2023北京通州高三一模

英　　语

2023年4月

本试卷共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，请将答题卡交回。

第一部分：知识运用（共两节，30分）

第一节（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。

As the foreign English teacher at my school, I have a weekly English music broadcast where I showcase different English songs. I try to get the students to recommend songs to me for the broadcast. At the broadcast, I usually announce who recommended the song and then 1 it for everyone to hear during lunch time. I offer everyone an opportunity to share themselves through their music, including one 2 student of mine.

This student 3 gets into fights with the other students, doesn't study, and brings down the energy of the class.Most of the other teachers and students push him away. I knew though that he just needed a friend, or at least someone he could 4 with.

I could tell he was warming up to me over the last year.I told him to 5 a song he likes that has some English words in it and I would play it on the broadcast for him.He eventually recommended a song. I actually really liked the song so I put it on the broadcast and made sure to announce his name,so everyone knew that he 6 and recommended such a great song.

Needless to say,the boy was 7, and he's been much happier and focused in English class ever since. While everyone else misunderstood him and pushed him away, I saw him right through and knew that he just needed someone who 8 him.

There's still a language 9 between us, but words aren't needed, because you can always sense where you're at with someone. He recently walked by me and gave me the most genuine smile that I'd ever seen. My coworker turned to me and said “I've never seen him smile like that before. How did you get through to him?” “I gave him a 10 ,”I said, “through just one song.”

1. A. accept	B. play	C. choose	D. change
2. A. absent	B. anxious	C. tough	D. quiet
3. A. constantly	B. finally	C. carefully	D. obviously
4. A. cooperate	B. agree	C. argue	D. connect
5. A. think of	B. listen to	C. talk about	D. hand out
6. A. gathered	B. contributed	C. remembered	D. wrote
7. A. interested	B. confused	C. astonished	D. excited
8. A acknowledged	B. persuaded	C. entertained	D. impressed
9. A. trap	B. boundary	C. barrier	D. disorder

10. A. word B. chance C. gift D. game

第二节（共10小题；每小题1.5分，共15分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写1个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。请在答题卡指定区域作答。

A

Last year I ruined my summer vacation by bringing along a modern convenience that was too convenient for my own good: my tablet. I stuck to my workday diet of four newspapers each morning. And that was the problem: I was behaving as if I were still in the office,11 (stick)to the unending news cycle. My body was on vacation 12 my head wasn't. So this year I make up my mind to try something different: staying away from the Internet. I know it won't be easy, but I am determined. A vacation 13 (suppose) to help you reset your brain to become more productive.

B

Despite the rapid progress of society, there is a widespread recognition that the quality of life in large cities is getting much 14 (bad). The proper way to tackle this problem is developing mixed-use areas. Mixed-use areas, for example, may contain offices and businesses, apartments, and entertainment facilities. 15 (apparent),they attract people who want to live and work in the same area. Therefore, people spend less time in cars driving to work and play, 16 in turn reduces pollution and possibly improves the well-being of the population.

C

Traditional Chinese tea-making 17(consist)of knowledge, skills, and practices about the management of tea plantations, picking of tea leaves, and the processing, drinking, and sharing of tea. Not only are tea-related customs found across the country, but also they 18 (influence) the rest of the world since ancient times through the ancient Silk Road and trade routes. Teas have pleased and fascinated the world 19 thousands of years. They have finally received top-level global recognition as a 20 (share) cultural treasure of humankind.

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

Through interacting with people and the outdoors, a cycling holiday can boost both your physical and mental well-being. We have researched the best routes for the perfect cycling holiday here in the UK. With locations across the UK, you'll be sure to find your next cycling destination here.

Camel Trail

The best cycling route here in the UK is the Camel Trail in North Cornwall. Stretching 27.8 kms from Padstow to Wenfordbridge, this cycling route is not only a fairly flat cycle, but is also home to some breathtaking views of the coast and family-friendly camping spots. Perfect for families, the Camel Trail follows alongside sandy beaches and villages along the way, meaning there's more to discover.

