

## 人大附中 2022 届高三 8 月自主复习检测练习

英语

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说明：本试卷共 10 页，共 100 分；考试时间 90 分钟；请在答题卡上填写个人信息，并将条形码贴在答题卡的相应位置上。

## 第一部分：知识运用（共两节，30 分）

## 第一节 完形填空（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，并在答题纸上将该项涂黑。

## A Deed a Day

It was a busy day as usual. I was making sandwiches and balancing the phone between my shoulder and chin. The washing machine sounded as my husband walked in with our daughters. We had only about twenty minutes to eat \_\_1\_\_ we had to take the girls to their next activity. My husband seemed a bit \_\_2\_\_ that dinner was not on the table.

That night, I had a heavy heart, thinking we were becoming taskmasters on an assembly line (流水线). We had become too \_\_3\_\_ in our own tasks and not very considerate towards those around us. We needed to do something to bring back some meaning into our lives. It needed to be something that would \_\_4\_\_ our own agendas and energize us toward the common good.

I bought a notebook, named it "Our Deed Diary" and held a family meeting. I told my family I wanted us all to think about doing a \_\_5\_\_ for others every day. It could be for each other or for people outside our home. And we all needed to write it down in the notebook.

I thought one deed a day was too easy. However, it was actually harder than it seemed because it had to be something \_\_6\_\_ what we had already done. Sending birthday cards to people we already sent cards to every year would not \_\_7\_\_.

We had a rough \_\_8\_\_. On some days, someone would forget to do a good deed, while on other days, we would forget to write our good deeds in the diary. After a few weeks though, I found myself waking up in the morning trying to decide what good deed I could do for someone that day. My daughters began to rush to me after school to tell me the good deed they had done.

Now, after a year, I am happy to say that it is making a difference in our lives. Instead of always wondering what the day will bring for us, we think about what we can do for someone else.

Who would have thought that trying to do a simple kindness a day would be so \_\_9\_\_? I feel my daughters have felt inner joy that you can only experience by giving to someone else from your heart. The best thing is that you feel so great about doing something for someone else; you don't even look for or expect anything in return. So, when someone does return the favour, it is an enormous and positive \_\_10\_\_.

- |                |                 |                |               |
|----------------|-----------------|----------------|---------------|
| 1. A. though   | B. unless       | C. before      | D. while      |
| 2. A. annoyed  | B. puzzled      | C. embarrassed | D. frightened |
| 3. A. absorbed | B. interested   | C. confident   | D. successful |
| 4. A. repeat   | B. relate       | C. refocus     | D. recall     |
| 5. A. task     | B. kindness     | C. job         | D. copy       |
| 6. A. about    | B. from         | C. beyond      | D. between    |
| 7. A. matter   | B. last         | C. count       | D. happen     |
| 8. A. time     | B. start        | C. life        | D. idea       |
| 9. A. tiring   | B. rewarding    | C. surprising  | D. moving     |
| 10. A. effect  | B. contribution | C. attitude    | D. bonus      |

第二节 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

Anxiety is a healthy and normal emotion that everyone feels from time to time. Anxiety can, however, manifest to a mental disorder that reduces your capacity to cope with these feelings of anxiety. When \_\_\_ 11 \_\_\_ (try) to overcome it, you should not try to eliminate your feelings of anxiety \_\_\_ 12 \_\_\_ should aim to develop your coping mechanisms when you do feel anxiety. Having the ability to cope with anxious thought is the key \_\_\_ 13 \_\_\_ overcoming it. Do not let anxiety define you as it can lead to long term depression which is an even more serious mental health issue.

B

O. Henry (1862 - 1910) was an American short story author. Like many other writers, his early career aspirations were unfocused and he wandered across different activities and \_\_\_ 14 \_\_\_ (profession) before he finally found his calling as a short story writer. He started working in his uncle's drugstore in 1879 and became a \_\_\_ 15 \_\_\_ (license) pharmacist by the age of 19. His first \_\_\_ 16 \_\_\_ (create) expressions came while working in the pharmacy where he would sketch the townspeople that frequented the store. The customers reacted \_\_\_ 17 \_\_\_ (warm) to his drawings and he was admired for his artistry and drawing skills.

