注意事项:

- 1. 答题前,考生务必将自己的姓名、考生号、考场号、座位号填写在答题卡上。
- 2. 回答选择题时,选出每小题答案后,用铅笔把答题卡上对应题目的答案标号涂黑。如需改动,用橡皮擦干净后,再选涂其他答案标号。回答非选择题时,将答案写在答题卡上。写在本试卷上无效。
 - 3. 考试结束后,将本试卷和答题卡一并交回。

第一部分 听力(共两节,满分30分)

做题时,先将答案标在试卷上。录音内容结束后,你将有两分钟的时间将试卷上的答案转涂到答题卡上。.

第一节 (共5小题;每小题1.5分,满分7.5分)

听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

例: How much is the shirt?

A. £19.15.

B. £9.18.

C. £9. 15.

答案是C。

1. What did the woman borrow from Edward last week?

A. A bike.

B. A pen.

C. Some money.

2. Which dress does the woman like best?

A. The red one.

B. The black one.

C. The white one.

3. How much should the man pay?

A. \$25.

B. \$42.

C. \$50.

4. What does the man advise the woman to do?

A. Have a good rest.

B. Exercise daily.

C. Work hard.

5. What present has the man bought?

A. A book.

B. Some flowers.

C. A pair of gloves.

第二节 (共15小题;每小题1.5分,满分22.5分)

听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

【高一英语 第1页(共10页)】

听第6段材料,回答第6、7题。

6. What is Karen going to do?

A. Go for a test drive.

B. Have her car fixed.

C. Take a job interview.

7. At what time will Karen return with Steven?

A. 4:00 pm.

B. 4:15 pm.

C. 4:20 pm.

听第7段材料,回答第8、9题。

8. How is the woman feeling?

A. Happy.

B. Anxious.

C. Angry.

9. What is the relationship between the speakers?

A. Co-workers.

B. Husband and wife.

C. Doctor and patient.

听第8段材料,回答第10至12题。

10. What are the speakers talking about?

A. A stranger.

B. Peter's friend.

C. The woman's brother.

11. What does Peter say about the young man?

A. He is dishonest.

B. He is nice.

C. He is rude.

12. What will the woman do next?

A. Visit her uncle.

B. Buy some nice food.

C. Go out to check something.

听第9段材料,回答第13至16题。

13. What did the woman look like in high school?

A. She was short.

B. She had black hair.

C. She was overweight.

14. Where are the speakers now?

A. In Covington.

B. In Brookfield.

C. In Springfield.

15. What does the man think of his job?

A. Exciting but low-paid.

A. Exciting but low-paid.

B. Tiring but well-paid.

C. Boring but well-paid.

16. What will the speakers do tonight?

A. Go to a restaurant.

B. Buy some law books.

C. Prepare for a business trip.

听第10段材料,回答第17至20题。

17. What was the speaker's attitude to student life after high school?

A. Uncaring.

B. Negative.

C. Positive.

18. Why did the speaker move to another place?

A. To attend university.

B. To teach in high school.

C. To get away from her hometown.

19. How did the speaker start to feel after moving?

A. More confident.

B. More inconsiderate.

C. More dependent.

【高一英语 第2页(共10页)】

姓名

班级

- 20. What did the speaker do to be herself?
 - A. She traveled a lot.
 - B. She wore expensive clothes.
 - C. She made her own decisions.

第二部分 阅读(共两节,满分50分)

第一节 (共15小题;每小题2.5分,满分37.5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。

A

Rapa Nui is a place full of mystery, beauty and culture. This four-day journey will guide you through the island's wonderful sights and experiences.

Day 1

Begin your journey in Hanga Roa, and then head to the Ahu Vinapu sector, where you'll see ancient ceremonial centers and the remains of the iconic statues. You can learn about the island's fascinating past and the lives of the Rapa Nui's ancestors. Next, take a guided hike to the Rapa Kau volcano. At the volcano's edge lies a small old ceremonial village.

Day 2

On your second day, experience the living culture of Rapa Nui. Take a guided hike or a horseback ride to the famous caves. These activities provide a special insight into how the Rapa Nui people connect with the environment through sights, smells, tastes and sounds.

Day 3

Rapa Nui's clear waters will attract you on your third day. Today's highlight is an underwater adventure. Under the guidance of professionals, dive into the warm waters around Hanga Roa bay or the beautiful Anakena beach. The excellent visibility and pleasant temperatures make this an unforgettable experience for divers of all levels.

Day 4

For your final day, rise early, and make your way to Ahu Tongariki, where fifteen Moai stand on a volcanic stone platform. As the sun rises over the Pacific Ocean, you'll understand why it is considered one of the most beautiful views on the planet. After watching the sun rise, set off on an archaeological tour with a local guide. Don't miss it!

