2021 北京通州高三一模

英　　语

本试卷共 13 页，共 100 分。考试时长 90 分钟。考生务必将答案答在答题卡上，在试卷上作答无效。考试结束后, 将答题卡交回。

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，并在答题卡上将该项涂黑。

He looked in the mirror, feeling sick of the sight of what he saw, a constant reminder of the fire last year. He was badly ____1____ in it and worse still, his wife had left him and would never return home.

He was filled with self-pity, ____2____ and even hate. He limped (瘸着走) to the park and decided to give his mind some ____3____, so he sat down and started to read.

Then out from a group of children at play, a young girl approached. Her eyes to the ground, she stretched out her arm and said, "Look what I found!" She ____4____ in her hand what looked like a weed, all wilted (枯萎) and brown, its flower gone to seed.

The man said in a low angry voice, "Just leave me alone. Get on with your playing."

But the child was still ____5____. "I picked these for you. They're really pretty, and I think you are, too."

The man was annoyed, ____6____ her gift. He thought she made fun of him, as others had done. He pushed her aside when ____7____ he noticed that the girl was blind! He felt ____8____. Then his anger and hate began to disappear. He accepted her flower. The girl smiled and ran away before he could say "thank you" to her.

The girl had awakened in him a ____9____ to start a new life. He went to the hospital and saw the burn patients in treatment. He knew the "inside" was the hardest to cure. From that moment on, he knew what he'd do. He'd help these folks heal (康复). And his_____10_____ would heal, too.

1. A. destroyed	B. damaged	C. burnt	D. ruined
2. A. excitement	B. anger	C. curiosity	D. anxiety
3. A. relief	B. inspiration	C. exercise	D. freedom
4. A. put	B. held	C. moved	D. picked
5. A. cautious	B. upset	C. enthusiastic	D. nervous
6. A. accepting	B. refusing	C. throwing	D. appreciating
7. A. unfortunately	B. lately	C. finally	D. suddenly
8. A. frightened	B. amused	C. depressed	D. astonished
9. A. dream	B. potential	C. desire	D. responsibility
10. A. soul	B. body	C. emotion	D. appearance

第二节 语法填空 (共 10 小题；每小题 1.5 分，共 15 分)

A

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。

I have many goals. The most important one is to travel around the world and I am trying my best to make it come true. The reason is ____11____ our world is so fantastic that I want to explore it. There are so many different things in the world ____12____ (experience). While ____13____ (travel), I can learn different languages and make friends with the local people. I believe I can achieve my dream.

B

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。

Hawaii is the only state not on the continent of North America. The State of Hawaii consists ____14____ 8 bigger islands and 2000 more small islands. Of the bigger islands, Hawaii Island is not only the largest but also the youngest. People can find a few active volcanoes in the island. Mauna Loa and Kilauea are the most active volcanoes, ____15____ the American government has opened Volcanoes National Park. The island's largest city Hino, also the second largest one in Hawaii State, ____16____ (stand) on the northeast coast of the island.

C

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。

Are you humorous? People who are humorous can recognize what's funny in others and can amuse others as well. At home, a sense of humor can brighten family life, so amuse ____17____ (you) and your family members through jokes if you can. In the classroom, a humorous teacher will not make the students feel ____18____ (bore) with learning. In hospitals, humor can sometimes help to reduce pain of the patients and enable them to recover ____19____ (strong). No wonder people often say laughter is the world's ____20____ (good) medicine.

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，并在答题卡上将该项涂黑。

A

With the sea on your doorstep, a large fleet of boats to choose from, and a team of experienced instructors, the outdoor activities centre is there just for you! Courses available:

Dinghy Sailing

Our boats are chosen carefully to provide a wide range of safe and exciting learning opportunities. Instructors will take you through the basics of rigging, launching and sailing.

Catamaran Sailing

For those with little or no experience, this course is a good introduction to this fast and exciting form of sailing. If weather condition is favourable, students should be able to handle a catamaran single-handedly during the course.

Cost for each course (age 16 years and over): £165 non residential, £180 residential

Canoeing or Kayaking

The outdoor activities centre is the ideal venue for kayaking. With the sea close at hand, our one-day course will introduce the skill of kayaking at sea. There will be an opportunity to try a variety of different canoes and kayaks and to take part in a short kayak sea journey.

Cost for one-day course: £35

Windsurfing

Our centre runs a JUNIOR WINDSURFING CLUB on Monday and Wednesday evenings during the summer season and is open to anyone up to 18 years old. Aimed at those who already have some windsurfing experience (level one certificate), this club aims to give young windsurfers the opportunity to progress within a safe and exciting environment.

Cost: £7 per session or £6 per session if four sessions are booked in advance

21. How much would it cost an adult living at the center to take both sailing courses?

A. £165.　　B. £180.

C. £345.　　D. £360.

22. Where is the passage most probably taken from?

A. A travel journal.　　B. A sports advertisement.

C. A training report.　　D. An exhibition guide.

B

Terry Fox never thought he'd live a remarkable life.