C

Actions taken in response to goals set by the United Nations have reduced the deaths of children younger than five from 93 per 1000 live births in 1990 to 39 in 2018. Low- and middle-income countries, \_\_\_ 18 \_\_\_ generally have higher under-5 mortality rates (U5MR) than their richer counterparts, have achieved some of the largest decreases. A recent paper in Nature \_\_\_ 19 \_\_\_ (suggest) there is more to the story, however. Researchers who \_\_\_ 20 \_\_\_ (study) local U5MR rates in districts, counties, states and provinces within 99 low- and middle-income nations from 2000 to 2017 found great variability within many countries — especially those with particularly high or low rates overall.



## 第二部分：阅读理解（共两节，38 分）

## 第一节（共 14 小题；每小题 2 分，共 28 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

Terasa Hill did not intend to do something unplanned. It began when Terasa, who had grown up around horses, was observing a horse auction. A chestnut racehorse was for sale. The horse had an injured leg, but that didn't matter. "She was the most beautiful thing I'd ever seen," said Terasa.

When the bidding started, Terasa surprised herself by stepping in. There was no way she was going to allow that horse to have an uncertain future. At \$450, the bidding stopped! Terasa became the new owner of Sierra, a nervous racehorse with an unfortunate past.

Sierra, limping and hurt with pain from a broken knee, became a labour of love for Terasa. After three long months of nursing her under the guidance of a local animal doctor, the leg recovered and Terasa's most impressive game began.

It wasn't only Sierra's leg that needed to recover; Sierra needed to relearn how to trust people. Terasa thought the best way to win Sierra's trust and fondness was to feed her treats. Terasa provided Sierra with many treats, but none passed the sniff test — Sierra turned up her nose at all of them. Desperate, Terasa experimented by making her own mixture of molasses and grains, which she baked in her own kitchen. The cookies were a hit with Sierra and other horses, sending Terasa's life in a new direction.

Terasa took her treats, called "Barnies," to a local store. They sold like hotcakes, and within months local businessmen began demanding for more. Terasa's kitchen was no longer big enough for the increased demand, which forced her to move her operation to an Oshawa company.

Then a serious health problem threatened to derail her plans. Terasa called upon the same determination that had helped her save Sierra to help her overcome her own illness. Family and friends came to her rescue and kept Barnies Ltd. going. Almost a year later, healthy and more resolute than ever, Terasa found a national distributor and Barnies began selling in 144 stores across Canada.

And what about Sierra, the inspiration for all this success and change? The horse has fully recovered and has become a wonderful riding horse.

21. Why did Terasa try making her own cookies?

- |  |  |
|--|--|
| A. To be able to work from home.         | B. To set up a business of her own.      |
| C. To provide a healthy diet for Sierra. | D. To find a way to bond with the horse. |

22. Which of the following words can best describe Terasa?

- |                                |                           |
|--------------------------------|---------------------------|
| A. Strong-willed and humorous. | B. Capable and generous.  |
| C. Ambitious and out-going.    | D. Determined and caring. |

23. Which is the best title for the passage?

- A. A Remarkable Recovery

- B. Love Me, Love My Horse
- C. A Labour of Love Inspires a Career
- D. Animal Lover Lifts Limping Horse's Spirits

B

Kettlebells do not hurt people. People do. A kettlebell will get your respect — the easy way or the hard way. Here is the easy way.

**1. Get a medical clearance.**

Get clearance, especially from an orthopaedist and a cardiologist. The latter is no joking matter, since kettlebell training can be extremely intense.

**2. Always be aware of your surroundings.**

Find a training area with a non-slippery surface on which you are not afraid to drop a kettlebell.

The area must be clear of objects you might trip over — including other kettlebells — or that you might hit with a kettlebell. There should be no people or animals in a radius where you could injure them.

**3. Train barefoot or wear shoes with a flat, thin sole and room for the toes to spread.**

Training barefoot is superior for health and performance reasons. If you must wear shoes, wear Converse Chuck Taylors, Vibram Five Fingers, or similar shoes that have thin soles and do not pinch the toes together. You have sensory receptors on the bottoms of your feet that make you stronger and improve balance and coordination. Wearing traditional shoes diminishes the ability of these receptors to work properly, and therefore inhibits performance and can increase the risk of injury. Go native.

**4. Never contest for space with a kettlebell.**

Do not try to save a rep that has gone wrong. Guide the kettlebell to fall harmlessly, and move out of the way if necessary. And remember, quick feet are happy feet.

**5. Practice all safety measures at all times.**

Respect every kettlebell, even the lightest one. Always use perfect form picking up and setting down a kettlebell. The set is not over until the bell is safely parked.

**6. Keep moving once your heart rate is high.**

After a hard set, keep moving by walking, shadow boxing, or moving your arms to help your heart pump the blood. Stop only when your heart rate is halfway down to normal. Consider getting a heart rate monitor.

