

北京首师大附中 2020-2021 学年度第一学期开学考试

高二 英语

2020. 9

第一部分 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

A

The audience did not hesitate to applaud loudly as the famous composer walked out onto the stage for the first time in 12 years. The theatre's ____1____ (music) director, Michael Umlaut, joined him and together the two men took charge of the orchestra. For more than an hour, Beethoven jumped about in front of the orchestra, ____2____ (wave) his arms wildly in the air, and madly turning the pages of his score. The whole time, Umlaut stood quietly ____3____ his side, skillfully guiding the orchestra through the most amazing piece of music the world had ever known.

B

This was not an easy task. The reason ____4____ this was difficult was that the team had limited resources. They did not have enough staff, and the laboratory in which they ____5____ (work) had poor air quality. However, after hundreds of failed experiments, they eventually came across a promising chemical. It worked well in experiments on animals, ____6____ they had to know if it was safe for humans. Tu Youyou bravely volunteered to be the first human subject when they were ready to start testing and the rest of her team followed her.

C

Most people assume that the human brain is set on “automatic” — that means it learns all by itself. But this isn't always true. We need to train ourselves to be better ____7____ (learner) — to actively take part in the learning process and to reflect on ____8____ we have learnt. These kinds of learning behaviors ____9____ (call) “active learning”. I suggest doing five things ____10____ (take) an active role in your learning.

第二部分 完形填空（共 15 小题；每小题 2 分，共 30 分）

阅读下面短文，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

Worth the pain in the end

I used to hate running. It seemed too hard and pushing outside my comfort zone was not something I was raised to do.

In fact, I wouldn't have become a ____11____ if it weren't for my husband Charles. He had been a serious competitive runner for many years. After our marriage, he wouldn't stop talking about how much he missed it.

“So start running again, why don't you?” I was getting ____12____ of hearing about it.

So he picked it up again, and after about a year, I started to join him at the track (跑道). Just a few weeks later, Charles signed us both up for a five-kilometer race. I ____13____ about doing it. It was too soon.

But on ____14____ day, there I was.

The gun went ____15____. Thousands of runners pushed forward.

The first kilometer was ____16____.

“I don’t think I’m going to make it.” I was already breathing heavily and painfully aware of the group of runners pounding past me.

“No, you’re doing ____17____”, said Charles. He was trying to encourage me, to get me focused on something other than my ____18____.

“I can’t,” I said, barely audibly (听得见地).

He tried a different way to ____19____ me. “Just make it to that house and let’s see how you feel.”

After another minute I saw the three-kilometer ____20____. All I could think of was that I was dying and that my husband was torturing (折磨) me.

Miserable doesn’t even begin to describe ____21____ I felt. And there was so much pain.

“You’ll be fine. You’ve got less than a kilometer to go.”

I rounded a corner and saw both sides of the street thick with people watching the race, all cheering the runners on. I willed my legs to keep going.

Then I looked up and saw the clock. The seconds ticking away (一分一秒地过去) gave me an incentive (助力). I knew that if I finished this race, I would have achieved something. So, I straightened up, and kicked it.

I had my arms held higher when I passed ____22____ the finish line. A volunteer put a ____23____ around my neck.

“You did great! I’m so proud of you!” Charles was thrilled that I’d ____24____ it.

“That was AMAZING! I want to do another race. This running stuff is amazing!” I proudly hugged my medal as we started to walk to the post-race festivities.

My lungs and my comfort zone both ____25____.

