**Part 3　Developing ideas &Presenting ideas**

基础过关练

Ⅰ.单词拼写

1.The Education Ministry requires that rankings not be based on test 　　　(数据), but many schools still do it as before.

2.Having worked in the sun for hours in such hot weather, he looked very tired and 　　　(满是汗的).

3.Experts predict that even if a vaccine(疫苗) is developed, the virus will not 　　　(消失) completely.

4.The 　　　(最终的)goal of the policy is to meet the increasing material and cultural needs of our people.

5.She was out of breath, her legs 　　　(隐隐作痛) and her heart beat quickly.

6.The news of Maradona’s death came as a shock to us, who helped the national team win several c　　　.

Ⅱ.用方框内短语的适当形式填空

fall in love with,be born with,come across,die out,around the corner,in turn

1.With the College Entrance Examination 　　　　　　, I am very nervous and in low spirits because I am afraid of letting my parents down.

2.Although COVID-19 has slowed the speed of economic development, which 　　　　　　has boosted science and technology in the medical field.

3.In the film, the prince　　　　　　Snow White as soon as he saw her and they got married at last.

4.She　　　　　　a beautiful singing voice so it is very likely that she will be a singer.

5.With the living environment becoming worse and worse,many of the earth’s species are 　　　　　　.

6.While cleaning the floor under my bed, I 　　　　　　the ring I had lost three weeks before.

Ⅲ.单句语法填空

1.His speech was so inspiring, which inspired me　　　　(make) greater efforts to achieve my goal.

2.I believe our country will become more and more　　　　(power) in the future.

3.Most of the people　　　　(invite) to the meeting are famous scientists from all over the world.

4.I tried to persuade him　　　(go) there with us, but he refused.

Ⅳ.完成句子

1.到上个月底为止,他已完成了那项工作。

He　　　 　　　the work by the end of last month.

2.她救下了一个眼看要落入水中的小女孩儿。

She 　　　a little girl 　　　　　　into the water.

3.不管他来不来,会议都将按计划举行。

　　　 　　　　　　　　　　　　, the meeting will be held as planned.

4.这次活动的目的是为无家可归的人筹款。

The aim of this activity is　　　 　　　　　　for the homeless people.

5.我偶遇了我以前的同学,但是我记不起来他的名字了,这让我很尴尬。

I came across my former classmate, but his name escaped me, which 　　　　　　　　　　　　.

Ⅴ.课文语法填空

　　The global site is a place for runners to share their stories about running.

Li Yue was born with asthma. To deal with his disease, he joined　1　local athletics club. As his fitness and running improved, he started running in national　2　 (competition). This year he won a silver medal.

Not so long ago, Sarah didn’t do any exercise. Later, she came across an app　3　(call) Running Power,　4　 lists people’s performance against other runners in their social network. To see　5　 (she)name in the top five, she kept running.Now she no longer uses the app, but she has fallen in love 　6　 running.

David, who is a computer engineer, often faces new challenges. He often feels stressful and anxious.　7　(deal)with this, he goes running as often as he　8　(possible) can. By running, all his stress has disappeared.

This year, Grace entered the Great Gorilla Run in London. The programme　9　 (run)by The Gorilla Organization to raise money to save the world’s last remaining gorillas from 　10　(die) out. Each runner receives a gorilla suit and off they go! She had a great day out in London, as well as helping to save gorillas.

1.　　　 2.　　　 3.　　　 4.　　　 5.

6.　　　 7.　　　 8.　　　 9.　　　 10.

能力提升练

Ⅰ.阅读理解



(2021山东邹城高一期末,id:2147486658;FounderCES)

　　A week ago, “Sports for Life” programme was sent to the parents, requiring them to select a sport they wanted their child to play. Since then, our staff have received lots of calls from parents asking for more information about it.Here is a memo (备忘录) for your reference when you answer the phones.

Sport 1:Basketball.