Tissington Trail

The Tissington Trail takes you from Ashbourne in the Derbyshire Dales, all the way up to Parsley Hay. Taking you through the south of the beautiful Peak District, the Tissington Trail follows an old railway line which still has the former station platforms. Filled with lots of history and nature, and only a 25-minute drive to Alton Towers for a bit of added fun, this holiday is jam-packed with plenty to do for the whole family.

Derby Canal Path and Cloud Trail

The Derby Canal Path and Cloud Trail stretches 21.4 kms from Derby to the market town of Loughborough. Taking you along the picturesque countryside, and waterside sections, this cycling route has it all. Local attractions on the route include Melboume Hall and Gardens, and Melboume Animal Farm.

Marriott's Way

The Marriott's Way is another long distance cycle and footpath that starts in Norwich and finishes in Reepham. Perfect for cycling through Norfolk's picturesque woodlands, the Marriott's Way also passes through picturesque small towns and villages including Attlebridge, Whitwell, and Theme Thorpe. The Marriott's Way cycling trail has the steepest ascent out of the four best cycling holidays, so may be the best for those who are keen riders.

If you choose to venture out on a cycling holiday this year, you'll feel the benefit of spending time with family and friends while exploring some of the UK's most scenic and enjoyable cycling routes. Take your pick from our best cycling holidays in the UK for your next staycation, whether you're a novice rider or looking for a challenge.

21.What can people gain from a cycling holiday?

A.Improved cycling skills.

B.Better mood and stronger body.

C.Increased knowledge of the ocean.

D.Deepened understanding of green travelling.

22.If you are interested in the beautiful scenery and history, you can choose

A.Camel Trail

B.Tissington Trail

C.Derby Canal Path and Cloud Trail D. Marriott's Way

23. What is the main purpose of this passage?

A.To discuss the benefits of cycling.

B.To encourage people to go cycling.

C.To introduce some cycling holiday tracks.

D.To analyze the differences among the four routes.

B

I still remember how a pet mouse was popular among my classmates in Broadbeach State School. One day, my friends and I decided to buy a pet mouse. The pet shopkeeper wouldn't sell us one until he got our parents' letter that could show their permission for us to get a pet. So, having the neatest handwriting, I faked one. The store owner quickly saw through my handwriting and asked me to contact my mother to confirm the situation. My trick quickly failed, and it was all messed up.

My mum got very angry and felt that the punishment should fit the crime. Knowing that my writing was poor and always in need of improvement, she made me write letters to a few randomly selected relatives. One of them was my uncle whom I'd only met a few times when I was a kindergartner. I wrote a long letter detailing my life and listing my interests.

My punishment was complete. I forgot about this until I suddenly got a reply from my uncle. “How lovely to hear from you,” he said, and went on to tell me all about his life. He'd love to hear about what subjects at school I enjoyed. And so started a correspondence（信件往来）that went on for several years. He turned out to be the most fascinating man.

Then out of the blue, he died. My mum took the phone call and she was shocked. She deeply regretted it as they had not really spoken for years because of their busy life and workload. I went upstairs and produced a box of letters, the last one being from just a few days before he had passed away. My mum began to read them and knew that although she hadn't been in touch, I had grown close to him by writing to him, which relieved and calmed her. In fact, I then became close to his wife, whom I also wrote to for many years.

I often think about how that one naughty childhood crime led to such an enriching correspondence that stretched on for many years. It encouraged me to write to lots of other people in fact, and it's something I keep up with to this day. Besides, receiving a letter is such a lovely surprise. Be bold and write to someone you maybe don't know that well. Who knows where it will lead?

24.Why did the author's mum ask him to write a letter to his uncle?

A.Because he did something wrong.

B.Because they hadn't spoken for years.

C.Because his uncle wanted to hear from them.

D.Because he wanted to share his joy of owning a pet.

25.What can we learn about the author?

A.He ended the correspondence after his uncle passed away.

B.He found his uncle extremely interesting and attractive.

C.He was not interested in keeping in contact with his uncle.

