

2022 北京东城初二（下）期末

英 语



第一部分

一、单项填空（每题 0.5 分，共 4 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 English teacher Miss Wang is very kind. We all like _____ a lot.
A. him B. her C. you D. them
2. The three Shenzhou-13 astronauts returned to Earth safely _____ April 16, 2022.
A. on B. in C. at D. to
3. Do enough exercise every day, _____ you will be stronger.
A. but B. or C. and D. for
4. The boys in our class trained hard and _____ the football match last Wednesday.
A. win B. won C. have won D. will win
5. —Tony, be quiet, please. Your father _____ an online meeting in the study.
—No problem, Mum.
A. has B. was having C. had D. is having
6. The old man _____ his dog for a walk after dinner every day.
A. has taken B. is taking C. was taking D. takes
7. I _____ great progress since I started middle school.
A. have made B. will make C. make D. made
8. —Sara, do you know _____ the Science Museum?
—Next Monday morning.
A. when we visited B. when did we visit C. when we will visit D. when will we visit

二、完形填空（每题 1 分，共 8 分）

从每题给出的 A、B、C、D 四个选项中，选择最佳选项。

Caring for Rio

My brother Sam and I wanted a pet. “You are both in school and I am at work all day. Pets like cats and dogs need lots of attention,” Mum suggested we think of other kinds of pets. We decided on a _____ 9 _____.

The next weekend, we saw a small parrot at a pet shop. His name was Rio, and he knew how to talk. When he said “Hello there,” Sam and I knew Rio was a perfect _____ 10 _____ for us.

Mum agreed we could take Rio home if we _____ 11 _____ to take good care of him. As soon as we got home, Mum showed us how to line (铺) the bottom of Rio’s cage with newspaper. “You have to change the paper every other day,” she told us. “Rio should always have a _____ 12 _____ cage. You also have to give him fresh food and water every day.”

Rio was a very smart bird. We soon taught him to say our names.

Sam and I made a _____ 13 _____. We each would care for Rio three days a week, and we would work together on Sundays. Later I got busy with football practice and visits with friends. Sometimes I _____ 14 _____ to change the newspaper. Sam noticed and began to do my job.



Soon Sam was caring for Rio seven days a week. I thought it was 15 until one day Sam and I came home and Rio said, "Hello, Sam. I love you, Sam."

"Hey, Rio, what about me?" I asked. I tried to get him to say hello to me, but he just looked at me.

"Maybe he does not like me any more," I said to Mum.





"Maybe he knows Sam is taking care of him, and you are not," Mum said. That night I 16 changed clean newspaper for Rio and gave him some food. The very next day I asked Sam if I could care for Rio for the next three weeks.

9. A. cat B. dog C. bird D. fish
10. A. choice B. prize C. chance D. gift
11. A. started B. expected C. needed D. promised
12. A. strong B. clean C. beautiful D. safe
13. A. plan B. wish C. change D. list
14. A. refused B. forgot C. offered D. decided
15. A. crazy B. impossible C. important D. fine
16. A. easily B. secretly C. carefully D. bravely

三、阅读理解（每题2分，共24分）从A、B、C、D四个选项中，选择最佳选项。

A

Sports play a very important role in our lives. Playing sports can make us stronger and healthier. Four students talk about their favourite sports.

	<p>Melissa, runner</p> <p>I started running about a year ago. At first, I just ran one or two kilometers, but now I do about 10. My speed is improving too. I've joined a running club in the town centre. I didn't know any of the members before, but now most of them are my friends.</p>
	<p>Arno, rock climber</p> <p>Two of my best friends suggested I should start rock climbing, so now the three of us do it together. The mother of one of us takes us once or twice a month, but I'd like to do it every week. I really love it. I don't think I'll ever get bored of climbing.</p>
	<p>David, skateboarder</p> <p>I go skateboarding most evenings in the park. The park is only ten minutes' walk from my home, and I stay there for half an hour or so. My cousin is there too. He's a beginner, and I'm teaching him a few moves. He's starting to get really good!</p>
	<p>Tina, tennis player</p> <p>I started playing tennis when I was five years old. I really want to play it well and I have tennis lessons outside school twice a week. I won several tennis competitions at school and my sports teacher told me that I was an excellent tennis player.</p>

17. Who has made new friends because of doing sports?

- A. Arno. B. David. C. Tina. D. Melissa.

18. Who does David go skateboarding with?



A. His cousin. B. His best friends. C. His mother. D. His sports teacher.

19. How often does Tina have tennis lessons?

A. Once a week. B. Twice a week. C. Once a month. D. Twice a month.

B

Climbing to the top of Britain

Each year thousands of people climb Ben Nevis, the highest mountain in Britain. Because of its northerly location, the weather can be very cold.

It was February and it was my first big winter climb. Our route (路线) was up the north face of the mountain to Tower Ridge from the camp. It's six hundred meters up — probably the longest climb in Britain.