- | | | | |
|-------------------|-------------|--------------|----------------|
| 11. A. runner | B. traveler | C. racer | D. cheerleader |
| 12. A. afraid | B. tired | C. aware | D. confident |
| 13. A. thought | B. dreamed | C. hesitated | D. cared |
| 14. A. race | B. sport | C. show | D. task |
| 15. A. on | B. off | C. up | D. down |
| 16. A. long | B. short | C. easy | D. tough |
| 17. A. wrong | B. right | C. great | D. bad |
| 18. A. disability | B. dishonor | C. disgrace | D. discomfort |
| 19. A. advise | B. persuade | C. urge | D. force |
| 20. A. signal | B. symbol | C. point | D. mark |
| 21. A. how | B. what | C. when | D. why |
| 22. A. by | B. over | C. across | D. through |
| 23. A. ring | B. necklace | C. medal | D. scarf |
| 24. A. done | B. made | C. taken | D. caught |
| 25. A. developed | B. expanded | C. changed | D. progressed |

第三部分 阅读理解（共两节，满分 30 分）

第一节（共 11 小题；每小题 2 分，共 22 分）

阅读下列短文，从每题所给 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

A

Envelope Budget

From McDonald's to Sonic, fast food had a bad effect on my waistline and my budget. It was nothing to run to a drive-through to pick up a cold drink or a quick bit to eat. It was so easy to use my card for a small purchase. For me, I got a lot of satisfaction from fast food.

One day I sat down and calculated that I was spending a surprising \$40 a week on fast food. This was a lot of iced coffee and hamburgers! Instead of reducing my guilty pleasures, I decided to give myself a strong budget to reduce my consumption. Every Monday I placed an envelope with \$20 in my purse. That was my fast food budget for the entire week. If there was anything left over at the end of the week, it was mine to save or spend. If I spent all of the money during the week, there were no more fast food stops that week.

The budget made me more mindful of my purchases. Instead of purchasing a large drink from Sonic, I would purchase a small. It was still satisfying but not nearly as pricey. Instead of eating a whole meal, I would pick the part that I actually wanted. Many days, the thought of hanging onto the money for a special purpose meant more to me than the instant satisfaction of fast food. I never really felt unhappy because it was a conscious choice to spend or save with each purchase.

Envelope budget kept me honest. I had a clear idea how much money was spent each week on fast food purchases. I started to bring my lunches more often to save more money for the week. It was a fun challenge to see how much I could save every week.

Changing the way I spent on fast food not only helped my budget, but improved my weight. In the first month I was able to get rid of 5 pounds by simply changing the way I approached spending on fast food. Now I am more likely to bring my lunch than to buy it. I am not upset, but empowered to make positive choices to improve my life.

26. According to Paragraph 1, the author _____.

- A. had no time to cook for herself
- B. was fond of fast food very much
- C. lived with a small amount of money
- D. got some benefits from using her card

27. We can infer from the last paragraph that _____.

- A. envelope budget is good for health
- B. the budget means a pressure on life
- C. it is unusual to make some changes
- D. it is hard to enjoy a healthy lifestyle

28. What is the passage mainly about?

- A. Why the author became addicted to fast food.
- B. Why the author took envelope budget seriously.
- C. How fast food controlled the author's behavior.
- D. How envelope budget changed the author's life.

B

Benefits of Cross-Country Skiing

Cross-country skiing can be enjoyed by a wide range of students, from the youngest kindergartners to those secondary students. It is really a fun activity, providing students a gentle **workout** outside in winter. While having fun, students can gain physical and mental benefits.

The physical benefits of cross-country skiing are well known. If we look at Olympic cross-country skiers, we can see the positive effects on the body that result from training for cross-country skiing. The average best female cross-country skier carries 11 percent body fat, and

best male skiers carry 5 percent. These percentages are well below the average for people who are considered to be athletic-17 percent for females and 10 percent for males. The high number of calories burned while skiing helps to keep skiers slim in a healthy and attractive way.

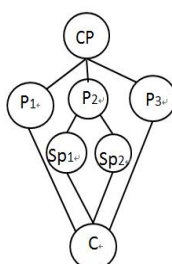
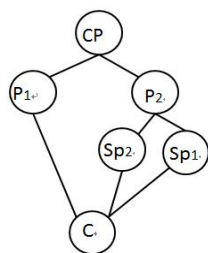
Cross-country skiing is also an efficient way to exercise a large number of muscles at once. Because skiers use ski poles as a means of propulsion, the force that drives skiers forward, the upper body gets much more of workout. Of course, the leg muscles also do their fair share. People who use cross-country skiing as a workout over several weeks will discover that the muscles of their entire body increase in strength.

