

# 人大附中 2025 届高三 8 月自主复习检测练习

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## 英 语

命题人：高山、刘璐

审题人：刘景军

说明：本试卷共 8 页，共 100 分；考试时间 90 分钟；请在答题卡上填写个人信息，并将条形码贴在答题卡的相应位置上。

### 第一部分：知识运用（共两节，30 分）

#### 第一节 完形填空（共 10 小题；每小题 1.5 分，共 15 分）

阅读下面短文，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题纸上将该项涂黑。

#### This Too Shall Pass

When my family moved to Ohio over the summer, I feared attending another new school. I had bright red hair and enormous glasses. In addition, I was 1 and not very sociable.

Boarding the school bus that first day, I felt like all eyes on me. I could hear the 2 "She's huge!" I spent that first bus ride in silence.

The following day was 3. I did not notice that a few boys had tied a shoelace across the aisle and thus fell face-first on the bus. While embarrassingly gathering my supplies, I heard the laughter, "That felt like an earthquake!" Anyway, I managed to find a seat. Looking out of the window, I 4 the tears welling up in my eyes.

It was then that I 5 into myself. I began walking everywhere. I would wander through the woods behind our house. I began 6 the afternoon school bus on purpose, walking home instead. Then, unexpectedly, I started losing weight. And as I became more 7 with myself, I began making friends.

One of my newly found friends also 8 with her weight. She lived near my neighborhood so we would meet and walk together. This became a daily activity with talking and laughing along the way. My friend said that I didn't have to be perfect. I just had to be me and be happy with myself.

While I would not want to 9 that time of loneliness, sadness and embarrassment, I am proud I made it through. Whenever I am struggling with any other problem in life, I always remember the proverb "This too shall pass." If you can find a path with no obstacles, it probably doesn't 10 anywhere.

- |                 |              |                |               |
|-----------------|--------------|----------------|---------------|
| 1. A. slow      | B. tall      | C. clumsy      | D. overweight |
| 2. A. giggles   | B. whistles  | C. whispers    | D. laughs     |
| 3. A. longer    | B. worse     | C. funnier     | D. duller     |
| 4. A. took back | B. kept away | C. put away    | D. held back  |
| 5. A. sank      | B. tapped    | C. dug         | D. turned     |
| 6. A. delaying  | B. missing   | C. escaping    | D. stopping   |
| 7. A. lonely    | B. content   | C. indifferent | D. excited    |
| 8. A. struggled | B. competed  | C. dealt       | D. lived      |
| 9. A. rethink   | B. remind    | C. relate      | D. relive     |
| 10. A. exist    | B. lead      | C. stretch     | D. stay       |



## 第二节 语法填空 (共 10 小题; 每小题 1.5 分, 共 15 分)

阅读下列短文, 根据短文内容填空。在未给提示词的空白处仅填写 1 个适当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

### A

In a move away from a more traditional red-brick clay color, an Olympic track 11 (go) purple for the first time in Olympic Games history. There are no regulations as to the colour of the track, and the host Olympic organising committee are able to choose whatever colour they want, which is 12 happened at the 2016 Games in Rio, where they had a blue track – the first time that a red track wasn't used. For centuries, purple 13 (associate) with royalty. This time it became the color of the track. In Paris, people were hoping a new speed king would arrive in town.

### B

In traditional Chinese culture, Tai Chi is often related to the Chinese idea of *yin* and *yang*, the idea that one can see two sides in everything. For those 14 do it, Tai Chi can be practiced anytime and anywhere 15 equipment or a gymnasium. Learning to do it correctly gives us a practical way 16 (achieve) balance and rhythm of movement. So it is believed that practicing Tai Chi can in some way help us stand, walk, move and run better.

### C

It was a reading class. While all her classmates 17 (fly) through the 2nd and 3rd books in the *Harry Potter* series, Skye Malik, only on page four of the first book, got impossibly 18 (stick) on the word “doughnut”. Her unexpected difficulty with reading is called “dyslexia”. Skye got a 19 (profession) diagnosis at the end of the 2nd grade. 20 (know) that other kids were going through the same thing made it easier on her somehow.