He liked sports, but no one thought he was talented. During his first year in the university, he had a pain in his right knee, which was so bad that he couldn't stand up. He went to the doctor for tests. They showed that he had cancer. He was going to lose his leg and be given an artificial one. Terry's family and friends all gave him fantastic support. Terry said that he knew all those people really cared and helped him. He decided to face it with bravery.

One night Terry was looking through an article about Dick Traum, who also had an artificial leg and had run in the New York Marathon. "If he can do it," thought Terry, "I can, too. In fact, I'll run across Canada and raise money for cancer research. It will be a Marathon of Hope!"

For the next 16 months　Terry had special treatments for his cancer. And then he also began to run a little every day. Each day he ran a little farther. It is 5,300 miles across Canada. Terry hoped to run thirty to forty miles a day so that it would take him six months. Most of all, he hoped to raise $1 million for cancer research.

Because Terry had an artificial leg, running wasn't easy or straightforward. He had to move by jumping on one foot twice and then take a long step with his real leg. Although it looked awkward, he still kept on running. His action made people join him as he ran: children, football stars, wheelchair athletes and even his brother, Darrell. As Terry ran, people waved and cheered. So much money was donated that the volunteers used large garbage bags so everyone could give.

Then, outside Thunder Bay, Ontario, Terry felt a sharp pain in his chest. The pain was from cancer; this time in his lungs. He had to abandon the Marathon after 3, 339 miles. He told the people before he left, "I won't give up. I just hope people will continue to give money." And they did. Just under $25 million was given.

Terry received numerous awards. At 22, he was the youngest Canadian to ever receive Canada's highest award, the Companion of the Order of Canada.

23. What made Terry decide to run across Canada?

A. His passion for Marathon.

B. An urge to live a normal life.

C. The support of his family and friends.

D. The inspiring experience of Dick Traum.

24. People joined him when he ran mainly because _____.

A. they were moved by the scene of Terry's running

B. they served as volunteers in the marathon

C. they considered Terry as a great hero

D. they loved running very much

25. Why did he finally stop the marathon?

A. He collected enough money for the donation.

B. His family and friends persuaded him to abandon it.

C. He got great pain in his body because of the cancer.

D. Running with the artificial leg wasn't straightforward.

26. Which of the following words can best describe Terry?

A. Generous. B. Cooperative.

C. Determined. D. Creative.

C

The good news is that more people bought electric cars in 2020. The bad news is that SUVs continued to grow in popularity, too. The fall in oil consumption due to the first trend was completely cancelled out by the second, say Laura Cozzi and Apostolos Petropoulos at the International Energy Agency (IEA) in France.

The growing popularity of SUVs is making it even harder to cut carbon dioxide emissions（排放）and meet climate goals. "Policy-makers need to find ways to persuade consumers to choose smaller and more efficient cars," says Petropoulos.

Oil consumption by conventional cars – not including SUVs – is estimated to have fallen 10 percent in 2020, or by more than 1.8 million barrels（桶）a day, Cozzi and Petropoulos say in a commentary published by the IEA on 15 January. Most of this fall was due to reduced travel and is likely to be temporary.

But a small part of the drop, around 40,000 barrels a day, was as a result of the increased share of electric vehicles (EVs). "We have seen a skyrocketing of global electric car sales in 2020," says Petropoulos. Unfortunately, the number of SUVs increased as well. While overall car sales fell in 2020, 42 percent of buyers chose SUVs, up around three percentage points from 2019.

Globally, there are now more than 280 million SUVs being driven, up from fewer than 50 million in 2010. On average, SUVs consume 20 percent more energy per kilometre than a medium-sized car.

The increase in SUVs in 2020 led to a rise in oil consumption that cancelled out the effect of electric cars, says Petropoulos. Much the same is true over the past decade. Between 2010 and 2020, global CO2 emissions from conventional cars fell by nearly 350 megatonnes, due to factors such as fuel efficiency improvements as well as the switch to electric cars. Emissions from SUVs rose by more than 500 megatonnes.

"While the growth in EVs is encouraging, the increase in SUVs is heart-breaking," says Glen Peters at the

CICERO climate research centre in Norway.

There are many reasons for the growing popularity of SUVs, says Petropoulos. Rising prosperity（繁荣）in many countries means more people are able to afford them, for instance. Some people see them as a symbol of social position. SUVs are also heavily advertised by car-makers, he says, whose profits are higher on these vehicles.

There are now some electric SUVs available. “Hopefully, in time, you will see electric vehicles entering the SUV market,” says Peters.

Even if it happens, switching to electric SUVs isn’t an ideal solution. Due to their size and bigger batteries, it takes more resources to build electric SUVs, and they consume around 15 percent more electricity. Higher electricity demand makes it harder to green the electricity supply.