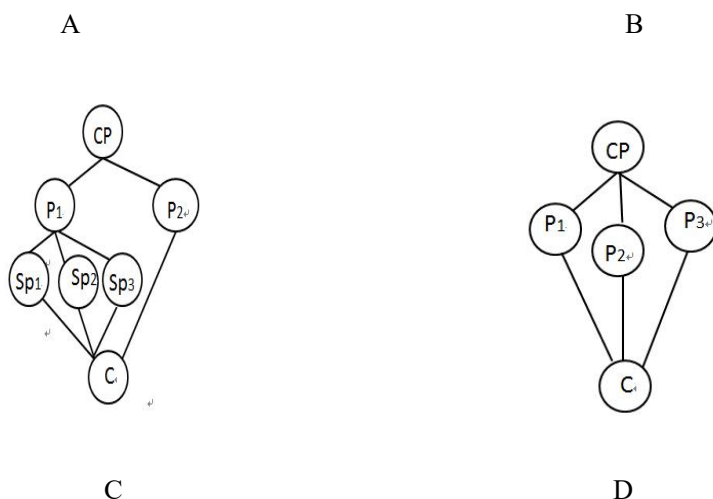
Cross-country skiing on a regular basis has a tremendous effect on a person's cardiovascular system. In addition to gaining strength in the muscles of the upper and lower body, people who use cross-country skiing as a workout method over several weeks will also discover that their heart is stronger. A strong heart pumps more efficiently, sending out more blood to the muscles with each contraction(收缩). Through weeks of skiing, people often discover that their resting heart rate has decreased. Highly trained Olympic cross-country skiers have resting heart rates between 28 and 40 beats per minute. Compare that to the resting heart rate of the average person, which is 60 to 80 beats per minute!

The benefits of cross-country skiing extend beyond overall general health. A lot of evidence exists indicating that regular physical activity increases the release of mood-lifting endorphins (内啡肽) in the body. After one of the energetic and fun skiing lessons, students will be smiling and laughing; they will be relaxed and in a better mood than when they started class. Students will leave class with a sense of accomplishment, knowing that they have developed new skills in a fun activity.

Cross-country skiing is a great way to work the total body. Now more and more students are taking part in this exercise outside during the winter months. They are enjoying it and benefiting from it!

29. The underlined word “**workout**” means _____.
 A. manner B. exercise C. application D. opportunity
30. According to the passage, we can learn that cross-country skiing _____.
 A. requires the use of most muscle groups
 B. offers students a unique way to keep fit
 C. can increase the athletes' resting heart rates
 D. can balance out the skiers' increased calories
31. How does the author prove the benefits of skiing in the fifth paragraph?
 A. By making comments. B. By giving examples.
 C. By making comparisons. D. By giving explanations.
32. Which of the following shows the development of ideas in the passage?





CP: Central point P: Point Sp: Sub-point (次要点) C: Conclusion

C

Nothing is more tiresome than being stuck in a boring class. Every second takes ages to tick by. A recent survey of American kids revealed that 91 percent experience boredom. In fact, adolescence is considered a peak period for the problem. One study showed that roughly one in three teenagers was bored at school.

Peter Stromberg, professor at the University of Tulsa says, “Our brains adapt really quickly to certain levels of stimulation(刺激). We get used to the media providing levels of highly emotional stimulation, and when we’re not getting them we feel bored. As our society develops various ways of keeping us entertained, we may discover that rather than getting rid of boredom, we’re multiplying it.” Luckily, new research is implying a way that we can battle the trend.

Professor John D. Eastwood of the University of York developed a new theory of boredom, which links it to the brain’s attention system—the part of the brain that we use to focus. Anything the attention system in your brain locks onto will be automatically sucked up into your conscious awareness—it might be a bird outside the window, the pleasant smell of lunch, or even someone sleeping in the back of the class.