## 第二部分: 阅读理解 (共两节, 38 分)

### 第一节 (共 14 小题; 每小题 2 分, 共 28 分)

阅读下列短文, 从每题所给的 A、B、C、D 四个选项中, 选出最佳选项, 并在答题纸上将该项涂黑。



### A

#### DOWNLOAD THESE APPS

Our brains need challenging tasks to stay sharp. And thankfully, there's an app for that—many, actually. Alvaro Fernandez, CEO of market-research firm Sharp-Brains, suggests trying ones other than the games you usually play. “If you're doing something that brings novelty, variety and a level of effort, you're on the right path.”

Here are three apps to get your brain going—and three more to help it gear back down.

#### BrainHQ

This app serves up short tests to identify your weak spots—be it attention, memory or brain speed—and then offers suitable games to help you improve. Studies have shown users have the memory of a person 10 years younger, and have an easier time following a conversation in a crowded room.

#### Lumosity

Launched in 2007, this popular app with over 100 million users offers dozens of games and puzzles that focus on different brain skills. Completing tangram puzzles will help build your problem-solving abilities, matching games boost memory, and reordering numbers hones your mastery of math.

### **Cognifit**

This app offers fun brain games that help boost a dozen skills, including concentration, memory, reasoning and coordination. (It even promises to help you become a better driver!) Additionally, Cognifit features tailored regimens for specific conditions, including Parkinson's, "chemo brain," depression and ADHD.

### **Calm**

True to its name, Calm contains breathing exercises, three- to 25-minute guided meditation sessions and stories designed to help you fall asleep. Actor Mathew McConaughey voices one such tale, called "Wonder".

### **Headspace**

This app has hundreds of guided meditations for every need: two-minute mini-sits, SOS sessions for moments of serious stress and versions for walks. For the end of the day, Headspace offers 45-minute podcasts that use calming visualizations and sounds to help you nod off.

### **10% Happier**

Inspired by ABC news anchor Dan Harris' bestselling book, this app includes more than 500 guided meditations, as well as short videos to keep you motivated and the option to text with a coach.

21. This passage is more likely to be seen in \_\_\_\_\_.

- A. a feature in a technology magazine      B. the Health page of a newspaper  
C. an analysis from a medical magazine      D. research from a university publication

22. Which of the following is true according to the passage?

- A. Both Lumocity and Cognifit can improve users' memory through games.  
B. The users of BrainHQ are ten years younger than those who don't use it.  
C. Calm, Headspace and 10% Happier can help users improve sleep quality.  
D. In Calm, users can watch Mathew McConaughey act in the story "Wonder".

23. "Jane is a senior three student. Since the beginning of school, she has been unable to concentrate in class, depressed and not very interested in anything." Which of the following apps may be best for her?

- A. Calm and Headspace.      B. Cognifit and 10% Happier.  
C. BrainHQ and Cognifit.      D. Lumocity and 10% Happier.



### **B**

Bertie knew there was something in the wind. His mother had been sad in recent days, not sick, just strangely sad. The lion had just lain down beside him, his head warm on Bertie's feet, when Father cleared his throat and began, "You'll soon be eight, Bertie. A boy needs a proper education. We've found the right place for you, a school near Salisbury in England."

His heart filled with a terrible fear, all Bertie could think of was his white lion. "But the lion," he cried, "What about the lion?"

"I'm afraid there's something else I have to tell you," his father said. Looking across at Bertie's mother, he took a deep breath. Then he told Bertie he had met a circus owner from France, who was over in Africa looking for lions to buy. He would come to their farm in a few days.

"No! You can't send him to a circus!" said Bertie. "People will come to see him. He'll be shut up behind bars. I promised him he never would be. And they will laugh at him. He'd rather die. Any

animal would!" But as he looked across the table at them, he knew their minds were quite made up.