27. Which of the following statements is true according to the passage?

A. The SUVs driven in 2019 reached up to 280 million.

B. Electric cars appeared a sharp decline in sales in 2020.

C. Buyers of SUVs in 2020 increased 42 percent than those in 2019.

D. Global SUVs being driven now are over five times as many as those in 2010.

28. From the increase of SUVs, we can infer _____.

A. it could have harmful consequences for the air quality

B. the oil consumption will increase and the price will fall

C. people all over the world are getting wealthier than before

D. the car-makers think it’s unnecessary to advertise any more

29. What can we conclude from the passage?

A. The purchases of SUVs should be reduced.

B. The SUVs should be discontinued immediately.

C. The awareness of using electric cars needs to be improved.

D. Increasing electric cars can solve the problem of oil consumption.

30. What’s the author’s attitude to electric SUVs?

A. Unconcerned.　　B. Disapproving.

C. Supportive.　　D. Uncertain.

D

It is the season for taking the time to reflect on what we’re thankful for in life. Spending that time with friends and family to give thanks is what makes the holidays so special. But why should limit it to just a few weeks in the year? Gratitude（感恩）is a muscle we should strengthen year-round to make us healthier　happier humans and leaders.

Gratitude builds empathy. We often take for granted the simple things in life. Those who recognize the goodness in life, no matter how simple or automatic, are more likely to be sensitive to the needs of others and to help whenever they can. Being empathetic to others’ opinions, experiences and backgrounds will make you a better professional, no matter your career.

Through his research, Emmons, a leading researcher, found that grateful people reported feeling healthier, both mentally and physically. Specifically, those who were grateful were 25 percent happier than those who weren’t. In

the workplace, well-being（健康快乐）is a crucial topic when it comes to preventing employee burn-out and promoting engagement. Beyond the research that shows that employees who are shown that they are appreciated are more productive by 50 percent, caring for your employees' well-being is simply the right thing to do. Offering fitness classes or carrying out flexible work schedules are just a few things that, when paired with gratitude, can lead to more productive, engaged and happier working professionals.

Working in a developing, fast-paced industry, we are often surrounded by ambitious people who are always striving（奋斗）for more and better. Gratitude makes us more self-aware. It challenges us to reflect in the moment instead of always thinking about the future. It starts by paying attention to what's going on in our life, and that true self-awareness is a key factor to being successful in our career.

Gratitude is a powerful tool for making relationships stronger, both at work and in our personal life. People who express their gratitude tend to be more willing to forgive others and therefore able to create relatively long-lasting connections.

During my month-long vacation, I made it a point to be reflective during the time I had without disturbances or deadlines. Part of that was making a mental list of the people, things and experiences I was grateful for in my life. I decided to reach out to my fifth-grade teacher and thank her for being positive instructor and a strong influence on my life.

The old saying goes "It's never too late to say you're sorry," but the same is true of gratitude. Taking the time to thank people for their work, kindness or empathy-whether it was today, last month or many years ago-makes you happier, healthier and more self-aware. And that's a gift worth celebrating 365 days a year.

31. What does the underlined word "empathy" in Paragraph 2 probably mean?

A. The feeling of being sorry for others' problems.

B. The desire to help people in difficult situations.

C. The ability to understand other people's feelings.

D. The feeling of pleasure or satisfaction towards others.

32. What can be inferred from the passage?

A. People who have self-awareness can succeed without effort.

B. Grateful people will live a much longer life than ungrateful people.

C. Wise enterprises should raise the employees' sense of well-being.

D. Gratitude can ensure the relationship between people is unbreakable.

33. Why does the author mention his own experience in Paragraph 6?

A. To encourage people to contact with teachers.

B. To show it's never too late to express gratitude.

C. To order people to keep long-lasting connection.

D. To present that his teacher greatly influenced him.

34. Which of the following would be the best title for the passage?

A. Being Grateful Year-Round.

B. The Season for Gratitude.

C. The Way to Show Thanks.

D. The Special Holiday of Gratitude.

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。选项中有两项为多余选项。

Have you ever agreed to do something only to find out later that you don't have time? Are you constantly stressed from rushing from one assignment to another? If so, you may have a problem with overcommitment. Overcommitment happens when you decide to do more things than you realistically have time to do. ____35____ Your quality of life also suffers because overcommitment leaves you less time to take care of yourself. It's preferable to do one or two things well than to do 10 things poorly - or worse, to back out once you've agreed to something.

Time management coach Elizabeth Saunders suggests creating a budget for your time like you do with money. The total amount of time you have each day equals 24 hours minus（减去）the time you need for basic wellness activities. ____36____Saunders suggests adding up your time commitments to other people and the time needed to meet your personal goals. If that total is greater than the amount of time you have each day, you have a problem.

____37____ Schedule times for everything you need to do – including taking care of yourself. But you don't have to fill every blank space.

It's also worth looking at your current commitments. Do your commitments actually match your priorities? ____38____

Learning how to say no politely but firmly also helps with overcommitment. It helps to have a good sense of what your priorities are so that you can say yes or no when appropriate.

I have a rule that I never immediately agree to any long-term time commitments. ____39____That's because my first instinct（本能反应）is usually to say yes, even if I don't really have time. Having time to think about a potential assignment gives me space to say no if I need to.