D. His mum kept close contact with his uncle through letters.

26.How did the author's mother feel when reading the letters?

A.Comforted.

C.Astonished.

B.Regretful.

D.Pleased.

27.What main message does the writer express in the passage?

A.We should appreciate something before it's gone.

B.Writing letters can be a way to make up for past mistakes.

C. It's important to tell the truth and be honest in your writing.

D.Writing letters has the power of strengthening bonds with others.

C

Remember your first day of school? How did your mum pick out your clothes the day before and how nervous did you feel when entering the classroom? Or what about the first time you rode a bike，with all of the excitement coursing through your veins（静脉）？Some memories stick with us and we can recall them like scenes in a movie. These are known as episodic memories.

A new study published in the journal, Proceedings of the National Academy of Sciences, has shown that certain cells, called time cells, make this type of memory possible. These cells help us form clear memories in chronological（时间顺序的）order. As memories are being formed. these time cells put a stamp on the memories. Later, this stamp helps us recount the exact sequence of events and experiences.

The 27 participants in the study had electrodes placed in their brains. This allowed scientists to measure cell

activity in the hippocampus（海马体）and another area involved in the perception of time. The participants were shown sequences of 12 to 15 words on a computer screen in a period of about 30 seconds. Then they were asked to recall the words. During this time, the scientists looked at the activity of different brain cells. They found that specific cells fired signals during each sequence of words. “The time cells that we found are marking out discreet（不显眼的）segments（片段）of time within…this approximately 30-second window，”said Brad Lega, a neurosurgeon at the University of Texas Southwestern Medical Center, US. This proves the possible existence of time cells in the human brain.

Gyorgy Buzsaki, a professor at New York University, said the study is important as it can explain memory problems found in people who suffered damage to their hippocampus. In one experiment, scientists compared the memories of people who had just taken a tour of a college campus. Those without damage to their hippocampus had similar stories. However, those who had suffered damage to this area of the brain were unable to recall the proper sequence of events.

The number of people suffering from memory disorders is increasing significantly. As of Sepetmber 2019，around 50 million people worldwide were suffering from dementia（痴呆），and the number will triple by 2050, according to the World Health Organization. Such studies will help scientists develop better medical interventions for people suffering from Alzheimer's disease, the cause of 60 to 70 percent of dementia cases.

28.What does the underlined word “recount" in Paragraph 2 probably mean?

A.Decide.

B.Tell.

C.Create.

D.Predict.

29.What can we learn from the study?

A.Most of the participants could not recall the word sequence.

B.Participants were required to speak out the words within 30 seconds.

C.People with damaged hippocampus could also recall the sequence of events.

D.While the participants were recalling the words, certain brain cells released signals.

30.What does the study try to find out?

A.How humans' feeling of time changes over time.

B.How often brain cells send signals during an event.

C.How brain cells work to remember sequences of events.

D.How the brain memorizes events that people have experienced.

31.What can the study be applied to?

A.Finding the true cause of dementia.

B.Discovering time cells in creatures.

C.Finding ways to cure memory disorders.

D.Deciding the reason for Alzheimer's disease.

D

You may have heard of the Tasmanian tiger-but you most certainly have never seen one. Along with many other species over the past hundred years, this creature became extinct because of humans. Now, scientists in Australia and

the US are trying to bring it back to life.

Bringing species back from the dead is known as de extinction. Though it sounds like something from a science fiction movie, new technologies have made de-extinction a very real possibility. To “bring back” an extinct species, scientists take stem cells from a closely related living animal and edit the genes. Then, the cells grow into a new animal. This new animal is not an exact copy of the extinct one, but it's very close. In theory, scientists could create entire populations of animals and set them free in the wild.

If successful, the de-extinction project in Australia could have a favorable impact on the environment. Tasmanian tigers could help bring balance to Australia's remaining forests by hunting and killing animals that are harming the trees. Indeed, something similar happened when wolves were reintroduced to Yellowstone Park in 1995, with deer and plant populations rebalanced as a result.