Some of the group members were very experienced. We took all kinds of safety equipment (装备), including lights, hard hats and clothing. Although the weather was perfect, with no strong winds, there was still a feeling of nervousness when we set out. Ben Nevis in winter is always difficult to climb.

Soon my legs felt heavy. I had to rest very often because I was the weakest member of the group. The others sometimes stopped for a break to let me catch up, but as soon as I reached them, they set off again. I promised myself that in future I would always train correctly before a climb.

After 200 meters, we reached the beginning of Tower Ridge, the route that would take us to the top of Ben Nevis. It's only a meter and a half wide and the mountain drops away hundreds of meters on each side. We knew we had to keep calm and pay attention to every step as we moved slowly along it.

After seven hours of climbing, we reached the top. We could see the island of Skye, 48 kilometers away.

On Ben Nevis, getting back down to the camp can be as difficult as going up. You need to be able to read a map correctly — a wrong turn could lead to slopes (斜坡) too dangerous to go down in winter. I was glad we had decided to take it in turns to do that job.

When I was safe at the camp, I felt I really enjoyed the experience. At least I made it to the top.

20. Why did the writer have to rest very often while climbing Ben Nevis?

A. The weather was very cold. B. He stopped to wait for others.
C. He was the weakest of the group. D. His safety equipment was too heavy.

21. What did the group need to do when they got down the mountain?

A. Read a map correctly. B. Catch up other groups.
C. Check their equipment. D. Point out the island of Skye.

22. How did the writer feel when he was back at the camp?

A. Nervous. B. Bored. C. Calm. D. Pleased.

C

Laughing is one of the best things you can do to cheer yourself up. So I actively make a habit to laugh regularly — and I think you should, too.

Laughter is good for your health. It's also good for personal development. Laughter can improve sleep, increase creative thinking, and provide an environment that increases learning as well.

You might think that all this sounds encouraging, but you just don't have many chances to laugh in your own life. The good news is that you don't have to wait for laughter to appear in your life. Here are a few suggestions to get you started.

Find chances to laugh all through the day.



Think of funny things at some moments during the day. Instead of thinking about your problems, think of a funny experience, a funny joke, or something funny that you saw in a movie or TV show. Replay it in your mind as you do housework, wait in line, or other activities that leave your mind free.

Exaggerate (夸张) your laughter.

When someone says something funny, don't just smile — laugh out loud. Everyone around you will laugh more and that will get you laughing more also. What's more, the person who shares the funny thing will feel so happy.

If you are watching a funny show on TV and it makes you laugh, don't just give a small half-hearted laugh. Give a loud laughter! It's just you and the TV.

Turn your complaints (抱怨) into funny stories

Instead of complaining about life's difficulties, make up a funny story about them, and tell them to your friends.

You'll laugh twice. Once as you find "the funny" in what has happened to you, and again when you actually tell it to your friends. And your story will make your friends laugh. So your bad experience has a silver lining — it is putting a lot more laughter into the world.

Laugh and the world laughs with you.

Not only does laughter improve your health, but you can also use laughter to help others. Don't keep all the laughter to yourself. Let everyone have the benefits of laughter. You can use laughter to make everyone around you feel more cheerful and hopeful, and perhaps improve your experience with them.

23. What's Paragraph 2 mainly about?

- A. The art of laughter.
- B. The advantages of laughter.
- C. The ways to make people laugh more.
- D. The reasons why laughter is good for health.

24. The expression "a silver lining" in Paragraph 8 probably means _____.

- A. something disappointing
- B. something true
- C. something terrible
- D. something good

25. What can we learn from the passage?

- A. Sharing your laughter with friends is meaningful.
- B. Do some funny things before thinking of problems.
- C. It's strange to laugh out loud when a person is alone.
- D. People always make up funny stories about their complaints.

D

We learn many things at school, but most of us don't learn how to make the most of the time we have. However, reaching a school-life balance (平衡) is one of the most important things for students like you to understand.

As many of you hurriedly do your best to earn (获得) as many volunteer hours or work experience as possible, do sports and other activities outside the classroom, it's hard not to let those things impact (影响) your grades.

Let me introduce you to a way I call "Value-Based Time Blocking". The most important thing is to discover what your core (核心) values are and make sure that your timetable shows that. The key isn't to spend most of your time on what you personally value as most important — instead, think how much time you need to spend in each area of your life to keep a school-life balance.

Here's an example: let's say that you need volunteer experience in a field. Try not to start the volunteer work too quickly without thinking about whether you enjoy the experience or not, think about how often and for how long you want to be volunteering. You may realize that volunteering a few hours once a week is enough for you to get the experience you



need, and a few hours' work will not impact your grades. To get started, write down as many of your personal values onto a piece of paper as you can. Once you have at least 20, underline your top 5. Next, think about all the things you would like to finish. In comparing what you'd like to do and your top 5 values, scratch out (划掉) anything that doesn't go with most of these values. Finally, think about how much time you want to spend on each task as it connects to your values.