- 21. What can you do on day 1?
 - A. Hike on the Anakena beach.
 - B. Explore the history of Rapa Nui.
 - C. Visit famous statues in Hanga Roa.
 - D. Begin a journey in the Ahu Vinapu sector.
- 22. What can you learn about the Rapa Nui people on day 2?
 - A. They value nature.

- B. They avoid diving.
- C. They are fond of archeology.
- D. They are used to rising early.

【高一英语 第 3 页(共 10 页)】

23. On which day can you appreciate the sunrise over the ocean?

A. Day 1.

B. Day 2.

C. Day 3.

D. Day 4.

Evangeline Iarossi is a softball (全球) player from Tampa, Florida. She played with a softball league, but her community faced several problems. One of them was a lack of available fields for practices and games.

Her local league had some baseball fields, but only one softball field was available. That meant many of her practices were canceled. When the baseball teams needed room, they'd often take over the softball field, making it even harder to practice and play. Iarossi's team would end up on a T-ball field. "A lot of girls don't get practice, and they are dropping out," she said. "When they couldn't practice because they couldn't get on the fields, they didn't improve and finally quit because it was not fun for them anymore."

Instead of letting others deal with the problem, Iarossi decided to send a handwritten note to the city's leader, who was a basketball star at the University of Tampa. Her goal was to get support for the cause, but it did much more. Her note inspired the city's government to provide the funding from an entertainment company to build more fields that are accessible to everyone.

"I said it's not the 1800s anymore," Iarossi commented. "Girls would like to play sports too." It even led to an appearance on a well-known show to discuss her efforts. "I hope that all girls get to play softball, and that it's just fair for all in sports."

- 24. Why did many of the girl softball players give up halfway?
 - A. They lacked practice fields.
 - B. They found it hard to play softball well.
 - C. They were afraid of getting on the fields.
 - D. They were prevented by the local league.
- 25. Who helped Iarossi solve the problem?

A. The university of Tampa.

B. The local community.

C. An entertainment company.

D. A basketball star.

- 26. Which words can best describe Iarossi?
 - A. Modest and honest.

- B. Quiet and intelligent.
- C. Helpful and responsible.
- · D. Friendly and humorous.
- 27. What is the best title for the text?
 - A. Practice Makes Perfect
 - B. Call for Fairness in All Sports
 - C. Public Support Is the Key to Success
 - D. Win Support for Girls' Play Opportunities

【高一英语 第 4 页(共 10 页)】

News about natural disasters, including volcanoes, storms and earthquakes, is updated daily. Besides, global warming is causing heat waves to become more frequent, pushing the limits of human survival in the hottest regions on Earth. Recent record-breaking temperatures in various parts of the world have highlighted the dangers caused by extreme heat and throw light on the challenges that lie ahead.

When faced with extreme heat, the human body depends on its natural cooling mechanisms (机制) to keep a safe temperature. However, very high heat overpowers these mechanisms, putting human lives at risk. Research shows that the body's ability to cool through sweating (出汗) begins to decrease at 35 °C. Being in such conditions can put pressure on the heart and cause body temperatures to rise uncontrollably, creating the greatest risk to older people and those with diseases.

Recently, scorching temperatures have broken records across the globe. China experienced a historic high of nearly 126 °F. America reached 128 °F. The Middle East hit 152 °F, nearing the limit of what humans can stand.

These extreme heat events offer a look at the future, as global warming continues to push temperatures. The frequency of dangerously high temperatures has more than doubled since 1979, according to research in 2020.

The seriousness and widespread nature of ongoing heat waves highlight that climate change is a global problem with far-reaching effects. Human activities, such as the burning of fossil fuels (化石燃料), have greatly contributed to the rise in heat-trapping greenhouse gases, leading to more heat waves and other extreme weather events. It is high time to cut down on greenhouse gases and choose cleaner renewable energy sources. International cooperation and leadership are necessary to reduce the effect of climate change on our planet and protect the well-being of future generations.

- 28. What is the text mainly about?
 - A. The dangers of cool waves.
 - B. The causes of natural disasters.
 - C. The introduction of the hottest regions on Earth.
 - D. The exploration of the rising heat's effect on humans.
- 29. What does the research find about human sweating?
 - A. It controls cooling the mechanisms.
- B. It becomes less effective at 35 °C.
 - C. It increases heart efficiency in heat.
- D. It improves cooling in all conditions.
- 30. What is the data in paragraph 3 about?
 - A. Temperature limits that human's can stand.
 - B. Frequencies of dangerously high temperatures.
 - C. Record-breaking temperatures in specific countries.
 - D. Global average temperatures at different time periods.

- 31. What is the author's main purpose in writing the last paragraph?
 - A. To call on stopping using fossil fuels.
 - B. To call on ignoring extreme weather events.
 - C. To call on cutting down on cleaner renewable energy.
 - D. To call on working internationally to address climate change.