De-extinction is not a perfect solution, however. For one thing, it won't change the human behaviors that cause animals to become extinct in the first place. If we continue polluting and destroying the environment, animals will continue to die out. The only way we can truly protect them is by changing our habits. Bringing extinct species back to life won't magically make us respect nature more.

Also, the money that we spend on de-extinction would probably be better spent on other conservation projects. Or, as those against de-extinction would put it, it's better to spend money on the living rather than the dead. The reason for this is that, compared to other efforts, de extinction is extremely expensive. In fact, for the cost of bringing one extinct species back to life, traditional conservation efforts could save up to eight threatened ones.

The power of science is amazing, but it might be time for us to stop and decide whether de-extinction is something we really want to achieve. With the technology we currently have, the question is no longer “can we?” but “should we?”

32.Why does the writer mention “wolves introduced to Yellowstone Park”?

A.To test the effect of de-extinction.

B.To discuss the importance of de extinction.

C.To illustrate the possible effect of de-extinction.

D.To present a successful example of de extinction.

33.What can we learn about de-extinction in the passage?

A.It demands large expenses.

B.It helps adjust human behaviours.

C.It threatens the current ecosystem.

D.It restores the balance between humans and nature.

34.What is the author's view on de-extinction?

A.Neutral.

C.Supportive.

B.Opposed.

D.Unconcerned.

第二节（共5小题；每小题2分，共10分）

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

Whether it is in a family board game, or during competitive sports, it can be easy to spot sore losers. During those times when we are faced with loss. sore losers struggle more than others.

When sore losers notice that they are lowering in the rankings, they may try to win at all costs. 35 Therefore, they're prepared to do anything in their power to avoid them even if that involves immoral behaviours.

36 They constantly calculate their unlikelihood of a win in the competitions. And when the risk of losing is very high, they will immediately withdraw from the game. That's because quitting is the last way to ensure losing doesn't happen.

Perhaps the biggest revealing of sore losers is their attitude. 37 This can be linked back to evolutionary benefits,as channeling this frustration helped our ancestors succeed.After losing a hunt,for example,these feelings made them try harder until they were successful.

What can we do to avoid becoming sore losers? One way in the first place is to play and explore what you're good at without any success criteria. Then when it does come to losing, identify what was within your control and whether it was down to luck, talent, or practice. 38 Winning feels essential now, but how will the result affect you tomorrow? Chances are, it-won't be as significant then. 39

A.These thought processes can help you to gain insight.

B.The strategy may involve the participant becoming angry beforehand.

C.Giving up before the results are finalized is another sign of sore losers.

D.This is because the loss will bring about some unwanted negative feelings.

E.For many people, controlling anger is impossible as their loss is announced.

F.Most of us can accept the negative consequences of losing a fierce competition.

G.Another way is to consider the consequences of winning or losing in your future.

第三部分：书面表达（共两节，32分）

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

阅读下面短文，根据题目要求用英语回答问题。请在答题卡指定区域作答。

Scientists are increasingly warning that sitting for long periods even if you also exercise regularly could be bad for your health. And it doesn't matter where the sitting takes place at the office, at school, in the car or before a computer or TV -just the overall number of hours it occurs. Several studies suggest people who spend most of their days sitting are more likely to be fat, have a heart attack or even die.

In an editorial published this week in the British Joumal of Sports Medicine, Elin Ekblom-Bak of the Swedish School of Sport and Health Sciences suggested that authorities rethink how they define physical activity to highlight the dangers of sitting.

While health officials have issued guidelines recommending minimum amounts of physical activity, they haven't suggested people try to limit how much time they spend in a seated position. “After four hours of sitting, the body starts to send harmful signals,” said Ekblom-Bak. She explained that sitting too long slows the metabolism-which affects our ability to regulate blood sugar and blood pressure, and metabolise fat-and may cause weaker muscles and bones.

Even for people who exercise, spending long periods of time sitting at a desk is still harmful. Tim Armstrong, a physical activity expert at the World Health Organization, said people who exercise every day-but still spend much time sitting-might get more benefits if that exercise was spread across the day， rather than in a single bout

（一回）.

