2022 北京顺义高三（上）期末英语
（第一次统练）

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。

Thursday would be huge. But when coach announced the championship game would be a night game on Thursday, Devin's heart ___1___. The concert was at the same time as the game. And Ms. Poltis had ___2___ Devin to sing a brief solo (独唱). Thinking the soccer team was on the edge of a title and he was a big reason — he ___3___ the league in scoring, Devin frowned (皱眉). He couldn't disappoint his team by ___4___ the game.

That night, Devin lay in bed, staring at the trophies (奖杯) from races, baseball leagues and free-throw contests which ___5___ his shelves. The solo was only four lines in the middle of a song, but the thought of singing ___6___ made him shiver (颤抖). He'd never sung a solo before. Now it was a relief to know he didn't have to. The soccer game was a perfect ___7___. While at the moment Ms. Poltis' words came to his mind "I chose you not because you're the best singer but because you work hard, like the person in the song. And you have a very nice voice. So don't be nervous. Be proud." It was no secret that several other choir members had ___8___ singing voices than he did. But he liked the song, and he ___9___ how kind and inspiring Ms. Poltis always was. Finally Devin made a choice and whispered the solo with ____10____, "no matter how hard the struggle. I will never let you down…"

1. A. bled	B. sank	C. hurt	D. beat
2. A. taught	B. allowed	C. chosen	D. ordered
3. A. led	B. won	C. joined	D. formed
4. A. watching	B. playing	C. entering	D. skipping
5. A. lined	B. piled	C. covered	D. decorated
6. A. loudly	B. outside	C. alone	D. proudly
7. A. platform	B. request	C. condition	D. excuse
8. A. louder	B. stronger	C. softer	D. deeper
9. A. appreciated	B. accepted	C. confirmed	D. praised
10. A. tension	B. patience	C. sorrow	D. confidence

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。

A

Five-year-old Naomi lost her teddy bear on a hiking path ___11___ the autumn of 2020. Teddy was the first gift Naomi’s parents gave to her. Despite ___12___ (constant) checking with the lost and found, her family didn’t get the bear back. Fortunately, Ranger (护林员) Tom, ___13___ monitors actual bear activity, came across the teddy bear. He kept it and rode with it ___14___ a friend of the family spotted the bear and helped send it back home nearly a year later.

B

Starch（淀粉） is the most important component of human food. Recently, Chinese scientists have created starch ___15___（use） CO_2, hydrogen and electricity. Lab tests show that it is about 8.5 times more efficient than starch ___16___（produce） by traditional agriculture. In the near future, many countries ___17___（benefit） from the technology.

C

GBOWS is the largest research and preservation facility for rare and endangered plants and animals in Asia. For future study, the researchers have to collect the rare plant and record ___18___（detail）of the plant, including where it ___19___（find）, its size and the number of individual plants in the habitat. At GBOWS, seeds are stored in glass bottles and placed in huge freezers at-20℃. Each container has a label ___20___（enable）scientists to view information about the seeds inside.

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



Skye Meaker began taking photos when he was just seven years old. After countless photos, he nabbed his version of the perfect shot.

2018 Wildlife Photographer of the Year was South African Skye Meaker, winner of a 45,000 entry competition, just 16 years of age. Skye has been published over the years in print media not just for his photography but also voicing his opinion on conservation in South Africa and the need for more young photographers out there. For Skye, photography is not just about the competitions entered and won but also the platform it affords him to create awareness about our natural world and conserving it in the long term.



"Lounging Leopard"–
Skye Meaker's award-winning picture

Here is part of an interview to Skye from the Rational Perspective.

Host: How do you get to have the ability to see these animals in the wild?

Skye: Well, I've been fortunate enough that my parents are so passionate about the bush that it's just a by-product of me going on adventures with them that I've been able to pursue my photography because it's not something that every kid will like. I want wildlife photography. So it's quite a unique situation for me. It's something that I have been brought up and something I've been fortunate to experience.

Host: How do you take a good picture of a leopard?

Skye: I had been following Limpy (the Leopard) for many years and she holds a special place in my heart. I had grown alongside her. For me, the perfect shot is one where I feel as if I'm not really there. It's one where the animal is comfortable enough to behave as if I'm not there. I like to feel immersed in the moment and capture nature at its most natural. I like to focus on what I would like to see in the moment and what I feel. So in my winning picture I saw the peace and tranquillity of the moment, and that's what I tried to capture.