D

Lack of sleep has been linked with some health problems. As a result, the National Sleep Foundation recommends that adults receive at least seven hours of shut-eye each night. Now, new research offers another reason to focus on nightly rest. According to results from Stockholm University, a few nights of fitful sleep can make you feel years older than you really are, while sleep with a consistent pattern (持续的模式) in the same time and space can have the opposite effect, making you feel younger.

"Sleep has a main effect on how old you feel, and it's not only your long-term sleep patterns," says Balter, a co-author of the study. "Even when you only sleep less for two nights, that has a real effect on how you feel." This feeling is known as "subjective (主观的) age". Previous studies have found that how old a person feels, both physically and mentally, may have a real effect on health and lifetime.

In the research, Balter and another sleep expert, John, first asked 429 people questions to check their past month of sleep. They found that with each day of bad sleep the average person had got in the past month, their "subjective age" increased by nearly three months. And those who had experienced no days of bad sleep said they felt an average of six years younger than their true age. Next, they ran an experiment in which 186 volunteers experienced two consistent nights of bad sleep—a sleep limited to four hours per night, or two consistent nights of good sleep—nine hours of enough sleep. Then, each volunteer described their "subjective age". After two nights of limited sleep, the volunteers reported feeling an average of 4.4 years older than their true age, while those with two nights of enough sleep felt an average of three months younger.

"If you protect your sleep, you can feel younger," Balter says. "We know those who feel younger than their actual age live healthier and longer, so try to develop good sleep habits."

32. What does the underlined word "fitful" in paragraph 1 mean?

A. Irregular.

B. Unexpected.

C. Enough.

D. Proper.

33. What is the effect of sleeping less for two nights according to Balter?

A. It improyes people's emotions.

Balt makes people feel much older.

- C. It changes long-term sleep patterns.
- D. It has no effect on "subjective age".

【髙一英语 第5页(共10页)】

【高一英语 第6页(共10页)】

- 34. How did Balter and John carry on their research into sleep?
 - A. By drawing comparisons.
 - B. By making assumptions.
 - C. By asking other experts.
 - D. By checking historical data.
- 35. What does Balter want to do in the last paragraph?
 - A. Make a complaint.

B. Make a suggestion.

C. Show his actual age.

D. Show his personal habit.

第二节 (共5小题;每小题 2.5分,满分 12.5分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Discover the Benefits of a Close Relationship with Your Mother

There is nothing in the world that can compare to a mother's love within a family. Keeping regular contact with your mother benefits her well-being. 36

- Reduce stress. 37 According to a report, about nine out of ten American adults say that their connection with their mother has had a positive influence on them. They are less likely to suffer from depression and anxiety.
- Increase self-confidence. Having a close connection with your mom is one of the best ways to lift your confidence. 38 But contact with your mom, who is biologically your biggest fan and supporter, can remind you how important it is to believe in yourself.
- Tell the truth. Being in contact with your mother is often an opportunity to share your thoughts and feelings. 39 This reality check, provided by someone who loves and supports you, can be the key to helping you figure out how to take the next best step in your life and deal with a challenging situation.
- 40 The report says that strong parent-child communication from an early age could make children less likely to fail in many ways. Children learn language skills during talks with their mothers. When mother-child communication is strong, children develop mental skills faster. Despite the daily pressure of adult life, the strong mother-child communication is the key to leading children to be successful.
 - A. Contribute to success.
 - B. Develop physically faster.
 - C. And it lets her tell you about your true situation.
 - D. It is also beneficial to your own health and happiness.
 - E. Indeed, it is not a challenging thing to lift your confidence.
 - F. A strong relationship with your mother can help you lessen pressure.
 - G. Low self-confidence can make everything feel more difficult to deal with.

第三部分 语言运用(共两节,满分30分)

第一节 (共15小题;每小题1分,满分15分)

阅读下面短文,从每题所给的 A、B、C、D 四个选项中选出可以填入空白处的最佳选项。

An elderly woman, Sheryl, found herself stuck at home with nothing to do. Feeling 41, she finally decided to 42 her neighbors through notes. She 43 her message on a community bulletin (公告) board. All she 44 for were some unwanted books to help her pass the time. A man walked by and helped her stick it tightly.

"I am 72, living alone, and I am going mad with 45 to read. Does anyone have 46 books?" Sheryl wrote on the note. She also included her 47 number on the piece of paper so that people would know where to 48 off their items. Unexpectedly, many neighbors followed the number on the 49 to Sheryl's house with some books and even gifts.