We expect that this will be the most popular of the four sports. Therefore, students should be advised to sign up as soon as possible. Students will take a private bus to and from the Kwun Tong Sports Park. To cover the cost of hiring a bus, each student will have to pay $10 each time. There will be four basketball courts with one teacher monitoring each game.

Sport 2:Gym.

We will be using the St. Peter’s Memorial Park.There are two reasons for choosing this park. First, it is not very busy and crowded before 6:00 pm. Second, it has lot of trees with plenty of shade. Students must bring along two bottles of water to prevent thirst. Three activities—skipping, jogging, outdoor aerobics (有氧运动) are all free of charge. And there will be a teacher on duty for each of the activities.

Sport 3:Hiking.

Hiking will take place at the Kowloon Peak. The activity will start at 2:30 pm and finish 90 minutes later. Three teachers will accompany the students, and a hiking instructor will accompany each group of 15 hikers. Each instructor will cost $75 per hour. Students are advised to bring plenty of water and sunscreen.

Sport 4:Swimming.

The Kowloon City Aquatic Centre is a 10-minute walk from our school. Four teachers will go to the pool and conduct the students from the poolside. We will only be able to reserve the pool for one hour (2:45 pm to 3:45 pm). Only students skilful at swimming can take up this activity. The pool will have two lifeguards present. Girls must wear a swimming suit. The cost is $10 per visit.

1.Who is the memo intended for?

A.The parents.

B.The students.

C.The staff.

D.The teachers.

2.What’s special about gym in the St. Peter’s Memorial Park?

A.Students can arrive at any time.

B.Students needn’t pay for the activities.

C.Students can take the sport without a teacher.

D.Students can save the trouble of bringing water.

3.If a student plans to take part in swimming, he should 　　　.

A.pay $10 in all

B.arrive at 4:00 pm

C.wear a swimming suit

D.be good at swimming

Ⅱ.七选五



(2021浙江新力量联盟高一期中,id:2147486672;FounderCES)

Playing sports offers you more than just physical benefits. 　1　 The benefits are the same whether or not you’re good at sports. If you are not good enough to play competitively on a school team, you can play sports with your friends.

Making new friends.

Playing sports enables you to create friendships you otherwise might not have formed. 　2　 You play together happily and gradually know each other. Many times, the friendships you create on the field remain strong when you are not playing sports.

Understanding the value of health.

Taking part in sports improves your health in many ways. 　3　 This gets you thinking about what to eat and how to treat your body so as to achieve the highest performance levels. Thus, playing sports can lead to better eating habits and prevent you from becoming too fat.

Building team spirit.

Sports provide children with the important lesson of learning how to work in a team. 　4　 By working together they will learn each other’s strengths and weaknesses and will be better able to decide and work out the best plan for the team. This will without doubt help them in their future lives and jobs as well.

　5

Playing sports involves a lot of time and energy.Some may think this would take students’ attention away from schoolwork. However, the opposite is true. Sports require memorization, repetition and learning—skills that are directly relevant (有关的) to schoolwork.

A.Becoming active in class.

B.Doing better in your studies.

C.Everyone has to work together to achieve the goal.

D.To be a good athlete, you must take good care of yourself.

E.Sports can help you in your study and fit in with society as well.

F.Sports bring teens from different schools and backgrounds together.

G.However, sports will improve your fitness and help you achieve weight goals.

1.　　　 2.　　　 3.　　　 4.　　　 5.

Ⅲ.完形填空



(2020广东汕头金山中学高一上期末,id:2147486686;FounderCES)

　　When I was 13 my only purpose was to become the star on our football team. That meant　1　Miller King, who was the best　2　in our school.

The football season started in September and all summer long I worked out. I carried my football everywhere for　3　.

Just before September, Miller was struck by a car and lost his right arm. I went to see him after he came back from　4　. He looked very　5　, but he didn’t cry.