A. Are you satisfied with your job?

B. I always ask for some time to think.

C. It is worth considering your interest.

D. When this happens, the quality of your work suffers.

E. These include things like sleeping, eating and showering.

F. Could you give up some of them or pass them off to other people?

G. One tool that may be helpful in avoiding overcommitment is a calendar.

第三部分：书面表达（共两节，32 分）

第一节（共 4 小题；第 1、2 小题各 2 分，第 3 小题 3 分，第 4 小题 5 分，共 12 分）

阅读下面短文和问题，在答题卡相应题号后的横线上写下相关信息，完成对该问题的回答。

Why do you pull yourself out of bed every morning to go to work or school? What does it take to make you feel like your contribution in those places is truly worthwhile? Knowing what motivates you can help you find meaning in your work and make efforts to reach your goals.

Psychologists have a wide variety of ways of describing and differentiating motivations because people care about so many different things. Psychologist David McClelland identified three main motivations for people: achievement (the feeling of success), affiliation (close relationships) and power (the ability to influence the world).

Authors Adrian Gostick and Chester Elton identified 23 motivations, including creativity, challenge and learning.

Some motivations, such as money, social position and praise, are external; these are the tools bosses typically use to encourage their employees to do better. Other motivations, including fun, personal growth and feeling like one's work is significant, come from within the person doing the action. These ideals, called internal motivations, tend to be more reliable than external ones because they represent things that can never be taken away.

Since a wide variety of motivations exist, it's important to understand which ones are persuasive to you. Trying to motivate yourself in a way that doesn't appeal to you will make it difficult to convince yourself to work. When choosing a career, think about what motivates you and make decisions accordingly. If you are motivated by overcoming challenges, look for a career where you can continually try hard to reach a higher level.

People motivated by external rewards sometimes struggle to meet goals they set for themselves that no one else knows about. They can solve this problem by creating external rewards for their personal goals such as finding a friend to hold them accountable.

When you know what motivates you, you will be able to motivate yourself to do the things necessary to succeed. And if you are a leader, knowing what motivates your team will enable you to help them do the same.

40. Why is it important for people to be clear of their motivations?

41. How can the motivations be classified according to McClelland?

42. Please decide which part is false in the following statement, then underline it and explain why.

Since the external motivations involve money, social position and praise, which are often used as tools by bosses, they are more dependable than the internal ones.

43. Please briefly present what motivates you in your life and how it works. (about 40 words)

第二节（20 分）

44. 假设你是红星中学高三学生李华，你校将于下个月开展"探索太空"主题活动周。你校交换生 Jim 对太空科学非常感兴趣，请你给 Jim 写一封邮件，邀请他参加。内容包括：

1. 主题活动周的目的；

2. 主题活动周的内容。

注意： 1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear Jim,

_____

_____

_____

Yours,

Li Hua

参考答案

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)

【答案】1. C　2. B　3. A　4. B　5. C　6. B　7. D　8. D　9. C　10. A

【解析】

【分析】本文是一篇记叙文。文章主要讲述一场大火让男人严重烧伤，妻子也离开了他，心中充满了自怜，愤怒，甚至憎恨。然而，一天在公园里，一个眼盲的小女孩唤醒了他开始新生活的欲望。

【1 题详解】

考查动词词义辨析。句意：他在那场火灾中被严重烧伤，更糟糕的是，他的妻子已经离开了他，再也不回家了。A. destroyed 摧毁；B. damaged 损坏；C. burnt 烧毁；D. ruined 毁灭。根据“He looked in the mirror, feeling sick of the sight of what he saw, a constant reminder of the fire last year.”可知，男人在火灾中被严重烧伤。故选 C。

【2 题详解】

考查名词词义辨析。句意：他充满了自怜，愤怒，甚至憎恨。A. excitement 激动；B. anger 生气；C. curiosity 好奇；D. anxiety 担心。根据“He was filled with self-pity,”和“and even hate.”可知，男人充满了愤怒。故选 B。

【3 题详解】

考查名词词义辨析。句意：他一瘸一拐地来到公园，想让自己的精神放松一下，于是他坐下来开始看书。A. relief 放松；B. inspiration 灵感；C. exercise 锻炼；D. freedom 自由。根据“so he sat down and started to read.”可知，男人看书是为了想让自己的精神放松一下。故选 A。

【4 题详解】

考查动词词义辨析。句意：她手里拿着的东西看上去像野草，枯萎了，变成了褐色，花也结籽了。A. put 放；B. held 拿着；C. moved 搬动；D. picked 拾起。根据“Her eyes to the ground, she stretched out her arm and said, “Look what I found!””可知，小女孩手里拿着像野草的东西。故选 B。

【5 题详解】

考查形容词词义辨析。句意：但孩子还是很热情。A. cautious 谨慎的；B. upset 心烦的；C. enthusiastic 热心的；D. nervous 紧张的。根据“The man said in a low angry voice, “Just leave me alone. Get on with your playing.”” 和 but 可知，虽然男人很生气，但小女孩仍然很热情。故选 C。

【6 题详解】

考查动词词义辨析。句意：男人很生气，拒绝了她的礼物。A. accepting 接受；B. refusing 拒绝；C. throwing 扔；D. appreciating 欣赏。根据“The man was annoyed,”和“He thought she made fun of him, as others had done.”可知，男人拒绝了小女孩的礼物。故选 B。

