2022 北京石景山高三一模

英　　语

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，并在答题卡上将该项涂黑。

Up until I was eight years old. I was an only child in my family and life was sweet. Then along came Grant, my little brother, and everything changed.

As Grant got older, he __1__ the habit of attaching himself to me and I found him totally __2__. By the time I became a teenager, he was my __3__, following me around, copying my every move, and generally being a pest.

However, __4__ my annoyance, I began to enjoy him as time went by. He was a funny little guy, and I found his hero-worship pleasant. As we got older, we established boundaries and alliances (联盟), becoming more __5__ of each other. Grant __6__ asking to go along on dates with me, and I no longer made fun of him in front of his peers. He cheered me on at my soccer games, and I __7__ to coach his baseball team.

I wondered if the transition happened because he became less annoying and more of a buddy or because I became more __8__, more able to share, more receptive to the unconditional love he offered. Looking back, I have come to the conclusion that maybe it was a/an __9__ of both.

Today, Grant and I are a team. I know that we will always be close, if not in age or distance, then in the __10__ shared by brothers.

1. A. developed	B. changed	C. maintained	D. broke
2. A. reliable	B. annoying	C. unique	D. disappointing
3. A. angel	B. guide	C. shadow	D. enemy
4. A. besides	B. despite	C. beyond	D. for
5. A. considerate	B. critical	C. envious	D. respectful
6. A. missed	B. suggested	C. stopped	D. enjoyed
7. A. hesitated	B. happened	C. pretended	D. volunteered
8. A. creative	B. ambitious	C. independent	D. patient
9. A. innovation	B. combination	C. limitation	D. expectation
10. A. hope	B. courage	C. love	D. pride

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

“It's so cute!” “I want one!” Since such posts spread on social media, the 2022 Beijing Winter Olympics mascot Bing Dwen Dwen __11__ (become) a star across the globe. The lovable panda wears a full-body "shell" __12__ (make) out of ice, which looks like an astronaut suit. With the popularity of the Olympic mascot, it has served __13__ an ambassador for winter sports, bringing joy to those __14__ participated in and watched the Olympic Winter Games.

B

Usually, joy and happiness __15__ (understand) to be the same thing. In fact, they're very different. Joy is an emotion that

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occurs within us when we develop an appreciation or thankfulness for the contents of life, such as nature, __16__ (free), relationships with people, or through having faith in something __17__ (large) than ourselves. Happiness is an emotion that is aroused in us when we buy a new car or get a promotion at work. It depends on our circumstances satisfying our desires.

C

The economic achievements of the Tang Dynasty promoted the development of Chinese medicine. The Tang government __18__ (take) the lead in completing the editing work of the world's first herbal medicine book, *Tang Bencao*. The book __19__ (contain) 850 kinds of drugs and a drug map, further __20__ (improve) the scale of Chinese medicine.

第二部分：阅读理解（共两节，38 分）

第一节（共 11 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，并在答题卡上将该项涂黑。

A

Paragliding is a kind of flying, but instead of the wing being made of metal, wood or plastic, it is made of nylon or polyester. The wing is attached to a harness by lines where a pilot sits, similar to a parachute.

Is it safe?

Paragliding, is as safe as sailing and deep-sea diving. The big advantage is that it's probably the slowest form of aviation, so if you do crash, you'll hit the ground quite gently! It's a very relaxing sport as you're mostly sitting down. Yet, you'll probably experience pain in some muscles you didn't know you had while learning, but many of those will be due to the walk up the training hill to launch.

Where do I learn?

There are lots of schools, mainly based inland by appropriate hills or mountains, and there are also schools on the coast near spectacular cliffs. These are very attractive, though the prospect of landing in the sea seems to discourage beginners! It takes seven days to get your basic licence; then you're free to fly independently at sites across the country.

What do I need?

Pilots normally wear warm clothes in case they get very high up, and a helmet in case they stumble on landing. In terms of gear, schools supply basic training, canopies, harnesses, etc. However, you'll probably want to buy your own more sophisticated equipment, which you'll be able to choose much better once you've tried some out on your course.

Who can do it?

There's no upper age limit provided your instructor judges you capable, but the youngest is 14. Anybody with good eyesight and good balance is a potential paraglider pilot.

Flying a paraglider is a great sport. We hope to see you in the air with us this season!