**7. Don't put your spine into flexion during or after training.**

Forward-bending stretches and slouching after training, harmless as these seem, could injure your back.

Unless counter-indicated, back-bending stretches are recommended following training.

**8. Focus on quality, not quantity.**

Gray Cook, physical therapist extraordinaire, points out that motor control goes south with fatigue and “the body will always sacrifice quality for quantity.” When you are no longer able to continue with perfect technique, the gig is up.





they are not designed properly.

But there is also a powerful business case for avoiding design bias, because huge opportunities are being missed. Women are 50% of the population, and make 70-80% of the world's consumer-spending decisions.

Change is coming. The first voice-recognition systems struggled to understand female voices, but most now manage just fine. "Femtech" start-up companies, which focus on women's health and well-being, may raise \$1 billion by the end of this year. VC funds and tech firms are hiring more women. Ensuring that products are designed for everyone would lead to happier and safer customers. For the companies that get it right, that means higher profits. What is holding them back?

27. The underlined part in Paragraph 2 means \_\_\_\_\_.  
 A. hits the market  
 B. gets approval  
 C. becomes successful  
 D. comes into being
28. What is discussed in Paragraphs 2 and 3?  
 A. Why tech's design bias needs to be fixed.  
 B. How gender bias is affecting tech companies.  
 C. Where gender bias in product design is rooted.  
 D. Who is to blame for gender bias in tech companies.
29. We can learn from the passage that \_\_\_\_\_.  
 A. tech companies are unwilling to change  
 B. design bias may result in missed opportunities  
 C. male workers benefit more in engineering teams  
 D. tech companies are poor at making user-friendly products
30. How does the author feel about the future of bias-free product design?  
 A. Uncertain.      B. Sceptical.      C. Positive.      D. Negative.

#### D

Life places us in a complex web of relationships with other people. Our humanness arises out of these relationships in the course of social interaction. Moreover, our humanness must be sustained through social interaction — and fairly constantly so. When an association continues long enough for two people to become linked together by a relatively stable set of expectations, it is called a relationship.

People are bound within relationships by two types of bonds: expressive ties and instrumental ties. Expressive ties are social links formed when we emotionally invest ourselves in and commit ourselves to other people. Through association with people who are meaningful to us, we achieve a sense of security: love, acceptance, companionship, and personal worth. Instrumental ties are social links focused when we cooperate with other people to achieve some goal. Occasionally, this may mean working with, instead of against, competitors. More often, we simply cooperate with others to reach some end without endowing the relationship with any larger significance.



Sociologists have built on the distinction between expressive and instrumental ties to distinguish between two types of groups: primary and secondary. A primary group involves two or more people who enjoy a direct, intimate, cohesive relationship with one another. Expressive ties predominate in primary groups: we view the people as ends in themselves and valuable in their own right. A secondary group entails two or more people who are involved in an impersonal relationship and have come together for a specific, practical purpose. Instrumental ties predominate in secondary groups: we perceive people as means to ends rather than as ends in their own right. Sometimes primary group relationships evolve out of secondary group relationships. This happens in many work settings. People on the job often develop close relationships with co-workers as they come to share gripes, jokes, gossip, and satisfactions.

A number of conditions enhance the likelihood that primary groups will arise. First, group size is important. We find it difficult to get to know people personally when they are milling about and dispersed in large groups. In small groups we have a better chance to initiate contact and establish rapport with them. Second, face-to-face contact allows us to size up others. Seeing and talking with one another in close physical proximity makes possible a subtle exchange of ideas and feelings. And third, the probability that we will develop primary group bonds increases as we have frequent and continuous contact. Our ties with people often deepen as we interact with them across time and gradually evolve interlocking habits and interests.

Primary groups are fundamental to us and to society. Sociologists view primary groups as bridges between individuals and the larger society because they transmit, mediate, and interpret a society's cultural patterns and provide the sense of oneness so critical for social solidarity. Primary groups, then serve both as carriers of social norms and as enforcers of them.

