

北京市石景山区 2021-2022 学年高三上学期期末练习英语试

卷

学校: _____ 姓名: _____ 班级: _____ 考号: _____

一、未知

One Monday morning I came into the classroom and caught Joe _____ a picture on his math book. This was one day after I had given the class a lecture on taking care of school property. Normally I would have got angry and _____ him to the office. Instead, I walked over to his desk and stood there. Joe closed the book immediately, trying to hide his drawing. I said, "Let me _____ what I said yesterday: these textbooks are going to be used for the next five years, and I _____ you to take good care of them." "Sorry," Joe murmured. "I forgot." "I see." I said.

When I returned to Joe's desk again, he was erasing the drawing with his tiny, worn-out eraser. I _____ him mine and a drawing pad, and then said, "Here, this might make the job _____. And you can also use the pad whenever you have the _____ to draw." Joe looked _____ and said, "Thanks." I nodded and started my lesson.

Joe hasn't drawn in his textbook since. He keeps the pad in his pocket and shows me his drawing from time to time. I'm glad I didn't ask him to go to the office that day. It might have stopped him from marking on his books, but we would never have the _____ we have today. And who knows, I may have _____ a promising Picasso.

1. A. drawing B. copying C. observing D. examining
2. A. welcomed B. sent C. begged D. followed
3. A. check B. prove C. update D. repeat
4. A. force B. allow C. expect D. promise
5. A. rewarded B. handed C. showed D. mailed
6. A. slower B. earlier C. safer D. easier
7. A. urge B. energy C. ambition D. talent
8. A. surprised B. calm C. awkward D. anxious
9. A. achievement B. appointment C. relationship D. conflict
10. A. attracted B. encouraged C. ignored D. cheated

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。

My father always tells me not to gossip (八卦) about others behind their backs. When in middle school, I once 11. (compete) with another classmate, Amy, for the monitor. To gain an advantage, I invited some classmates to my home and gossiped a lot about Amy. 12. (hear) what I said, my father told me, “When your forefinger 13. (point) at others’ back, you have other three fingers pointing at 14. (you) and fighting back with triple power.”

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。

As a parent, I’m concerned my kids are buying soda water in the school cafeteria every day. Too much sugar makes it 15. (challenge) for kids to concentrate. Besides, drinking soda water can contribute to long-term health 16. (problem) such as obesity (肥胖症) and diabetes (糖尿病). I am not suggesting that our school determine 17. kids eat and drink. But I do believe the school should promote healthy lifestyles, including proper nutrition.

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。

Your personality shapes you. Personality is the characteristic patterns of thoughts, feelings and behaviors 18. make a person unique. Understanding personality allows us 19. (predict) how people will respond to certain situations and what they prefer and value. For example, an outgoing person may jump for joy when facing new experiences, while a shy person may feel 20. (embarrass) in front of a large group of people.

Earlier this year, the price on the bestseller, *The Girl on the Train*, was cut from \$11.99 to \$1.99 for one day only. *The Da Vinci Code* was given away for free for one week. Most people were completely unaware of these huge deals.

A select group of readers, however, had the inside scoop (消息) on all these deals. They were using our service at the deal site, BookBub, a daily email that offers limited-time deals on free or deeply-discounted e-books.

Easy Access

Over 10 million people have signed up for BookBub’s free service. Readers sign up with just an email address, and then select their favorite genres (类型). Each day, we send an email with free and discounted bestselling e-books in the selected genres. Just click, download, and

read on a device.

Customized Categories

Ranging from mysteries to romance to cookbooks, there are more than 35 categories to choose from to customize your email.

Expert Editors

Each title is hand-selected by our editorial team to ensure the highest quality. In addition, each book is at least 75% off, and many are free, which makes it extremely low-risk to try new authors and genres.

Book lovers have now become practically attracted to this concept. In many cases, they've downloaded hundreds of books and saved hundreds of dollars using the service.

"I now have more books than I can read in a lifetime," said Suzie Miller of Auburn, WA. She said she has downloaded more than 350 free e-books using the service.

Sign up to see today's deals!

21. According to the passage, BookBub is unique mainly in its _____.

- A. wide price range
- B. rich selection of authors
- C. various events for readers
- D. personalized recommendations

22. The author mentions Suzie Miller's statement in order to _____.

- A. prove popularity of the e-books
- B. show the benefits of BookBub
- C. call on people to read more e-books
- D. offer guidance on using BookBub

23. The main purpose of the passage is to _____.

- A. promote a deal site
- B. give advice on book choice
- C. report a new way to read
- D. compare e-books with paper books

Three months ago, I broke a vertebra (椎骨) in my lower back. Staying in hospital, I longed for the football pitch like never before. I even joked: "So I have to wear a brace (支具) now when I play football."