21. What does Skye think of photography?

A. A platform to show needs.　　B. A way to gain good reputation.

C. A chance to get close to natural world.　　D. A place to raise awareness of conservation.

22. Which of the following enables Skye to observe wild animals?

A. His learning experience.　　B. Winning the competition.

C. Adventuring with his parents.　　D. His photography knowledge.

23. What is the real reason for Skype's success?

A. He stayed in the wild peacefully.　　B. He captured the animal to take pictures.

C. He found a special place for the animal.　　D. He took the photo of the animal in its natural state.

B

It has always been horrible for me to picture my life in old age. My recent visits to the senior care center, however, eased some of my fears and provided valuable food for thought.

Looking for meaningful ways to spend my weekends after my exams, I signed up to a program of arts and crafts for the elderly run by my schoolmates. I was informed that the Renci Nursing Home, where the program would be held, housed some of the less fortunate elderly in Singapore. Some background research gave me the impression that many of them suffered from physical issues and had little family support. As a result, I expected the atmosphere there to be discouraging. And, judging by the lack of interest in the painting activities, I truly sensed a feeling of purposelessness there. Given that we live in a society in which the bonds between the generations are weakening, perhaps the disappointing atmosphere in the home wasn’t surprising. The people were cut off from the ties that make life meaningful.

Is it safe to say then that our lives after retirement will likely feel aimless? But after I spoke to a Portuguese-Chinese man, I thought that this wasn’t necessarily so. At the age of 90, he displayed a surprisingly strong sense of control over his life. His liveliness was exceptional among the elderly population in the home. He had spent his life either traveling around the world as a backpacker, or working hard in Singapore to save up for his trips. He had made it a rule to learn foreign languages, exercise and eat healthily — something he continued to do during his stay in the nursing home.

While he spoke to me about how his time in London had shaped his view of cultural difference. I looked into his eves. I knew that this was the kind of control over life that I wanted for myself. I don't want to spend half of my time wandering about in foreign countries like he did, but I do want to appreciate the richness that life has to offer.

24. Why did the author go to the Renci Nursery Home?

A. Because it was run by his schoolmates.　　B. Because he meant to learn arts and crafts.

C. Because he wanted a significant weekend.　　D. Because it housed some less fortunate elderly.

25. Before the author entered the nursing home, he thought it was_____.

A. a place filled with depressions　　B. a place solving physical problems

C. a place full of impressive activities　　D. a place connecting different generations

26. What mainly helped the author change his attitude toward old age?

A. The hard work of the elderly.　　B. The liveliness of an old man.

C. The view of cultural difference.　　D. The care of the nursing home.

27. What would be the best title for this passage?

A. Caring for the Elderly.　　B. Living by His Own Law.

C. Traveling on Our Way　　D. Preparing for the Old Age.

C

Does college year seem a long way off? What about several years later? These are the dates to look toward when planning your career. The possibilities are prepared especially for those who see the big picture and have insight to research their options.

Students pick occupations for many reasons. Yet choosing something that simply sounds exciting may not be the best option. Familiarity with a career doesn't automatically make it a good profession for you. Although no one can predict the future, it makes more sense to eye trends in the economy and the workplace before making that critical decision. Picking the right field will make landing a dream job after school a reality.

Having the ability to see the big picture is key. High school graduates should research the jobs that will be in demand in 10 to 20 years to determine the best future careers as they consider further schooling. According to one guidance counselor "The key word would be 'explore'. Explore every option—don't limit yourself or sell yourself short. Think that you can do whatever you want to do." Choosing a career can be complicated because of today's rapidly changing world.

According to Next Step Magazine, up-and-coming jobs are, not surprisingly, in healthcare including dentists, medical scientists. home health aides, etc. When choosing a career in healthcare, consider how attainable it is. How long will it take to complete the necessary program? Also consider the salary, status, and quality of life of that profession. Some jobs require long hours, weekends, and holidays, while others have more traditional hours.

Sometimes a job is significantly more difficult or tedious than it appears. Selecting a career because you want to make a difference in others' lives becomes unsettling when you realize that crucial changes may not be possible due to complicated reasons.

A job's total compensation package can be critical too. It's not just about the salary. It's about healthcare benefits, paid vacation, retirement plans, stock options and other perks often available to educated and specially trained individuals.

Keeping your options open, even if the career decision seems obvious, can work to your advantage. Continue to research responsibilities. To avoid disappointment, think ahead, and try to predict where the voids will be in the career market.

