

高一英语 10 月练习

命题人:王炯然 审题人:张静

时量:120 分钟 满分:150 分

得分_____

第一部分 听力(共两节,满分 30 分)

第一节(共 5 小题;每小题 1.5 分,满分 7.5 分)

听下面 5 段录音。每段录音后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段录音后,你都有 10 秒钟时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. Where does the conversation take place?

- A. In a shoe store. B. In a clothing store. C. In an online store.

2. What does the man think of the speech?

- A. Excellent. B. Difficult. C. Moving.

3. How many people have entered for the competition today?

- A. 50. B. 100. C. 150.

4. What is the probable relationship between the speakers?

- A. Teacher and student. B. Father and daughter. C. Boss and employee.

5. What's the man's opinion of the training?

- A. Disappointing. B. Satisfying. C. Indifferent.

第二节(共 15 小题;每小题 1.5 分,满分 22.5 分)

听下面 5 段录音。每段录音后有几个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听每段录音前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,每小题都有 5 秒钟的作答时间。每段录音播放两遍。

听第 6 段录音,回答第 6、7 题。

6. How does the man usually go to work?

- A. By car. B. By bike. C. By subway.

7. What will the man start doing next month?

- A. Learning to drive.
B. Travelling around the world.
C. Looking for a new apartment.

听第 7 段录音,回答第 8、9 题。

8. What will the weather be like next Monday?

- A. Sunny. B. Rainy. C. Snowy.

9. What will the speakers do this Saturday?

- A. Have a picnic. B. Go to a café. C. Stay at home.

听第 8 段录音,回答第 10 至 12 题。

10. What is the woman's concern about students overusing AI?

- A. Making them lose critical thinking skills.
B. Exposing them to inaccurate information.
C. Letting them spend much time on the Internet.

11. Who is the woman?
A. The leader of the Student Union.
B. A teacher.
C. A software engineer.
12. What does the man want to prove by mentioning calculators?
A. AI will replace traditional learning tools.
B. Technology can change learning methods.
C. AI is a helpful tool and should be accepted.
- 听第 9 段录音, 回答第 13 至 16 题。
13. What does the woman suggest doing?
A. Making some kites. B. Having a charity sale. C. Building cat houses.
14. What do the speakers expect the community center to offer?
A. Homemade cards. B. More materials. C. Pet toys.
15. Why does the man think the park is better?
A. It has many people. B. It's near their home. C. It attracts more cats.
16. Where will the speakers put a cat house?
A. In the park. B. Beside the square. C. Near the animal care center.

听第 10 段录音, 回答第 17 至 20 题。

17. What is the speaker mainly talking about?
A. How to start a conversation.
B. How to interact with a stranger.
C. How to become a good talker.
18. What can be a best icebreaker?
A. Something shocking. B. Something sorrowful. C. Something pleasant.
19. What is inappropriate for a conversation?
A. Making comments.
B. Trying to be the smartest person.
C. Praising others constantly.
20. What is the best way to keep a conversation going?
A. Sharing your hobbies.
B. Showing your sincerity.
C. Making your talk funny.

第二部分 阅读(共两节, 满分 50 分)

第一节(共 15 小题; 每小题 2.5 分, 满分 37.5 分)

阅读下列短文, 从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A(★)

In September, thousands of monuments, civic buildings and private homes throw open their doors to offer a rare glimpse of normally off-limits spaces. Here are some less-known treasures around the UK.

Guided tour of Gladstone's Library, Hawarden

Gladstone's Library in Hawarden will be running special tours as part of the Open Doors-Wales festival. It was built as a memorial to Prime Minister William Gladstone. Take a tour of beautiful Reading Rooms housing 150,000 books.

September 16, 10 am—2 pm, booking required.

Britannia Panopticon Music Hall, Glasgow

The atmospheric Britannia Panopticon will be showing off its collection of theatrical relics, props and costumes. Sample Victorian items at the world's oldest surviving music hall without booking.

