **NOT** a “digital footprint”?
 A. A paper book. B. A holiday photo.
 C. A personal opinion. D. A home address.
28. What can we learn from the passage?
 A. Visitors can help you to share documents online.

- B. Cookies can track users' behavior on the sites.
 - C. It's impossible to stop everybody seeing everything.
 - D. Some tech can stop strangers erasing your footprints.
29. What is the writer's main purpose in writing this passage?
- A. To explain the importance of online privacy.
 - B. To tell people how to protect privacy online.
 - C. To warn people against the social media.
 - D. To encourage people to share ideas online.

D

What is your understanding of self-control? How do you think it works? Do you think your self-control ability is limited or unlimited? Do you believe that after a long day you run out of energy, and you need to rest to get it refueled (补充燃料)? If this is the case, then you have a limited theory (理论) of self-control.

Do you think that challenging activities don't easily lose your energy? In that case you have a non-limited theory.

In an experiment, researchers divided students into two groups based on their self-control theory and followed them during a term. Outside the exam period, there were no differences between the two groups. However, when requirements were high, students with a limited theory procrastinated (拖延) more, achieved a lower GPA (grade-point average) and ate more unhealthy food.

Theories about self-control become a self-fulfilling prediction. If you think that self-control is limited, then you will give in to temptations (诱惑) more easily and find it harder to realize your goals. On the other hand, if you have a non-limited theory, you will be more successful with your goals.

Interestingly, both 'non-limited' and 'limited' theorists feel just as tired immediately after exercising self-control. However, 'non-limited' theorists don't take their feelings as a sign that they have **depleted** a limited resource and need to rest. In fact, they believe that a day full of challenging tasks 'activates' their self-control skills, which leaves them refreshed and more willing to make effort the next day.

It seems that there's a clear benefit to having the 'right' beliefs about self-control. How can you change your self-control theory?

If you're willing towards a 'limited' theory, we suggest that you try to persuade yourself or a friend that if they use effortless strategies, then self-control is not easily run out. Researchers have managed to experimentally control students' self-control theories.

There's another, probably more powerful way to change your self-control

theory. In a series of experiments, researchers asked participants to do an easy (e.g. keeping a diary) or a difficult (e.g. not eating sweets) task for 2 weeks. Before and after this period, they measured their self-control theories and self-control strength. Interestingly, the participants who did the more effortful task changed their beliefs toward the 'limited' theory by the end of the experiment. As a result, they made less effort in the final self-control task.

This study shows that when we experience a lot of effort, it may act as a signal telling us that our self-control ability is limited. This in turn makes it more difficult for us to exercise self-control in the future. Therefore, if you use the more effortless strategies, you can automatically shape your self-control theory to be more non-limited, naturally improving your self-control.

30. If you believe your self-control ability is unlimited, you'll feel _____.
A. calm after the experiments C. satisfied after long-distance race
B. confused by self-control activities D. energetic after self-control tasks
31. In the first experiment, the writer wants to tell us _____.
A. the two groups of students got the same scores in the experiments
B. beliefs about self-control changed the ability to avoid temptations
C. students with a limited theory achieved more confidence and trusts
D. students with a non-limited theory easily succeeded in the experiment
32. The word "**depleted**" in Paragraph 5 is closest in meaning to _____.
A. created B. saved C. collected D. emptied
33. The writer may agree that _____.
A. you can change your beliefs to become more unlimited
B. there's a clear benefit to improve your skills and abilities
C. you can use the effortless strategies to realize your goals
D. you should persuade yourself to change the learning strategies

第二部分

本部分共 5 题，共 20 分。根据题目要求，完成相应任务。

四、阅读表达（第 34-36 题每题 2 分，第 37 题 4 分，共 10 分）
阅读短文，根据短文内容回答问题。

International Volunteer Day is a day to celebrate the efforts of people who create a positive change in their communities and work selflessly to bring about peace and development for the world. On International Volunteer Day, volunteers share their experiences with volunteering



and talk about its influence on their personal lives.

Sharon first started volunteering at the age of 16. It was the summer before her junior year of high school, and she hadn't really understood the meaning behind doing something for others until that day.

Sharon was going with a group to the Ronald McDonald House (RMH) in Dallas, Texas. RMH is a "home-away-from-home" for families so they can stay close by their hospitalized child at little or no cost.

Sharon recalls her first time walking into RMH—nervous and afraid of messing up or saying the wrong thing. After only 5 minutes, she began connecting with families. "That day, I played with kids, laughed with the adults, and heard countless stories—you name it!" says Sharon.

Now a 20-year-old student at the University of North Texas, Sharon has volunteered with RMH ever since. "I have met so many people there that have changed my life."

In January 2012, Sharon met her soon-to-be hero: Dan. Dan was a car passenger, riding with a group of friends, when the driver thought it would be cool to show off and drive fast.

