



## 海淀区高三年级第二学期期末练习

# 英 语

2020.6

本试卷共 10 页，120 分。考试时长 100 分钟。考生务必将答案答在答题纸上，在试卷上作答无效。考试结束后，将本试卷和答题纸一并交回。

### 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

During my childhood, whenever the sun dropped and the blue sky came up, my father and I would climb the mountain near our house. Walking together, we had a lot of conversations through 1 I learned many valuable lessons. He always stressed to me, “You should have objectives and capacity like the mountain.” This has 2 (large) influenced my life. 3 the mountain-climbing, we couldn't have had enough time to spend together because my father was busy.

##### B

You have probably dreamed about 4 you would change the world, only to find that it seems impossible. However, you may have the power 5 (make) the world better with baby steps. That's the idea behind the BA Challenge, which is a public service campaign co-initiated by Alibaba and Sina Weibo. It asks people to do something positive and then record the changes before and after. Since its first 6 (appear) on Sina Weibo on Sept. 2<sup>nd</sup>, the BA Challenge has attracted millions of viewers and participants. 7 these little things may be easily ignored in our daily lives, they are well received by many viewers.

##### C

There's nothing better than flying to a foreign destination to visit the attractions it 8 (have) to offer. Millions of people are doing the same, and why not? The world has an amazing variety of must-see sights, from breathtaking natural scenery to impressive old cities. But the problem is that too many of us 9 (visit) them at the same time, putting pressure on these delicate and ancient places. That's why a number of beauty spots and historic sites have been introducing charges or restrictions on the number of tourists. There are many reasons for this: to reduce overcrowding, to manage wear and tear on old buildings and to tidy up the mess 10 (leave) behind.

#### 第二节 完形填空（共 20 小题；每小题 1.5 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，并在答题纸上将该项涂黑。

## How Running Helped Me Turn My Life Around

I've never been an athlete. Aside from excelling at all academic disciplines at school, my main goal was to 11 PE at all costs. In my twenties, I went for an occasional yoga or Zumba class, but that was really the summary of all my athletic accomplishments.

That was until the end of 2016, when I was unexpectedly laid off. The 12 of getting a new job soon were not in my favor and 13 thoughts of not being good enough started to kick in. I was feeling quite depressed but pushed myself to go and 14 for the TCS NYC Marathon runners as the course was going through our neighborhood.

However, while being there, I got phenomenal 15 from all the runners, smiling, applauding and high-fiving constantly. Not a runner myself, I thought maybe I could give running a 16, just to try, to use my neglected gym membership and see where it 17 me. And so I tried. I went to my local gym the next morning and got on a treadmill (跑步机). I was out of breath by minute five, but I 18 down, walked for a bit and then restarted. I came back the next day, hoping to 19 a few minutes longer. By the end of two weeks, I could run for 30 minutes, which was a huge 20.

While I saw my body starting to look more toned, I also noticed my negative thoughts didn't occur that 21. And it sparked a thought—what if I could set a running 22 and sign up for my first-ever race? I did and races sort of became a new hobby.

In the meantime, I was able to 23 a few freelance (自由职业的) projects. They offered me a good 24, and, most importantly, the time to work out for the big race. Also, when I was going for interviews, I started to feel very 25 in my abilities, experience and skills.

I got my full-time job 26 at my dream company just a couple of weeks before the half-marathon. Although I got an 27 from overtraining right before the race, I still went for it and still finished within my 28 time.

I still have a long running 29 ahead of me—I'd love to work on my speed, my technique and I dream of running a marathon outside of the US. Running gives me 30 that I can do anything I set my mind to.

- |                 |               |             |                 |
|-----------------|---------------|-------------|-----------------|
| 11. A. attend   | B. avoid      | C. pursue   | D. postpone     |
| 12. A. options  | B. plans      | C. hopes    | D. odds         |
| 13. A. dark     | B. deep       | C. critical | D. random       |
| 14. A. call     | B. look       | C. cheer    | D. stand        |
| 15. A. sympathy | B. pleasure   | C. luck     | D. energy       |
| 16. A. lift     | B. shot       | C. break    | D. choice       |
| 17. A. meets    | B. leaves     | C. takes    | D. drops        |
| 18. A. came     | B. fell       | C. went     | D. slowed       |
| 19. A. last     | B. walk       | C. rest     | D. function     |
| 20. A. credit   | B. impact     | C. success  | D. opportunity  |
| 21. A. readily  | B. frequently | C. normally | D. occasionally |