How we use our time is a choice. You don't have to do all the things, especially not all at once. You can choose to do only a few things. If you make the decision to try your best and to enjoy the time you spend on them, you can still get competitive grades and have a satisfying life outside the classroom, but it has to be a choice.

26. According to "Value-Based Time Blocking", students should _____.

- A. do the activities that they would like to do
- B. decide how much time to spend in each area of life
- C. discover in what area they spend most of their time
- D. spend most of their time on what they personally value most

27. What can we learn from the passage?

- A. Students are not clear about what their core values are.
- B. Students need to find the connection between school and life.
- C. Students should spend time on what connects with their values.
- D. Students need little volunteer experience when they are at school.

28. What's the writer's main purpose in writing this passage?

- A. To suggest a way of finding a school-life balance.
- B. To tell the importance of reaching a school-life balance.
- C. To explain why students enjoy life outside the classroom.
- D. To show how activities outside the classroom impact grades.

第二部分

四、阅读表达 (每题 2 分, 共 8 分)

阅读短文, 根据短文内容回答问题。

This great book, *The Great Penguin Rescue* (救援), is a true story.

On June 23, 2000, a ship called MV Treasure sank (沉没) near Cape Town, South Africa. More than a thousand tons of oil (原油) went into the ocean. It polluted the natural home of nearly half of the total world population of African penguins. About 20,000 African penguins were covered with oil and as a result couldn't swim or walk properly. It was very possible that they would die. A huge rescue began, and it lasted for twelve weeks. Up to 1,000 people a day came to help save these birds. The rescue was successful because 45,000 people offered to give their time and energy, for free, to the project.

The rescue was a success, but it wasn't easy. First, people had to catch the penguins and took them to a special rescue centre. When the penguins got there, they stayed in a quiet place for several days so that they could get used to their new "home". During this time and the next three months, people had to feed the penguins. It wasn't easy to find enough fish to feed 20,000 penguins, and feeding penguins wasn't easy either: the penguins have very sharp beaks and many people got wounds (伤口) on their arms from penguin bites.

After that, they had to take the oil off the penguins' feathers. People tried to wash each penguin and then made it dry. They did it again and again until there was no more oil on the penguin. It took two people at least an hour just to clean one penguin. Then they put the penguins in pools to swim every day until their feathers got well completely. "The Great Penguin



Rescue” is the world’s biggest rescue of live animals. It’s a moving story because so many people took part in the rescue and showed that they really cared about saving wild animals.

29. How many African penguins were covered with oil?

30. What were the two problems with feeding the penguins?

31. How long did it take two people to clean one penguin?

32. What do you think of the rescue? Why do you think so?

五、根据汉语意思翻译句子。(每题 2 分, 共 6 分)

33. 这些花看起来很漂亮。

34. 我为我弟弟感到骄傲, 因为他非常擅长数学。

35. 爱好能培养你的兴趣, 并帮助你学习新的技能。

六、文段表达 (10 分)

36. 根据中文和英文提示, 完成一篇不少于 50 词的文段写作。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。

友谊对每个人都很重要。朋友能相互帮助, 共同进步; 也能相互陪伴, 令人身心愉悦。某英文网站正在开展以“友谊”为主题的征文活动。假如你是李华, 请用英语写一篇短文投稿, 介绍一下你最好的朋友是谁, 他/她性格如何, 谈谈你们之间一件令你难忘的事以及你通过这次经历学到了什么。

提示词语: friendly, encourage, share, help

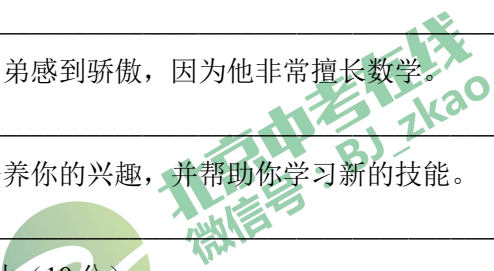
提示问题: ·Who is your best friend? And what is he/she like?

·What’s the most unforgettable experience between you and your friend?

·What have you learned from the experience?

Friendship is important to everyone.

Handwriting practice lines for the composition.



参考答案



第一部分

一、单项填空（每题 0.5 分，共 4 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 English teacher Miss Wang is very kind. We all like _____ a lot.