【7 题详解】

考查副词词义辨析。句意：他把她推开，突然发现那女孩是个盲人！A. unfortunately 不幸地；B. lately 最近；

C. finally 最终；D. suddenly 突然。根据“He pushed her aside”可知，男人突然发现小女孩是个盲人。故选D。

【8题详解】

考查形容词词义辨析。句意：他感到很惊讶。A. frightened 害怕的；B. amused 愉快的；C. depressed 沮丧的；D. astonished 惊讶的。根据“He pushed her aside when ____7____ he noticed that the girl was blind!”可知，男人发现小女孩是个盲人，所以很惊讶。故选D。

【9题详解】

考查名词词义辨析。句意：这个女孩唤醒了他开始新生活的欲望。A. dream 梦想；B. potential 潜力；C. desire 要求，欲望；D. responsibility 责任。根据“He went to the hospital and saw the burn patients in treatment. He knew the “inside” was the hardest to cure. From that moment on, he knew what he’d do. He’d help these folks heal（康复）. And his____10____ would heal, too.”可知，小女孩的行为唤醒了男人开始新生活的欲望。故选C。

【10题详解】

考查名词词义辨析。句意：他的灵魂也会痊愈。A. soul 灵魂；B. body 身体；C. emotion 情感；D. appearance 外表。根据“From that moment on, he knew what he’d do. He’d help these folks heal (康复).”可知，男人从自怜，愤怒，甚至憎恨到帮助他人，所以灵魂痊愈了。故选A。

第二节 语法填空 (共10小题；每小题1.5分，共15分)

【答案】11. that

12. to experience

13. traveling/travelling

【解析】

【分析】这是一篇记叙文。作者陈述了自己环游世界的目标。

【11题详解】

考查表语从句。句意：原因是我们的世界是如此奇妙，我想探索它。分析句子结构，空处引导表语从句，从句不缺成分，引导词在从句中没有实际意义，需用连接词that引导。故填that。

【12题详解】

考查非谓语动词。句意：世界上有那么多不同的东西可以体验。空处需填动词不定式作后置定语，things to do 要做的事情，该用法是固定用法。故填to experience。

【13题详解】

考查非谓语动词。句意：在旅行中，我可以学习不同的语言，和当地人交朋友。I与其逻辑主语travel之间是主动关系，用现在分词作时间状语。故填traveling/travelling。

【答案】14. of　　15. where

16. stands

【解析】

【分析】本文是说明文。主要介绍了唯一不属于北美的夏威夷，这个州由许多岛屿组成，岛上有活火山，有政府开放的火山国家公园。夏威夷的最大的城市是Hino，位于岛的东北海岸。

【14题详解】

考查固定短语。句意：夏威夷州由 8 个较大的岛屿和 2000 个较小的小岛组成。consist of“由……组成”是固定短语，根据句意，故填 of。

【15 题详解】

考查定语从句。句意：莫纳洛亚和基劳厄亚是最活跃的活火山，在这些火山上，美国政府已经开放了火山国家公园。分析句子可知，空格处引导定语从句，先行词是 volcanoes，从句中作地点状语，用关系副词 where，故填 where。

【16 题详解】

考查主谓一致。句意：岛上最大的城市 Hino,，也是夏威夷州的第二大城市，位于这个岛的的东北海岸。分析句子可知，stand 是谓语动词，句子的主语是 The island’s largest city Hino，是第三人称单数，文章主时态是一般现在时，描述现在的事实，故句子用一般现在时，故填 stands。

【答案】17. yourself

18. bored　　19. strength

20. best

【解析】

【分析】这是一篇说明文。文章主要讲述了保持幽默的好处。

【17 题详解】

考查代词。句意：在家里，幽默感可以点亮家庭生活，所以如果可以的话，用笑话来娱乐你自己和你的家人。此处为祈使句，主语和宾语一致，空处需填 you 对应的反身代词 yourself 作宾语。故填 yourself。

【18 题详解】

考查形容词。句意：在课堂上，一个幽默的老师不会让学生对学习感到厌烦。feel 为系动词，后面需加形容词作表语，此处表示人的感受，需用-ed 结尾的形容词。故填 bored。

【19 题详解】

考查名词。句意：在医院里，幽默有时有助于减轻病人的痛苦，使他们恢复体力。空处需填名词 strength 作动词 recover 的宾语，此处表抽象概念，不可数。故填 strength。

【20 题详解】

考查形容词最高级。句意：难怪人们常说笑是世界上最好的药。根据“the world’s”可知，此处表示“世界上最好的”，使用形容词最高级。故填 best。

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）

【答案】21. D　　22. B

【解析】

【分析】本文是一篇应用文。文章主要介绍了 4 个不同的海上运动课程，包括课程的内容和收费。

【21 题详解】

细节理解题。根据文章 **Catamaran Sailing** 中的“Cost for each course (age 16 years and over): £165 non residential, £180 residential(每门课程的费用(16 岁及以上)：非住校课程 165 英镑，住校课程 180 英镑)”可知，