28. According to the first two paragraphs, students should_____.

A. consider their dreams critically　　B. have insight into their college year

C. research before making job decisions　　D. choose good professions automatically

29. As for job option, what would the author suggest high school graduates do?

A. Pick professions in health care.　　B. Make a difference in others' lives.

C. Avoid occupations based on interests.　　D. Compare difficulties of different jobs

30. What is the passage mainly about?

A. Possibilities of finding a good profession.
B. Factors to be considered for planning a career.
C. Abilities to be needed for future employment.
D. Benefits of picking a right occupation

D

The idea of unplugged running is gaining steam in the fitness community, as recent studies show that being addicted to tracking fitness metrics can lead to negative mindsets and outcomes.

Eoin Whelan, a senior lecturer in business information systems at the National University of Ireland Galway, explores the psychology behind engagement with social media and fitness tracking apps. “People are getting more enjoyment out of gathering the data and analyzing that and sharing it with other people”, Whelan told CNN, adding that there is a big element of social comparison for those who use fitness tracking apps. “People will compare themselves to people who are better than them, who are running faster or running longer. And ultimately we know that makes them feel bad.”

Whelan also noted that people who are very reliant on smartwatches. fitness trackers or fitness apps are more likely to skip their workout if the batteries on their tracking devices are dead. It’s like we can’t interpret our own body signals. We are becoming very dependent on the technology to actually do that for us. When you ask some of the athletes a simple question like “how did you sleep last night?” they can’t answer unless they look at the data.

Other researches show that too much screen time, including looking at our smartwatch or fitness apps, has negative impacts on mental health. The information people gather from smartwatches and workout tracking apps can contribute to “information overload” problems. Having a constant flow of information due to technology can lead to stress, anxiety, loss of sleep, depression, and more. The more we allow notifications and alerts to beckon (吸引) us, the more stress and anxiety chemicals are released, making us on edge and our mental and emotional systems are flooded with a message that says, “check me now”. Some experts advocate us to create screen-free zones as well as taking “tech breaks”, where we set a 15-or 30-timer during which we don’t check our phone. The time limit tells our brain that we can check the phone soon and reduces the anxiety of feeling we have to check in all the time.

Running watch-free is beneficial for more than just the casual jogger or weekend warrior. Some professionals also have had success with leaving their watches at home. Welsh runner Steve Jones famously set a world record at the 1984 Chicago Marathon without wearing a watch. He later told journalists he didn't even know he was on world record-pace until he crossed the finish line.

It’s not all negative, though. Other studies show there are many upsides to using fitness trackers. When using these technologies, some people tend to exercise for longer and at a higher intensity as well, which is all good for their physical well- being. So ditching the data might not be best for everyone.

31. According to Whelan, why do people involve themselves in fitness tracking apps?
A. Because they fail to interpret their own body signals.
B. Because they want to learn from those who exercise better.
C. Because they skip workout when their batteries run out.
D. Because they gain satisfaction when they see the data.

32. What could “tech breaks” do for us, according to Whelan?
A. They enable our mind to relax for a while.
B. They allow us to check our phone at any time.
C. They expose our mind to crowded information.
D. They release anxiety chemicals affecting us.

33. What does the underlined word “ditching” in the last paragraph probably mean?

A. Tracking. B. Abandoning. C. Analyzing. D. Collecting.

34. What can be inferred from the passage?

A. Running watch-free gives people more motivation.

B. Professional runners do not wear a watch while training.

C. Information overload has bad effects on our mental health.

D. The setbacks of running watch-free outweigh the benefits.

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。

Alternative medicine has become much more popular in the West in recent years. ___35___ And they are turning to treatments such as homeopathy, yoga, and acupuncture（针灸）to complement or sometimes even replace the western medicine.

Acupuncture is based on the idea that energy flows through the human body along 12 lines or meridians（经络）, which end up at the organs in the body. ___36___ To remove the blockage, an acupuncturist inserts（插入）very fine needles into the body at points along the meridians. This stimulates the flow of energy, and restores the patient's health.

Acupuncture only really became well-known in the West in the 1970s as people began to travel more frequently between the two areas of the world. ___37___ However in the last few years it has become more established as an alternative to western medical treatments, since clinical tests have shown that acupuncture is effective for some conditions. ___38___ Many sportspeople have experimented with acupuncture when fighting injury. Martina Hingis, the famous tennis player, had a wrist injury cured through treatment, and NBA legend Kobe Bryant also used acupuncture on his leg. It is also used to treat depression, stress and anxiety.