Now came the moment! Waiting for the doctor, I became unbearably impatient. I had waited for three months to find out whether or not I would be cleared to play football again, but the thought of waiting another five minutes seemed impossible. Then Dr. Pittinger entered the room. The question remained unasked and unanswered as we went through the procedures of a physical. The time had finally come. He spoke slowly and softly, but still rather matter-of-factly, as he told me that I would never be able to play football again.

The realization sank in immediately. I wasn't surprised, but I opposed the idea wholeheartedly. For months after I was released, I continued to work out with the football team. I woke up every morning at five for rehab (康复训练). Even though I was ashamed to wear my back brace, I wore it devotedly. At night, I slept on the floor because my doctor told me that sleeping on a firm surface was good for my back. I was determined to play again.

However, in the end, just as the doctor ordered, I never played another quarter of football. After several nights of coming home from training barely able to walk, I finally gave in. For a while, I felt that giving up was like an admittance of defeat rather than the acceptance of a truth. But over time, I realized no matter what happened, life would go on. Rather than focus on what was undeniably unachievable, I understood that even though this particular option was no longer open to me, I had countless other choices to make in its place.

24. Why was the author impatient when waiting for the doctor?

- A. Because he disliked wearing a brace.
- B. Because he desired to leave the hospital.
- C. Because he was desperate to know the result.
- D. Because he wanted to be treated immediately.

25. How did the author feel at the doctor's words?

- A. Unwilling to accept the truth.
- B. Disappointed with the treatment.
- C. Regretful over his carelessness.
- D. Hopeful of making other choices.

26. What happened to the author in the end?

- A. He proved the doctor wrong.
- B. He fully recovered from the injury.
- C. He improved his football skills.
- D. He failed to return to the football field.

27. What can we conclude from this passage?

- A. Take life as it comes.
- B. Doing is better than saying.
- C. Nothing is impossible to a willing heart.
- D. The longest journey begins with the first step.

It's truly never too late to begin exercising, according to the researchers led by Pedro Saint-Maurice of the U.S. National Cancer Institute. Even for people who were "couch potatoes" in their youth, starting regular exercise in middle-age can still greatly cut the probability of death from any cause.

The study tracked the lifetime exercise patterns of more than 315,000 people. The investigators found that folks who'd exercised all their lives had a 36 percent lower risk of dying during the study period, compared to people who'd never exercised. But, perhaps surprisingly, people who'd been inactive in youth but decided to get more physical in their 40s and 50s saw almost the same decline—35 percent—in their probability of an early death.

The study also found that a mid-life start to physical activity seemed to cut the probability of death from the two major killers—heart disease and cancer. For people who began exercising in their 40s and 50s, rates of death from heart disease fell by 43 percent compared to people who'd never exercised, and the cancer death rate fell by 16 percent. Those declines were similar to those seen in people who'd exercised all their adult lives.

“This study, once again, indicates the importance of physical activity in relationship to one's long-term mortality,” said Dr. Evelina Grayver. “Whether or not you start exercising when you are younger or older, the benefits will always be there. But starting exercising at a later age and still getting the same mortality benefit doesn't mean that one should not exercise in younger years. Overall effects of continuous physical activity decrease the risk of an early death.”

The researchers also noted that while other research linking exercise to longevity has looked at physical activity at just one point in the lifetime, theirs is the first to examine the role of “participation in physical activity throughout the different stages of adulthood.” This new research demonstrates the crucial relationship between physical activity and the prevention of death at any age.

28. What can we infer from the passage?

- A. Exercising at any age helps one enjoy a happier life.
- B. Lifelong exercising can guarantee a lower death rate.
- C. Exercising in 40s and 50s may add years to one's life.
- D. Lack of physical activity leads to heart disease and cancer.

29. What is the main purpose of the passage?

- A. To analyse a link between exercises and death rate.
- B. To compare the consequences of exercise in different ages.
- C. To explain the significant effects of continuous physical activity.
- D. To introduce a new study on the benefits of exercise in middle age.

30. What is the author's attitude towards “waiting until middle age to get fit?”

- A. Doubtful. B. Disapproving. C. Supportive. D. Neutral.

A quiet space is often considered essential for achieving the concentration that leads to academic success. But research shows that some students may benefit from breaking the silence with certain kinds of music while they study. Music has a powerful influence on both the body and the brain, in ways that can help students navigate the physical and emotional barriers that come with academic challenges.

One U.S. study compared students who took a test to soft music with those who took the test under silent conditions. The study found that students taking a test to music not only completed more questions within a set time but also answered more questions correctly. Music has been further linked to improvements in memory and recall. Experts have found that when music stimulates mood and motivation, students are able to learn more and to better demonstrate their knowledge.

