

2020.4.29北京十一校高三英语四月月考
考试时间：15:00-16:40 共计 100 分钟 试卷总分：120 分

第一部分：知识运用（共两节，45 分）

第一节 语法填空（共 10 小题：每小题 1.5 分，共 15 分）

阅读下列短文，根据短文内容填空，在未给提示词的空白处仅填写 1 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

A

By the time Michael Phelps retired at 31, he 1_____(collect) a total of 23 golds, three silvers and two bronzes at the Olympics, a record that looks unlikely to be broken for many years 2 (come). Phelps suffered hyperactivity disorder as a child and 3_____ (encourage) to take up swimming at seven to control his energy. Over the years he developed into a champion swimmer, beating record after record. “I was trying to see 4_____I could really do and where my potential could go”, said Phelps.

B

In most big cities, it is easier to hire a taxi at a moment's notice when the weather is good. But when it's raining, people have a much harder time 5_____ (find) one. One obvious reason is that many people who walk short distances during good weather prefer to take a taxi in the rain. 6_____, taxis tend to be more fully occupied on rainy days. Besides, the supply of available taxis is also smaller because taxi drivers can 7_____ (easy) reach the target fares and go home early.

C

Developed by Confucius during the Spring and Autumn Period, Confucianism is a philosophical and ethical system, which has become an 8_____ (influence) part of Chinese culture.

Today, mottoes from Confucianism are frequently used by foreign officials in their speeches or talks. People around the globe can have access 9_____ Confucianism in Confucius Institutes and Chinese Culture Centers abroad. Up to now, China 10_____ (open) about 500 Confucius Institutes in 140 countries and regions, introducing China by opening training classes, building libraries, and holding cultural activities.

第二节 完形填空 (共 20 小题; 每小题 1.5 分, 共 30 分)

This Too Shall Pass

When my family moved to Ohio over the summer, I feared attending another new school and knowing no one because I was able to expect what was coming. I had bright red hair and enormous glasses. In addition, I was 11 and not very sociable.

Boarding the school bus that first day, I felt like all eyes on me. I could hear the 12 “She’s huge!” Obviously, the kids on the bus had known each other well. I spent that first bus 13 in silence.

The following day was even 14. I did not notice that a few boys had tied a shoelace across the aisle and thus fell face first on the bus, 15 everything I was carrying. 16 I was embarrassingly gathering my supplies, I could hear the laughter, and then the 17 “That felt like an earthquake!” Anyway, I 18 to find a seat. Looking out of the window, I 19 the tears welling up in my eyes.

It was then that I sank into myself. I began walking everywhere. I would wander through the woods behind our house. I would also walk to a 20 about two miles down the road, where I would chat silently with myself. I began 21 the afternoon school bus on purpose, walking home instead. Then, 22, I started losing weight. And as I became content with myself, I began making 23.

One of my newly-found friends also 24 with her weight, wanting to be a “perfect” cheerleader. She lived near my neighborhood so we would meet and 25 together. This became a daily activity with talking and laughing 26 the way—different from the lonely walks I had taken. My friend said that I didn’t have to be perfect. I just had to be me, and be happy with 27.

While I would not want to 28 that time of loneliness, sadness and embarrassment, I am 29 I made it through. Whenever I am struggling with any other problem in life, I always remember the proverb “This too shall pass.” If you can find a path with no obstacles, it probably doesn’t 30 anywhere.

- | | | | |
|-----------------------|----------------|------------------|-----------------|
| 11. A. outgoing | B. overweight | C. intelligent | D. friendly |
| 12. A. whispers | B. whistles | C. giggles | D. laughs |
| 13. A. drive | B. lift | C. ride | D. travel |
| 14. A. worse | B. longer | C. funnier | D. duller |
| 15. A. throwing | B. losing | C. leaving | D. dropping |
| 16. A. Though | B. While | C. Since | D. Because |
| 17. A. opinions | B. statements | C. comments | D. discussions |
| 18. A. determined | B. attempted | C. pretended | D. managed |
| 19. A. kept away | B. took back | C. put away | D. held back |
| 20. A. garden | B. market | C. church | D. library |
| 21. A. escaping | B. missing | C. delaying | D. stopping |
| 22. A. uninterestedly | B. uncertainly | C. unfortunately | D. unexpectedly |
| 23. A. changes | B. friends | C. efforts | D. decisions |
| 24. A. struggled | B. competed | C. dealt | D. lived |
| 25. A. run | B. play | C. chat | D. walk |
| 26. A. along | B. across | C. by | D. in |
| 27. A. oneself | B. myself | C. herself | D. itself |
| 28. A. relive | B. remind | C. relate | D. rethink |
| 29. A. excited | B. upset | C. proud | D. regretful |
| 30. A. exist | B. stretch | C. lead | D. stay |