- A. him B. her C. you D. them

【答案】B

【详解】句意：我的英语老师王老师很和蔼。我们都很喜欢她。

考查代词辨析。him 他；her 她；you 你；them 他们。根据“Miss Wang”是女性，可知用 her 指代。故选 B。

2. The three Shenzhou-13 astronauts returned to Earth safely _____ April 16, 2022.

- A. on B. in C. at D. to

【答案】A

【详解】句意：2022 年 4 月 16 日，神舟十三号的三名宇航员安全返回地球。

考查介词辨析。on 后接具体某一天等；in 后接年、月、季节等；at 后接具体时刻等；to 离，差。根据“April 16, 2022”可知此处表示在具体的 2022 年 4 月 16 日这一天，用介词 on。故选 A。

3. Do enough exercise every day, _____ you will be stronger.

- A. but B. or C. and D. for

【答案】C

【详解】句意：每天做足够的运动，你会更强壮。

考查连词辨析。but 但是；or 否则；and 和；for 因为。“每天做足够的运动”与“你会更强壮”之间是顺承关系，此处用“祈使句+and+陈述句”结构。故选 C。

4. The boys in our class trained hard and _____ the football match last Wednesday.

- A. win B. won C. have won D. will win

【答案】B

【详解】句意：我们班的男生刻苦训练，赢得了上周三的足球赛。

考查动词时态。根据时间状语“last Wednesday”可知，时态是一般过去时，谓语动词用过去式。故选 B。

5. —Tony, be quiet, please. Your father _____ an online meeting in the study.

—No problem, Mum.

- A. has B. was having C. had D. is having

【答案】D

【详解】句意：——托尼，请安静。你父亲正在书房里开网络会议。——没问题，妈妈。

考查时态。根据“Tony, be quiet, please.”可知说话时正在开网络会议，用现在进行时，其结构为 am/is/are doing。故选 D。

6. The old man _____ his dog for a walk after dinner every day.

- A. has taken B. is taking C. was taking D. takes

【答案】D

【详解】句意：这位老人每天晚饭后带他的狗散步。



考查动词时态。根据时间状语“every day”可知，本句是一般现在时，主语是第三人称单数，故空格处是动词的单三形式 takes。故选 D。

7. I _____ great progress since I started middle school.

- A. have made B. will make C. make D. made

【答案】A

【详解】句意：自从我上中学以来，我取得了很大的进步。

考查动词时态。since 引导的时间状语从句，从句是一般过去时，主句用现在完成时。故选 A。

8. —Sara, do you know _____ the Science Museum?

—Next Monday morning.

- A. when we visited B. when did we visit C. when we will visit D. when will we visit

【答案】C

【详解】句意：——萨拉，你知道我们什么时候去参观科学博物馆吗？——下周一早上。

考查宾语从句。根据答语“Next Monday morning.”可知，时态是一般将来时，故排除 A、B 两项；宾语从句应为陈述句语序，故排除 D 选项。故选 C。

二、完形填空（每题 1 分，共 8 分）

从每题给出的 A、B、C、D 四个选项中，选择最佳选项。

Caring for Rio

My brother Sam and I wanted a pet. “You are both in school, and I am at work all day. Pets like cats and dogs need lots of attention,” Mum suggested we think of other kinds of pets. We decided on a _____ 9 _____.

The next weekend, we saw a small parrot at a pet shop. His name was Rio, and he knew how to talk. When he said “Hello there,” Sam and I knew Rio was a perfect _____ 10 _____ for us.

Mum agreed we could take Rio home if we _____ 11 _____ to take good care of him. As soon as we got home, Mum showed us how to line (铺) the bottom of Rio’s cage with newspaper. “You have to change the paper every other day,” she told us. “Rio should always have a _____ 12 _____ cage. You also have to give him fresh food and water every day.”

Rio was a very smart bird. We soon taught him to say our names.

Sam and I made a _____ 13 _____. We each would care for Rio three days a week, and we would work together on Sundays. Later I got busy with football practice and visits with friends. Sometimes I _____ 14 _____ to change the newspaper. Sam noticed and began to do my job.

Soon Sam was caring for Rio seven days a week. I thought it was _____ 15 _____ until one day Sam and I came home and Rio said, “Hello, Sam. I love you, Sam.”

“Hey Rio, what about me?” I asked. I tried to get him to say hello to me, but he just looked at me.

“Maybe he does not like me any more,” I said to Mum.

“Maybe he knows Sam is taking care of him, and you are not,” Mum said. That night I _____ 16 _____ changed clean newspaper for Rio and gave him some food. The very next day I asked Sam if I could care for Rio for the next three weeks.

9. A. cat B. dog C. bird D. fish
 10. A. choice B. prize C. chance D. gift
 11. A. started B. expected C. needed D. promised
 12. A. strong B. clean C. beautiful D. safe
 13. A. plan B. wish C. change D. list



14. A. refused B. forgot C. offered D. decided
 15. A. crazy B. impossible C. important D. fine
 16. A. easily B. secretly C. carefully D. bravely

【答案】9. C 10. A 11. D 12. B 13. A 14. B 15. D 16. C

【导语】本文是一篇记叙文，讲述了作者和哥哥买了一只小鸚鵡作为宠物，开始时作者照顾鸚鵡，后来渐渐得忘记了。直到有一天，作者发现鸚鵡不再和自己亲昵，于是重新照顾起了鸚鵡。

