**Unit 3　On the move**

**Part 1　Starting out &Understanding ideas**

基础过关练

Ⅰ.单词拼写

1.On the graduation ceremony, I 　　　(代表) all the graduates to give a speech.

2.This advanced　　　(设备)has saved the lives of a number of newly-born children.

3.　　　(冲浪运动)is the sport of riding on waves while standing on a narrow board.

4.　　　(士兵)were marching up and down outside the government buildings.

5.The used　　　(塑料的)bags can be used to contain our family rubbish.

Ⅱ.用方框内短语的适当形式填空

to one’s heart’s content,go back to,break down,be shaped like,given (that),put down,be known as, break out

1.The National Stadium is called the Bird’s Nest because it　　　　　　a bird’s nest.

2.Sunday is our favorite day of the week because then we can sleep 　　　　　　.

3.Taking samples from the moon’s surface and returning them to Earth is the main mission of the Chang’e 5 probe.And the last successful lunar sample 　　　　　　1976.

4.　　　　　　 the requirement of course selection, our classes have been reclassified(将……重新分类).

5.Great progress has been made in the third generation of rice, developed by Yuan Longping, who 　　　　　　the “father of hybrid rice”.

6.I was still sleeping when the fire 　　　　　　, and then it spread quickly.

Ⅲ.选出黑体词在句中的正确词性及词义

①*n.*球门　②*n.*目标　③*n.*进球得分

1.Only through hard work can one achieve his final goal. (　　)

2.George scored a goal in the first minute of the game, which greatly improved the confidence of the whole team. (　　)

3.In the closing seconds of the game, the centre forward headed the ball into the goal. (　　)

①*n.*内容　②*n.*满意,满足　③*adj.*满意的,满足的

4.Tom is not content with the result of the exam and decides to work harder. (　　)

5.She hasn’t read the letter yet so there is no doubt that she is unaware of its contents. (　　)

6.I was delighted to be able to eat my favorite dishes to my heart’s content. (　　)

Ⅳ.单句语法填空

1.They fought bravely in　　　　(defend) of freedom and the interests of the people.

2.I made this decision　　　　the basis of my own experience.

3.A retail business’s location is one of the main　　　　(factor)in determining whether its business will rise or decline.

4.It was his 　　　　(assure) and belief in me that helped me see my own larger interests.

5.The police are trying to find out the cause of his sudden　　　　(die).

6.　　　　(equip) with much experience in teaching, he is respected by all his students.

Ⅴ.课文语法填空

　　Nowadays, football is one of the 　1　 (popular)sports in the world. Its history goes back over two thousand years to Ancient China. It was then known 　2　 *cuju.* Modern football started in Great Britain, 　3　 the new game rules were made.

Football is simple and very cheap to play, which　4　 (be)perhaps the basis of its popularity. People don’t need expensive 　5　(equip) and the football doesn’t cost much money.

Another factor behind its global popularity is the creativity and excitement on the field. It is 　6　(attract) to millions of people. People can see children playing to 　7　(they) hearts’ content with a ball everywhere. People also can feel the excitement of a game even without 　8　(recognise)the skill of professional players.

What’s more, it has become one of the best ways for people 　9　(communicate). It doesn’t require words,　10　everyone can understand it. It breaks down walls and brings people together on and off the field.

1.　　　 2.　　　 3.　　　 4.　　　 5.

6.　　　 7.　　　 8.　　　 9.　　　 10.

能力提升练

Ⅰ.阅读理解

A



(2021福建三明一中高一期中,id:2147486574;FounderCES)

　　Walking is the best form of exercise.It is good for the upper respiratory(呼吸的) system and the legs.It helps us control our weight and blood sugar. Walking is also a good way to help you make more friends, bringing chances to see new things and meet new people. Personally, I try to walk at least 5 miles daily.