21. Which would be the best heading for Paragraph 1?

A. What is paragliding?　　B. Who invented paragliding?

C. How is paragliding special?　　D. Why is paragliding popular?

22. According to the passage, paragliding is _____.

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A. Exciting but tiring B. Safe and relaxing

C. Attractive but expensive D. Fast and challenging

23. What can we know from the passage?

A. Fit people of any age can take up paragliding.

B. Most paragliding schools are situated by the sea.

C. Pilots need to buy basic equipment on their training course.

D. Learners can fly on their own after at least a week's training.

B

I remember driving to Palm Springs from San Diego two Thanksgivings ago. None of us pictured an icy blizzard (暴风雪) on our California vacation, but one hour into the drive, the first snowflake fell. My eyes lit up. I'd missed snow. Seeing it land on a prickly cactus made my tears well up. How I longed for cold Minnesota, my hometown.

As the altitude rose, the storm got fierce. It wasn't long before we had no choice but to pull over. As our car slid to a stop, I looked into the distance. A line of cars as long as the Mississippi River were lined up.

Just then, a car came from behind, suddenly changing the direction to avoid hitting our car. The driver, an old man, slammed on the brakes and his car drifted across the path. It didn't take us too long to realize his car was awfully near the edge of the mountain and slowly creeping more and more towards the side of the cliff.

Suddenly, 10 people who were sitting in their cars leapt out. From the car window, I watched an inspiring scene. Four people took the chains that protected their tires off their cars and put them on the old man's tires. One person shoveled the snow out from his tires and tried to break the ice with his boot. Just as the old man's car and all his belongings were about to be lost off the edge of the cliff, people stepped up and let their kind hearts override the snowstorm.

Though it was minus 30 degrees centigrade, my heart was as warm as ever. This act of kindness just reminded me how thankful I am for people and moments like these.

24. Why did the author cry when he saw the snow?

A. He felt a little homesick. B. He disliked the bad weather.

C. He was surprised to see the snow. D. He was anxious about the traffic delay.

25. What happened to the old man's car?

A. Its braking system failed. B. It was about to drop from the cliff.

C. It ran into the author's car. D. It lost control due to the sudden speeding.

20. Which of the following can best describe the people involved?

A. Reliable and modest. B. Kind and easy-going.

C. Brave and cooperative. D. Enthusiastic and ambitious.

C

Psychologists tell us our self-image defines what we believe we can and cannot do. Each of us over the years has built up belief about ourselves: Unconsciously, our pictures of who we are have been formed by past experiences. Our successes and failures, what others have told us and what we think people believe about us all help form impressions of what we think we are. Because self-image is so important in our growth, it is important to examine our concepts of self in order to reach our full potential.

Changing our self-image is possible: Some psychologists suggest we begin to change our self-image by mentally picturing ourselves performing well at some task. Since we presently react to things based on our present images, it's suggested that we replace those with better ones. In many experiments, people were asked to sit quietly for a few minutes each day and imagine themselves doing well. For instance, subjects would sit and imagine themselves throwing darts at a bull's-eye on a target. Over

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a period of weeks, their dart game improved. This has been done with people who wanted to play chess better, throw a ball more accurately increase their salesmanship or musical talents, and improve many other skills. In most cases, remarkable improvement is made.

The point of changing self-image is not to develop an image of ourselves that is not real. To try to become something we really aren't is just as wrong as living the unrealistic, inferior image we may have. The aim is to find the real self, to bring our mental images of ourselves in line with our true potential. However, it is generally accepted among psychologists that most of us fail to do justice to ourselves. We're usually better than we think we are.

Another important part of changing self-image is to not think about past mistakes Don't let failures do harm. Our errors or humiliation over mistakes are necessary steps in learning. It is all right to make mistakes. But when they have taught us what we did wrong, we should forget them and not dwell on them. Sometimes we keep remembering our failures or mistakes and feel guilty or embarrassed about them. We let them take over, and then we develop a fear.

It is important to have realistic expectations of ourselves. Some of our dissatisfaction might come from expecting too much of ourselves. If we demand constant perfection in everything we do, we can be disappointed and our poor self- image will continue. If our goal is to reach perfection, we are doomed from the start.

27. Which situation agrees with the idea of the passage?

A. To outshine his colleagues, Joe sets an idealistic goal.

B. To get along with her classmates, Doris always humbles herself.

C. To become a star player, Alex repeatedly plays back his faults in his mind.

D. To win a speech contest, Tina visualizes herself speaking more confidently.

28. What is the purpose of Paragraph 3?

A. To confirm the effect of changing self-image.

B. To clarify the principle of changing self-image.

C. To propose a new view on changing self-image.

D. To stress the importance of changing self-image.

29. According to the author, how should we regard our past mistakes?

A. They are part of our growth. B. They are warnings for future.

C. They are tools for overcoming fear. D. They are barriers to our development.

30. Which of the following would be the best title of the passage?

A. We Are What We Do B. Be the Best We Can Be

C. We Are What We Think We Are D. What We Are Decides What We Think

D

When it comes to lowering our carbon emissions (排放), it seems that nothing is simple. Electric vehicles (EVs) act as an example of potential greenwash. "They seem very attractive at first sight," writes The Next Web in a report. "When we look more closely, it becomes clear that they have a substantial carbon footprint."