Bertie felt completely betrayed. He waited until he heard his father's deep breathing next door. With his white lion at his heels, he crept downstairs in his pyjamas, took down his father's rifle from the rack and stepped out into the night. He ran and ran till his legs could run no more. As the sun came up over the grassland, he climbed to the top of a hill and sat down, his arms round the lion's neck. The time had come.

"Be wild now," he whispered. "You've got to be wild. Don't ever come home. All my life I'll think of you. I promise I will." He buried his head in the lion's neck. Then, Bertie clambered down off the hill and walked away.

When he looked back, the lion was still sitting there watching him; but then he stood up, yawned, stretched, and sprang down after him. Bertie shouted at him, but he kept coming. He threw sticks. He threw stones. Nothing worked.

There was only one thing left to do. With tears filling his eyes and his mouth, he lifted the rifle to his shoulder and fired over the lion's head.

24. Bertie's mother was sad probably because she \_\_\_\_\_.

- A. knew Bertie would hate to go to England
- B. knew selling the lion would upset Bertie
- C. had decided to send Bertie to school
- D. had been seriously ill recently

25. In the last paragraph, the boy lifted the rifle at the lion to \_\_\_\_\_.

- A. protect himself from the lion
- B. show his anger towards his father
- C. kill the lion out of fear
- D. threaten the lion back to the wild

26. The passage intends to show that \_\_\_\_\_.

- A. people and animals can be faithful to each other
- B. animals usually lead a miserable life in circuses
- C. parents are sometimes cruel to their children
- D. animal-hunting is popular in Africa



### C

If you want to disturb the car industry, you'd better have a few billion dollars: Mom-and-pop carmakers are unlikely to beat the biggest car companies. But in agriculture, small farmers can get the best of the major players. By connecting directly with customers, and by responding quickly to changes in the markets as well as in the ecosystems, small farmers can keep one step ahead of the big guys. As the co-founder of the National Young Farmers Coalition (美国青年农会) and a family farmer myself, I have a front-row seat to the innovations among small farmers that are transforming the industry.

For example, take the Quick Cut Greens Harvester, a tool developed just a couple of years ago by a young farmer, Jonathan Dysinger, in Tennessee, with a small loan from a local Slow Money group. It enables small-scale farmers to harvest 175 pounds of green vegetables per hour—a huge improvement over harvesting just a few dozen pounds by hand—suddenly making it possible for the little guys to compete with large farms of California. Before the tool came out, small farmers wouldn't touch the price per pound offered by California farms. But now, with the combination of a better price point and a generally fresher product, they can stay in business.

The sustainable success of small farmers, though, won't happen without fundamental changes to the industry. One crucial factor is secure access to land. Competition from investors, developers, and established large farmers makes owning one's own land unattainable for many new farmers. From 2004 to 2013, agricultural land values doubled, and they continue to rise in many regions.

Another challenge for more than a million of the most qualified farm workers and managers is a non-existent path to citizenship—the greatest barrier to building a farm of their own. With farmers over the age of 65 outnumbering farmers younger than 35 by six to one, and with two-thirds of the nation's farmland in need of a new farmer, we must clear the path for talented people willing to grow the nation's food.

There are solutions that could light a path toward a more sustainable and fair farm economy, but farmers can't clumsily put them together before us. We at the NYFC need broad support as we urge Congress to increase farmland conservation, as we push for immigration reform, and as we seek policies that will ensure the success of a diverse and ambitious next generation of farms from all backgrounds. With a new farm bill to be debated in Congress, consumers must take a stand with young farmers.

27. The author mentions car industry at the beginning of the passage to introduce \_\_\_\_\_.  
A. a trend of development in agriculture      B. the importance of investing in car industry  
C. the progress made in car industry      D. a special feature of agriculture
28. What does the author want to illustrate with the example in paragraph 2?  
A. Small farmers may gain some advantages over big ones.  
B. Competition between small and big farms is fierce.  
C. Technology is vital for agricultural development.  
D. Loans to small local farmers are necessary.
29. What is the difficulty for those new farmers?  
A. To gain more financial aid.      B. To have farms of their own.  
C. To hire good farm managers.      D. To win old farmers' support.
30. What should farmers do for a more sustainable and fair farm economy?  
A. Become members of NYFC.      B. Seek support beyond NYFC.  
C. Expand farmland conservation.      D. Invest more to improve technology.