September 15 and 16, 11 am—5 pm and September 17, 12 pm—5 pm

Gothic Temple, Stowe Gardens

Visitors to Stowe Gardens will be offered a rare chance to see inside the 18th century Gothic Temple. Though it's normally rented as a holiday let, its circular rooms and mosaic ceilings will be open to prebooked visitors for one weekend.

September 16 and 17, 10:30 am—4:30 pm, free of charge

Appleton Tower: School of Informatics, Edinburgh University

As part of Scotland's Doors Open Days festival, Edinburgh University's Appleton Tower will be offering tours of the world-leading School, including a visit to the study suite on Level 9 which offers far-reaching views of the Edinburgh skyline.

September 23, 11 am—2 pm, booking in advance.

21. What can visitors do at Britannia Panopticon Music Hall?
- A. They can visit a study room with far-reaching scenery.
 - B. They can listen to the oldest surviving music.
 - C. They can appreciate theatre-related items.
 - D. They can read in Reading Rooms with 150,000 books in store.
22. Which of the following will appeal to architecture fans?
- A. Guided tour of Gladstone's Library, Hawarden.
 - B. Britannia Panopticon Music Hall, Glasgow.
 - C. Gothic Temple, Stowe Gardens.
 - D. Appleton Tower: School of Informatics, Edinburgh University.
23. What do Guided tour of Gladstone's Library and Appleton Tower have in common?
- A. They both require reservations.
 - B. They both offer classic books to visitors.
 - C. They both honor world famous figures.
 - D. They both last for four hours.

B(★)

School is important for children and parents everywhere, and there are a lot of people who take the education of youth very seriously. Parents want their children to succeed, and a lot of children want to do well in school. A new study, which was done by Brigham Young University, has found that students perform better in school if they go on more cultural field trips.

Field trips have always been seen as fun for students, and they look forward to their chances to get out of the classroom and go somewhere fun. But field trips can be difficult for teachers to plan, because they need to make sure that there is learning and value included. Some have argued about the worth of field trips, and whether they are worth a student missing a whole day out of school.

However, Heidi Erickson, one of the researchers in the study, stated that there is no harm in taking students out of the classroom, even for multiple (多个的) days throughout the year, as long as they are learning and in an appropriate space. The study had 4th- and 5th-grade students from 15 schools take part in this study. They went on three cultural field

trips during the school year, to an art museum, a live theatre performance, and a classical concert. Then the researchers looked at their school year compared to students who did not take part and this is where they saw the difference.

The study found that students who went on multiple field trips a year had higher test scores, performed better in class and had a greater cultural responsibility over time when compared to students who did not go on as many field trips.

Although there has been a remarkable decrease in the number of field trips due to various reasons, this new study is showing the true value of field trips, especially when they are considered “cultural”.

24. Why is it hard for teachers to plan field trips?
- A. Teachers are concerned about the price.
 - B. Teachers have to ensure students' meaningful experiences.
 - C. Students have to miss a whole day out of school.
 - D. Teachers don't believe in the worth of field trips.
25. What is Heidi Erickson's attitude to cultural field trips?
- A. Skeptical. B. Concerned. C. Favourable. D. Tolerant.
26. How did the researchers draw the conclusion?
- A. By asking students questions.
 - B. By taking field trips themselves.
 - C. By doing surveys among teachers.
 - D. By comparing different groups of students.
27. What is the main idea of the text?
- A. Cultural field trips improve students' performance.
 - B. Students perform better in an appropriate space.
 - C. Why cultural field trips are popular with students.
 - D. Why the number of students' field trips is dropping.

C

The 24 solar terms(节气) originated and were firstly used in China. They were created thousands of years ago on the basis of practical needs of agriculture. Ancient Chinese people used them to guide agricultural production, observe special climate signs and even study healthy living tips. The 24 solar terms were added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity in 2016. Now, they have been brought to life thanks to a creative designer from southwest China's Guizhou Province.

On the eve of the Qingming Festival, Shi Changhong released(发布) his version of reproduced and packaged characters for each solar term in the form of “moving art” of GIFs. Since their first release on ZCOOL on March 29, the GIFs have won great praise among the general public and quickly flooded social media with millions of hits during the festival period.