一个住校成年人参加两门帆船课程要花 180*2=360 英镑。故选 D。

【22 题详解】

推理判断题。根据文章第一段“With the sea on your doorstep, a large fleet of boats to choose from, and a team of experienced instructors, the outdoor activities centre is there just for you! Courses available(大海在你家门口，有庞大的船队可供选择，有经验丰富的教练团队，户外活动中心为您量身打造！可供选择的课程)”及全文内容可知，文章主要介绍了 4 个不同的海上运动课程，包括课程的内容和收费。所以推断文章最有可能出自体育广告。故选 B。

【答案】23. D　　24. A　　25. C　　26. C

【解析】

【分析】本文是一篇记叙文。文章讲述的是 Terry Fox 的故事。他从没想过他会过上非同寻常的生活。他喜欢运动，但没有人认为他有天赋。然而，Terry 的特殊之处在于他有决心。后来他患了癌症，装上了一条假腿，他决心面对它。他被认为是他人生各个领域的赢家。

【23 题详解】

推理判断题。根据第二段内容“One night Terry was looking through an article about Dick Traum, who also had an artificial leg and had run in the New York Marathon. “If he can do it,” thought Terry, “I can, too. In fact, I’ll run across Canada and raise money for cancer research. It will be a Marathon of Hope!”(一天晚上，特里正在看一篇关于迪克·特劳姆的文章，他也有一条人造腿，参加过纽约马拉松比赛。“如果他能做到，”特里想，“我也可以。事实上，我将穿越加拿大，为癌症研究筹集资金。这将是一场马拉松式的希望！”)”可推断，迪克·特劳姆的鼓舞人心的经历让特里决定穿越加拿大。故选 D。

【24 题详解】

推理判断题。根据第四段的“Because Terry had an artificial leg, running wasn’t easy or straightforward. He had to move by jumping on one foot twice and then take a long step with his real leg. Although it looked awkward, he still kept on running. His action made people join him as he ran(因为特里有一条假腿，所以跑步既不容易，也不直接。他必须用一只脚跳两次，然后用他真正的腿迈出了一大步。虽然看起来很尴尬，但他仍然继续跑。他的行动促使人们加入他一起跑步)”可知，特里跑步的情景感动了人们，人们纷纷加入他一起跑步。故选 A。

【25 题详解】

细节理解题。根据倒数第二段的“Then, outside Thunder Bay, Ontario, Terry felt a sharp pain in his chest. The pain was from cancer; this time in his lungs. He had to abandon the Marathon after 3, 339 miles.(然后，在安大略省的雷湾外，特里感到胸口一阵剧痛。疼痛来自癌症, 这一次是在他的肺部。他不得不在跑了 3339 英里后放弃了这次马拉松。)”可知，来自癌症的身体剧痛让特里最终放弃了马拉松跑步。故选 C。

【26 题详解】

推理判断题。根据第一段的“They showed that he had cancer. He was going to lose his leg and be given an artificial one.(检查显示他得了癌症，将会失去一条腿，安装一条假腿)”；第三段的“And then he also began to run a little every day. Each day he ran a little farther. It is 5,300 miles across Canada.(然后他也开始每天跑一点，每天都要再跑多一点，横跨加拿大 5300 英里)”，第四段的“Although it looked awkward, he still kept on running.(虽然看起来很尴尬，但他仍然继续跑。)”可推断，特里尽管患了癌症，换了一条假腿，仍旧穿越加拿大募捐，

使用假腿跑步很尴尬，但特里仍旧坚持跑步，因此推断特里是意志坚强的。故选 C。

答案】27. D　　28. A　　29. A　　30. B

【解析】

【分析】这是一篇说明文。文章讲述了更多的人购买了电动汽车使得石油消费下降，然而 SUV 的受欢迎程度也在持续增长，这使得减少二氧化碳排放和实现气候目标变得更加困难。

【27 题详解】

细节理解题。根据文章第五段“Globally, there are now more than 280 million SUVs being driven, up from fewer than 50 million in 2010.（在全球范围内，目前有超过 2.8 亿辆 SUV 被驾驶，而 2010 年这一数字还不到 5000 万辆。）”可知，目前全球 SUV 的使用量是 2010 年的 5 倍多。故选 D。

【28 题详解】

推理判断题。根据文章第二段“The growing popularity of SUVs is making it even harder to cut carbon dioxide emissions and meet climate goals.（SUV 越来越受欢迎，这使得减少二氧化碳排放和实现气候目标变得更加困难。）”和文章第六段“The increase in SUVs in 2020 led to a rise in oil consumption that cancelled out the effect of electric cars, says Petropoulos… SUVs rose by more than 500 megatonnes.(Petropoulos 说，2020 年 SUV 的增加导致了石油消耗的增加，抵消了电动汽车的影响。过去十年的情况也大致如此。从 2010 年到 2020 年，由于燃油效率的提高以及转向电动汽车等因素，传统汽车的全球二氧化碳排放量下降了近 350 万吨。越野车的排放量增加了 500 多万吨。)”可知，它可能会对空气质量产生有害的后果。故选 A。