A bit of mood music affects more than just memory and recall when students hit the books. Music can also relieve stress associated with school. Scientists have learned that music engages the autonomic nervous system, which not only controls the unconscious functions of the body but also influences emotions. So it's no surprise that researchers from the Group Health Research Institute concluded that certain kinds of background music can be just as effective at reducing stress as a massage. Furthermore, while the brain feels better with music, the body may as well. Research shows that certain types of music can make physical pain feel less intense. What's more, calming music with a steady, meditative rhythm can help people sleep longer and more deeply.

However, some educators express concern that listening to music while trying to concentrate may do more harm than good. Loud music may have a negative influence on a student's mood or act as a distraction. Actually, the best approach may depend on the students themselves. Listening to music during study time may not mean a guaranteed A for all students, but those who find it helpful should be allowed to plug in their headphones.

31. What does the underlined word "navigate" in the first paragraph probably mean?

- A. Recognize. B. Overcome. C. Assess. D. Create.

32. What can we learn from this passage?

- A. Music helps students get rid of physical pain.
B. Loud music has the same calming effect as a massage.

- C. Listening to music makes it easier for students to multitask.
- D. Music helps students better remember relevant information.

33. The author writes Paragraph 3 mainly to _____.

- A. present the effects of music on mind and body
- B. compare the functions of different types of music
- C. confirm the impacts of music on memory and recall
- D. give examples of the influences of music on emotions

34. Which of the following would be the best title for this passage?

- A. The Power of Silence
- B. Music to a Sharper Mind
- C. The Score to Better Scores
- D. Road to Academic Success

Discipline is used in schools to keep students, teachers and other staff safe and to help meet the behavioral, social and emotional needs of the students as they grow and develop. Schools can choose to use discipline in various ways. 35.

Punitive (惩罚性的) techniques of discipline are most commonly used. 36. For example, a student must move his desk to the front of the room after getting caught throwing pencils at other students. The aim is that next time the student considers throwing a pencil, he will remember the embarrassment of having to move to the front of the room while the entire class knows he is in trouble.

Zero tolerance is something that is used for more severe behaviors. 37. However, the technique of zero tolerance means that no warnings are given and consequences are immediate. This type of discipline is used in cases of violence toward other students and other dangerous behaviors.

Some schools also use positive reinforcement (强化), which is a technique that involves offering positive consequences for behaviors that teachers and other staff want to see. For example, perhaps a student is given a sticker for turning in homework on time. 38. So students want to make the right choices.

The type of discipline a school chooses to use has an impact on the overall atmosphere and safety of the learning environment. 39. It means schools can choose more than one type according to different situations. In this way, schools can create well-rounded students who avoid undesired behaviors and instead gravitate toward the desired ones.

- A. The goal here is to make proper behavior attractive.

- B. It helps students have a higher academic performance.
- C. In general, experts suggest using a mixture of the types.
- D. It aims to teach students ways to avoid undesired behaviors.
- E. And the choice usually depends on how severe the wrongdoing is.
- F. They involve using punishment in response to a negative behavior.
- G. Typically students are given one warning or two before being punished.

In 1983, Howard Gardner, a professor at Harvard, published *Frames of Mind: The Theory of Multiple Intelligences*. In the book, he presented one type of intelligence that everyone must develop if they want to be successful. That is emotional intelligence.

Emotional intelligence refers to the ability to identify and regulate your own emotions. It means having a deep understanding of yourself, knowing your own strengths and weaknesses, and handling reactions and emotions wisely. Emotional intelligence is critical for success in almost any field and it is especially important for high-stress environments, for example, when times are tough and when a person wants to quit or is fearful.

We all know highly emotional people. Rather than react wisely, they tend to let their emotions run their lives, often saying or doing something they may later regret. I've seen many people do this on social media, getting in arguments with loved ones over trivial stuff because they have different opinions. This inability to master the self leads to many struggles and heartaches for people.

Emotional intelligence does not mean being void (没有) of emotions. It means you know it is okay to be angry, just not out-of-control angry. You know it's okay to feel hurt, but it is not okay to do something stupid in the name of revenge (报复). Many of us know people who are very intelligent, but allow their emotions to damage their lives.

Now, reflect on how you manage your emotions. Are you smart in the way you express what you're feeling, especially when the pressure is on?

- 40. According to the passage, what is "emotional intelligence"?
- 41. How do highly emotional people deal with their emotions?
- 42. Please decide which part is false in the following statement, then underline it and explain why.

It's important to keep your emotions under control, so when you get hurt, you should neither get angry nor do stupid things for revenge.

43. In your daily life, what can you do to better manage your emotions?

44. 假设你是红星中学高三学生李华。北京 2022 年冬奥会开幕在即，你的英国朋友 Jim 了解到你校近期举办了“冬奥周”活动，向你询问情况。请你给他回邮件，内容包括：

1. 相关活动；

2. 你的感受。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

提示词：冬奥周 Winter Olympics Week

Dear Jim,

Yours,

Li Hua

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