That season, I　6　all of Miller’s records while he watched the home games from the bench. We went 10∶1 and I was named the most valuable player,　7　I often had crazy dreams in which I was to blame for Miller’s accident.

One afternoon, I was crossing the field to go home and saw Miller　8　going over a fence—which wasn’t　9　to climb if you had both arms. I’m sure I was the　10　person in the world he wanted to accept assistance from. But even that challenge he accepted. I　11　him move slowly over the fence. When we were finally safe on the other side, he said to me, “You know, I didn’t tell you this during the season, but you did fine. Thank you for filling in for　12　.”

His words freed me from my bad　13　. I thought to myself, how even without an arm he was more of a leader.　14　but not defeated, he was still ahead of me. I was right to have　15　him. From that day on, I grew bigger and a little more real.

1.A.cheering for B.beating out

C.relying on D.staying with

2.A.coach B.student

C.teacher D.player

3.A.practice B.show

C.comfort D.pleasure

4.A.school B.vacation

C.hospital D.training

5.A.pale B.calm

C.relaxed D.ashamed

6.A.held B.broke C.set D.tried

7.A.and B.then C.but D.thus

8.A.stuck B.hurt C.tired D.lost

9.A.steady B.hard

C.fun D.fit

10.A.last B.best C.first D.latest

11.A.let B.helped C.had D.noticed

12.A.us B.them C.me D.it

13.A.memories B.ideas

C.attitudes D.dreams

14.A.Lost B.Attacked

C.Destroyed D.Damaged

15.A.challenged B.cured

C.invited D.admired

Part 3　Developing ideas & Presenting ideas

基础过关练

Ⅰ.1.data　2.sweaty　3.disappear　4.ultimate　5.ached

6.champions

Ⅱ.1.around the corner　2.in turn　3.fell in love with　4.was born with　5.dying out　6.came across

Ⅲ.1.to make　考查不定式。句意:他的演讲如此鼓舞人心,激励了我为实现我的目标做出更大的努力。inspire sb. to do sth.意为“激励/鼓励某人做某事”,故本空应用不定式作宾语补足语。

2.powerful　考查形容词。句意:我相信我们国家在未来会变得越来越强大。本空在句中作表语,故应用形容词powerful。

3.invited　考查过去分词。句意:被邀请参加会议的大多数人是来自世界各地的著名科学家。本空修饰名词people,people和invite之间为被动关系,故本空应用过去分词作定语。

4.to do　考查不定式。句意:我试图说服他和我们一起去那儿,但他拒绝了。persuade sb. to do sth.意为“说服某人做某事”,故本空应用不定式作宾语补足语。

Ⅳ.1.had finished　2.saved;from falling　3.Whether he comes or not　4.to raise money　5.made me very embarrassed

Ⅴ.1.a　考查冠词。此处泛指“一个当地的体育俱乐部”,club为可数名词单数,且local以辅音音素开头,故填不定冠词a。

2.competitions　考查名词单复数。根据句意可知,competition在此处意为“比赛”,是可数名词,故此处应用其复数形式。

3.called　考查非谓语动词。an app和call之间是被动关系,故应用过去分词作后置定语。故填called。

4.which　考查定语从句。分析句子可知,此处是非限制性定语从句,先行词是app,指物,关系词在从句中作主语,故填which。

5.her　考查代词。修饰名词name,应用形容词性物主代词。

6.with　考查介词。fall in love with...“爱上……”,是固定搭配。

7.To deal　考查非谓语动词。此处是不定式短语作目的状语。

8.possibly　考查副词。分析句子可知,此处作状语,故应用副词possibly。

9.is run　考查动词的时态和语态。该项目The Gorilla Organization经营,是一般事实,故用一般现在时,且programme和run之间是被动关系,故用一般现在时的被动语态。