【9题详解】

句意：我们决定买一只鸟。

cat 猫； dog 狗； bird 鸟； fish 鱼。根据下文“The next weekend, we saw a small parrot at a pet shop.”可知，作者和哥哥打算买“鸟”作为宠物。故选 C。

【10题详解】

句意：山姆和我知道 Rio 对我们来说是一个完美的选择。

choice 选择； prize 奖励； chance 机会； gift 礼物。根据上文“My brother Sam and I wanted a pet.”及“When he said ‘Hello there’”可知，作者和哥哥想要选择一种宠物，小鸚鵡非常机灵，这对他们来说是一个很好的选择。故选 A。

【11题详解】

句意：妈妈同意我们可以带 Rio 回家，只要我们答应好好照顾他。

started 开始； expected 期待； needed 需要； promised 承诺。根据“Mum agreed we could take Rio home”可知，作者和哥哥承诺照顾鸚鵡，妈妈才同意将其带回家； promise to do sth.“承诺做某事”。故选 D。

【12题详解】

句意：Rio 应该有一个干净的笼子。

strong 强壮的； clean 干净的； beautiful 美丽的； safe 安全的。根据上文“You have to change the paper every other day”可知，每天都要给鸚鵡的笼子换报纸，鸚鵡需要一个干净的笼子。故选 B。

【13题详解】

句意：山姆和我制定了一个计划。

plan 计划； wish 愿望； change 改变； list 名单。根据下文“We each would care for Rio three days a week, and we would work together on Sundays.”可知，此处是作者和哥哥制定的照顾鸚鵡的计划。故选 A。

【14题详解】

句意：有时我忘了换报纸。

refused 拒绝； forgot 忘记； offered 提供； decided 决定。根据上下文“Later I got busy with football practice and visits with friends... Sam noticed and began to do my job.”可知，作者后来忙于自己的事情，忘记换报纸，所以哥哥做了作者的工作。故选 B。

【15题详解】

句意：我以为一切都很好，直到有一天山姆和我回到家。

crazy 疯狂的； impossible 不可能的； important 重要的； fine 好的。根据上文“Soon Sam was caring for Rio seven days a week.”可知，哥哥独自照顾鸚鵡，作者认为自己不用照顾是很好的，直到发现鸚鵡不再和自己亲昵。故选 D。

【16题详解】

句意：那天晚上，我小心翼翼地给 Rio 换了干净的报纸。







easily 容易地; secretly 秘密地; carefully 仔细地; bravely 勇敢地。通读文章可知, 作者有一段时间没有照顾鹦鹉, 鹦鹉不再和作者亲昵, 作者决定重新照顾鹦鹉, 可推知作者怀着愧疚的心小心翼翼地照顾鹦鹉。故选 C。

三、阅读理解 (每题 2 分, 共 24 分) 从 A、B、C、D 四个选项中, 选择最佳选项。

A

Sports play a very important role in our lives. Playing sports can make us stronger and healthier. Four students talk about their favourite sports.

	<p>Melissa, runner</p> <p>I started running about a year ago. At first, I just ran one or two kilometers, but now I do about 10. My speed is improving too. I've joined a running club in the town centre. I didn't know any of the members before, but now most of them are my friends.</p>
	<p>Arno, rock climber</p> <p>Two of my best friends suggested I should start rock climbing, so now the three of us do it together. The mother of one of us takes us once or twice a month, but I'd like to do it every week. I really love it. I don't think I'll ever get bored of climbing.</p>
	<p>David, skateboarder</p> <p>I go skateboarding most evenings in the park. The park is only ten minutes' walk from my home, and I stay there for half an hour or so. My cousin is there too. He's a beginner, and I'm teaching him a few moves. He's starting to get really good!</p>
	<p>Tina, tennis player</p> <p>I started playing tennis when I was five years old. I really want to play it well and I have tennis lessons outside school twice a week. I won several tennis competitions at school and my sports teacher told me that I was an excellent tennis player.</p>

17. Who has made new friends because of doing sports?
 A. Arno. B. David. C. Tina. D. Melissa.
18. Who does David go skateboarding with?
 A. His cousin. B. His best friends. C. His mother. D. His sports teacher.
19. How often does Tina have tennis lessons?
 A. Once a week. B. Twice a week. C. Once a month. D. Twice a month.

【答案】17. D 18. A 19. B

【导语】本文主要介绍了四个学生各自喜欢的运动。

【17 题详解】



细节理解题。根据第一个表格“I didn’t know any of the members before, but now most of them are my friends.”可知，Melissa 因为运动结交了新朋友。故选 D。

【18 题详解】

细节理解题。根据第三个表格“My cousin is there too. He’s a beginner, and I’m teaching him a few moves.”可知，David 和堂弟一起玩滑板。故选 A。

【19 题详解】

细节理解题。根据第四个表格“I have tennis lessons outside school twice a week”可知，Tina 一周上两次网球课。故选 B。

B

Climbing to the top of Britain

Each year thousands of people climb Ben Nevis, the highest mountain in Britain. Because of its northerly location, the weather can be very cold.