#### D

We have been defending humanities for many decades now, but the crisis of the humanities only grows. In the face of declining student interest and mounting political scrutiny (审查), universities and colleges are increasingly putting humanities departments on the chopping block.

As a humanist, I am prepared to admit that I do not know what the value of the humanities is. I once asked the best teacher I ever had why she no longer taught her favorite novel, and she said that she stopped teaching a book when she found she was no longer curious about it. The humanistic spirit is, fundamentally, an inquisitive one.

In contrast, defenses of the humanities are not—and cannot be—conducted in an inquisitive spirit, because a defensive spirit is inimical to an inquisitive one. Defensiveness is, it must be admitted, an understandable response when the chopping block is brought out and you need to explain why you shouldn't be on it, which requires their participants to pretend to know things that they do not actually know.

Nonetheless, we should be alert to the danger of becoming accustomed to putting our worst foot forward. An atmosphere of urgency and calls for immediate action are hostile to fields of study like literature and philosophy that require a reflective mood, and the pretense (假装) of knowing what one doesn't actually know is hostile to forms of inquiry that demand an open mind.

A defensive mindset also encourages politicization. If the study of literature or philosophy helps to fight sexism or to promote democracy—and everyone agrees that sexism is bad, and democracy is good—then you have your answer as to why we shouldn't cut funding for the study of literature or philosophy. Politicization is a way of arming the humanities for its political battles, but it comes at an intellectual cost. Why is sexism so bad? Why is democracy so good? Politicization silences these and other questions, whereas the function of the humanities is to raise them.

Humanists are not alone in their ignorance about the purpose of their disciplines. But scientists are under a lot less pressure to explain why they exist because the society at large believes itself to already have the answer to that question. If at some point I am called on to defend the study of Homer or Descartes at some official hearing, I will do my best, but I will not run to battle; the battle will have to come to me.

The task of humanists is to invite, to welcome, to excite, to engage. And when we let ourselves be ourselves, when we allow the humanistic spirit that animates us to flow out not only into our classrooms but also in our public-self presentation, we find we don't need to defend or prove anything: We are irresistible.

31. What is the author's main concern regarding the crisis in humanities?
- A. The pressure on humanists to argue for the value of their disciplines.
  - B. The mounting political scrutiny faced by humanities departments.
  - C. People's little knowledge regarding the purpose of humanities.
  - D. Students' lack of interest in studying humanities courses.
32. What does the word "inimical" underlined in Paragraph 3 most probably mean?
- A. immune.    B. relevant.    C. sensitive.    D. contrary.
33. What can be inferred about a defensive mindset?
- A. It brings about a lower chance of survival for humanities.
  - B. It requires a reflective mood on the study of humanities.
  - C. It leads to a compromise on human's intellectual depth.
  - D. It is the worst action to take in the face of the crisis.
34. Which of the following might the author most probably agree?
- A. The battle of humanities is a hard one to fight.
  - B. The future of humanities remains cloudy.
  - C. Science is more useful than humanities.
  - D. Humanities may not need any defense.



第二节 (共 5 小题; 每小题 2 分, 共 10 分)

根据短文内容, 从短文后的七个选项中选出能填入空白处的最佳选项, 并在答题卡上将该项涂黑。选项中有两项为多余选项。

"Is the glass half empty or half full?" This old English saying has long been used to differentiate a pessimist from an optimist. For most young people today, the answer is usually "half full", because we have been taught that a positive attitude towards life is one of the primary keys to success. 35 Recent studies indicate that it all depends.