- |                  |                  |              |                |
|------------------|------------------|--------------|----------------|
| 22. A. goal      | B. limit         | C. record    | D. standard    |
| 23. A. create    | B. secure        | C. approve   | D. continue    |
| 24. A. service   | B. position      | C. future    | D. income      |
| 25. A. absorbed  | B. interested    | C. confident | D. confused    |
| 26. A. offer     | B. permit        | C. schedule  | D. application |
| 27. A. award     | B. honor         | C. injury    | D. issue       |
| 28. A. appointed | B. expected      | C. original  | D. spare       |
| 29. A. show      | B. route         | C. distance  | D. journey     |
| 30. A. faith     | B. consideration | C. evidence  | D. guidance    |

## 第二部分：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，并在答题纸上将该项涂黑。

#### A

You may have seen the term “bullet journal” floating around online, but what exactly is a bullet journal? This article will highlight the uses for a bullet journal and why they’re great for people who wish to be more organized.

#### **What is a bullet journal?**

A bullet journal is a planner system which allows you to plan for the future, track the past and keep your life organized with lists separated by bullet points. It is a place for you to create clear, yet simple to-do lists and a place to keep a note of your life goals and aspirations.

#### **What does it help with?**

A bullet journal is perfect for people who like writing lists to keep themselves organized. They’re great for doing as a hobby and you can get creative with the way you present your lists. They’re also perfect for people who constantly write down to-do lists or make hand-written notes.

#### **Why is it important?**

A bullet journal is important because we all feel better when our life is organized. Organization can reduce stress and make you happier. Having your life in order, you will know exactly what you have to do every day so that you can remember all of your life goals.

#### **How to create a bullet journal?**

The instructions will help you embark on your bullet journal.

#### **Step 1. Find or buy a blank notebook**

Any notebook with blank pages will do because if you are someone who is creative and artistic, you can decorate the notebook any way you like.

#### **Step 2. Find or buy pens**

It’s best to start off simple and choose a pen that you find easy to use and that you would feel comfortable writing with every day.

### Step 3. Monthlies

In this section, you can put a list of important dates for that particular month.

### Step 4. Dailies and Weeklies

Put all of your daily or weekly tasks in this section so that you don't forget anything that you have to do during that day or week.

### Step 5. Life Goals

Keep a life goals section. This can include different collections of goals, such as career, relationships, places you wish to visit and so on.

**Now start your bullet journal!**

31. Bullet journals are intended for those who hope to \_\_\_\_\_.  
A. keep life in order                      B. lead a relaxing life  
C. highlight their progress                D. reduce their workload
32. Keeping bullet journals helps people \_\_\_\_\_.  
A. develop artistic taste                    B. get rid of stress  
C. build a better mood                      D. give up a hobby
33. Which of the following is most likely to be included in a bullet journal?  
A. Weekly expenses.                        B. Appointments with a dentist.  
C. Weather forecasts.                        D. Passwords to your computer.

## B

Stuttering (口吃) has nothing to do with intelligence. I know this because I stutter. If it takes me a while longer to say a word, it's not because I can't remember the word; it's because the neural (神经的) pathway that transforms words in my head into sounds in my mouth is wired differently. And differences, of course, are the best way to get negative attention in our society. Taking extra time to get my words out can surely be frustrating, but that's nothing compared to the misery of dealing with people's reactions.

Almost all children who stutter are discouraged from speaking in one way or another. It's usually not as direct as someone walking up to them and saying, "Hey, stuttering kid! Keep your mouth shut!" But when your voice causes adults and peers to snicker (窃笑) or roll their eyes, it's pretty discouraging.

Growing up, I learned to avoid speaking whenever possible. I hated what came out of my mouth, full of awkward breaks and pauses. I figured whatever future I had, it probably involved a vow of silence.

Today I'm a touring author and comedian. It took me 30-something years to get over stuttering. Did I stop stuttering? No! I couldn't stop if I wanted to. But I stopped wanting to stop. Instead of wasting all my time and energy trying to meet unattainable standards, I learned that it's OK to stutter. And I learned by example. I attended the National Stuttering Association conference and met all kinds of people who stutter—people who didn't hate themselves, who didn't silence themselves. They stuttered, and they were OK with it! I remember watching them and thinking, "That's who I want to be!"

