

2021 北京人大附中高一（上）期中

英 语

2021 年 11 月 4 日

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说明:本试卷共三道大题, 共 7 页, 满分 100 分, 考试时间 90 分钟:

请在密封线内填写个人信息。

第一部分:知识应用(共三节, 38 分)

第一节, (共 10 小题: 每小题 1.5 分, 共 15 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。

A Leap (跳跃) to Honor

Leaping on a narrow balance beam (平衡木) is not easy. But Lola Walter, a 13-year-old gymnast, is an expert at it.

To perfect her skills, Lola trains for four hours a day, five days a week. At the state championships in March, she finished seventh out of 16 girls.

That's especially impressive. Since she is legally blind, born with a rare condition that causes her eyes to shift constantly. She often sees double and can't 1 how far away things are.

When she was little, her mom 2 that even though she couldn't see well she was fearless. So her mom signed her up for gymnastics when she was three. She loved the sport right away and gymnastics became her favorite.

Though learning gymnastics has been more 3 for her than for some other teammates, she has never quit. She doesn't let her 4 stop her from doing anything that she wants to.

She likes the determination it takes to do the sport. Her biggest 5 is the balance beam. Because she has double vision, she often sees two beams. She must use her sense of touch to help her during her routine. Sometimes she even closes her eyes. "You have to trust your mind that it'll take you where you want to go." says Lola.

To be a top-level gymnast, one must be brave. The beam is probably the most 6 for anyone because it's four inches wide. At the state competition, Lola didn't fall 7 the beam. In fact, she got an 8.1 out of 10---her highest score yet.

Lola doesn't want to be 8 differently from the other girls on her team. At the competitions, the judges don't know about her vision 9. She doesn't tell them, because she doesn't think they need to know. Her mom is amazed by her positive attitude.

Lola never thinks about quitting. She is presently at level 7 while the highest is level 10 in gymnastics. Her 10 is to reach level 9. She says she wants to be a gymnastics coach to pass down what she's learned to other kids when she grew up.

Lola is proud of all her hard work and success. She says it's helped her overcome problems in her life outside gymnastics, too. Her advice for others is "just believe yourself".

- | | | | |
|-----------------|--------------|-------------|-------------------|
| 1. A. suppose | B. guess | C. tell | D. predict |
| 2. A. doubted | B. noticed | C. imagined | D. remembered |
| 3. A. difficult | B. enjoyable | C. boring | D. unsatisfactory |
| 4. A. talent | B. condition | C. nature | D. quality |
| 5. A. challenge | B. advantage | C. doubt | D. program |
| 6. A. unfair | B. harmful | C. fearful | D. inconvenient |
| 7. A. off | B. on | C. to | D. against |
| 8. A. greeted | B. paid | C. served | D. treated |
| 9. A. pains | B. problems | C. injuries | D. stresses |
| 10. A. standard | B. goal | C. view | D. range |

第二节(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 个恰当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。请在答题卡指定区域作答。

A

In the 18th and 19th centuries, most English people 11 (eat) only two main meals each day. As a result, they often got very hungry during the long break. A Duchess came up with a clever idea to solve this problem. She invited some of her friends to join her for an afternoon meal. It included cakes and sandwiches, and tea was served to wash down the food. 12 (make) the afternoon meal more important, she used tea sets made from fine china and silver. Afternoon tea parties soon became popular social occasions, 13 is a trend that continues today.

B

On the school basketball team Paul used to be nobody but a replacement 14 skills were not recognized by the coach. Then during one match, when one player accidentally hurt his knee, Paul 15 (put) onto the court. Paul knew it was his time 16 (shine). He gave it his best shot and the other team couldn't even keep up with him. Finally, Paul helped the team win the match 17 two points. The crowd couldn't stop clapping and cheering.

C

Long-distance running is a great for beginners. To start with, you should draw up a training plan. Set 18 (achieve) goals. Make sure you are running the right amount that your body can take without getting hurt. There will be times when you want to give up. But just hang in there and tell yourself that it will get easier. If you are feelings 19 (stress), you should definitely go for a run. 20 gives you more satisfaction than realizing that all the sweat and hard work paid off in the end.

第三节(共 5 小题; 第 21-24 小题各 1.5 分, 第 25 小题 2 分; 共 8 分)

请根据提示完成句子, 每处空白处可填写多个单词。请在答题卡指定区域作答。

21. _____(期待的) fans gathered in the hall, hoping to take a look at the three astronauts who were about to be sent to space.
22. It is not _____(典型) of Beijing to have so much rain this summer.
23. We have had to quickly a _____(适应) the new access control system.
24. Due to the introduction of the new policy, quite a few people have lost their jobs and decided to _____(申请) new ones.
25. Although the old lady _____(遭受) illnesses since her mid-thirties, she still faces her life with a smile.

第二部分：阅读理解（共两节，共 30 分）

第一节(共 10 小题; 每小题 2 分, 共 20 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

Aria Ricardo was a beautiful, slim young woman with dark hair, dark eyes, and dark skin. She used to work as a model and earn as much as \$2,000 in one day in front of the camera. She modeled for top magazines in Paris, Rome, Tokyo, and throughout the United States.