As well as walking, I also cycle around Xiamen.Cycling is great for weight loss and helps to build stamina (耐力).However, cycling does not allow for the same level of social contact as walking. It is for this reason that I would strongly suggest that you try long-distance walking if you want to be physically healthy. I originally(最初地) started walking around Xiamen because I didn’t have a car, but I soon started to enjoy the walking for its own sake.

I have also made many friends during my walks. It’s not uncommon for my 5-mile walk to sometimes take as long as 2 or 3 hours, because I stop to chat with different shop owners along my route. These days, if I skip my walk for even one day, the people in the shops may want to know why I didn’t come.

I’ll never forget the first time some people followed me when I was walking, and asked if it was okay for them to walk with me. I really didn’t know what to say, so I just replied that I didn’t mind.I have been invited for lunch, dinner and sometimes just to sit and drink tea with total strangers. There is nothing more pleasant than walking past a schoolyard and hearing all the kids say hello to me.

1.Why did the author have to take a walk at the very beginning?

A.Because he had no car.

B.Because he enjoyed walking.

C.Because he wished to make friends.

D.Because he wanted to build his body.

2.Which of the following can replace the underlined word “skip” in the third paragraph?

A.Take up. B.Leave out.

C.Jump lightly. D.Change quickly.

3.What can be learned from the passage?

A.Walking is better than cycling.

B.To be healthy, it is better to cycle.

C.Cycling allows for no social contact.

D.The author prefers walking to cycling.

4.Why did the author tell us his walking experience in the last two paragraphs?

A.To share the unforgettable experience with us.

B.To tell us how to develop the habit of walking.

C.To show us the meaning of walking in social contact.

D.To explain to us why a usual walk took him so much time.

B



(2021北京朝阳区高一期末)

Is It a Healthy Interest?

The *Guinness* *Book* *of* *World* *Records* describes Ranulph Fiennes as the world’s greatest living explorer. His journeys include the first polar circumnavigation (极地环行) and the first unsupported crossing of the Antarctic continent on foot. So when he suffered a heart attack, it came as something of a surprise.

Exercise can benefit you highly as it reduces both the pulse (脉搏) rate and the blood pressure, thus reducing stress on the heart as it brings blood round the body. It also helps to keep the artery (动脉) walls more elastic (有弹性的).

But can you push yourself too much? On the subject of exercise, it is good to take several parts of “moderate” exercise a week,which is a little more than quick walking. “We need to be careful when we’re doing extreme sports,” says expert Len Almond. “Extreme stress can make almost impossible demands on the body’s ability to recover. The stress of extreme sports forces biochemical changes in the body, and the physical response to that kind of activity will be too extreme.”

We all know how the Olympics began. The man who ran 26 miles from the town of Marathon to Athens with news of a victory died as soon as he arrived,and the cause of his sudden death might be the heart attack. Further research was done by scientists. They studied cyclists on a race that covered 230km with a height change of 5,500m. They were interested in one particular enzyme (酶), high concentrations of which were found in those who had suffered a heart attack. The scientists found that levels of this chemical increased in most of the cyclists who completed the race. The largest increases were seen in the fastest cyclists who had trained the hardest.

Most of us will never put our bodies to such extreme sports. But if, when you hear about someone like Fiennes,you ask whether exercise is worth it, I advise you to consider your own condition. Personally, I agree with the saying: “Run not to add years to your life but to add life to your years.”

5.According to the passage, taking exercise can 　　　.

A.speed up the heart rate

B.increase stress on the heart

C.reduce the blood pressure

D.keep the artery walls straight

6.What does expert Len Almond suggest?

A.Our bodies can easily deal with physical stress.

B.Playing extreme sports is harmful to the human body.

C.We need a long period of recovery after extreme sports.

D.There is more to learn about the effect of physical stress.

7.Why is the research on the cyclists mentioned in Paragraph 4?

A.To suggest a different area of research.

B.To support the activity of taking part in sports.

C.To explain the effect of a height change on cyclists.