【29 题详解】

推理判断题。根据文章第一段“The bad news is that SUVs continued to grow in popularity, too.（坏消息是 suv 的受欢迎程度也在持续增长。）、文章第二段“The growing popularity of SUVs is making it even harder to cut carbon dioxide emissions and meet climate goals.（suv 越来越受欢迎，这使得减少二氧化碳排放和实现气候目标变得更加困难。）”和文章第七段““While the growth in EVs is encouraging, the increase in SUVs is heart-breaking,” says Glen Peters at the CICERO climate research centre in Norway.（挪威西塞罗气候研究中心的格伦•彼得斯说:“虽然电动汽车的增长令人鼓舞，但 SUV 的增长却令人心碎。”）”可推知，SUV 的购买应该减少。故选 A。

【30 题详解】

推理判断题。根据文章最后一段“Even if it happens, switching to electric SUVs isn’t an ideal solution. Due to their size and bigger batteries, it takes more resources to build electric SUVs, and they consume around 15 percent more electricity. Higher electricity demand makes it harder to green the electricity supply.（即使发生这种情况，换成电动 SUV 也不是一个理想的解决方案。由于它们的体积和更大的电池，制造电动 SUV 需要更多的资源，它们大约多消耗 15%的电力。更高的电力需求使得环保电力供应变得更加困难。）”可推知，作者对于电动 SUV 持反对意见。故选 B。

【答案】31. C　　32. C　　33. B　　34. A

【解析】

【分析】本文是一篇说明文。文章通过调查和举例阐明主题——永怀感恩之心。

【31 题详解】

词义猜测题。根据下文“Those who recognize the goodness in life, no matter how simple or automatic, are more likely to be sensitive to the needs of others and to help whenever they can.（那些能意识到生活美好的人，无论多么简单或自然而然，都更有可能对他人的需求敏感，并尽可能地提供帮助。）”可知，感恩建立同理心基础上的，所以 empathy 指的是“理解他人感受的能力”。故选 C。

【32 题详解】

推理判断题。根据第三段“Offering fitness classes or carrying out flexible work schedules are just a few things that, when paired with gratitude, can lead to more productive, engaged and happier working professionals.（提供健身课程或实行灵活的工作时间安排，如果能与感恩相结合，就能让工作更有效率、更投入、更快乐。）”可推断，明智的企业应该提高员工的幸福感。故选 C。

【33 题详解】

推理判断题。根据第七段“The old saying goes “It’s never too late to say you’re sorry,” but the same is true of gratitude.（老话说:“说对不起永远不晚”，但感恩也是如此。）”可推断，作者在第六段提到了他自己的经历是为了表达感激永远不嫌晚。故选 B。

【34 题详解】

主旨大意题。根据最后一段“Taking the time to thank people for their work, kindness or empathy-whether it was today, last month or many years ago-makes you happier, healthier and more self-aware. And that’s a gift worth celebrating 365 days a year.（花点时间感谢别人的工作、善良或同情——不管是今天、上个月还是多年前——会让你更快乐、更健康、更有自知之明。这是一年 365 天都值得庆祝的礼物。）”及全文可知，本文阐述的主题是我们要永怀感恩之心。故选 A。

第二节（共 5 小题；每小题 2 分，共 10 分）

【答案】35. D　　36. E　　37. G　　38. F　　39. B

【解析】

【分析】这是一篇说明文。文章主要讲述了如何避免过度承诺带来的压力和问题。

【35 题详解】

根据上文“Overcommitment happens when you decide to do more things than you realistically have time to do.（当你决定做的事情比你实际有时间做的要多的时候，过度承诺就发生了。）和下文“Your quality of life also suffers because overcommitment leaves you less time to take care of yourself.（你的生活质量也会受到影响，因为过度承诺会让你照顾自己的时间减少。）”可知，空处提到了过度承诺带来的不利影响。D 项：When this happens, the quality of your work suffers.（当这种情况发生时，你的工作质量就会受到影响。）符合语境。故选 D。

【36 题详解】

根据上文“The total amount of time you have each day equals 24 hours minus（减去）the time you need for basic wellness activities.（你每天的总时间等于 24 小时减去你需要的基本健康活动的时间。）”可知，空处提到了一些基本健康活动。E 项：These include things like sleeping, eating and showering.（这些包括睡觉、吃饭和洗澡。）符合语境。故选 E。

【37 题详解】

根据下文“Schedule times for everything you need to do – including taking care of yourself. But you don’t have to fill every blank space.（为你需要做的每件事安排时间——包括照顾自己。但你不需要填满所有的空白。）可知，空处提到了时间表有助于避免过度承诺。G 项：One tool that may be helpful in avoiding overcommitment is a calendar.（一个可能有助于避免过度承诺的工具是日历。）符合语境。故选 G。

