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秘密★启封并使用完毕前【考试时间：2024年1月9日下午15:00-17:00】

南充市高 2024 届高三适应性考试（一诊）

英语试题

本试卷分为试题卷和答题卡两部分，其中试题卷共 12 页，答题卡共 2 页。满分 150 分，考试时间 120 分钟。

注意事项：

1. 答题前，考生务必将自己的姓名、准考证号填写在答题卡上。
2. 选出每小题答案后，用铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。不能答在本试卷上，否则无效。
3. 考试结束后将答题卡收回。

第一部分 听力(共两节，满分 30 分)

回答听力部分时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将你的答案转涂到答题卡上。

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项，并标在试卷的相应位置。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

例：How much is the shirt?

A. £ 19.15.

B. £ 9.18.

C. £ 9.15.

答案是 C。

1. What will the woman do today?

A. Meet some volunteers.

B. Clean up the park.

C. Study at home.

2. Where are the students of Class One?

A. In the meeting room.

B. In the reading room.

C. In the classroom.

3. Which postcard will the speakers send?

A. The one with a view of the beach.

B. The one with a picture of a castle.

C. The one with a garden picture.

4. What is the woman?

A. A chemist.

B. A nurse.

C. A doctor.

5. What is the conversation about?

- A. When the train leaves.
- B. Which destination the train goes.
- C. Which platform the man should go to.

第二节 (共 15 小题; 每小题 1.5 分, 满分 22.5 分)

听下面 5 段对话或独白。每段对话或独白后有几个小题, 从题中所给的 A、B、C 三个选项选出最佳选项。听每段对话或独白前, 你将有时间阅读各个小题, 每小题 5 秒钟; 听完后, 各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料, 回答第 6、7 题。

6. What did the man go?

- A. To Mexico.
- B. To America.
- C. To Canada.

7. How did the man feel about exploring the cave?

- A. Strange.
- B. Scared.
- C. Interested.

听第 7 段材料, 回答第 8、9 题。

8. Where are the speakers?

- A. In a shop.
- B. In a museum.
- C. In the woman's house.

9. Which country do the chairs come from?

- A. Italy.
- B. Holland.
- C. France.

听第 8 段材料, 回答第 10 至 12 题。

10. Why was the woman unable to go sailing?

- A. She has basketball training.
- B. There was no wind.
- C. The water temperature was too low.

11. Where did the woman go on Wednesday?

- A. To a mountain.
- B. To a river.
- C. To a sports center.

12. How did the woman spend Friday?

- A. She went cycling.
- B. She played tennis.
- C. She took a boat trip.

听第 9 段材料, 回答第 13 至 16 题。

13. What does the competition try to find this year?

- A. The best dancer.
- B. The best actor.
- C. The best singer.

14. How should people enter the competition?

- A. By fax.
- B. By phone.
- C. By post.

15. What change will be made to the sports hall this week?

- A. The closing time will be later than usual.
- B. All activities must be booked in advance.
- C. The indoor football ground will be repaired.

16. What do we know about the new swimming pool?

- A. It will open next month.
- B. It will be free for one week.
- C. It is bigger than the old one.

听第10段材料，回答第17至20题。

17. What do our brains do when we sleep?

- A. Organize and improve our memories.
- B. Re-experience different events.
- C. Come up with new ideas.

18. Which stage of sleep is the most important according to recent experiments?

- A. The first stage.
- B. The third stage.
- C. The fifth stage.

19. What makes our days longer and the nights shorter?

- A. The modern lifestyle.
- B. The lack of darkness.
- C. The increase of age.

20. What will the speaker talk about next class?

- A. Why people get less sleep.
- B. What the two types of sleep are.
- C. How lack of sleep damages our health.

第二部分 阅读理解（共两节，满分40分）

第一节（共15小题；每小题2分，满分30分）

阅读下列短文，从每题所给的四个选项(A、B、C和D)中选出最佳选项，并在答题卡上将该选项涂黑。

A

The Best War Novels

The God of that Summer

by Ralf Rothmann

The masterful and painful story is set in Germany. Luisa, a young girl growing up in rural Germany during World War Two, has managed to escape the horrors of city bombing. Unafraid of

the realities of life and death, Luisa supports her family until, one day, an incident changes her life forever.

The Librarian of Auschwitz

by Antonio Iturbe

Based on a true story, *The Librarian of Auschwitz* is about fourteen-year-old Dita. Keeping the libraries' eight books safe, Dita knows she is putting herself in danger. But she also knows it can help her and her fellow prisoners maintain hope during the darkest of times.