D.To prove that extreme sports may cause heart attacks.

8.The author believes that exercise 　　　.

A.helps you live a regular life

B.adds years to your life

C.should be done in moderation

D.will be worth the effort

Ⅱ.七选五



(2021江苏启东高一期中,id:2147486595;FounderCES)

Are you trying to find the ideal time for exercise? 　1　 Follow these tips to figure out what fitness routine works best for you.

Dawn, dusk or the dead of night—when’s the best time to work out? Well, that depends on when’s the best time for you, because the benefits of physical activity depend upon how consistent you are. 　2　 But if you’re not a morning person, it may not work for you to try to get up at dawn to work out. The key is to do what’s most likely to work for you consistently.

　3　 If you find that working out too late in the evening keeps you from falling asleep easily, shift your exercise session earlier in the day or try less intense, more mindful forms of movement.

To stay motivated, choose activities you enjoy. If you’re a social person, do something that engages you socially. Take a group exercise class, join a recreational team or walk with a group of friends.If you prefer having time alone, walking, swimming or biking solo might be a better fit for you.　4

There are so many choices.　5　 Having a variety of fitness activities to choose from may keep you from getting bored or burnt out.

A.The truth is, it’s personal!

B.Don’t limit yourself to just one.

C.There are other important considerations.

D.Use your body clock as a guide to when to go for a walk.

E.You might have heard that the best time to exercise is early in the morning.

F.If you’d like to spend more time with your family, find an activity you can do together.

G.If your schedule isn’t predictable(可预测的), you may need to be flexible and have a plan for various times of a day.

1.　　　 2.　　　 3.　　　 4.　　　 5.

Part 1　Starting out & Understanding ideas

基础过关练

Ⅰ.1.represented　2.equipment　3.Surfing　4.Soldiers　5.plastic

Ⅱ.1.is shaped like　2.to our hearts􀆳 content　3.goes back to

|  |
| --- |
|  |
|  |
| go back to作“追溯到”讲,后跟过去的时间时,不用一般过去时,而用一般现在时。 |

　4.Given　5.is known as　6.broke out

Ⅲ.1.②　句意:只有通过努力,一个人才能实现他的最终目标。goal *n.*目标。

2.③　句意:乔治在比赛的第一分钟就进了一球,这大大提高了整个球队的信心。goal *n.*进球得分。

3.①　句意:在比赛的最后几秒钟,中锋用头将球顶进了球门。goal *n.*球门。

4.③　句意:汤姆对考试结果不满意,决定更加努力学习。content *adj.*满意的,满足的。

5.①　句意:她还没读那封信,所以毫无疑问她不知道信的内容。content *n.*内容。

6.②　句意:我很高兴能够尽情地吃我最喜爱的菜肴。content *n.*满意,满足。

Ⅳ.1.defence　考查名词。句意:他们为捍卫自由和人民的利益而英勇战斗。根据空前介词in可知,本空应用名词形式。in defence of意为“为捍卫……,为保卫……”。

2.on　考查介词。句意:我基于自己的经验作出了这个决定。on the basis of意为“在……基础上;根据……”,故本空应用介词on。

3.factors　考查名词复数。句意:零售商的店址是决定其生意兴衰的主要因素之一。one of后应跟可数名词复数,意为“……之一”,故本空应用名词的复数形式。

4.assurance　考查名词。句意:正是他的保证和对我的信任帮助我看到了我的更大兴趣所在。设空处前有形容词性物主代词his修饰,设空处应用名词形式。assurance“保证”,符合语境。

5.death　考查名词。句意:警方正试图找出他突然死亡的原因。根据空前形容词sudden可知,本空应用名词death“死亡”。

6.Equipped　考查非谓语动词。句意:由于教学经验丰富,他受到他所有学生的尊敬。分析句子结构可知此处应用非谓语动词短语作状语,equip与句子主语he之间是被动关系,所以答案为Equipped。