To maximize publicity, Shi released his work in three forms: video, animation and picture. The background sounds add to the brilliance.

“When I watch the short video, I can strongly feel the Chinese-style elements hidden in them. And it is really cool to carry forward traditional Chinese culture in such a unique way,” WeChat user Xiao Feifei said.

“It is really a comfort for me to see so many people like my latest work. To be frank, it would really surprise me if the work did not arouse great interest among Chinese people. The

24 solar terms are a deeply rooted concept that represents the essence of Chinese wisdom. However, only a small portion of people know all the names or the correct order of those terms. My intention is to increase Chinese people's self-awareness to learn more about our traditional fine culture. Actually, the 24 solar terms work is only a part of my whole design program 'Charm China', which I started over a year ago," Shi told *China Daily*.

28. What do you think the underlined word "ZCOOL" in paragraph 2 refers to?

- A. A newspaper.
- B. A magazine.
- C. A radio broadcast.
- D. A website.

29. What can be inferred from the text?

- A. The background sounds make the work more attractive.
- B. Most people know all the names or the correct order of the 24 solar terms.
- C. It really surprised Shi Changhong to see so many people like his latest work.
- D. The 24 solar terms work was added to UNESCO's Representative List.

30. What is the purpose of the text?

- A. To introduce a creative designer.
- B. To introduce the 24 solar terms work.
- C. To introduce the origin of the 24 solar terms.
- D. To introduce the design program "Charm China".

31. Which part of the newspaper does the text probably belong to?

- A. Travel.
- B. Culture.
- C. Agriculture.
- D. Education.

D

Exercise is often pointed to as a good way to improve mental health in most research, but a recent study from the University of Georgia suggests that it's not just physical movement that affects mental health. It's how, where and why you exercise that makes the difference.

"In previous(以前的) research, research on physical activity has focused on how long someone exercises for or how many calories are burned," said Patrick O'Connor, a co-author of the study. "The amount of exercise has been the main way researchers have tried to understand how physical activity might influence mental health, while whether those minutes are spent exercising with a friend or as part of a game has been ignored."

Many studies find that people who take part in regular leisure-time physical activity, like going for a run, taking a yoga class or biking for fun, tend to report lower levels of anxiety. But while leisure-time physical activity offers better mental health outcomes, these benefits may vary greatly depending on the environment of the activity, according to the researchers.

"For example, if a soccer player runs down the field and kicks the game-winning ball, their mental health is fantastic," O'Connor said. "In contrast, if you do exactly the same exercise but miss the goal and people are blaming(责备) you, you are likely to feel very different."

Many studies also showed that adopting regular exercise routines improved mental health, especially for individuals with existing mental health disorders. However, these studies were typically based on similar samples, so the results are probably not suitable for more various groups. "If we're trying to improve people's mental health through exercise, then not only do we need to think about the amount and the mode, but we also need to ask: What is the context(情境)?" O'Connor said.

For O'Connor, the key point is clear. It's not just movement that matters. It's the meaning, the context and the experience of the activity that determine the influence of exercise on mental health.

32. What has been largely overlooked in previous research?
- A. The time length and type of the workout.
 - B. The social environment of physical activity.
 - C. The number of calories burned during exercise.
 - D. The physical health outcomes of regular exercise.
33. What can we learn from the example of the soccer player?
- A. Winning ensures mental health benefits.
 - B. Playing football can improve mental health.
 - C. Blame from others leads to bad mental health.
 - D. Context matters in how exercise affects mental health.
34. What does O'Connor suggest researchers do?
- A. Avoid studying people with mental health disorders.
 - B. Focus more on the amount of exercise in future studies.
 - C. Pay attention to the context of exercise in their research.
 - D. Prove what is the real effect of exercise on mental health.
35. Which situation best matches the "context effect" described in the text?
- A. Lily buys lighter running shoes and runs faster.
 - B. Ben sleeps nine hours the night after swimming.
 - C. Mary loses 2 kg after keeping jogging 5 km every day for a month.
 - D. Tom feels great cycling with friends but bored when cycling alone.

