四、阅读理解

**Passage 1**

(湖北省宜城一中、枣阳一中等六校联考2022-2023学年高一上学期期中)My name is Michelle Rogers. For most of my life I had been fighting with my body weight. I was either gaining weight or trying to lose it. I wasn’t happy with myself, and I certainly wasn’t able to fully enjoy life. Not only did I feel bad physically, but I felt terrible emotionally. I also knew I wasn’t able to be the best I could be, and with failure after failure in losing weight, I just felt so hopeless to make it.

One day in 2008, I was looking through ads online and saw a treadmill (跑步机) for $100. This time I decided to start small and keep it doable. The first week I started walking 15 minutes on the treadmill at a fixed time every day. The next week I did 16 minutes. Each week I added a minute. Gradually, I increased speed as well as time. Once I got to 30 minutes, the weight started dropping off.

I didn’t lose weight at first, but I didn’t give up like I did in the past. I realized I started feeling better. My legs were getting stronger. I didn’t feel painful like I used to when I got up from my desk. All the efforts I’d been putting into fitness made me want to start eating healthier, too. I began with small changes as well. After these years I started listening to my body. It was refusing food and habits that were bad for me.

Today, the extra weight is gone. I still exercise every morning. I look and feel the best I have never done. Every area of my life has improved and benefited from this change in me. Not only do I have my youthful energy, looks and health back, but also I have more confidence than I have ever had.

1．How did Michelle feel about losing weight before 2008?

A．Confident. B．Hopeless. C．Addicted. D．Annoyed.

2．How many weeks had passed before Michelle’s weight began dropping?

A．15 weeks. B．20 weeks. C．25 weeks. D．30 weeks.

3．What is NOT my practice now?

A．Doing exercise regularly. B．Eating healthier.

C．Refusing bad food and habits. D．Gaining extra weight.

4．What can we learn from Michelle’s story?

A．Time is everything.

B．Interest is the best teacher.

C．Start with small things.

D．Nothing is more important than confidence.

**Passage 2**

（2022秋·江西宜春·高一江西省宜丰中学校考期中）Sport is not only physically challenging, but can also be mentally challenging. Criticism (批评) from coaches, parents and other teammates, as well as pressure to win can create too much anxiety or stress for young athletes. Stress can be physical, emotional, or psychological and research has indicated that it can lead to burnout. Burnout has been described as dropping out of or quitting an activity that was at one time enjoyable.

The early years of growth are important years for learning about oneself and the sport setting is one where valuable experiences can take place. Young athletes can, for example, learn how to cooperate with others, make friends, and gain other socia1 skills that will be used throughout their lives. Coaches and parents should be aware, at all times, that their feedback to youngsters can greatly affect their children. Youngsters may take their parents and coaches’ criticisms to heart and find faults in themselves.

Coaches and parents should also pay attention that youth sport participation does not become work for children. The outcome of the game should not be more important than the process of learning the sport and other life lessons. In today’s youth sport setting, young athletes may be worrying more about who will win instead of enjoying themselves and the sport. Following a game, many parents and coaches focus on the outcome and find faults with youngsters’ performances. Positive support should be provided regardless of the outcome. Research indicates that positive support encourages and has a greater effect on learning than criticism. Again, criticism can create high levels of stress, which can lead to burnout.

5．What is the main idea of the first paragraph?

A．Stress should be made less. B．Sport can be mentally challenging.

C．Mental stress should be reduced. D．Sport should be made less competitive.

6．Why is sport important for young people according to the passage?

A．It enables them to criticize themselves.

B．It can help them learn more about society.

C．It can provide them with valuable experiences.

D．It teaches them how to set realistic goals for themselves.

7．What should parents and coaches do according to the passage?

A．Make sure children enjoy sport. B．Help children to win every game.

C．Train children to deal with stress. D．Understand the meaning of sport.

8．What’s the author’s purpose of writing the passage?

A．To teach young athletes how to avoid burnout.

B．To persuade young children not to worry about criticism.

C．To stress the importance of encouraging children in sport.

D．To discuss the skill of combing criticism with encouragement.