【38 题详解】

根据上文“It’s also worth looking at your current commitments. Do your commitments actually match your priorities?（这也值得看看你现在的承诺。你的承诺真的符合你优先考虑的事情吗？）”可知，空处提出建议适当地放弃一些承诺或者交给别人去做。F 项：Could you give up some of them or pass them off to other people?（你能不能放弃一些或者把它们传递给其他人？）符合语境。故选 F。

【39 题详解】

根据下文“That’s because my first instinct（本能反应）is usually to say yes, even if I don’t really have time.（这是因为我的第一反应通常是同意，即使我真的没有时间。）”可知，空处与下文形成转折关系，说明自己会要求有思考的时间。B 项：I always ask for some time to think.（我总是要求一些时间去思考。）符合语境。故选 B。

第三部分：书面表达（共两节，32 分）

第一节（共 4 小题；第 1、2 小题各 2 分，第 3 小题 3 分，第 4 小题 5 分，共 12 分）

【答案】40. Because knowing what motivates people can help them find meaning in their work and make efforts to reach their goals.

41. He classified them into 3 main motivations: achievement, affiliation and power.

42. ***Since the external motivations involve money, social position and praise, which are often used as tools by bosses, <u>they are more dependable than the internal ones.</u>***

In the text, the author points out that internal motivations tend to be more reliable than external ones because they represent things that can never be taken away.

43. 言之有理即可

【解析】

【分析】这是一篇说明文。文章介绍知道自己工作的动机能帮助你找到工作的意义，并努力实现目标。心理学家有各种各样的方法来描述和区分动机。文章主要介绍了 David McClelland 确定的人们的三个主要动机：成功的感觉，亲密的关系和影响世界的能力。

【40 题详解】

考查细节理解。根据文章第一段“Why do you pull yourself out of bed every morning to go to work or school? What does it take to make you feel like your contribution in those places is truly worthwhile? Knowing what motivates you can help you find meaning in your work and make efforts to reach your goals.（为什么你每天早上都要从床上爬起来去上班或上学?怎样才能让你觉得自己在这些地方的贡献是值得的?知道自己工作的动机能帮助你找到工作的意义，并努力实现目标。）”可知，知道工作的动机能帮助你找到工作的意义，并努力实现目标，故答案为 Because knowing what motivates people can help them find meaning in their work and make

efforts to reach their goals.

【41 题详解】

考查细节理解。根据文章第二段第二句“Psychologist David McClelland identified three main motivations for people: achievement (the feeling of success), affiliation (close relationships) and power (the ability to influence the world).（心理学家 David McClelland 确定了人们的三个主要动机:成就(成功的感觉)，归属(亲密的关系)和权力(影响世界的能力)。）”可知，David McClelland 确定了人们的三个主要动机就是，成就(成功的感觉)，归属(亲密的关系)和权力(影响世界的能力)，故答案为 He classified them into 3 main motivations: achievement, affiliation and power.

【42 题详解】

考查细节理解。根据文章第三段最后一句“These ideals, called internal motivations, tend to be more reliable than external ones because they represent things that can never be taken away.（这些理想被称为内部动机，往往比外部动机更可靠，因为它们代表着永远不能被拿走的东西。）”可知，文章指出内部动机往往比外部动机更可靠，因为它们代表的东西永远不能被拿走，故答案为 ***Since the external motivations involve money, social position and praise, which are often used as tools by bosses, <u>they are more dependable than the internal ones.</u>*** In the text, the author points out that internal motivations tend to be more reliable than external ones because they represent things that can never be taken away.

【43 题详解】

开放题。回答时先说出自己生活中的动机，然后再陈述是它是如何影响你的。答案言之有理即可。

第二节（20 分）

44. 【答案】Dear Jim,

Knowing that you’re interested in space science, I’m delighted to tell you that a Space Exploration Week will be held in our school next month. Welcome to join in it.

It aims to raise the students’ awareness of exploring space and motivate students to love science. In the Space Exploration Week, students will take part in various activities, such as watching science fiction films on the theme, attending a lecture named “Going into Beautiful Space”, reading books about space discovery, visiting an exhibition about vast space and so on.

I believe it will enrich our mind. Come and join us! I’m looking forward to your participation.

Yours,

Li Hua

【解析】

【分析】本篇书面表达是一篇应用文。要求考生给给 Jim 写一封邮件，邀请他参加学校将于下个月开展“探索太空”主题活动周。

【详解】1.词汇积累

高兴的：delighted→glad

参加：take part in→participate in

激励：motivate→inspire

参观：visit→look around

2.拓展句式

简单句变复合句

原句：It aims to raise the students' awareness of exploring space and motivate students to love science.

拓展句：It is held so that it can raise the students' awareness of exploring space and motivate students to love science.

【点睛】[高分句型 1]

Knowing that you're interested in space science, I'm delighted to tell you that a Space Exploration Week will be held in our school next month.（that 引导宾语从句，knowing 为现在分词作状语）

[高分句型 2]

In the Space Exploration Week, students will take part in various activities, such as watching science fiction films on the theme, attending a lecture named "Going into Beautiful Space", reading books about space discovery, visiting an exhibition about vast space and so on.（动名词短语作宾语）