It was February and it was my first big winter climb. Our route (路线) was up the north face of the mountain to Tower Ridge from the camp. It’s six hundred meters up — probably the longest climb in Britain.

Some of the group members were very experienced. We took all kinds of safety equipment (装备), including lights, hard hats and clothing. Although the weather was perfect, with no strong winds, there was still a feeling of nervousness when we set out. Ben Nevis in winter is always difficult to climb.

Soon my legs felt heavy. I had to rest very often because I was the weakest member of the group. The others sometimes stopped for a break to let me catch up, but as soon as I reached them, they set off again. I promised myself that in future I would always train correctly before a climb.

After 200 meters, we reached the beginning of Tower Ridge, the route that would take us to the top of Ben Nevis. It’s only a meter and a half wide and the mountain drops away hundreds of meters on each side. We knew we had to keep calm and pay attention to every step as we moved slowly along it.

After seven hours of climbing, we reached the top. We could see the island of Skye, 48 kilometers away.

On Ben Nevis, getting back down to the camp can be as difficult as going up. You need to be able to read a map correctly — a wrong turn could lead to slopes (斜坡) too dangerous to go down in winter. I was glad we had decided to take it in turns to do that job.

When I was safe at the camp, I felt I really enjoyed the experience. At least I made it to the top.

20. Why did the writer have to rest very often while climbing Ben Nevis?

- A. The weather was very cold.
 - B. He stopped to wait for others.
 - C. He was the weakest of the group.
 - D. His safety equipment was too heavy.
21. What did the group need to do when they got down the mountain?
- A. Read a map correctly.
 - B. Catch up other groups.
 - C. Check their equipment.
 - D. Point out the island of Skye.

22. How did the writer feel when he was back at the camp?

- A. Nervous.
- B. Bored.
- C. Calm.
- D. Pleased.

【答案】20. C 21. A 22. D

【导语】本文主要介绍了作者攀登英国最高峰本尼维斯山的经历。

【20 题详解】



细节理解题。根据“I had to rest very often because I was the weakest member of the group.”可知作者不得不经常休息是因为他是队伍中最弱的。故选 C。

【21 题详解】

细节理解题。根据“On Ben Nevis, getting back down to the camp can be as difficult as going up. You need to be able to read a map correctly — a wrong turn could lead to slopes too dangerous to go down in winter.”可知下山时需要正确地看地图。故选 A。

【22 题详解】

推理判断题。根据“When I was safe at the camp, I felt I really enjoyed the experience.”可知回到营地时作者觉得很享受这次经历，由此推出是很愉快的。故选 D。

C

Laughing is one of the best things you can do to cheer yourself up. So I actively make a habit to laugh regularly — and I think you should, too.

Laughter is good for your health. It’s also good for personal development. Laughter can improve sleep, increase creative thinking, and provide an environment that increases learning as well.

You might think that all this sounds encouraging, but you just don’t have many chances to laugh in your own life. The good news is that you don’t have to wait for laughter to appear in your life. Here are a few suggestions to get you started.

Find chances to laugh all through the day.

Think of funny things at some moments during the day. Instead of thinking about your problems, think of a funny experience, a funny joke, or something funny that you saw in a movie or TV show. Replay it in your mind as you do housework, wait in line, or other activities that leave your mind free.

Exaggerate (夸张) your laughter

When someone says something funny, don’t just smile — laugh out loud. Everyone around you will laugh more and that will get you laughing more also. What’s more, the person who shares the funny thing will feel so happy.

If you are watching a funny show on TV and it makes you laugh, don’t just give a small half-hearted laugh. Give a loud laughter! It’s just you and the TV.

Turn your complaints (抱怨) into funny stories.

Instead of complaining about life’s difficulties, make up a funny story about them, and tell them to your friends.

You’ll laugh twice. Once as you find “the funny” in what has happened to you, and again when you actually tell it to your friends. And your story will make your friends laugh. So your bad experience has a silver lining — it is putting a lot more laughter into the world.

Laugh and the world laughs with you.

Not only does laughter improve your health, but you can also use laughter to help others. Don’t keep all the laughter to yourself. Let everyone have the benefits of laughter. You can use laughter to make everyone around you feel more cheerful and hopeful, and perhaps improve your experience with them.

23. What’s Paragraph 2 mainly about?

- A. The art of laughter.
- B. The advantages of laughter.
- C. The ways to make people laugh more.
- D. The reasons why laughter is good for health.

24. The expression “a silver lining” in Paragraph 8 probably means _____.

- A. something disappointing
- B. something true
- C. something terrible
- D. something good



25. What can we learn from the passage?

- A. Sharing your laughter with friends is meaningful.
- B. Do some funny things before thinking of problems.
- C. It's strange to laugh out loud when a person is alone.
- D. People always make up funny stories about their complaints.