Pippo and Clara

by Diana Rosie

Pippo and Clara are brother and sister. When their mother goes missing one morning, they both go in search of her regardless of the danger of the war. With Clara turning right and Pippo left, the children's lives are changed forever.

All Quiet on the Western Front

by Erich Maria Remarque

This classic war novel of the First World War is written in the first person by a young German soldier. Paul Bauer is just eighteen and he enters the army with six school friends, each filled with optimistic thoughts. However, they witness such horrors and such severe hardship and suffering that they are unable to even speak about it to anyone but each other.

21. What did Luisa and Clara have in common?

- A. They are brave and sensitive.
- B. Their lives are changed by the war.
- C. They suffer much during World War Two.
- D. They are separated from their family members.

22. How is *The Librarian of Auschwitz* different from the other books?

- A. It is adapted from a real event.
- B. It is written for children to read.
- C. Its main character is a young girl.
- D. It is a novel with a perfect ending.

23. Who wrote the novel in the first person?

- A. Ralf Rothmann.
- B. Antonio Iturbe.
- C. Diana Rosie.
- D. Erich Maria Remarque.

B

This weekend, thousands of motorcyclists are riding on the Black Hills for the annual Sturgis Motorcycle Fair. For many of them, an 8-year-old's lemonade stand has become a popular stop.

Wyatt started the free lemonade stand last year as a way to raise some money to buy a Lego set. But on the first day, he not only made enough cash to get his toys, but he was able to donate \$200 to St. Jude Children's Hospital. "So now, 50 percent goes to college," he explained. "30 percent goes to St. Jude and the rest goes to... last year it was Legos, this year it's a dirt bike."

This year, Wyatt's lemonade stand went viral after someone posted about it on social media. "I'm still trying to figure out exactly what happened," said his mother Robin Dennis. "This just blows my mind."

So far, the post has been shared more than 60,000 times and encouraged hundreds of bikers from all over the U.S. to the Sturgis motorcycle rally. "He loves it," said Robin. "He loves seeing the people. He loves waving to the people. Even if they don't stop, they ride by and honk their horn. He makes many friends and becomes more confident."

Whether he's serving lemonade, posing for pictures, or sitting on a motorcycle, Wyatt has become something of a local celebrity. He's raised enough to donate \$4,500 to St. Jude this year and he has no plans to pump the brakes anytime soon.

"As long as he's having fun doing it and it's what he wants to do, we'll be out here every year serving lemonade to everyone who's here," his mother said.

24. Why do people stop by a lemonade stand?

- A. To advocate the annual fair.
- B. To worship the local celebrity.
- C. To support the little boy.
- D. To make lemonade for the charity.

25. What is Robin's attitude toward Wyatt's popularity?

- A. Relieved.
- B. Moved.
- C. Content.
- D. Amazed.

26. Which is closest in meaning to "pump the brakes" in Paragraph 5?

- A. Speed.
- B. Stop.
- C. Decline.
- D. Expand.

27. What can we learn from the story?

- A. Roses given, fragrance in hand.
- B. Birds of a feature flock together.
- C. A fall into a pit, a gain in your wit.
- D. Love shows more in action than in words.

C

"It's too sugary, I can't manage very many," said a friend. She wasn't talking about dessert but about some fresh cherries. I bit into another cherry and realized she was right. The fruit was so sweet that it was as if it had been pre-sugared.

But the cherries of my childhood were much less sweet than today's cherries. Some of them were hardly sweet at all, which made it all the more exciting when you happened upon a super sweet one.

Is modern fruit getting sweeter? The answer is yes. Some of the most powerful evidence comes from zoos. In 2018, Melbourne Zoo in Australia had stopped giving fruit to most of its animals because cultivated fruit was now so sweet that it was causing tooth decay and weight gain.

Breeding isn't the only reason that modern fruit is sweeter; there's also climate change. It's found that since the 1970s, with rising temperatures, Fuji apples have become significantly sweeter and softer.

But the sweetness of modern fruit is not without its problems, especially for people with diabetes, who have to be careful to moderate their intake of higher-sugar fruits such as pineapple. Fruit that is bred sweeter also tends to be lower in the phytochemicals (植物化学成分) that make it so healthy.

Health aside, maybe the real problem with modern fruit is that it has become yet another sweet thing in a world filled with sugar. Even grapefruit, which used to be quite bitter, is sometimes now as sweet as oranges. If you've never tasted a sour cherry, how can you fully appreciate a sweet one? Experts put forwards some thoughts about how to appreciate the various tastes of modern fruit.

