

一 朗读作业（速读背诵并录音上传下面句子）

Uncontrolled, these forces may be dangerous and destructive, but once mastered, they can be sent to man' s will and desire.

二 书面作业

阅读理解

It' s 5:00 in the morning when the alarm rings in my ears. I roll out of bed and walk blindly through the dark into the bathroom. I turn on the light and put on my glasses. The house is still as I walk downstairs while my husband and three kids sleep peacefully. Usually I go for a long run, but today I choose my favorite exercise DVD. *Insanity*. Sweat pours down my face and into my eyes. My heart races as I force my body to finish each movement. As I near the end of the exercise, I feel extremely tired, but a smile is on my face. It' s not a smile because the DVD is over, **but a smile of success from pushing my body to its extreme limit.**

Some people enjoy shopping, smoking , food, work, or even chocolate. But I need exercise to get through each day. Some shake heads when they see me run through the town. Others get hurt when I refuse to try just one bite of their grandmother' s chocolate cake. They raise their eyebrows, surprised by my “no thank you,” or by my choice to have a salad. Over the years , I have learned it' s okay to just say “no.” I shouldn' t feel sorry for refusing food that I don' t want to eat..

So what drives me to roll out of bed at 5:00 a.m.? What gives me the reason to just say no to ice cream? Commitment. A commitment to change my life with a way that reduces daily anxiety, increases self-confidence and energy, extends life and above all improves my body shape. This is the point where a smile appears on my

face as I look at myself in the mirror or try on my favorite pair of jeans that now fit just right. It's through commitment and sweat that I can make a difference within myself inside and out.

37. Why is there a smile on the author's face in the morning?

A. Because she sees her family sleeping peacefully.

B. Because she finishes her favorite exercise.

C. Because she enjoys the interesting DVD.

D. Because she feels a sense of achievement.

38. What does the underlined word "commitment" in the last paragraph mean?

A. Good health. B. Firm belief. C. A strong power. D. A regular habit.

39. What can we learn about the author from the text?

A. She acts in a strange way. B. She wants to look different from others.

C. She aims to develop a good body shape. D. She has difficulty getting along with others.

七选五

Moving into a new home in a new neighborhood is an exciting experience. Of course, you want to make sure that you become an acceptable and valuable part of your neighborhood. the easiest way to accomplish this is to make sure you conduct yourself as a good neighbor should. 31.

Perhaps one of the most important things you can do as a good neighbor is to keep your property(房产) neat, clean, and in good repair. 32. By choosing to keep the outside of the home in great shape, you will help to improve the look and feel of the area.

Second, take the overall appearance of the neighborhood seriously,. When going for a walk. Take a small garbage bag. 33. This small act will let your neighbors know that you care about the area..

34. If a neighbor is going to be out of town, offer to collect mail and newspapers. If a neighbor suffers an illness, offer to do the grocery shopping . Let them know you are there to help in any way this acceptable, while still respecting the privacy of your neighbor..

35. By following the basic rules of respecting others, taking care of what belongs to you, and taking pride in the appearance of the neighborhood in general, you will quickly become a good neighbor that everyone appreciate..

- A. In general, keep an eye on their property while they are gone..
- B. A good neighbor is also one who likes to help out in small ways..
- C. Being a good neighbor is more or less about considerate behavior..
- D. Sometimes neighbors may go to the supermarket together to do shopping..
- E.Should you come across waste paper thrown out of a passing car, pick it up..
- F.People tend to lake pride in keeping everything in their street fresh and inviting..
- G.Here are a few tips to help you win over everyone in the neighborhood quickly..

G F E B C

短文填词

用单词的适当形式完成短文(共 10 分).

Han Jing went to senior high school at 7:00 this morning, 50. but she was a little anxious because she was not outgoing. However, she wanted to leave a good first 51. impression (impress) . In the morning, she had a maths class and found it difficult. But she also found most of her 52. classmates

(classmate) and teachers friendly and 53. helpful (help) . In the afternoon, they had 54. their (they) chemistry class in the science lab. The lab is new and the lesson was great, but the guy next to her made her 55. bored (bore) so that she couldn't concentrate 56. on the experiment. At night, she was not worried about no one 57 talking (talk) to her any longer. She believes that she will make new friends and feels much 58. more confident (confident) than she felt this morning. She thinks tomorrow will be 59. a great day.

【答案】

50. but.

51. impression.

52. classmates.

53. helpful.

54. their.

55. bored.

56. on.

57. talking.

58. more confident.

59. a.