The rare earth metals and costly minerals included as essential ingredients in EV batteries are not renewable. What's more, their extraction (提炼) is often anything but green.

So the question is: is it worth it? Just how much emission reduction can EVs justify? Luckily, a life cycle assessment has been done to give us some answers.

"A life cycle analysis of emissions considers three phases," writes The Next Web. "the manufacturing phase, the use phase, and the recycling phase." In the manufacturing phase, the battery is to blame. "Emissions from manufacturing EV batteries were estimated to be 3.2 tons of carbon dioxide (CO_2), 1/4 of those from an electric car, 13 tons of CO_2. Those were bigger

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than emissions from gas cars, 10.5 tons of CO_2." If the vehicle life is assumed to be 150,000 kilometers, emissions from the manufacturing phase of an electric car are higher than gas cars."

In the use phase, the source of electricity the consumer is using to power their car comes into play in a major way. "To understand how the emissions of electric car vary with a country's renewable electricity share, consider Australia and New Zealand," continues the report. "In 2018. Australia's share of renewables in electricity was about 21%. In contrast, the number in New Zealand's was about 84%. Electric car emissions in Australia and New Zealand are estimated at about 170g and 25g of CO_2 per km respectively. As a consumer, our car is only as green as our country's energy mix.

Finally, in the recycling phase, we look at vehicle dismantling (拆除), vehicle recycling, battery recycling, and material recovery. "The estimated emissions in this phase, based on a study, are about 1.8 tons for a gas car and 2.4 tons for an electric car. This difference is mostly due to the emissions from battery recycling, which is 0.7 tons," shows in the report. "While electric cars cause more greenhouse gas emissions than gas cars do, it's important to note the recycled batteries can be used in subsequent batteries. This could have significant emissions reduction benefits in the future. For complete life cycle emissions, the study shows that EV emissions are 18% lower than gas cars."

So here's the takeaway: EVs are greener. Maybe they're not as green as we thought. There's certainly room for improvement. But the real challenge lies in speeding the global energy transition toward greener energy-production.

31. Why is a life cycle analysis of emissions made?

A. To illustrate the advantages of EVs.

B. To show how gas cars outperform EVs.

C. To weigh the environmental impact of EVs.

D. To examine the energy sources of gas cars and EVs.

32. How does the author support the underlined statement in Paragraph 5?

A. By giving instructions. B. By highlighting features.

C. By making comparisons. D. By analyzing cause and effect.

33. According to the passage, what contributes to EVs' beating gas cars?

A. Recycling of batteries. B. Overall driving distance.

C. Manufacturing technology. D. Government's energy policy.

34. Which of the following statements does the author support?

A. EVs are worthy of the praise they have received.

B. EVs are not successful for their environmental downsides.

B. EVs will no longer be widely accepted for their emissions.

D. EVs are not truly green until their energy sources become green.

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。

Move to the Music

Music helps us exercise, but why does it have this effect? __35__ The first is simple: Music distracts us. When we listen to a song we like, our brain pays attention to the music. For example, after we exercise for 20 minutes, our body might be tired. But we may not feel this immediately while listening to music. So we exercise a little longer.

Music also motivates us. When we hear dance music, for example, we naturally start to move to the beat. An upbeat song also puts us in a good mood, so we feel happier. This gives us energy and helps us exercise longer. __36__ Songs in the range of 120-140 beats per minute (BPM) are the best, says sports psychologist Dr. Costas Karageorghis.

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__37__. Its leading researcher Fritz put 61 people in small groups. They all then exercised twice. One time, each group worked out while listening to music for six minutes. Another time, they exercised for six minutes on special Jymmin machines. The name Jymmin is a combination of “jamming" and “gym.” Using these machines, each group made music as they moved. The exercisers became the composers and the machines became their instruments. In the end, 53 of the 61 people said the same thing: They felt less tired when they exercised on the Jymmin machines. __38__

How does Fritz explain this? Maybe people did better on the Jymmin machines because they had more control, he says. People created the beat. They could make it go faster or slower. Also, the activity was social. Each group was making music together and having fun. Fritz believes that Jymmin exercise may have other advantages, too. __39__ For example, it may be even a good way to treat depression.