Experts said more research is needed to figure out just how much sitting is dangerous, and what might be possible to offset（抵消）those effects.

“People should keep exercising because that has a lot of benefits,” Ekblom-Bak said. “But when they are in the office, they should try to interrupt sitting as often as possible,” she said.

40.What are the possible bad effects of sitting for a long time?

41.What is the next step for the current research on sitting long hours?

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

- Sitting for long periods is bad for your health. However, doing exercise once a day is enough to get rid of the impact of sitting too much.

43.What habits do you think are good for your health? Why?

第二节（20分）

假设你是红星中学的学生李华。你校交换生Jim对中国的非物质文化遗产非常感兴趣，这个周末在国家博物馆将举办一场非遗文化展。请你给Jim写一封电子邮件，邀请他一同前往。邮件内容包括：

1．介绍活动；

2．发出邀请。

注意：1．词数100左右，开头和结尾已经给出，不计入总词数；

2．可以适当增加细节，以使行文连贯。

提示词：国家博物馆 National Museum of China

非物质文化遗产展览 intangible cultural heritage exhibition

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（共 10 小题;每小题 15 分，共 15 分）

1-5: BCADA

6-10: BDACB

第一节(共 14 小题,每小题 2 分，共 28 分）

11.sticking.	12. but.	13. is supposed.	14. worse.	15. Apparently.
16. which.	17. consists	18. have influenced	19. for.	20. shared.

第二部分 阅读理解（共两节”8 分）

21—25: BBCAB

26—30: ADBDC

31—34: CCAB

第二节(共 5 小题,每小题 2 分，共 10 分）

35—39: DCEGA

第三部分书面表达（共两节，32 分）

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

40. It is more likely for people who sit for long hours to be fat, have a heart attack or even die.

41. More research should be done to analyse how much sitting is dangerous and how to offset the effects of sitting too long.

42. Sitting for long periods is bad for your health. However, doing exercise once a day is enough to get rid of the impact of sitting too much.

According to the passage, doing exercise once a day is not enough the experts found that exercise should be spread across the day to enhance the benefits of the exercise.

43.（略）

第二节 （20 分）

各档次的给分范围和要求:

维度 分档	内容（8 分）	语言（8 分）	结构（8 分）
一档（6—8）	内容完整，详略得当。 表述与主题相关。	语言准确，基本无语言错误; 句式多样。 语言表达基本得体。	条理清晰，结构合理。衔接自然，行文连贯。
二档（3—5）	内容基本完整。 表述与主题基本相关。	语言有一些错误，但不影响理解；句式有一定变化。 语言表达不太得体。	条理基本清晰，结构基本合理。 有一定衔接手段，行文基本连贯。

三档（0-2）	内容不完整。 表述与主题不太相关或完全无关。	语言有大量错误，影响理解。 语言表达不得体。	条理不清晰。 支离破碎。

【注释】

分数计算:本题总分 20 分，采用分项评分方式，其中内容 8 分，语言 8 分，结构 4 分。具体计算方法：总分（20 分）=内容（8 分）×1+语言（8 分）×1 +结构（8 分）×0.5。

评分时先判断作答内容与题目是否有关，若内容判为零分，语言与结构均为零分。

英式、美式拼写均可接受。

三、One possible version：

Dear Jim,

I hope this email finds you well. I am excited to tell you about the upcoming intangible cultural heritage exhibition at the National Museum of China this weekend, which I think you will be interested in.

The exhibition showcases a variety of intangible cultural heritages in China, such as Chinese calligraphy, traditional music, and folk art. Visitors can not only appreciate the beauty of these art forms but also learn about their historical and cultural significance. We can also have some hands-on activities, like making paper cuts.

I would like to invite you to join me in visiting this exhibition this weekend. It would be a great opportunity for us to explore and learn more about China's rich cultural heritage together. If you are interested, we can meet up at the museum entrance at 10 am on Saturday.

Please let me know if you can make it. I’m looking forward to hearing from you.

Yours,

Li Hua