Ⅴ.1.most popular　考查形容词的最高级。根据句意和设空处前的the可知,此处应用形容词的最高级,故填most popular。

2.as　考查介词。be known as意为“作为……而出名;被称为……”,是固定搭配。故填as。

3.where　考查定语从句。分析句子可知,设空处引导非限制性定语从句,Great Britain是先行词,关系词在从句中作地点状语,故用关系副词。故填where。

4.is　考查时态和主谓一致。此处为非限制性定语从句,which代指前面的句子,故谓语动词用单数,且此处介绍的是一般事实,应用一般现在时。故填is。

5.equipment　考查名词。根据语境可知,此处指人们不需要昂贵的设备。设空处前有形容词修饰,故设空处应用名词。故填equipment。

6.attractive　考查形容词。is是系动词,后面应用形容词,attractive是形容词,意为“有吸引力的”。故填attractive。

7.their　考查代词。to one􀆳s heart􀆳s content尽情地,心满意足地,是固定搭配。根据提示词they可知,此处应填their。

8.recognising　考查非谓语动词。without是介词,其后用名词或动名词,故填recognising。

9.to communicate　考查非谓语动词。此处是不定式作定语,the way to do sth.做某事的方法。故填to communicate。

10.but　考查连词。句意:它不需要语言,但是每个人都可以理解它。此处表示转折,故填but。

能力提升练

Ⅰ.A

◎语篇解读　本文是一篇记叙文。作者通过亲身经历告诉我们散步是最好的运动方式,并且散步也有助于人们的社会交往。

1.A　细节理解题。根据第二段最后一句I originally(最初地) started walking...for its own sake.可知,作者最初在厦门不得不走路是因为那时他没有车。故选A。

2.B　词义猜测题。根据画线词后面的the people in the shops may want to know why I didn􀆳t come可知,这里是说哪怕作者有一天没有散步。take up开始从事;leave out遗漏,省去;jump lightly轻轻地跳;change quickly很快地变化。故选B。

3.D　推理判断题。作者在文中谈到了散步的好处,与骑自行车相比,散步更能广交朋友,拓展视野,故作者更喜欢散步,故选D。A项和B项说法太绝对,文章并不是讲散步和骑自行车哪个更好;C项与第二段中的However, cycling does not allow for the same level of social contact as walking.矛盾。

4.C　推理判断题。根据文章最后两段可知,作者在散步过程中结识了许多不同的朋友,即散步在社交方面的意义。故选C。A项“为了与我们分享难忘的经历。”,B项“为了告诉我们如何养成散步的习惯。”和D项“为了向我们解释为什么平常的散步要花费他那么多时间。”均与题意不符。

【高频词汇】　1.control *v.*控制　2.daily *adv.*每天　3.weight loss减肥　4.social contact 社会交往　5.for its own sake由于自身原因　6.uncommon *adj.*非同寻常的

|  |
| --- |
|  |
|  |
| 原句　Walking is also a good way to help you make more friends, bringing chances to see new things and meet new people.  分析　本句是简单句。Walking是动名词作主语,a good way作表语。不定式短语to help...friends作定语,修饰a good way。现在分词短语bringing chances to see...作状语,其中to see new things and meet new people作定语修饰chances。  句意　散步也是一个帮助你结交更多朋友的好方法,(它还)带来看到新事物和认识新朋友的机会。 |

B

◎语篇解读　本文是一篇议论文。虽然运动对身体有益,但是极限运动会给身体造成伤害,作者呼吁适度运动。

5.C　细节理解题。根据第二段第一句“Exercise can benefit you highly as it reduces both the pulse (脉搏) rate and the blood pressure, thus reducing stress on the heart as it brings blood round the body.”可知,运动可以降低脉搏速率和血压,缓解心脏压力。故选C项。