Aria's father, now retired because of a disability, was a police officer who really loved his work. Aria would rather follow her father's footsteps than pursue her modeling career. She remembered listening to her father tell stories when he came home after a day on the beat. The excitement, tensions and risks of police work appealed to her.

Aria got started in the modeling business quite by accident. She accompanied a friend to an interview at a modeling agency. Her friend wanted the job, while Aria didn't. The people at the agency were impressed with Aria's appearance and poise. They knew she'd be brilliant in front of the camera. So they sent her on her first modeling jobs--for Seventeen Magazine--right away.

Despite her success as a model, Aria never gave up her dream of being a police officer. She passed the written exam for the New York Police Department. She planned to enter the Police Academy as quickly as possible. Her family and friends thought she was out of her mind even to consider such a thing. Police work was dangerous and the pay couldn't compare to a top model's income. But Aria knew what she wanted, and she went for it. She had never really intended to be a model anyway. Finally she hooked her fish.

26. Aria's success as a model resulted from _____.
- A. her desire to succeed in it B. the help of her father
- C. her looks and shape D. the competition with her friend
27. Aria's family would like her to _____.
- A. follow her father's footsteps B. do whatever she liked
- C. find something challenging D. remain a model
28. Aria Ricardo probably is a _____ now.
- A. photographer working for a magazine B. woman police officer

C. top model of a world company

D. student of the Police Academy

B

Much of my work as a coach includes helping people make an important decision, such as “If I’m at a crossroads in my career, which path should I follow?” “If I’m considering offers, which one should I accept?”

Difficult decisions like these remind me of a comment made by Scott McNealy, CEO of Sun Microsystems for years during a lecture while I was in a business school at Stanford. He was asked how he made decisions and responded, “It’s important to make good decisions. But I spend much less time and energy worrying about making the right decision and much more time and energy ensuring that any decision I make turns out right.”

In fact, before we make any decisions, particularly those difficult ones, we’re anxious to focus on identifying the “best” option because of the risk of being “wrong”. But a side effect of that mindset (观念模式) is that we pay too much attention to the moment of choice and lose sight of everything that follows. It’s what happens next that finally determines whether a given decision was “right”.

Another aspect of this mindset is that our focus on making the “right” decision can easily lead to paralysis (麻痹), because the options we’re choosing among are so difficult to rank in the first place. How can we definitively determine in advance what career path will be “the best”, or what job offer we should accept? Obviously, we can’t.

Focusing on the effort after our decision not only helps us succeed, but also reminds us that we play a role in every outcome. Our control should be in our day-to-day activities rather than in our one-time decision.

29. What is the author’s job?

- A. To teach people to choose good careers.
- B. To tell people how to adapt to a new city.
- C. To advise people to ask for a high salary.
- D. To help people make a vital choice.

30. Most people feel anxious when making an important decision because they _____.

- A. don’t know what to do next
- B. worry about the undesired result it may bring about
- C. can’t find a good coach to give them advice
- D. have no idea of what to expect

31. What is the text mainly about?

- A. Stop worrying about making the right decision.
- B. Making the right decision is very important.
- C. Believe in yourself and choose what you want.
- D. Help others make the right decision.

C

A character in one of Shakespeare’s plays once said, “Some are born great, some achieve greatness, and some have greatness thrust upon them.” Any of these could apply to the modern day sportsmen. Many still argue about the nature of

talent. Some claim that people are born to be sportsmen, while others say it is only through devotion and hard work that they achieve their abilities. Arguably though, it is not until their talents are acknowledged by the public that they truly have greatness fallen upon them.

With this acknowledgement of their “greatness” comes all the trappings of modern day celebrity: money, power, influence and responsibility. For better or for worse, like it or hate it, modern sportsmen are the role models of children everywhere. These children will grow up admiring their heroes, devoting their lives to copying their every move, and wanting above all to be like them. Due to this fascination, particularly with the massive influence of the media, it is more important than ever for these sportsmen to acknowledge their responsibility.

In the past few months alone, there have been many examples of questionable behaviors from sports icons. Sport stars of the present day are often mirroring the very worst aspects of society, a fact that the self-righteous (自以为是的) anger of the modern press has been quick to point out. It would be wrong for us to expect sportsmen to be saints(圣人). It would also be wrong for us to think that their behavior is markedly different from the sportsmen they grew up watching, but with the all-seeing eye of modern media it is a different world, and different standards must be expected.

Of course there is no obligation for sportsmen to be good role models. There are no prison sentences, no fines, no community service----unless their behaviors are illegal. Unless they break the law, it is entirely up to them as to whether or not they think their behavior is appropriate. Furthermore, measuring the true influence their decisions have on their followers is absolutely impossible. Some will rise against their idols, seeing them in a new light and condemning their actions. Others may copy their heroes’ actions, using them as a shield when accused of the same crimes.