After receiving a pile of books, Sheryl was so grateful that she left a(n) ____50 __ note on the board. In it, she thanked her neighbors for their sweet ___51 __. "I am extremely ___52 __. I am appreciative of your generosity and kindness. What's important is that you have ___53 __ an old woman's loneliness. With the company of the books, my heart feels more fulfilled," she wrote.

Just when Sheryl thought her days would be spent in quiet reading, she received a call from a local news station that wanted to <u>54</u> her story. She agreed. Soon, her small act of asking for help turned her into a local celebrity (名人). Neighbors who had never spoken to her before now waved and <u>55</u> greeted her, filling her life with newfound friends and adventures.

41. A. frightened	B. bored	C. amazed	D. confused
42. A. turn to		B. warn of	
C. take good care of		D. make a difference to	
43. A. picked	B. taped	C. threw	D. received
44. A. asked	B. prepared	C. paid	D. applied
45. A. something	B. anything	C. everything	D. nothing
46. A. new	B. spare	C. unfamiliar	D. similar
47. A. reference	B. model	C. apartment	D. telephone
48. A. pull	B. drop	C. show	D. take
49. A. note	B. poster	C. table	D. door
50. A. apology	B. reminder	C. check-in	D. thank-you
51. A. comments	B. achievements	C. presents	D. words
52. A. touched	B. scared	C. patient	D. angry
53. A. shared	B. tracked	C. felt	D. eased
54. A. end	B. hide	C. feature	D. read
55. A. hardly	B. unwillingly	C. accidentally	D. warmly

阅读下面短文,在空白处填入1个适当的单词或括号内单词的正确形式。

Years ago, I wanted to further understand China. News about China was available in my country, <u>56</u> it only showed a small part of <u>57</u> (it) real story. This realization set my family and me off on a mission to create a platform for cultural exchange, an effort <u>58</u> (add) depth to the world's limited understanding of this country. So in 2004, we finally sold our home in the US, gave up our jobs, and <u>59</u> (bring) our two sons to China.

After spending 20 months across over 15 provinces and 60 (educate) our two boys in the guesthouses in the countryside, we settled in an old courtyard in the ancient town of Xizhou, Yunnan Province. The village took us 61 its wing when we lived there. Many locals invited us to their homes for dinner. After only a few 62 (month), we were gaining weight! Our boys also became friends with local children, and they also started a language exchange, 63 was held every weekend.

64 (late), the Xizhou people started to call us *pengyou*, meaning "friends", which showed they were 65 (thank) for our working to highlight their traditions. Still, we are called by this title every day in the village.

第四部分 写作(共两节,满分40分)

第一节 (满分15分)

假定你是李华,你校最近举办了一场题为"Learning English Happily"的英语讲座。请你为校英语报写一篇报道,内容包括:

- 1. 讲座的时间、地点和主讲人;
- 2. 讲座的主要内容;
- 3. 讲座的反响。

注意:

園

極

困

K

火

狱

本

绘

- 1. 写作词数应为80个左右;
- 2. 请按如下格式在答题卡的相应位置作答。

Learning English Happily

第二节 (满分25分)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

I was addicted to watching TV—time-wasting TV shows. As a high school student, I knew I should turn it off, but it seemed to call to me, "Jane, just a little bit won't hurt. Watching the morning news can help you know what is happening." An hour would pass, and

【高一英语 第 9 页(共 10 页)】

instead of doing homework or housework, I'd get attracted to the next show.

On a weekend morning, I noticed my mom doing something different. She used to watch TV with me, but this time, she was spending much time reading and gardening. I was curious and asked her why. She answered, "Honey, I realized there is more to life than TV, and I want to make the most of my time."

Her words struck me. I decided to follow her lead. I turned off the TV and dealt with my to-do list: making my bed, cleaning my room and finishing assignments. I managed to stay focused, and then lunch was about to begin. Instead of turning the TV back on, I called my best friend, Mary, and we agreed on a study plan for the afternoon over the phone.

After lunch, I resisted the urge (抵制冲动) to use the TV for "background noise" while folding my clothes. The cycle of TV dependency was breaking.

That afternoon, Maryland I dived into our studies at home. We spread our books out on the desk and set a timer for study sessions. Surprisingly, I found myself lost in my math problems and history readings. The room, filled only with soft music, helped us concentrate better. By the time dinner rolled around, I felt a sense of achievement and proud of my productive day.

My mom and I had dinner together without watching TV. We talked about our day, and I found how much I enjoyed the moment. We spent time playing board games and walking, which were more meaningful. Before going to bed, when I picked up my pen and prepared to set down my feelings in my journal, I was lost in thought. 注意:

- 1. 续写词数应为 150 个左右;
- 2. 请按如下格式在答题卡的相应位置作答。

Reflecting on the people and things I had ignored, I felt a mix of sadness and excitement.

As I opened my journal, I noticed a piece of paper inside, left by my mom.



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