6.B　推理判断题。根据第三段中Len Almond说的话“We need to be careful when we􀆳re doing extreme sports”及“Extreme stress can make almost impossible demands on the body􀆳s ability to recover.”可知,Len Almond认为极限运动对人的身体有害。故选B项。信息句主要体现的是极限运动带给人们的伤害,而A、D项主要介绍的是压力,所以不符合题意;C项与信息句不一致,极限运动对身体造成的损害几乎无法恢复。

7.D　推理判断题。第四段第二句中提到“the cause of his sudden death might be the heart attack”,接着讲述科学家研究了完成长230千米、高度变化5,500米自行车比赛的运动员,发现他们体内有一种化学物质浓度上升,这种化学物质在心脏病人体内浓度很高,由此可知,文章提到自行车运动员是为了证明极限运动可能导致心脏病。故选D项。

8.C　细节理解题。根据最后一段中“But if, when you hear about someone like Fiennes,you ask whether exercise is worth it, I advise you to consider your own condition.”可知,作者认为运动应该适度。故选C项。

【高频词汇】　1.extreme *adj.*极端的;极度的　2.impossible *adj.*不可能的　3.ability *n.*能力;才能　4.recover *v.*恢复;弥补;重新获得　5.consider *v.*考虑;认为

|  |
| --- |
|  |
|  |
| 原句　Exercise can benefit you highly as it reduces both the pulse(脉搏) rate and the blood pressure, thus reducing stress on the heart as it brings blood round the body.  分析　本句为主从复合句。第一个as引导原因状语从句,thus reducing stress...round the body为现在分词短语作结果状语,其中第二个as引导时间状语从句。  句意　运动可以让你受益匪浅,因为它可以降低脉搏速率和血压,从而在将血液输送到全身时减轻心脏的压力。 |

Ⅱ.◎语篇解读　这是一篇说明文,介绍了如何确定适合自己的锻炼身体的时间的一些技巧。

1.A　根据上句Are you trying to find the ideal time for exercise?(你在试图找到最适合的锻炼时间吗?)并结合选项可知A项The truth is, it􀆳s personal!(事实是,这是个人问题!)是对上句问题的回答。故答案为A。

2.E　根据下句But if you􀆳re not a morning person, it may not work for you to try to get up at dawn to work out.(但是,如果你不是一个早起的人,那么努力在黎明起床锻炼身体可能对你不起作用。)可知E项You might have heard that the best time to exercise is early in the morning. (你可能听说过,锻炼的最佳时间是清晨。)符合语境,上下文衔接自然,逻辑通顺。故答案为E。

3.G　根据下句中的...shift your exercise session earlier in the day or try less intense, more mindful forms of movement.与G项中的 flexible and have a plan for various times of a day相呼应。故答案为G。

4.F　根据空前两个If引导的条件状语从句,提出了两种不同的假设可知, F项If you􀆳d like to spend more time with your family, find an activity you can do together.(如果你想花更多时间和你的家人在一起,找一项你们可以一起做的活动。)与上面两句是并列关系,且语义通顺,逻辑合理。故答案为F。

5.B　根据上句There are so many choices.和下句中的a variety of fitness activities可知,B项Don􀆳t limit yourself to just one.(不要把自己限制到仅仅一个选择中。)符合语境。故答案为B。

【高频词汇】　1.figure out弄清楚,搞明白　2.consistent *adj.*始终如一的;坚持的　3.work out锻炼　4.shift *v.*转移　5.session *n.*一段时间　6.motivated *adj.*有动机的;有积极性的　7.engage *v.*吸引;雇用　8.a variety of各种各样的

|  |
| --- |
|  |
|  |
| 原句　Well, that depends on when􀆳s the best time for you, because the benefits of physical activity depend upon how consistent you are.  分析　本句是主从复合句,主句中when引导宾语从句,作depends on的宾语;because引导原因状语从句,其中how引导宾语从句,作depend upon的宾语。  句意　唔,那取决于什么时候对你来说是最好的时间,因为体育锻炼的好处取决于你有多坚持。 |