It is undeniable that the actions of sportsmen will influence the lives of those who worship them. Modern day sportsmen are almost ideals of today’s world, and their actions are watched carefully by millions over the world. Some may complain against it, denying their influence on these children’s lives. Others may be aware of it but not respect it, while many may both be aware of it and respect it. In a word, you do not choose whether you are a role model. All you can do is to decide how to act when greatness is **thrust upon** you.

32. In Paragraph 1, the author tries to emphasize _____.

- A. different ways for sportsmen to achieve success and greatness
- B. sportsmen achieve greatness through their devotion and efforts
- C. sportsmen become great when their gifts are recognized by people
- D. the core characteristic to become great sportsmen nowadays

33. According to Paragraph 4, we can learn that _____.

- A. role models usually have positive influence on their fans
- B. no obligation is given to sportsmen
- C. all the fans will follow their heroes’ actions
- D. sportsmen have the right to behave freely within the law

34. The underlined phrase **thrust upon** most probably means _____.

- A. pulled off
- B. forced on
- C. related to
- D. removed from

35. What is the main purpose of the passage?

- A. To remind the sportsmen of their social responsibilities
- B. To inform the public that sportsmen are no role models
- C. To advise the media to choose proper events to report
- D. To argue that sportsmen should not be expected as heroes

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，并在答题卡上将该项涂黑。选项中有两项为多余选项。

Exam Anxiety

Has this ever happened to you? You've been studying hard for your midterm, but when you walk into your exam, your mind goes blank, your heart races fast, you get sweaty palms and find it hard to breathe. 36

Everyone feels anxious during exams. Usually, it results from a fear of failure, lack of adequate preparation time and bad experiences taking tests in the past. This is normal and often helps you work harder, think faster and generally improve your performance. 37 You may also feel that other people are managing the exam better than you. This can cause you to feel that your mind has "gone blank" on information you know you have revised.

38 Some choose to ignore the problem, while others don't review because they think they will do badly anyway and even miss exams due to the anxiety. It can also be really easy to think that if you don't try and then you fail, you won't feel as bad as if you fail after trying really hard.

So what can you do to fight against the negative mindset and stay calm before and during your test? 39 Yes, this seems obvious, but it's worth repeating. If you feel confident that you've prepared thoroughly, you'll feel more confident walking into the test. The second tip is simple: just start. The blank page can maximize your anxiety. 40 You can always go back and change things later if needed, but a few quick answers can get the ball rolling. Besides, allocating (分配) your time is equally important. Look through the whole test before getting started. Mentally allocate how much time you'll spend on each section. If there's time to recheck, even better.

- A. After you get the paper, dive right in by getting some questions done to build up your confidence.
- B. However, if you are overly anxious about the result, you may be unable to focus on your work.
- C. Realizing time is almost up and that there's still a lot of blank space will make you desperate.
- D. Therefore, people need an appropriate amount of pressure to help deal with exams.
- E. If these classic signs of exam anxiety sound familiar, you're not alone!
- F. People often deal with exam stress in many unhelpful ways.
- G. The first thing you should do is to be prepared.

第三部分:书面表达(共三节, 30分)

第一节（共4小题:第41、42小题各2分，第43小题3分，第44小题5分，共12分）

阅读下面短文，根据题目要求用英文回答问题。请在答题卡指定区域作答，

The alchemist picked up a book that someone in the caravan had brought. Leafing through the pages, he found a story about Narcissus.

The alchemist knew the legend of Narcissus, a youth who knelt daily beside a lake to contemplate his own beauty. He was so fascinated by himself that, one morning, he fell into the lake and drowned. At the spot where he fell, a flower was born, which was called the narcissus.

But this was not how the author of the book ended the story.

He said that when Narcissus died, the goddesses of the forest appeared and found the lake, which had been fresh water, transformed into a lake of salty tears.

“Why do you weep?” the goddesses asked

“I weep for Narcissus,” the lake replied.

“Ah, it is no surprise that you weep for Narcissus,” they said, “for though we always pursued him in the forest, you alone could contemplate his beauty close at hand.”

“But ... was Narcissus beautiful?” the lake asked.

“Who better than you to know that?” the goddesses said in wonder. “After all, it was by your banks that he knelt each day to contemplate himself!”

The lake was silent for some time. Finally, it said:

“I weep for Narcissus, but I never noticed that Narcissus was beautiful. I weep because, each time he knelt beside my banks, I could see, in the depths of his eyes, my own beauty reflected.”

“What a lovely story,” the alchemist thought.

41. How did Narcissus get drowned?

42. What happened to the lake after Narcissus died?

43. Please decide which part is false in the following statement, then underline it and explain why.

➤ **The lake wept because it could not see Narcissus' beauty any more.**

44. What can you learn from the story? How are you going to apply it to your daily life?

第二节 (20 分)

45. 假设你是红星中学高一学生李华。期中考试之后，你校将要举办主题为“拥抱自然，收获快乐”的秋游骑行活动，请给你校的交换生 Jim 写一封邮件，邀请他参加此次活动，内容包括：

1. 活动意义；

2. 大致安排；

注意：1. 词数 100 左右；

2. 信的开头结尾已给出，不计入总词数。

Dear Jim,

Yours,

Li Hua