A. Experts say there are two main reasons.

B. This also helps relax our body and brain.

C. Music with a quick and steady beat is good for exercising,

D. He wants to find out if it can help with more serious conditions.

E. He expects to take advantage of it to tap into people's potential.

F. A new study suggests this is only part of the explanation, however.

G. When they exercise and make music, working out seems to be easier.

第三部分：书面表达（共两节，32 分）

第一节（共 4 小题；第 12 题每小题 2 分，第 3 题 3 分，第 4 题 5 分，共 12 分）

阅读下面短文，根据短文内容在答题卡相应题号后的横线上写下相关信息，完成对该问题的回答。

Revenge Sleep Procrastination

According to the sleep expert Dorothy Chambers, "revenge sleep procrastination" refers to a phenomenon in which we delay going to sleep to do other unimportant things that we haven't had time to do in the day, and reflects a very poor work and life balance.

The researchers surveyed 2,012 adults and found that over three quarters admit doing a form of revenge sleep procrastination, using their phones right up until falling asleep. Then the researchers selected some social media apps to test how seriously they affect sleep quality. Each participant was asked to wear a smartwatch to record how long it took to fall asleep, and provide feedback on how tired they felt the next morning. The result revealed that the average time taken to fall asleep was over 45 minutes and an increasing tiredness was reported by over half of the participants. It showed that revenge sleep procrastination impacted sleep quality a lot, which can lead to adverse implications on physical and mental health.

So why does it happen? According to the researchers, it's largely down to the he light emitted from phone screens. It stimulates the brain and reduces natural melatonin (褪黑素) production, increasing tiredness, and in turn increasing the amount of time spent falling asleep.

The researchers pointed that social media apps encourage the release of “pleasure chemicals”, giving us energy and a “happy” feeling. This could be why many of us choose them as our means of revenge sleep procrastination, even though we know they do have negative effects on our health.

To solve this problem, Dorothy recommended that we shouldn't use any electronics for at least two hours before sleeping to avoid sleep deprivation. Instead, we should try reading a book or taking deep breaths.

40. What is revenge sleep procrastination?

41. What is the effect of revenge sleep procrastination?

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

For some procrastinators, their sleep trouble results from the blue light, pleasure chemicals and their unawareness of the

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bad effects of using social media apps before bed.

43. If you preferred using social media apps before bed, what would you do to fight such a type of sleep revenge procrastination besides the practice mentioned in the passage?

(In about 40 words)

第二节（20 分）

假设你是红星中学高三学生李华。2022 年 4 月神舟十三号(Shenzhou-13 manned spaceship)即将返航，你校电视台英文频道向学生征集以“航天”为主题的原创短视频。你打算邀请留学生 Jim 一起完成作品。请你给他写邮件，内容包括：

1.征集要求；

2.作品初步想法；

3.询问意向。

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：神舟十三号：Shenzhou- 13 manned spaceship

航天：aerospace

Dear Jim,

_____

_____

_____

Yours,

Li Hua

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参考答案

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. A 2. B 3. C 4. B 5. A 6. C 7. D 8. D 9. B 10. C

第二节 语法填空（共 10 小题，每小题 1.5 分，共 15 分）

11. has become 12. Made 13. As 14. who that 15. are understood

16. freedom 17. larger 18. took 19. contains 20. improving

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）

21. A 22. B 23: D 24. A 25. B 26. C 27. D 28. B 29. A 30. C

31. C 32. C 33. A 34. D

第二节（共 5 小题；每小题 2 分，共 10 分）

35. A 36. C 37. F 38. G 39. D

第三部分：书面表达（共两节，32 分）

第一节:（共 4 小题；第 1、2 题每小题 2 分，第 3 题 3 分，第 4 题 5 分，共 42 分）

40. Revenge sleep procrastination refers to a phenomenon in which we delay, going to sleep to do other unimportant things that we haven't had time to do in the day.

41. It causes a very poor work and life balance.

It affects sleep quality. / It impacts sleep quality a lot

It leads to adverse implications on physical and mental health.

42. For some procrastinators, their sleep trouble results from the blue light, pleasure chemicals and <u>their unawareness of the bad effects</u> while they use social media apps before bed.

According to the passages, although the procrastinators already know using social media apps before bed has negative effects on their health, they can't help using them

43. I would fight such type of procrastination in two ways. Planning time effectively could give me more control of my day, like prioritizing studying or other necessary stuff and sparing the time for entertainment. Plus, at bedtime, I would keep my phone in the living room to avoid addictive social media apps.

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