第三部分：阅读理解（共两节，40分）

第一节（共15小题；每小题2分，共30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，并在答题卡上将该项涂黑。

A

Dramatized Thoughts on Public Speaking

As the crowd gathered, I could feel my heart beating. I wondered if they could hear it. Against my will, I could feel my face turning hot and knew that I was blushing. Even if they cannot hear my heart thumping with every beat, I thought, they can surely see it in my eyes. My eyes are always a dead give-away. They well up with fear and often even hot with tears, every time I get nervous. That and my stupid old face turning a bright shade of red... I knew that by now I probably looked like a sunburned tomato. They would never take me seriously.

I began to wish that I was more like my sister. She is always so confident and proud of herself. It seemed like she hardly ever gets nervous when it really counts. Either that or she hid it better than I. I wished I had never even thought of this stupid idea of running for student body president. That was a month ago, before I found out that I would have to speak in front of the entire school. It was too late to back out now pretty soon the speeches would begin. It would only be a few hours before the embarrassing results would come out, and that wasn't even the worst of my worries. What would everyone say? What would my parents think when I told them that I lost the election? They were so proud of me; I would never be able to tell them. Everyone was counting on me, my teachers, my friends, even the principal. I was sure that I would fail miserably now that I had gotten myself into such a negative state of mind. I reread my speech. All the great hopes and ideas I had, all written on that awful piece of paper. I realized why I had written those words and an air of anticipation (预感) ran through my body. Just in time, too.

I heard my name only seconds later. Those few feet to the podium (讲台) felt like a mile. My knees

were shaking, but somehow I managed to keep my ground. Although I knew that I probably wouldn't need it, I placed my well-rehearsed speech on the podium. Then, like a gymnast about to plunge into a tumbling pass, I looked up at the audience. And as I delivered that speech, a new and strange realization came to me. I had captured their attention and for a moment---they belonged to me.

31. Why did the author think it stupid to attend the election?
- A. People wouldn't take her seriously. B. Her sister was much better than her.
C. She didn't expect such a large audience. D. There wasn't enough time for her to prepare.
32. What was the author's worst worry?
- A. Her efforts would be in vain. B. She would disappoint others.
C. The results would come out soon. D. She would suffer from stage fright.
33. What can we learn from the author's experience?
- A. Great efforts pay off.
B. Always look on the bright side.
C. Never lose heart when you fail.
D. Things may not be as bad as you think.

C

Hibernation

For people who aren't fans of winter, animals that hibernate seem to have the right idea: It's the equivalent of burying your head under the covers until spring comes — isn't it? Not quite.

“Most of the physiological functions are extremely slowed down,” says Marina Blanco, a postdoctoral associate at the Duke Lemur (狐猴) Center in Durham, North Carolina. For example, when lemurs hibernate, they reduce their heart rates from over 300 beats per minute to fewer than six, says Blanco. And instead of breathing about every second, they can go up to 10 minutes without taking a breath. Their brain activity “becomes undetectable.” This is very different from sleep, which is gentle resting state where unconscious functions are still performed.

Put simply: “Hibernation is a means of energy conservation,” says Kelly Drew, a neuropharmacologist at the University of Alaska Fairbanks who studies the brain chemistry of hibernating Arctic ground squirrels. While hibernation is often seen as a seasonal behavior, it's not limited to cold-weather animals. There are tropical hibernators that may do so to beat the heat. And “some species hibernate in response to food shortages,” notes Drew. For example, echidnas (针鼹) in Australia will hibernate after fires, waiting until food resources rebound to resume normal activities.

To slow their metabolism (新陈代谢), animals cool their bodies by 5 to 10 °C on average. The Arctic ground squirrels Drew works on can take this much further, supercooling to subfreezing temperatures. Drew's research has shown that cooling is likely regulated by levels of adenosine (腺苷) in the brain. Not only does adenosine increase in winter in ground squirrels, the receptors for the molecule become more sensitive to it.

But species don't stay in their cold, sleeping state for the duration of their dormant period. About 80 percent of their energy is spent intermittently (间歇地) waking and warming up. Why they do this is “one of the greatest mysteries” of the field, says Thomas Ruf, a professor of animal physiology at the University of Veterinary Medicine in Vienna. Some think they need to turn back on their immune systems to fight disease, while others think they may simply awaken so they can sleep.