There is such a thing as too much positivity, also known as toxic positivity. It happens when someone remains in a happy and positive state and ignores any bad and negative emotions across all situations. 36 The death of a pet, a low score on a test, or a mountain of new homework should lead to emotions such as sadness, frustration and anger. If we hide these emotions just because we want to look optimistic in front of our friends and family, they can build up inside of us and end up erupting in unexpected ways.

37

38 Imagine having had a bad day, and wanting to talk about it with your friend. However, instead of listening to your problems and sympathizing with you, they simply told you to “be positive” and to “look on the bright side.” By saying such things, they give you the impression that your problems are being completely ignored. Moreover, since you don’t have the right “attitude,” your problems are ultimately your own fault.

That being said, nobody likes to be around depressed people. Just take everything as it comes and express how you really feel. 3 Given everything I have already said, my simple advice to you is to do that which gives you the best “attitude” in life, whatever for you that might be. Regardless of whether a glass is half-empty or half-full, it nonetheless still has space to fill.

- A. However, is being negative necessarily a bad thing?
- B. This makes you human, and your true friends will always stick by you.
- C. But actually, it is normal for us to experience a range of emotions in a day.
- D. And this is why I would want to write about staying positive in these difficult times.
- E. Evidence suggests that overly positive people are at a higher risk of developing psychological problems.
- F. Aside from the personal emotional impacts of toxic positivity, this attitude can also have a negative effect on the people around you.
- G. But with everything that has been going on both at home and abroad, it’s probably felt to you like a continuous struggle to remain positive.



### 第三部分：书面表达（共两节，32分）

#### 第一节 阅读表达（共4小题；第40、41小题各2分，第42小题3分，第43小题5分，共12分）

阅读下面短文，根据题目要求回答问题。

If you’ve ever known a young child, you’ve likely been there: it’s clear something is making them unhappy, but when asked if they’re feeling sad, afraid or angry, they either aren’t sure how to answer or give you an answer that is not quite accurate.

As we grow, we get better at identifying our feelings. This ability to explain exactly how we’re feeling, using words more specific than the usual “happy” or “sad”, is called *Emotional granularity*. The words themselves are critical: assigning very specific labels to your emotions means you’re identifying them clearly.

A low level of emotional granularity means using the same handful of words, again and again, to identify and talk about feelings. For example, you might stick to words like “angry,” “sad” or “afraid” to describe negative emotions and words like “excited” or “happy” for the positive ones. A lesser ability to differentiate between negative emotions has been observed in people suffering from depression or anxiety.

A high level of emotional granularity, on the contrary, is something we all want to pursue. We're faced with frustrating situations every day, and things rarely go exactly to plan. High emotional granularity leaves us less overwhelmed in challenging or stressful situations—because when identifying specifically how we're feeling, we can respond to that emotion specifically and even reframe it to better serve us. For example, if we can recognize our annoyance with a teammate as a feeling of disappointment, then we may successfully channel it into a better understanding of how to work with that person in the future.

Often, in times of crisis, we are so focused on figuring out how to get things done that we forget to check in with our emotions. Yet emotions impact our ability to perceive what's happening and make important decisions. So don't forget to pay special attention to the specific emotions you're experiencing when navigating through challenges.

40. What does "emotional granularity" refer to?
41. According to the passage, what has been found among people suffering from depression or anxiety?
42. Please decide which part is false in the following statement, then underline it and explain why.  
➤ *High emotional granularity helps us better deal with challenging or stressful situations because it enables us to focus on figuring out how to get our tasks done.*
43. In addition to improving emotional granularity, what do you think are some other way(s) to help you better navigate through challenges?

## 第二节 (20分)

假设你是红星中学高三学生李华。你的外国笔友 Jim 是校报主编，他们计划出一期奥运专刊。得知中国奥运代表团在巴黎奥运会上大放异彩，他们想在 Athletic Icons 栏目中包含中国健儿的奥运故事。他发来邮件询问你的建议，请你用英文给他回复，内容包括：

1. 建议介绍的中国运动员或团队；
2. 就以上建议简要说明理由。

Dear Jim,

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Yours,  
Li Hua