The problem is that your attention system doesn’t like being told what to do. It wants to focus on stuff that you find fun and interesting. For the parts of school that you enjoy, this isn’t a problem. But for those classes that don’t interest you, or present too much or too little challenge, the story is very different. In those situations, you’re going to have to spend a lot of effort constantly redirecting your attention system to focus on things it would rather ignore. And the effort is going to wear you out. Eastwood describes it as “wanting, but being unable, to be involved in a satisfying activity.” It’s like a block in the system. And it’s the awareness of that block combined with a sense that the environment is to blame that leads to feelings of boredom.

When we’re bored we blame the world around us, but Eastwood’s theory challenges this assumption: Boredom doesn’t exist out there; it exists inside your brain. What that means is—hard as it may be to hear—boring lessons aren’t only the fault of your teacher or the subject, they’re your fault too.

33. According to Peter Stromberg, _____.

- A. teenagers are victims of boredom
- B. our brains demand much stimulation
- C. we’ve grown dependent on media for fun

- D. the way we have fun makes us become bored
34. According to Paragraph 4, the attention system _____.
A. doesn't like challenges B. enjoys interesting things
C. does what you want it to do D. can make our efforts fruitless
35. What might the author suggest about a boring class?
A. Focusing more attention on it. B. Changing the way we look at it.
C. Employing various teaching methods.
D. Challenging the disturbing environment.
36. What might be the best title for the passage?
A. Escape Your Boredom B. Battle Your Attention
C. Fun or Boredom? D. Who Is to Blame?

第二节：阅读表达（共 4 小题；每小题 2 分，共 8 分）

阅读下面短文和问题，根据短文内容和每小题后的具体要求，在答题卡和相应题号后的横线上写下相关信息。完成对该问题的回答，答语要意思清楚，结构正确，书写工整。

If you live in Shanghai, you might have taken a “lesson” in sorting (分类) garbage, as the city introduced new garbage-sorting regulations on July 1, 2019.

As China's first city to carry out strict regulations(规则) on garbage sorting and recycling, Shanghai requires its residents to sort garbage into four categories, namely recyclable, harmful, dry and wet waste. If people fail to sort their garbage properly, they can be fined up to 200 yuan.

Since the regulation took effect, the amount of total daily waste in Shanghai has been reduced by an average of 15,500 tons, dropping 26 percent from the end of 2018, while the average daily weight of recyclables hits 4,500 tons, five times higher than the end of 2018, according to the Shanghai Landscaping and City Appearance Administrative Bureau.

The city also rebuilt 21,000 waste-sorting stations and more than 40,000 waste bins have been updated. The city's waste collection and transportation system is complete, according to the bureau.

“Proper waste sorting is to protect the environment and save natural resources,” said Deng Jianping, director of the bureau. “Led by the central government, Shanghai is making efforts to develop long-term solutions to garbage management.”

However, there have also been some problems. Some people complained that it is difficult to deal with wet garbage, as they are asked to remove wet garbage from its bag when dumping (倾倒). According to the sorting rules, the wet garbage must go in the wet waste bin and the bag must go in the dry waste bin.

This separation is necessary, as it ensures that the wet garbage will decompose (分解) properly and become useful organic (有机的) waste, the bureau said.

Plastic bags can affect this process. Some people in Shanghai are instead using paper bags that can biodegrade (生物降解) or plastic containers that can be washed and reused, according to Xinhua.

37. When did the new garbage-sorting regulations come into effect in Shanghai? (不多于 4 个单词)

38. According to the passage, people in Shanghai are asked to sort their garbage into four categories, and what are they? (不多于 8 个单词)

39. Why should we sort garbage? (不多于 11 个单词)

40. How do people deal with wet garbage when dumping? (不多于 7 个单词)

第四部分 应用文 (满分 25 分)

41. 假设你是红星中学高三学生李华。你得知故宫正在招聘暑期义务英文讲解员, 请你给相关部门负责人写一封申请信, 内容包括:

1. 介绍你的基本信息;

2. 说明你的优势 (例如: 相关能力, 性格特点等);

3. 表示你希望被录用。

注意: 1. 词数不少于 50;

2. 开头和结尾已给出, 不计入总词数。