10.dying　考查非谓语动词。根据介词from可知,此处应用名词或动名词,故填dying。

能力提升练

Ⅰ.◎语篇解读　本文是一篇说明文。文章介绍了“终生运动”项目提供的供家长为孩子们选择的四种运动。

1.C　细节理解题。根据第一段中Since then, our staff...when you answer the phones.(从那时起,我们的工作人员就接到了很多家长的电话,询问关于它的更多的信息。这是一份备忘录,供您接电话时参考。)可知,备忘录是为工作人员准备的,故答案为C。

2.B　细节理解题。根据Sport 2:Gym.部分中的Three activities—skipping, jogging, outdoor aerobics (有氧运动) are all free of charge.可知答案为B。根据First, it is not very busy and crowded before 6:00 pm.可知A项“学生可以随时到达”不正确。根据And there will be a teacher on duty for each of the activities.可知C项“学生可以在没有老师的情况下进行这项运动”不正确。根据Students must bring along two bottles of water to prevent thirst.可知D项“学生可以省去带水的麻烦”不正确。

3.D　细节理解题。根据最后一部分中的Only students skilful at swimming can take up this activity.可知答案为D。根据The cost is $10 per visit.可知A项不正确。根据We will only be able to reserve the pool for one hour (2:45 pm to 3:45 pm).可知B项不正确。根据Girls must wear a swimming suit.可知女孩必须穿游泳衣,而对男孩没有提出限制,故C项不正确。

【高频词汇】　1.require *v.*要求　2.reference *n.*参考　3.sign up报名,注册　4.free of charge免费　5.accompany *v.*陪伴,伴随

6.instructor *n.*教练　7.conduct *v.*指导　8.reserve *v.*预定

9.skilful *adj.*有技巧的;熟练的

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| 原句　A week ago, “Sports for Life” programme was sent to the parents, requiring them to select a sport they wanted their child to play.  分析　本句是主从复合句。requiring them to select... to play是现在分词短语作状语;they wanted their child to play是定语从句,修饰先行词a sport。  句意　一周前,“终生运动”项目被送到了这些家长手中,要求他们选择一项他们想让他们的孩子做的运动。 |

Ⅱ.◎语篇解读　本文是一篇说明文,介绍了参加体育运动的好处。

1.E　根据空后The benefits are the same whether or not you􀆳re good at sports.(无论你是否擅长运动,其好处都是一样的。)可知E项Sports can help you in your study and fit in with society as well.“体育运动可以帮助你学习和适应社会。”符合语境, 故选E。

2.F　根据空后You play together happily and gradually know each other.(你们一起快乐地玩,逐渐了解彼此。)可知F项Sports bring teens from different schools and backgrounds together.“体育运动将来自不同学校和背景的青少年带到一起。”符合语境,故选F。

3.D　根据空后This gets you thinking about what to eat and how to treat your body so as to achieve the highest performance levels.(这可以让你思考吃什么和如何对待你的身体,以达到最高的表现水平。)可知D项To be a good athlete, you must take good care of yourself.“要成为一名优秀的运动员,你必须要照顾好自己。”符合语境,故选D。

4.C　根据空后By working together...work out the best plan for the team.(通过合作,他们将了解彼此的优势和劣势,并将能更好地决定并制订出团队的最佳计划。)可知,C项Everyone has to work together to achieve the goal.“每个人都必须共同努力去实现目标。”符合语境,故选C。

5.B　设空处为本段的段落主题句。根据 Sports require memorization, repetition and learning—skills that are directly relevant to schoolwork.(体育运动需要记忆,重复和学习——与功课直接相关的技能。)可知B项 Doing better in your studies.“在学习上做得更好。”符合语境,故选B。