The car turned over, both the driver and one of the passengers were thrown out of from the car. Dan tried to get out of the car and then began searching for others quickly. One of the passengers was still caught in her seat. Without hesitation, Dan climbed back in to save her.

In doing so, he somehow managed to get himself stuck and caught fire. Although he was able to rescue himself, his skin was so badly burned that he had to take lots of surgeries (手术). Sharon helped care for Dan during his stay at RMH, helping him get better through stories, laughter, and companionship (陪伴). Sharon still keeps in touch with Dan today.

"Nothing brightens my day more than to be able to make someone who's going through something beyond my understanding smile," says Sharon. "I feel like I've become more of a caring and selfless person since I started volunteering. I look for joy in the joy I provide to others and focus less on myself. After a few months of volunteering, RMH brought out a more real version of myself—exactly who I want to be in life."

34. When did Sharon first started volunteering work?

35. How did Sharon feel when she walked into RMH the first time?

36. What did Sharon do help Dan get better?

37. Would you like to do volunteer work? Why? (Please give two reasons.)

五、文段表达 (10分)

38. 从下面两个题目中任选一题, 根据所给提示, 完成一篇不少于50词的英语文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出你的校名和姓名。



假设你是李华, 你的英国笔友 Peter 发来邮件想了解你做家务的情况。请你用英语给他回复邮件, 谈谈你经常做什么家务, 以及你有什么收获。

提示词语: sweep the floor, wash dishes, water flowers, tidy up, benefit
提示问题: ● What housework do you often do?
● What have you learned from the experience?

Dear Peter,

I'm glad to receive your email. _____

Hope to hear from you soon.

Yours,

Li Hua



2024年起, 北京市中考体育现场考试进行了改革。考试内容调整为4类22项, 每名考生须从每类项目中选考1项, 共考4项。

学校英文网站正在开展以“我和体育中考”为主题的征文活动。假设你是李华, 请你用英语写一篇短文投稿, 谈谈你选择了什么体育项目, 你是怎么准备的, 以及你有什么感受。

提示词语: volleyball, pull-ups, sit-ups, rope-jumping, Changquan

提示问题: ● What sport events did you choose?

● How did you prepare for them?

● How did you feel?

门头沟区 2024 年初三年级综合练习（一）

英语答案及评分参考 2024.4

第一部分

一、单项填空（共 6 分，每小题 0.5 分）

1. B 2. C 3. A 4. D 5. A 6. B 7. C 8. C 9. D 10. B
11. C 12. A

二、完形填空（共 8 分，每小题 1 分）

13. A 14. D 15. A 16. C 17. D 18. B 19. B 20. C

三、阅读下列短文，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。

（共 26 分，每小题 2 分）

- A 21. A 22. B 23. D
B 24. A 25. C 26. B
C 27. A 28. B 29. B
D 30. D 31. B 32. D 33. A

四、阅读短文，根据短文内容回答问题。（第 34-36 题每题 2 分，第 37 题 4 分，共 10 分）

34. At the age of 16.

35. Nervous and afraid of messing up or saying the wrong thing.

36. Through stories, laughter, compassion, and companionship.

37. Yes. (1 分)

Doing volunteer work can make people smile/ feel happy/... (1.5 分)

It can make me better...(1.5 分)

书面表达（共 10 分）

五、书面表达（共 10 分）

题目①：

One version:

I often do housework. In the morning, I make up my bed after I get up. I set the table before meals and help wash the dishes after supper in the evening. And I usually sweep the floor and tidy up my room. Moreover, I wash my clothes by myself on weekends. Sometimes, I help my mum water flowers. Besides, I am learning to cook now.

In my opinion, it's my duty to do housework because I am a member of my family. And I have benefited a lot by doing housework. It can not only help me develop a lot of practical life skills but also make me more responsible. So it's very important for us to learn to do housework. Do you think so?

题目②：

One version

I chose 800-metre running, sit-ups, volleyball, and Changquan. First, in PE class, I followed the teacher's instructions and practiced these sport events carefully. Second, I spent half an hour in running every morning. Third, I kept practicing these events in my spare time. For example, I practiced sit-ups before going to bed every night.

I was very happy and confident because I chose my sport events according to my interests and abilities. I think it's important for everyone to choose the events that fit him/her.

文段表达评分标准：

第一档：（10-9分）

完全符合题目要求，内容完整、丰富、健康。使用多种句型结构和丰富的词汇。语言通顺，语意连贯，表达清楚，具有逻辑性。

第二档：（8-6分）

基本符合题目要求，内容基本完整。语法结构和词汇基本满足文章需要。语言基本通顺，语意基本连贯，表达基本清楚。虽然有少量语言错误，但不影响整体理解。

第三档：（5-3分）

部分内容符合题目要求，内容不够完整。语法结构和词汇错误较多，语言不通顺，表达不够清楚，影响整体理解。

第四档：（2-0分）

与题目有关的内容不多，只能简单拼凑提示词语，所写内容难以理解。