28. Why does the author mention her friend's words in Paragraph 1?

- A. To introduce the topic of the extreme sweetness of modern cherries.
- B. To highlight the content of friend's preference for sour cherries.
- C. To emphasize the importance of pre-sugaring fruits.
- D. To show the breeding and selection of modern fruit.

29. What's the author's view on the rise of consistently sweeter fruit?

- A. The author believes it has no impact on health.
- B. The author sees it as a triumph of plant breeding.
- C. The author thinks it is a bit worrying in today's world.
- D. The author is concerned that it will lead to bitterness in fruit.

30. What is a shortcoming of the modern fruit according to the passage?

- A. It is short of healthy phytochemicals.
- B. It may not be as tasty as it used to be.
- C. It could lack variety and contrast in taste.
- D. It doesn't meet people's need for sweetness.

31. What might the author continue talking about?

- A. The advice on selecting modern fruit.
- B. The approaches to breeding bitter fruit.
- C. The comments about cultivated grapefruit.
- D. The research into the health of zoo animals.

D

The traditional school year, with three months of vacation every summer, was first performed when America was an agricultural society and the summer months were needed for farm work. Since then, America has completely changed as a nation. Students no longer spend summers farming, but they aren't in school, either. The average American student receives 13 weeks off from school each calendar year—with about 11 of those during the summer. Few other countries have more than seven weeks off in a school calendar.

With the U.S. left behind other countries in academics, it's time to consider year-round schooling. One benefit of this change is that students will not fall victim to the “summer slide,” or the well-documented phenomenon where students forget some of the knowledge they have acquired when too much time is taken off from school. Decades of research shows that it can take from 8 to 13 weeks at the beginning of every school year for students to get back to where they were before the summer holiday.

But year-round schooling isn't just about academics. Teachers and students experience a closer relationship in year-round schools than they do in traditional schools and, in the absence of any long-term break, students do not feel detached from the school environment. These closer bonds and greater attachment pay off. Research shows that students in year-round schools are more self-confident and feel more positive about their schooling experience.

But don't kids need time to relax? Some childhood development experts believe that time off from school is vital to healthy development as kids are not designed to spend so much of their time inside classrooms and the summer break provides a perfect opportunity to get outside. The problem with this argument is that most children aren't playing outside or even spending time with other kids. While some children visit summer camps, most stay at home, watching TV or playing games on electronic devices, which hardly benefits them.

The U.S. has changed from a farming economy to a knowledge-and innovation-based economy, so it makes sense for the school year to change as well.

32. Which is **NOT** mentioned as the benefit of year-round schooling?

- A. It will improve students' academic performance.
- B. It will strengthen students' relationship with teachers.
- C. It will enable students to learn about the outside world.
- D. It will familiarize students with the school environment.

33. What can be learned about a long summer vacation from Paragraph 4 ?

- A. It allows most students to play outside;
- B. It does little good to most students.
- C. It makes students addicted to computer games.
- D. It leads students to neglect their studies.

34. How does the author find the traditional school year in the U. S. today?

- A. Well-grounded.
- B. Culture-bound.
- C. Welcomed.
- D. Outdated.

35. What is the best title for the text?

- A. Why the U.S. Is Left Behind in Academics
- B. How the U.S. Society Has Been Changed
- C. The Longest Vacation Needs to Be Changed
- D. The U.S. Should Switch to Year-round Schooling

第二节 (共 5 小题; 每小题 2 分, 满分 10 分)

根据短文内容, 从短文后的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。

How We Talk about Fear Matters

Lately, there seems to be plenty to fear in the world. How we talk about what we fear might offer clues to how we perceive that emotion socially and culturally.

Get the root of fear.

_____36_____. In Anglo-Saxon times, "fear" primarily referred to sudden danger. The root of the word dates back to "pēr" from Indo-European about 6,000 years ago. This root suggests that fear developed from a sudden (frightening) experience you passed through.

Figure out the emotional meaning of fear.

Whether emotions are viewed positively or negatively varies from culture to culture. _____ . For instance, in English, the word "anxious" can be used to mean "worried" or "eager". But the word meaning "anxious" just means "regret" in Dargwa. Therefore, many English speakers

may not view anxiety as negatively as Dargwa speakers.

Find out a fearful pattern.

In looking at such patterns across the major language families, researchers found that the word “fear” was often associated with anxiety, envy and grief in Indo-European languages. But in Austronesian languages, “fear” more often was associated with surprise. _____ 3 < _____.