【答案】23. B 24. D 25. A

【导语】本文主要介绍了笑对人的好处，并给出了几点关于“笑”的建议。

【23 题详解】

主旨大意题。根据“Laughter is good for your health. It's also good for personal development.”可知，笑对健康有好处，对人的发展也有好处；故本段主要介绍了笑的优点。故选 B。

【24 题详解】

词句猜测题。根据后文“it is putting a lot more laughter into the world”可知，你的糟糕经历会给世界带来笑声，可推知你的这种经历是一种“好的事情”。故选 D。

【25 题详解】

推理判断题。根据最后一段“You can use laughter to make everyone around you feel more cheerful and hopeful, and perhaps improve your experience with them.”可知，笑声可以让周围的人感到愉快和充满希望，对他们有好处，故推知和朋友分享笑也是有意义的。故选 A。

D

We learn many things at school, but most of us don't learn how to make the most of the time we have. However, reaching a school-life balance (平衡) is one of the most important things for students like you to understand.

As many of you hurriedly do your best to earn (获得) as many volunteer hours or work experience as possible, do sports and other activities outside the classroom, it's hard not to let those things impact (影响) your grades.

Let me introduce you to a way I call “Value-Based Time Blocking”. The most important thing is to discover what your core (核心) values are and make sure that your timetable shows that. The key isn't to spend most of your time on what you personally value as most important — instead, think how much time you need to spend in each area of your life to keep a school-life balance.

Here's an example: let's say that you need volunteer experience in a field. Try not to start the volunteer work too quickly without thinking about whether you enjoy the experience or not, think about how often and for how long you want to be volunteering. You may realize that volunteering a few hours once a week is enough for you to get the experience you need, and a few hours' work will not impact your grades. To get started, write down as many of your personal values onto a piece of paper as you can. Once you have at least 20, underline your top 5. Next, think about all the things you would like to finish. In comparing what you'd like to do and your top 5 values, scratch out (划掉) anything that doesn't go with most of these values. Finally, think about how much time you want to spend on each task as it connects to your values.

How we use our time is a choice. You don't have to do all the things, especially not all at once. You can choose to do only a few things. If you make the decision to try your best and to enjoy the time you spend on them, you can still get competitive grades and have a satisfying life outside the classroom, but it has to be a choice.

26. According to “Value-Based Time Blocking”, students should _____.

- A. do the activities that they would like to do
- B. decide how much time to spend in each area of life



- C. discover in what area they spend most of their time
 D. spend most of their time on what they personally value most
27. What can we learn from the passage?
 A. Students are not clear about what their core values are.
 B. Students need to find the connection between school and life.
 C. Students should spend time on what connects with their values.
 D. Students need little volunteer experience when they are at school.
28. What's the writer's main purpose in writing this passage?
 A. To suggest a way of finding a school-life balance.
 B. To tell the importance of reaching a school-life balance.
 C. To explain why students enjoy life outside the classroom.
 D. To show how activities outside the classroom impact grades.

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【答案】26. B 27. C 28. A

【导语】本文是一篇议论文，作者向我们介绍了一种达到学校——生活平衡的方式，即把时间花在与价值观相关的事情上。

【26题详解】

细节理解题。根据第三段“instead, think how much time you need to spend in each area of your life to keep a school-life balance.”可知，根据“基于价值的时间阻塞”，学生们应该决定在生活的每个方面花多少时间。故选 B。

【27题详解】

推理判断题。根据第三段“The most important thing is to discover what your core values are”及第四段“Finally, think about how much time you want to spend on each task as it connects to your values.”可知，学生要明确自己的价值观，把时间花在与价值观有关的事情上。故选 C。

【28题详解】

主旨大意题。根据第一段“However, reaching a school-life balance is one of the most important things for students like you to understand.”及全文可知，作者介绍了一种“基于价值的时间阻塞”方式来帮助学生达到学校——生活的平衡。故选 A。

第二部分

四、阅读表达（每题 2 分，共 8 分）

阅读短文，根据短文内容回答问题。

This great book, *The Great Penguin Rescue* (救援), is a true story.

On June 23, 2000, a ship called MV Treasure sank (沉没) near Cape Town, South Africa. More than a thousand tons of oil (原油) went into the ocean. It polluted the natural home of nearly half of the total world population of African penguins. About 20,000 African penguins were covered with oil and as a result couldn't swim or walk properly. It was very possible that they would die. A huge rescue began, and it lasted for twelve weeks. Up to 1,000 people a day came to help save these birds. The rescue was successful because 45,000 people offered to give their time and energy, for free, to the project.

The rescue was a success, but it wasn't easy. First, people had to catch the penguins and took them to a special rescue centre. When the penguins got there, they stayed in a quiet place for several days so that they could get used to their new “home”. During this time and the next three months, people had to feed the penguins. It wasn't easy to find enough fish to



feed 20,000 penguins, and feeding penguins wasn't easy either: the penguins have very sharp beaks and many people got wounds (伤口) on their arms from penguin bites.