There's a popular saying in comedy: "Your weakness is your strength." When I first entered my local open-mic scene, I was quickly met with some "smart" guys looking to score a cheap laugh at my

expense. I remember introducing myself to one comedian and stuttering on my name, as I usually do. Eager to demonstrate his smartness, he replied, “Is that Nina with five Ns?” “No,” I said, “it’s Nina with two Ns!” Just like that, I had created a joke as the result of someone making fun of my stutter.

To this day, whenever I need inspiration for a new joke, I just think about all the ridiculous comments I get from non-stuttering people. It’s a comedy gold mine!

34. It takes the author longer to say a word because she has \_\_\_\_\_.
- A. a comparatively low IQ                      B. trouble in organizing ideas  
C. a relatively small brain                    D. problems in her neural system
35. What annoys the author most about her stuttering is \_\_\_\_\_.
- A. the unfriendly reactions of others  
B. the difficulty in memorising words  
C. her unpromising future as a stutterer  
D. her embarrassing pauses during talks
36. The author got over stuttering by \_\_\_\_\_.
- A. adjusting her attitude towards it  
B. getting help from non-stutterers  
C. telling herself constantly to stop it  
D. silencing herself whenever possible
37. Paragraph 5 is mainly about the author’s \_\_\_\_\_.
- A. success as a comedian  
B. respect for other comedians  
C. resistance to others’ strength  
D. acceptance of her imperfection

### C

The ancient tale of the Country Mouse and the Town Mouse was only the first to emphasize rural folk’s supposed simplicity when compared with more sophisticated urbanites. However, neuro-scientists announce that, in fact, it is city living that can dull the wits.

The new study led by Dr. Spiers at Nantes University describes how they used a dataset from 4 million people of a computer game, which tests navigating skills by asking players to memorise a map showing the location of checkpoints and then measuring how well players can find them, guided only by their mental map. Dr. Spiers and his colleagues examined the 4 million people from 38 countries, and found that the strongest indicator of a high score was a player’s age—older people performed relatively poorly, which agrees with what researchers know about age-related cognitive decline. But the benefit of rural living was strong enough to offset some of that. Data showed that a 70-year-old who grew up in the countryside had the navigational abilities of an average 60-year-old across the dataset.

There is a huge gap between the navigation skills of rural and city people, and the researchers think they know why. Dr. Spiers says that the brain’s navigational abilities probably weaken in the less challenging city environment because they are not being used as much. Although cities may appear

more elaborate, they also feature more clues to help residents find their way, such as numbered streets. In the countryside, however, one field tends to look much the same as another, so there are fewer external landmarks to help guide the way.

Neuroscientists already know that living and working in more complex environments can influence the function and structure of the brain. Brain scans of London taxi drivers, who have gained an encyclopedic memory of the city's streets, show that they tend to have an enlarged hippocampus—a region of the brain acting as a neural GPS, sensing position and path on an internal map of the environment.

The harmful effect of city living on navigation is probably most serious in people under 16–18, Dr. Spiers says, because their still-developing brains respond and change the most according to external stimuli. And while people who live in cities with young children should not be alarmed, the study does raise some interesting ideas for urban planners: keep their city designs not so simple perhaps. And for everyone else, it might be an idea to turn off maps on the phone.

38. The study led by Dr. Spiers shows that \_\_\_\_\_.
- A. the seniors score higher at computer games
  - B. rural life benefits people's sense of direction
  - C. participants are better at finding ways in cities
  - D. the young remember checkpoints better in maps
39. The underlined word "offset" in Para. 2 most probably means \_\_\_\_\_.
- A. achieve
  - B. confirm
  - C. reduce
  - D. replace
40. What is the purpose of the passage?
- A. To introduce a new way of driver training.
  - B. To expose the drawbacks of living in the urban area.
  - C. To show the contrast between lives in the country and city.
  - D. To present environments' impact on one's ability to locate places.
41. What is the best title for the passage?
- A. Lost in the City
  - B. Brain Weakened in Cities
  - C. Navigating to the Countryside
  - D. The Negative Effects of City Living

#### D

Communities across the world are starting to ban facial recognition technologies. The efforts are well intentioned, but banning facial recognition is the wrong way to fight against modern surveillance (监视). Generally, modern mass surveillance has three broad components: identification, correlation and discrimination.