31. According to Paragraph 1, which of the following statements is true of a relationship?
- A. It should be studied through experimental research.
  - B. It is a structure of associations with many people.
  - C. It places great demands on people.
  - D. It develops gradually over time.
32. According to Paragraph 3, what do sociologists see as the main difference between primary and secondary groups?
- A. Primary groups consist of people working together, while secondary groups exist outside of work settings.
  - B. In primary groups people are seen as means, while in secondary groups people are seen as ends.
  - C. Primary groups involve personal relationships, while secondary groups are mainly practical in purpose.
  - D. Primary groups are generally small, while secondary groups often contain more than two people.
33. Which of the following can be inferred from the author's claim in Paragraph 4 that primary group relationships sometimes evolve out of secondary group relationships?
- A. Secondary group relationships begin by being primary group relationships.
  - B. A secondary group relationship that is highly visible quickly becomes a primary group relationship.
  - C. Sociologists believe that only primary group relationships are important to society.

D. Even in secondary groups, frequent communication serves to bring people into close relationships.

34. This passage is developed primarily by \_\_\_\_\_.

- A. presenting two opposing theories
- B. discussing causes and their effects
- C. drawing comparisons between theory and practice
- D. defining important concepts and providing examples

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。

Renewable energy refers to energy sources that are natural, continuous, and large. This includes solar energy, wind energy, water energy, geothermal energy, and certain biofuels. The downside to renewable sources of energy is that they generally require a substantial amount of infrastructure to extract appreciable power. \_\_\_\_35\_\_\_\_ Harvesting wind energy requires wind turbines. Getting energy from flowing water requires dams, and so on.

Today, renewable energy is poorly exploited. \_\_\_\_36\_\_\_\_ Fossil fuels are easier to come by, and they currently return more power per dollar invested in extracting them. Certain countries, like Iceland and Norway, get as much as 99% of their power from renewable energy sources, but this is because they are located conveniently in areas where there is abundant geothermal activity. For other countries to transition to renewable energy will require significant investments and starting costs.

Investments in renewable energy have been increasing since the environmental movement of the 1960s and 70s, and more recently due to renewed concerns about global warming and Peak Oil. \_\_\_\_37\_\_\_\_ Using our limited quantities of fossil fuel energy to invest in a renewable energy infrastructure seems like a wise collective decision for the human species to make.

\_\_\_\_38\_\_\_\_ There are millions of venture capital and government dollars being invested in start-ups seeking to boost the efficiency and reduce the cost of solar cells, and progress is being made. Solar furnaces, which condense the sun's rays into a focus with mirrors, then use that heat to boil liquid and run turbines, are an even more efficient means of harnessing solar energy than conventional solar panels. The surfaces of the world's oceans are largely unused, and life in certain parts of the sea is very scarce, making them ideal venues for deploying floating solar panels that power the world's cities. \_\_\_\_39\_\_\_\_

In the meantime, we can extract appreciable quantities of energy from other renewable sources such as water and wind. For example, the recently completed Three Gorges Dam in China will produce 18 gigawatts of continuous power when all its generators are installed. This will supply about 3% of the national demand for electricity. The project cost roughly under a billion US dollars.

- A. This type of energy is only useful in certain geographical areas.
- B. For example, collecting solar energy requires expensive solar panels.
- C. Most countries get less than 10% of their power from renewable energy sources.



- D. Renewable energy is better for the environment while lowering monthly utility bills.
- E. Ultimately, the renewable energy source that will offer the greatest amount of power is solar energy.
- F. Fossil fuels pollute the earth, are limited in nature, and are controlled by undemocratic states in politically volatile regions.
- G. Eventually, we will exploit the gargantuan volumes of space to set up solar panels and beam power to where it is needed.

### 第三部分：书面表达（共两节，32 分）

第一节 阅读表达（共 4 小题；第 40、41 小题各 2 分，第 42 小题 3 分，第 43 小题 5 分，共 12 分）

阅读下面短文，根据题目要求回答问题。

A huge variety of factors are related to memory, from mood to personality to what substances have been consumed. One recent study, for example, found that older adults with higher openness to experience also experienced fewer cognitive complaints each day.

Now, in a study published in *Psychological Science*, Emily F. Hittner from Northwestern University and team have looked at the relationship between memory and positive affect — the experience of pleasant emotional states like enthusiasm, pride or joy. And they found less memory decline over time in those participants with higher levels of positive affect.

The team analyzed data from 991 participants who had taken part in a longitudinal study of households in the United States. At the first time point, when participants were an average of 55 years old, they had reported their levels of positive affect using two scales, which asked how often during the last month they had felt enthusiastic, active, peaceful, satisfied and so on. They also completed measures of depression and negative affect, as well as personality trait scales.

Participants also took part in a memory assessment. In this test, they were read a list of 15 unrelated words and then had to recall as many as they could immediately and, in a test they were not warned about, after fifteen minutes. Then, nine years later, participants completed this memory test again.