【高频词汇】　1.competitively *adv.*竞争性地;竞争地

2.otherwise *adv.*否则,要不然　3.performance *n.*表演;表现

4.strengths and weaknesses优缺点,优势与不足　5.without

doubt 无疑地,确定地　6.opposite *n.*对立面;反面

7.memorization *n.*记忆

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| 原句　Playing sports enables you to create friendships you otherwise might not have formed.  分析　本句是主从复合句。主句中动名词短语Playing sports作主语。从句是省略了关系代词that或which的定语从句,修饰先行词friendships。  句意　参加体育运动能让你建立用别的方式可能无法形成的友谊。 |

Ⅲ.◎语篇解读　本文是一篇记叙文,讲述了作者想成为球队里最棒的球员,并向最优秀的球员Miller看齐。为了实现梦想,作者刻苦训练,在Miller受伤之后,作者脱颖而出,成为最有价值球员,最终作者的表现得到了Miller的认可。

1.B　句意:那意味着要打败Miller King,他是我们学校最好的选手。根据become the star on our football team可知,要想成为球队里的明星,就要打败(beating out)最优秀的球员。cheer for为……欢呼;rely on依靠……;stay with和……待在一起。

2.D　根据前句可知,作者要打败Miller King才能成为球队里的明星,因此Miller King是最好的选手(player)。coach教练;student学生;teacher教师。

3.A　句意:我带着足球到处练习。根据前文When I was 13 my only purpose was to become the star on our football team.可知,作者想成为学校足球队的明星,因此随身带着足球是为了练习(practice)。show演出,节目;comfort安慰;pleasure乐趣。

4.C　句意:他从医院(hospital)回来后,我去看了他。根据前文Miller was struck by a car and lost his right arm可知,Miller King遭遇车祸,失去了右臂,因此他是从医院回来。school学校;vacation假期;training训练。

5.A　句意:他看起来很苍白,但他没有哭。根据but he didn􀆳t cry可知,Miller的情况不太乐观,脸很苍白(pale)。calm平静的; relaxed放松的;ashamed羞耻的,惭愧的。

6.B　句意:那个赛季,当Miller在运动员休息区观看主场比赛时,我打破了他所有的纪录。break the record意为“打破纪录”。

7.C　句意:我们的比分是10∶1,我被评为最有价值球员,但我经常做一些疯狂的梦,梦见Miller出了事故,我要为此负责。空前I was named the most valuable player和空后I often had crazy dreams形成转折关系,故本空应用but。

8.A　根据which wasn􀆳t　9　to climb if you had both arms可以推断出Miller King因为缺少一只胳膊没有翻过篱笆,被卡住了(stuck)。hurt受伤的;tired劳累的;lost迷路的。

9.B　此处是说手臂健全的人翻篱笆应该不是很困难(hard)。steady稳定的; fun有趣的;fit 合适的,健康的。

10.A　根据下文But even that challenge he accepted.可知,作者是他最不愿意接受帮助的人。last意为“最后的;最不可能的”。

11.B　句意:……我帮助(helped)他慢慢地越过篱笆。根据上文But even that challenge he accepted.可知,Miller接受了作者的帮助。

12.C　句意:当我们终于安全到达篱笆另一边时,他对我说:“你知道,我在赛季期间没有告诉你这个,但你做得很好。谢谢你来代替我(me)。”结合句意可知选C。

13.D　句意:他的话使我从噩梦中解脱出来。根据前文I often had crazy dreams 可知,原来作者经常做噩梦,得到了Miller的认可之后,作者的噩梦(dreams)也不见了。memory记忆;idea主意;attitude态度。

14.D　根据上文可知,此处指Miller身体上受了伤害(damaged),但没有被打败。lose丢失;attack攻击;destroy毁坏。

15.D　根据he was still ahead of me可知,作者认为Miller King在某些方面还是领先于自己的,因此认为钦佩(admired)他是正确的。challenge挑战;cure治愈;invite邀请。

【高频词汇】　1.blame *v.*把……归咎于,责怪　2.assistance *n.*帮助,援助　3.fill in for临时补缺　4.free sb. from...把某人从……解放出来　5.ahead of在……前面