After that, they had to take the oil off the penguins' feathers. People tried to wash each penguin and then made it dry. They did it again and again until there was no more oil on the penguin. It took two people at least an hour just to clean one penguin. Then they put the penguins in pools to swim every day until their feathers got well completely. "The Great Penguin Rescue" is the world's biggest rescue of live animals. It's a moving story because so many people took part in the rescue and showed that they really cared about saving wild animals.

29. How many African penguins were covered with oil?

30. What were the two problems with feeding the penguins?

31. How long did it take two people to clean one penguin?

32. What do you think of the rescue? Why do you think so?

【答案】29. About 20,000.

30. It wasn't easy to find enough fish to feed so many penguins and the penguins had very sharp beaks.

31. At least an hour.

32. It is great because it shows that people care about wild animals.

【导语】本文主要介绍了2000年的一场沉船事故导致非洲的众多企鹅被原油覆盖，人们对企鹅展开积极救援的真实故事。

【29题详解】

根据“About 20,000 African penguins were covered with oil”可知，大约有2万只非洲企鹅被石油覆盖。故填 About 20,000.

【30题详解】

根据“It wasn't easy to find enough fish to feed 20,000 penguins, and feeding penguins wasn't easy either: the penguins have very sharp beaks and many people got wounds on their arms from penguin bites.”可知，要找到足够喂养2万只企鹅的鱼并不容易，企鹅的喙非常锋利，喂养企鹅也不容易。故填 It wasn't easy to find enough fish to feed so many penguins and the penguins had very sharp beaks.

【31题详解】

根据“It took two people at least an hour just to clean one penguin.”可知，清理一只企鹅，需要花费两人至少一小时的时间。故填 At least an hour.

【32题详解】

本题是开放性试题，答案言之有理即可。故填 It is great because it shows that people care about wild animals.

五、根据汉语意思翻译句子。（每题2分，共6分）

33. 这些花看起来很漂亮。

【答案】These flowers look beautiful



【详解】“这些花”these flowers; “看起来”look; “漂亮”beautiful。根据句意可知用一般现在时，句子是主系表结构，主语“flowers”是复数，其后用动词原形。故填 These flowers look beautiful.

34. 我为我弟弟感到骄傲，因为他非常擅长数学。

【答案】I am proud of my brother because he is very good at maths.

【详解】根据句意可知用一般现在时。“我”I, 作主语; “为……感到骄傲”be proud of, I 后用 be 动词 am; “我弟弟”my brother; “因为”because, 引导原因状语从句; “他”he, 作从句主语; “擅长”be good at, he 后用 be 动词 is; “非常”very, 修饰 good; “数学”maths。故填 I am proud of my brother because he is very good at maths.

35. 爱好能培养你的兴趣，并帮助你学习新的技能。

【答案】Hobbies can develop your interests and help you learn new skills.

【详解】爱好: hobby, 此处用其复数形式; 能: can, 其后动词用原形; 培养你的兴趣: develop your interests; 并: and; 帮助你学习新的技能: help you learn new skills, 其中 help sb. do sth. “帮助某人做某事”。故填 Hobbies can develop your interests and help you learn new skills.

六、文段表达 (10 分)

36. 根据中文和英文提示，完成一篇不少于 50 词的文段写作。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。

友谊对每个人都很重要。朋友能相互帮助，共同进步；也能相互陪伴，令人心身愉悦。某英文网站正在开展以“友谊”为主题的征文活动。假如你是李华，请用英语写一篇短文投稿，介绍一下你最好的朋友是谁，他/她性格如何，谈谈你们之间一件令你难忘的事以及你通过这次经历学到了什么。

提示词语: friendly, encourage, share, help

提示问题: ·Who is your best friend? And what is he/she like?

·What's the most unforgettable experience between you and your friend?

·What have you learned from the experience?

Friendship is important to everyone.

Multiple horizontal lines provided for the student to write their response to the writing prompt.

【答案】例文:



Friendship is important to everyone. Tony is my best friend. He is very kind and helpful. One day I wanted to copy his math homework, but to my surprise, he didn't agree. He said, "It's wrong to copy others' homework. If you have difficulty, I can help you." His words made me feel warm. From then on he helped me with my math every day. With his help, I made great progress in math.

Tony made me realize that good friends should help each other in the right way.

【详解】1. 题干解读：本文是一篇材料作文，要求介绍自己最好的朋友。要点包括：最好的朋友是谁；他/她的性格是什么样的；你们之间发生的难忘的事情；通过这件事情你学到了什么。

2. 写作指导：文章以第一、三人称为主，时态采用一般现在时和一般过去时相结合，注意主谓一致问题；写作时注意按要点分段叙述，保证文章要点齐全，语句通顺。