The team found that, overall, people who reported more positive affect at the first time point showed less memory decline over these nine years. Particular facets of positive affect were also associated with less memory decline — greater enthusiasm, cheerfulness, pride, and feelings of calm and peace were all related to slower memory decline, while greater attentiveness or satisfaction were not. Importantly, all the analyses took into account other factors like participants' negative affect, personality traits and age, suggesting that these weren't responsible for the results.

Why positive affect is related to a slower rate of memory decline, however, was less clear. The team suggests a number of pathways that could link the two: if you have a positive outlook on life, for example, you might be more inclined to engage in adaptive health behaviors or to foster beneficial social relationships. Positive affect in and of itself may not be the crucial factor, in other words, instead acting as the source of behaviors that improve or protect health.

Memory loss can be devastating, particularly in older adults — forgetting to take vital medication, for example,

has serious consequences, and the emotional and social ramifications of forgetting the names or faces of acquaintances can also be severe. Memory decline can also predict the onset of dementia. Developing ways to predict (and prevent) memory loss is an important task. Screening for positive affect as a way of predicting potential memory decline, as the team suggests, could therefore have implications for cognitive as well as mental health, helping improve wellbeing across the board.

40. What did Emily F. Hittner and her team find?

41. What benefits might screening for positive affect bring to us?

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

*The reason why positive affect is related to a slower rate of memory decline might be that people with a positive outlook tend to adopt adaptive health behaviors or have a lot of friends.*

43. What influence can positive emotions have on Senior 3 students? Support your opinion with one or two examples.

## 第二节 (20 分)

假设你是红星中学高三学生李华。北京冬奥组委会正在招募志愿者,其职责为接待各国运动员及宣传中国文化。组委会要求志愿者能够熟练运用英语。请你用英文写一封申请信,内容包括:

1. 申请原因;
2. 你的优势。

- 注意: 1. 词数 100 左右;  
2. 开头和结尾已给出,不计入总词数。

Dear Sir or Madam,

Yours,

Li Hua



人大附中 2022 届英语高三八月摸底统一练习 2021 年 8 月

第一部分：知识运用 (共两节, 30 分)

第一节 完形填空 (共10小题; 每小题1.5分, 共15分)

1-5 CAACB 6-10 CCBBBD

第二节 语法填空 (共10小题; 每小题1.5分, 共15分)

11. Trying 12. but 13. to 14. professions 15. licensed 16creative  
17. warmly 18. which 19. suggests 20. studied

第二部分：阅读理解 (共两节, 38 分)

第一节 (共14小题; 每小题2分, 共28分)

A. DDC //B . BDB //C. BCBC //D. DCDD 七选五 BCFEG

第三部分：书面表达 (共两节, 32 分)

第一节 阅读表达 (第40、41小题各2分, 第42小题3分, 第43小题5分)

40. They found less memory decline over time in the participants with higher levels of positive affect.

41. Screening for positive affect as a way of predicting potential memory decline could have implications for cognitive as well as mental health, helping improve wellbeing across the board.

42. The reason why positive affect is related to a slower rate of memory decline might be that people with a positive outlook tend to adopt adaptive health behaviors or (to) foster beneficial social relationships.

43. 略.

## 关于我们

北京高考在线创办于 2014 年，隶属于北京太星网络科技有限公司，是北京地区极具影响力的中学升学服务平台。主营业务涵盖：北京新高考、高中生涯规划、志愿填报、强基计划、综合评价招生和学科竞赛等。

北京高考在线旗下拥有网站门户、微信公众平台等全媒体矩阵生态平台。平台活跃用户 40W+，网站年度流量数千万量级。用户群体立足于北京，辐射全国 31 省市。

北京高考在线平台一直秉承“精益求精、专业严谨”的建设理念，不断探索“K12 教育+互联网+大数据”的运营模式，尝试基于大数据理论为广大中学和家长提供新鲜的高考资讯、专业的高考政策解读、科学的升学规划等，为广大高校、中学和教科研单位提供“衔接和桥梁纽带”作用。

平台自创办以来，为众多重点大学发现和推荐优秀生源，和北京近百所中学达成合作关系，累计举办线上线下升学公益讲座数百场，帮助数十万考生顺利通过考入理想大学，在家长、考生、中学和社会各界具有广泛的口碑影响力

未来，北京高考在线平台将立足于北京新高考改革，基于对北京高考政策研究及北京高校资源优势，更好的服务全国高中家长和学生。



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