How we talk about fear changes how we react to it. When we talk about what frightens us, it may be useful to disrupt associated meanings. In addition, how our language categorizes an emotion seems to impact whether we perceive those emotions negatively or positively.

In conclusion, fear is something that can be changed by cultural and linguistic experience. _____ . Perhaps Roosevelt was right when he infamously said “The only thing we have to fear is fear itself.”

- A. Talk more about fears
- B. Change our perception of fear
- C. The word fear has a long history in English
- D. There seemed a fearful pattern across the major language families
- E. This is based on what people have learned to associate with emotion words
- F. It opens the door to potential ways to change how we talk about and react to it
- G. This makes speakers of the latter languages associate this emotion with a less negative sense

第三部分 语言知识运用(共两节, 满分 45 分)

第一节 完形填空(共 20 小题; 每小题 1.5 分, 满分 30 分)

阅读下面短文, 从短文后各题所给的四个选项(A、B、C 和 D)中, 选出可以填入空白处的最佳选项, 并在答题卡上将该项涂黑。

Many parents dream of their children growing up and seeing the world. But Edith Lemay, a _____ 41 _____ of four from Canada, worried her children were running out of _____ 42 _____ to do that.

When her first child, Mia, was little, she _____ 43 _____ she would bump into (撞到) things, Lemay worried about her daughter's _____ 44 _____ and brought her to a doctor. In 2018, Mia was diagnosed with retinitis pigmentosa (色素性视网膜炎), which meant there's a chance Mia would be completely _____ 45 _____ by midlife. Because the disease is _____ 46 _____, Lemay's other kids were at risk. Soon, two of her sons, Collin and Laurent, were _____ 47 _____, too.

Fortunately, her daughter Mia is _____ 48 _____ about it. She says “Today my vision is good, so I'm

going to 49 it. In the future, when 50 come, we'll face them and find solutions."

Lemay wanted to 51 her kids for what was to come and thought about 52 them Braille (盲文), but a specialist had another suggestion. "He said the best thing I can do is 53 their visual memories," Lemay said. "And he was talking about reading books and seeing pictures of elephants in books. And that's when it 54. I was like, 'We are not going to do that in books; we are going to see them in 55 life.'"

In March, Lemay, her husband and her four kids left Canada and 56 an epic journey, traveling the 57 for a whole year showing their kids the world, 58 it is too late.

Now, they're in Bali—already having crossed Africa. They plan to 59 their way through Southeast Asia. The family have made a list of fun activities they want to accomplish, so each kid can 60 their dreams come true.

- | | | | |
|--------------------|------------------|-----------------|---------------|
| 41. A. teacher | B. mother | C. child | D. researcher |
| 42. A. energy | B. money | C. time | D. patience |
| 43. A. noticed | B. worried | C. thought | D. concluded |
| 44. A. head | B. leg | C. taste | D. vision |
| 45. A. blind | B. deaf | C. lame | D. clumsy |
| 46. A. curable | B. fatal | C. genetic | D. irregular |
| 47. A. treated | B. diagnosed | C. infected | D. operated |
| 48. A. sympathetic | B. pessimistic | C. enthusiastic | D. realistic |
| 49. A. make out of | B. make sense of | C. make use of | D. make up of |
| 50. A. diseases | B. opportunities | C. challenges | D. surgeries |
| 51. A. prepare | B. provide | C. present | D. praise |
| 52. A. telling | B. awarding | C. teaching | D. showing |
| 53. A. bury | B. fill | C. ruin | D. search |
| 54. A. clicked | B. struck | C. collapsed | D. occurred |
| 55. A. simple | B. real | C. virtual | D. complex |
| 56. A. broke | B. ended | C. continued | D. started |
| 57. A. landmark | B. country | C. destination | D. globe |
| 58. A. since | B. after | C. before | D. until |
| 59. A. force | B. work | C. lose | D. dug |
| 60. A. see | B. make | C. hear | D. help |

第二节 语法填空 (共 10 小题; 每小题 1.5 分, 满分 15 分)

