**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 face 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.学科网 zxxk.com

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.学科网 zxxk.com

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.学科网 zxxk.com

37．Why is there a smile on the author’s face in the morning?学科网 zxxk.com

A．Because she sees her family sleeping peacefully.学科网 zxxk.com

B．Because she finishes her favorite exercise.学科网 zxxk.com

C．Because she enjoys the interesting DVD．

D．Because she feels a sense of achievement.学科网 zxxk.com

38．What does the underlined word “commitment” in the last paragraph mean?学科网 zxxk.com

A．Good health. B．Firm belief.学科网 zxxk.com C．A strong power. D．A regular habit.学科网 zxxk.com

39．What can we learn about the author from the text?学科网 zxxk.com

A．She acts in a strange way.学科网 zxxk.com B．She wants to look different from others.学科网 zxxk.com

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

七选五学科网 zxxk.com

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．学科网 zxxk.com

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.学科网 zxxk.com

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.学科网 zxxk.com

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.学科网 zxxk.com

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.学科网 zxxk.com

A．In general, keep an eye on their property while they are gone.学科网 zxxk.com

B．A good neighbor is also one who likes to help out in small ways.学科网 zxxk.com

C．Being a good neighbor is more or less about considerate behavior.学科网 zxxk.com

D．Sometimes neighbors may go to the supermarket together to do shopping.学科网 zxxk.com

E.Should you come across waste paper thrown out of a passing car, pick it up.学科网 zxxk.com

F.People tend to lake pride in keeping everything in their street fresh and inviting.学科网 zxxk.com

G.Here are a few tips to help you win over everyone in the neighborhood quickly学科网 zxxk.com

学科网 zxxk.com

短文填词

用单词的适当形式完成短文(共10分)学科网 zxxk.com

Han Jing went to senior high school at 7:00 this morning, 50． she was a little anxious because she was not outgoing. However, she wanted to leave a good first 51． （impress）. In the morning, she had a maths class and found it difficult. But she also found most of her 52． （classmate）and teachers friendly and 53． （help）. In the afternoon, they had 54． （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． （bore）so that she couldn’t concentrate 56． the experiment. At night, she was not worried about no one 57． （talk）to her any longer. She believes that she will make new friends and feels much 58． （confident）than she felt this morning. She thinks tomorrow will be 59． great day.学科网 zxxk.com