第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Peer Pressure

Peer pressure is a part of life. 36 This peer group may be of similar age but can also be defined by other commonalities(共同点), including motherhood, professional affiliations(职业关系), and your local neighborhood.

Peer pressure is not always negative. Trying to fit into a healthy social group, for example, of peers getting good grades, joining sports teams, and making plans for their futures, is positive. 37 Peer influence can show you there is support, encouragement, and community available to you. By seeing someone else do something positive, you may reflect on your own life choices, goals, and where you spend your time.

38 Being pressured by peers, whether it happens in person or online, may shake your sense of identity and self-confidence. For example, you may feel pressure to do unsafe things that have risks you may not fully know.

39 You can also work on surrounding yourself with more positive influences. Some ways of coping with peer pressure include:

- Not spending time with people who pressure you to do things that feel wrong or dangerous.
- Learning to say "no" and practicing leaving situations that feel unsafe or uncomfortable.
- Talking to a trusted peer or professional (teacher, counselor) if you have problems saying "no" or are feeling pressured to change something about yourself.

In the journey of life, peers influence our steps. If you embrace positive guidance and stand firm against negativity, you can become the architects of your own story.

- A. It can be direct or indirect, positive or negative.
- B. Befriending people who have a positive influence.
- C. It is any type of influence that comes from a peer group.
- D. Some refer to this type of peer “pressure” as peer “influence”.
- E. While peer influence can improve your life, peer pressure can cause problems.
- F. Getting over peer pressure means not accepting the negative influence of others.
- G. Feeling pressured to do things that may make you feel bad about yourself is unhealthy.

第三部分 语言运用(共三节,满分 30 分)

第一节(共 15 小题;每小题 1 分,满分 15 分)

阅读下面短文,从每题所给的 A、B、C、D 四个选项中选出最佳选项。

17-year-old Lina was walking along a coastal village when she noticed a small turtle
41 to return to the sea. Its left flipper(鳍状肢) was broken. Lina felt 42 seeing the poor creature.

She called her parents for help. Together, they 43 picked up the turtle and took it to a nearby wildlife 44 . The vet(兽医) there told them the turtle was an endangered species. It had been 45 by a fishing net. The vet promised to treat it until it 46 .

Every afternoon, Lina visited the turtle. She 47 it eat small fish and swim in a small pool. Lina named it “Wave” because it 48 playing in the water. She even brought a small toy boat to make Wave feel more 49 in the water.

After three weeks, the vet said Wave was ready to go back to the sea. Lina and her family took Wave to the 50 . When they set it down, Wave stopped for a moment as if to 51 the days spent with Lina, then swam towards the sea. Lina waved goodbye, her eyes filled with 52 . She knew Wave’s journey would be hard, but she also believed it could 53 .

This experience taught Lina that every life 54 . She joined a wildlife protection club at her school to help more animals, hoping that one day all endangered species will live in 55 without human threats.

- | | | | |
|---------------------|----------------|------------------|--------------------|
| 41. A. refusing | B. preparing | C. struggling | D. pretending |
| 42. A. angry | B. sad | C. frightened | D. confused |
| 43. A. quickly | B. secretly | C. suddenly | D. carefully |
| 44. A. island | B. park | C. trap | D. hospital |
| 45. A. hurt | B. covered | C. attacked | D. protected |
| 46. A. recovered | B. struck | C. adapted | D. competed |
| 47. A. reminded | B. observed | C. ordered | D. requested |
| 48. A. feared | B. recommended | C. enjoyed | D. prevented |
| 49. A. determined | B. anxious | C. creative | D. pleased |
| 50. A. zoo | B. pool | C. beach | D. forest |
| 51. A. look back on | B. make fun of | C. keep track of | D. look forward to |
| 52. A. tears | B. doubts | C. alarm | D. shock |
| 53. A. regret | B. survive | C. suffer | D. attack |
| 54. A. exists | B. changes | C. matters | D. limits |
| 55. A. trouble | B. pressure | C. surprise | D. peace |

第二节(共 10 小题;每小题 1 分,满分 10 分)

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

Last year, I studied at a British secondary school as an exchange student. In Britain, each teacher has their own classroom and the students move around for every lesson. In most of my classes, there were only about 20 students. In the beginning, however, it was still tough for me 56 (remember) everyone's name!