Facial recognition is a technology that can be used to identify people without their consent. Once we are identified, the data about who we are and what we are doing can be correlated with other data. This might be movement data, which can be used to "follow" us as we move throughout our day. It can be purchasing data, Internet browsing data, or data about who we talk to via email or text. It might be

data about our income, ethnicity, lifestyle, profession and interests. There is an entire industry of data brokers who make a living by selling our data without our consent.

It's not just that they know who we are; it's that they correlate what they know about us to create profiles about who we are and what our interests are. The whole purpose of this process is for companies to treat individuals differently. We are shown different ads on the Internet and receive different offers for credit cards. In the future, we might be treated differently when we walk into a store, just as we currently are when we visit websites.

It doesn't matter which technology is used to identify people. What's important is that we can be consistently identified over time. We might be completely anonymous (匿名的) in a system that uses unique cookies to track us as we browse the Internet, but the same process of correlation and discrimination still occurs.

Regulating this system means addressing all three steps of the process. A ban on facial recognition won't make any difference. The problem is that we are being identified without our knowledge or consent, and society needs rules about when that is permissible.

Similarly, we need rules about how our data can be combined with other data, and then bought and sold without our knowledge or consent. The data broker industry is almost entirely unregulated now.

Reasonable laws would prevent the worst of their abuses.

Finally, we need better rules about when and how it is permissible for companies to discriminate. Discrimination based on protected characteristics like race and gender is already illegal, but those rules are ineffectual against the current technologies of surveillance and control. When people can be identified and their data correlated at a speed and scale previously unseen, we need new rules.

Today, facial recognition technologies are receiving the force of the tech backlash (抵制), but focusing on them misses the point. We need to have a serious conversation about all the technologies of identification, correlation and discrimination, and decide how much we want to be spied on and what sorts of influence we want them to have over our lives.

42. According to Para. 2, with facial recognition, \_\_\_\_\_.
- A. one's lifestyle changes greatly
  - B. one's email content is disclosed
  - C. one's profiles are updated in time
  - D. one's personal information is released
43. We can learn from the passage that \_\_\_\_\_.
- A. discrimination based on new tech surveillance is illegal
  - B. different browsing data bring in different advertisements
  - C. using mobiles anonymously keeps us from being correlated
  - D. data brokers control the current technologies of surveillance
44. The underlined part "the point" in the last paragraph probably refers to \_\_\_\_\_.
- A. people's concern over their safety
  - B. the nature of the surveillance society
  - C. proper regulation of mass surveillance
  - D. the importance of identification technology

45. The author wrote this passage to \_\_\_\_\_.
- A. call for banning facial recognition technologies
  - B. advocate the urgent need for changes in related laws
  - C. inform readers of the disadvantages of facial recognition
  - D. evaluate three broad components in modern mass surveillance

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。

Once considered an optional lifestyle choice, recycling has become a commonplace activity in most areas. One type of recycling, called downcycling, involves re-purposing a material into a new product of lesser quality. 46

Downcycling is also known as downstream recycling. It is most common in terms of industrial materials. These products lose their value as they are recycled, which limits their capacity for new use. 47 White writing paper, for example, is often downcycled into cardboard; once downcycled to this new form, it can no longer be used as white paper again. Another example of downcycling includes the use of plastic components.

Giving products a new life is considered a good way to reuse materials and avoid waste. Once downcycled to their full capacity, however, these materials are eventually so degraded that they cannot be reused further. Since downcycled products are considered of lower quality than their original form, they cannot be used in remaking their original product.

48 Plastic, glass, and aluminium products coded with the number one may be remade into something of equal or greater value. This type of recycling is known as upcycling, and represents the forward compatibility of recycled components. Materials available for downcycling, such as water, juice, and milk bottles, are coded with the number two. 49

Items available for downcycling often require additional chemicals, energy, and other treatments in order to transform them into something usable. Durable plastic products in particular require much additional treatment. Trash bins, tables, and chairs are also considered materials with a high energy cost to recycle.

When a product reaches a code seven, it is considered no longer recyclable. 50 Since these products can no longer be made into new ones, they will either have to be reused or discarded, typically in a landfill.

- A. These recycled materials may often be put into new use.
- B. It can include varying grades of plastic, paper products, and other materials.
- C. Their recycled form is typically both weaker and cheaper than their original one.
- D. They may not be used to contain food-grade items again upon being downcycled.
- E. Products are provided with codes to determine their grades and whether or not they may be recycled.
- F. A code will determine the type of the recycled materials and give an idea of how many times they can be recycled.
- G. This usually occurs when a substance is blended with other substances, such as different types of plastic with various recycling codes.