One bird and a variety of amphibians(两栖动物), reptiles and insects also exhibit hibernation-like states. There is even at least one fish — the Antarctic cod — that slows down its metabolism in winter, becoming 20 times less active. And, of course, there are lots of mammals. While bears might be the first that come to mind, most mammalian hibernators are on the smaller side. “The average hibernator weighs only 70 grams,” says Ruf. That's because little bodies have high surface area to volume ratios, making it more taxing for them to stay warm in cold weather — so they need the seasonal energy savings more than larger animals.

38. How does the author distinguish between hibernation and sleep?

- A. By highlighting reasons.
- B. By presenting definitions.
- C. By introducing arguments.
- D. By comparing the data.

39. “Echidnas” in Paragraph 3 is introduced to show_____.

- A. animals cool their bodies by 5 to 10°C on average
- B. tropical hibernators may hibernate to beat the heat
- C. some species hibernate in response to food shortage
- D. hibernation is most often seen as a seasonal behavior

40. The last paragraph mainly discusses_____.

- A. when certain animals hibernate
- B. what kinds of animals hibernate
- C. why some animals hibernate
- D. how animals hibernate

41. The passage implies that_____.

- A. It is harder for smaller animals to keep warm in winter.
- B. The cooling of bodies may influence the levels of adenosine.
- C. Scientists don't agree on the reasons of intermittent hibernation.
- D. Body functions are still unconsciously performed during hibernation.

第二节（共 5 小题；每小题 2 分，共 10 分）

根据短文内容，从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

E

Does Waking Up Early Benefit Everyone?

We've all heard it before: to be successful, get out of bed early. After all, Apple CEO Tim Cook gets up at 3:45 a.m. – and, as we know, “the early bird catches the worm.” But just because some successful people wake up early, does that mean it's a trait most of them share? And if you are not an early bird, are you really doomed to a less successful life?

___46___ It's estimated that some 50% of the population isn't really morning or evening-oriented, but somewhere in the middle. Numerous studies have found that morning people are more persistent, self-directed and agreeable, while night owls tend to perform better on measures of memory, processing speed and cognitive ability, even when they have to perform those tasks in the morning.

Still think the morning people sound more like CEO material? Don't set your alarm for 5 a.m. just yet.

___47___ “If people are left to their naturally preferred times, they feel much better. They say that they are much more productive. The mental capacity they have is much broader,” says Oxford University biologist Katharina Wulff, who studies chronobiology (生物钟学) and sleep. On the other hand, she says, pushing people too far out of their natural preference can be harmful. When they wake early, for example, night owls are still producing melatonin (褪黑素). “_48 That can have lots of negative physiological consequences,” Wulff says.

In many ways, that makes sense, since research shows that our chronotype (睡眠类型), or internal clock, is mainly biological. Up to 47% of it is inherited, which means if you want to know why you pop up at dawn each day (or never do), you should probably look at your parents. 49_ Children tend toward morning, with a peak shift toward night around age 20 and a slight change back toward morning at around age 50.

In our rush to figure out the ‘secrets’ of success, we tend to forget a couple of things. First, not all high achievers are early risers, and not all early risers are successful. More importantly, things that are connected don't necessarily cause the events. 50_____

- A. And your preference does change as you age.
- B. For about half of us, this isn't really an issue.
- C. Then you interrupt it and push the body to be in the daytime mode.
- D. As it turns out, changing your sleep times may not have much effect.
- E. And shifting someone's chronotype doesn't necessarily change these traits.
- F. In other words, it's not clear that waking up early itself provides the benefit.
- G. However, morning exposure to bright light and avoiding light at night can help.

第四部分：书面表达（共两节，35分） 第一节（15分）

假设你是红星中学高三学生李华，你的英国朋友 Jim 在给你的邮件中提到他对中国文化感兴趣，计划明年来北京上大学。他向你咨询相关信息。请给他回邮件，内容包括：

1. 表示欢迎；
2. 推荐他上哪所大学；
3. 建议他做哪些准备工作。注意：
 - 1 词数不少于 50；
 - 2 开头和结尾已给出，不计入总词数。Dear Jim,

Yours

Li Hua

第二节（20分）

假设你是红星中学高三学生李华。你们班上周组织了一次以“劳动最光荣”为主题的社会实践活动。请根据以下四幅图的先后顺序，写一篇英文周记，记述整个过程。

注意：词数不少于60。提示词：西瓜 watermelon