___39___ In the past some people have experienced allergic reactions, broken needles and even punctured lungs while being treated, although this is very uncommon.

A. The treatment is often used to relieve headaches, dental pain, etc.

B. Illness is the result of a blockage of the energy flow to these organs.

C. The treatment is thought to increase the body's resistance to infection.

D. In the Far East, acupuncture is used to treat a wide range of complaints.

E. However, before you go, check if the acupuncturist is qualified and registered.

F. At first, doctors in the West often doubted about the medical value of acupuncture.

G. It seems that people are becoming increasingly worried about the side effects of drugs.

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，根据题目要求用英文回答问题。

Some people see colours when they hear different sounds. Others see colours when they see words and numbers printed in black and white. These interesting people are called synaesthetes, and what they experience is called synaesthesia.

A study at the University of Sussex is finding out how learning to see sounds as colours or think of letters in colour could improve your IQ and memory. One of the study leaders, Dr Bor says that carrying out these tests has given them the opportunity to find out more about how people use different kinds of memory.

Dr Bor based his latest research around something scientists already know a lot about—" chunking". He explains that this is a way of breaking large pieces of information into smaller units, to make it easier to remember. "When I give you my phone number, 01274737215, you probably remember it as 012 74 7372 15, or something similar. If you can remember 012 and the first 74, you can remember the rest. You can get some amazing benefits from chunking!"

This is really important for understanding synaesthesia. Dr Bor says that synaesthesia adds extra information to things that are difficult to remember, such as letters and numbers, or extra colours. This helps us remember things better. And Dr Bor's own study of one amazing person, who has both synaesthesia and a very strong memory advantage, supports this idea as well.

The study began as a way to test whether synaesthesia is connected to greater abilities to do certain things and aimed to create a way of learning synaesthesia to develop benefits for everyone. After training, people were able to pass the normal synaesthesia tests, and their IQ jumped up about 12 points! But Dr Bor says they need to test the increase in IQ with different groups of people apart from clever students who took part in this study.

40. According to the passage, when do people experience synaesthesia?

41. How can synaesthesia help improve memory?

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

Dr Bor has proved that the IQ of people from different groups was able to improve about 12 points after learning synaesthesia.

43. Besides synaesthesia, what do you think are some other ways to improve your memory?（**In about 40 words**）

第二节（20 分）

44. 假设你是红星中学高三学生李华。你的英国笔友 Jim 对中国学生的寒假生活很感兴趣，请你用英文给他写一封电子邮件。内容包括：

1. 介绍寒假相关信息；

2. 说明自己的寒假安排。

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（共 10 小题；每小题 1.5 分，共 15 分）

1-5 BCADA 6-10 CDBAD

第二节（共 10 小题；每小题 1.5 分，共 15 分）

11. in/during 12. constantly 13. who 14. until/till/before 15. using

16. produced 17. will benefit 18. details 19. was found/is found 20. to enable

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

21-23 DCD 24-27 CABB 28-30 CDB 31-34 DABC

第二节（共 5 小题；每小题 2 分，共 10 分）

35-39 GBFAE

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. People experience Synaesthesia when they see colours while hearing different sounds or seeing words and numbers printed in black and white.

41. By adding extra information to things that are difficult to remember, such as letters and numbers, or extra colours.

42. *Dr Bor has proved that the IQ of people from different groups was able to improve about12 points after learning synaesthesia.*

Dr Bor has proved that clever students' IQ was able to jump up about 12 points after learning synaesthesia.

Dr Bor says they need to test the increase in IQ with different groups of people apart from clever students who took part in this study.

43. 略

第二节（20 分）*Possible version*

Dear Jim,

I'm very glad to introduce Chinese students' winter vacation to you.

Winter vacation usually starts in January and ends in February. It is the time when the weather in the north is the coldest and Spring Festival, the most important traditional festival for Chinese people, is celebrated.

This winter vacation will be extremely exciting for a sports fan like me because I will enjoy watching the 2022 Winter Olympic Games. Besides, as a senior three student, I will schedule my study

and follow it to make my holiday more rewarding.

What about your recent holiday? Do you have anything interesting to share? Looking forward to hearing from you. (108)

Yours,

Li Hua