阅读下面短文, 在空白处填入 1 个适当的单词或括号内单词的正确形式。

Ink, as one of the Four Treasures of the Study (brush, ink, paper and inkstone), is a 61 (necessary) in Chinese painting and calligraphy. Ink is 62 (typical) produced from an ink stick with a little water. Ink stick, the solid form of ink, can last much longer than the liquid variety and is easier 63 (transport). The most famous ink sticks in China are the Hui Ink Sticks produced in Anhui Province. The Hui Ink Sticks use pine wood 64 its main raw ingredient, 65 is then mixed with another about 20 different materials. The manufacturing procedure includes lighting the smoke, blending the materials together, pressing the ink sticks, drying by airing, filling the margin 66 boxing them up. The ink produced from these sticks is shiny black. For centuries, the Hui Ink Sticks 67 (produce) through the traditional methods. 68 simple and single, ink sticks are essential in Chinese calligraphy and painting, 69 (present) the splendid artistic conceptions to people. What's more, ink sticks make it possible that modern people today still can appreciate the masterpieces 70 (create) tens of centuries ago.

第四部分 写作 (共两节, 满分 35 分)

第一节 短文改错 (共 10 小题; 每小题 1 分, 满分 10 分)

假定英语课上老师要求同桌之间交换修改作文, 请你修改你同桌写的以下作文。文中共有 10 处语言错误, 每句中最多有两处。每处错误仅涉及一个单词的增加、删除或修改。

增加: 在缺词处加个漏字符号(∧), 并在其下面写出该加的词。

删除: 把多余的词用斜线(/) 划掉。

修改: 在错的词下划一横线, 并在该词下面写出修改后的词。

注意:

1. 每处错误及其修改均仅限一词;
2. 只允许修改 10 处, 多者(从第 11 处起)不计分。

Nowadays, some famous tourist attractions are crowded of tourists during the holidays, which ~~makes it~~ possible for tourists to enjoy themselves. It reflects the fact ~~what~~ it is difficult to travel to crowded tourist attractions. Therefore, to travel in the holidays ~~made~~ no sense. That is why many people prefer to stay at home rather ~~than~~ to go out. In my opinion, the government ~~should~~ devote its energies to relieve the stress of tourist attractions. Some effective measure can be taken. For example, the number of tourists to famous tourist attractions should ~~limited~~ and citizens should not travel at a same time. Only in this way can tourists enjoy our holidays. _

第二节 书面表达 (满分 25 分)

假如你是李华, 在你校举办的“用英语讲好中国故事”(Chinese Stories Retold in English) 活动中, 你获得一等奖。你的英国笔友 John 发来邮件向你表示祝贺并想了解你讲的故事, 请你给他写一封回信, 内容包括:

1. 感谢关注;
2. 故事概况;
3. 参加活动的感受。

注意: 1. 词数 100 左右;

2. 可以适当增加细节, 以使行文连贯。

Dear John,

Yours

Li Hua

南充市高 2024 届高考适应性考试（一诊）

参考答案及评分意见

第一部分 听力(共两节, 满分 30 分)

第一节(共 5 小题: 每小题 1.5 分, 满分 7.5 分)

1-5CBACC

第二节(共 15 小题: 每小题 1.5 分, 满分 22.5 分)

6-10BCCAB 11-15.ACCBA 16-20BACAB

第二部分 阅读理解(共两节, 满分 40 分)

第一节(共 15 小题: 每小题 2 分, 满分 30 分)

21-25BADCD 26-30BAACC 31-35ACBDD

第二节(共 5 小题: 每小题 2 分, 满分 10 分)

36-40CEGBF

第三部分 语言知识运用(共两节, 满分 45 分)

第一节 完形填空(共 20 小题: 每小题 1.5 分, 满分 30 分)

41-45BCADA 46-50CBDCC 51-55ACBAB 56-60DDCBA

第二节(共 10 小题, 每小题 1.5 分, 满分 15 分)

61. necessity 62. typically 63. to transport 64. as 65. which
66. and 67. have been produced 68. Though/Although/While 69. presenting 70. created

第四部分 写作(共两节, 满分 35 分)

第一节 短文改错(共 10 小题: 每小题 1 分, 满分 10 分)

Nowadays, some famous tourist attractions are crowded ~~of~~ tourists during the holidays,
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relieving measures
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第二节 书面表达(满分 25 分)

【参考范文】

Dear John,

Having received your congratulations on my winning first prize in the activity, Chinese Stories Retold in English, I'm writing to express my heartfelt thanks for your concern and introduce the story — Chinese Silk.

Dating back to the Western Zhou period, Chinese silk boasts a long history of over 3,000 years. Legend has it that Leizu, the wife of the Yellow Emperor, discovered the silk-making process. There was an ancient trade and communication route called "The Silk Road", promoting the exchange of ideas and goods between China and other civilizations. Soft and elegant, Chinese silk has a significant economic impact and plays a crucial role in cultural exchanges.