### 第三部分：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。你们班拟开展“阳光心态，轻装前行”的活动，现面向全班征集活动设计方案。请给你的英国朋友 Jim 写信，内容包括：

1. 介绍你的方案；
2. 征求他的建议。

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,

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Yours,

Li Hua

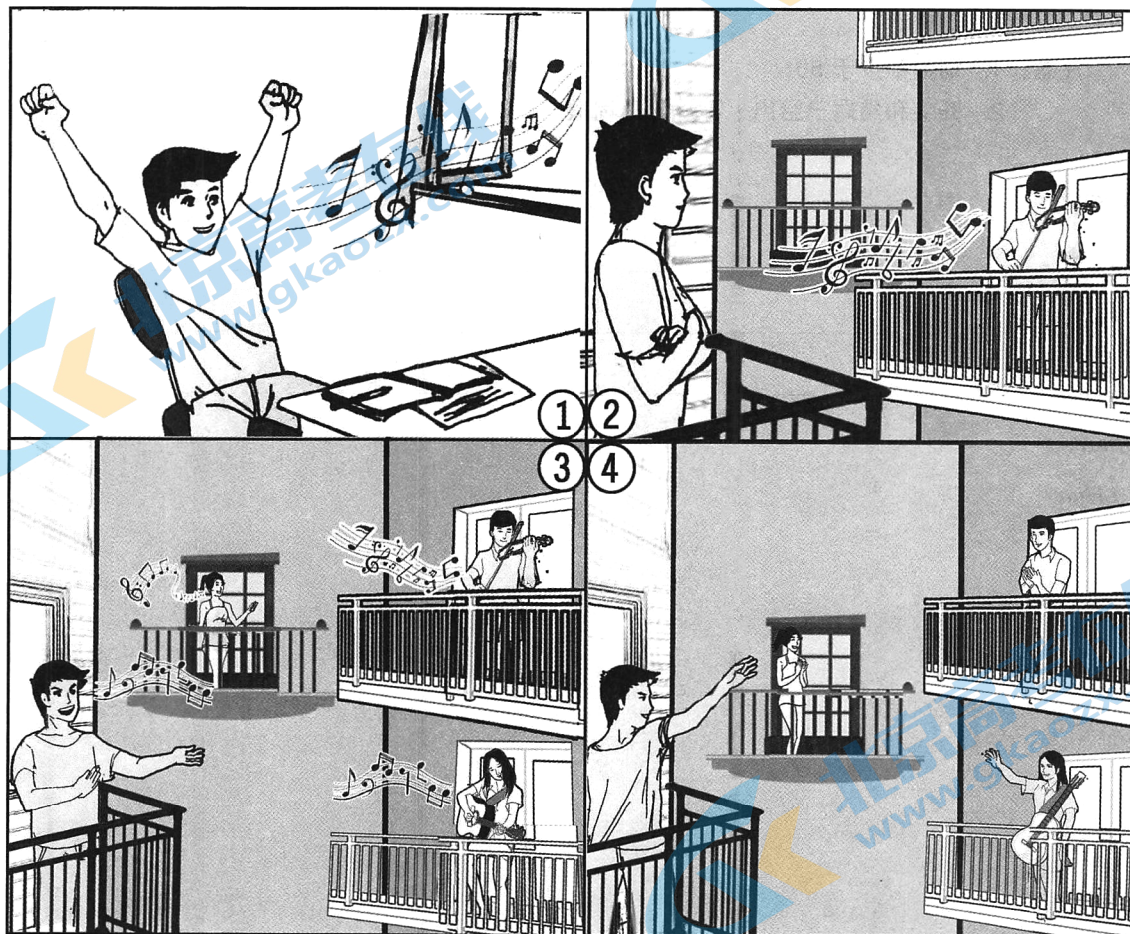


（请务必将作文写在答题纸指定区域内）

第二节 (20 分)

假设你是红星中学高三学生李华。请根据以下四幅图的先后顺序,以“Concert at the Balcony”为题,用英语写一篇短文向校刊“英语园地”投稿,记述上周末发生在你们小区的一个真实故事。

注意:词数不少于 60。



(请务必将作文写在答题纸指定区域内)

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