I enjoyed most of the classes, but some of them were quite 57 (challenge). Technology classes were fun. I made a clock to take home. The teacher helped me put the parts together. I like it so much 58 I still use it as my alarm! I found Maths quite easy and enjoyable because the material was 59 (advanced) in the UK than in China.

However, 60 (learn) in English was a great challenge for me. There were a lot of difficult English words, especially in Geography and Biology. Class discussion 61 (be) very important in the UK, but I could not make a great 62 (contribute) because sometimes I wasn't able to express 63 (I) clearly in English. Although there was not as much homework as I was used to, it was still rough. Fortunately, thanks to my teachers and classmates, 64 always helped and encouraged me, my language skills improved 65 time.

第三节(共 5 小题;每小题 1 分,满分 5 分)

用课文原文填空,每空填入一个单词。

66. You need to make a continuous effort to train your mind and develop your

67. The one that me most was the Rugby Club.

68. To fully realize your potential, it is important for you to
our school resources.

69. Through this kind of discussion, you will learn when to and when to
ask your parents to relax their control.

70. , explain your actions and
feelings calmly, listen carefully and address their concerns.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假定你是李华,你的英国笔友 Peter 是校“短篇小说写作社”(Short Story Writing Club)的社长。下周他们学校将进行社团招新,他发邮件向你询问如何吸引更多同学加入该社团。请你给他回复一封邮件,内容包括:

(1)提出建议;

(2)表达鼓励与祝愿。

注意:

(1)写作词数应为 80 个左右;

(2)请按如下格式在答题卡的相应位置作答。

生词:招新 recruitment *n.*

Dear Peter,

Yours,
Li Hua

第二节(满分 25 分)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

When I was ten, my parents told me we were going to China for our summer holiday. I was over the moon—I had only ever seen the Great Wall and the Forbidden City in books, and now I would actually get to walk through history!

For weeks, I imagined the towering palaces, the red-and-gold gates, and the stories hidden in every corner. Finally, the day arrived, and there I was, standing in the heart of Beijing, staring up at the most magnificent buildings I had ever seen.

The Forbidden City was even more unbelievable in real life. The golden roofs shone under the sun, the delicate carvings told silent tales of emperors and warriors(武士), and the vast courtyards made me feel like I had stepped into a fairy tale. Every turn showed something new—a dragon statue, a marble(大理石) staircase, a hidden garden—and I couldn't stop taking pictures, eager to catch every detail. My parents laughed as I dragged them from one spot to another, insisting on yet another photo.

What impressed me most were the colors. The imperial yellow of the rooftops against the deep red walls looked brighter than any picture could show. Even the stone pathways seemed to shine with centuries of footsteps. I remembered running my fingers along a carved marble railing, wondering how many hands had touched that same spot over six hundred years.

The place was packed with tourists, all murmuring in different languages, their faces filled with the same amazement as mine. Some pointed at the architecture, others posed for pictures, and a few just stood quietly, taking it all in. The energy was infectious(有传染力的)—everyone seemed to feel the magic of this ancient place.

As the afternoon wore on, we followed the crowd toward the exit. The sea of people was flooding, and I, being small for my age, grasped my father's hand tightly, afraid to get lost in the rushing crowd. The noise, the heat, and the excitement made everything feel like a blur(模糊)—until suddenly, I looked down at the large hand I was holding—the wrong watch, the wrong-colored ring.

注意：

- (1)续写词数应为 150 个左右；
- (2)请按如下格式在答题卡的相应位置作答。

My blood turned to ice. _____

There he was, just three people away. _____