The activity has not only deepened my understanding of Chinese culture, but also strengthened my courage to speak English. I hope you can come to China to experience our culture.

Best wishes.

Yours,

Li Hua

一、各档次评分参考标准

档次	给分范围	语言要点表达情况划档依据
第五档	21~25	要点齐全,语言基本无误,行文连贯,表达清楚
第四档	16~20	包含绝大部分要点,语言有少量错误,行文基本连贯,表达基本清楚
第三档	11~15	包含多数要点,语言有一些错误,尚能表达
第二档	6~10	只涉及少数要点,语言错误很多,影响表达
第一档	0~5	只能写出与要求内容有关的一些单词

二、扣分参考依据

1. 其表达未能达成正确句意的,不给分,如:写出了主语或谓语等关键词,但未能达成符合要点要求、意义正确的句子。
2. 句子结构完整,但关键点出现错误或漏掉部分关键词,扣半个要点分,如:主谓一致错误,或关键词拼写错误(如主语,关键性名词等),或谓语动词时态/语态错误等;
3. 凡使用铅笔答题、或答题中使用了涂改液或不干胶条,一律不给分;
4. 凡多次出现非关键性单词拼写错误或其它同类错误,原则上每4处扣1分;
5. 文章内容要点全面,但写出了一些多余内容(连接或过渡词句不在此列),原则上不扣分;
6. 凡书写超出规定的答题区域,全卷不给分;
7. 书写潦草凌乱,但基本不影响阅卷的,酌情扣卷面分1~2分。

听力材料

Text 1

M: I'm meeting a group of volunteers who plan to clean up the park today. Would you care to join us?

W: I'd like to, but I have to prepare for the coming finals at home.

Text 2

M: Excuse me. Where are the students of Class One? Are they cleaning the meeting room?

W: No, they aren't. They are cleaning the reading room.

Text 3

M: Shall we send this postcard with a picture of a castle?

W: It's not where we're actually staying. What about a view of the beach instead? Or one of the garden pictures.

M: I think your first idea is better.

Text 4

W: Right, well I think you've got food poisoning.

M: Oh, no.

W: But it's not too bad. I'll give you some medicine. If you're not feeling better in two days, come back and we'll try something else.

Text 5

W: Which is the platform for the train to London?

M: The fast train leaves from Platform 2 at 7:00.

W: I want to go to Rugby. Does it stop there?

M: You need the slow train from Platform 6 at 7:10.

Text 6

W: Hi, I haven't seen you for long! When did you come back to Canada?

M: Two days ago. I visited my cousin in New Mexico.

W: Mexico? I thought you went to the U.S.

M: I did. New Mexico is a state in the southwestern U.S.

W: That's strange. So, tell me what you did in New Mexico.

M: My favorite part was visiting Carlsbad Caverns National Park. There are 30 miles of caves! In one cave, we had to wear hats with lights on them so we could see in the dark.

W: Weren't you scared?

M: No, it was a lot of fun!

Text 7

M: I was just looking at some of your oil paintings. You've got quite a collection, haven't you?

W: Mm, yes. Dutch mostly. Eighteenth century.

M: And I love the way you've done the fireplace. Was that here when you moved in?

W: Yes, it's the original.

M: And what beautiful chairs! French, aren't they?

W: Italian, actually. I bought them in Milan.

M: Oh, really? And wow! Look at that view. You can see the whole city from here.

Text 8

W: Hi, it's Maria. I'm home from the course—it was great. On Monday we had basketball training in the sports center.

M: Right. What about Tuesday?

W: There wasn't any wind then, so we couldn't go sailing. We spent the day in the pool. The water was lovely and I won two races!

M: Well done! And on Wednesday?

W: That was new for me. We were given special shoes and gloves, and we went up a mountain. It was sunny at the top! On Thursday, we rode horses to a river and let the animals rest there while we had a picnic. It was too cold to swim.

M: What happened on Friday?

W: The weather changed that day, so we took the boats out. I learned so much.

M: Great. And Saturday was your last day?

W: Yes. We were able to choose between tennis and cycling. I went out on a bike. It was fun.

Text 9

M: Welcome. Jenny and I have got lots to tell you, haven't we, Jenny?

W: That's right. This week, on Saturday night, Westfield Radio runs its annual competition. Last year it was to find the best dancer, and next year it will be the turn of local actors to enter. But this year we're looking for the best singer in our city.

M: And what are the rules?

W: Not many. You need to phone your entry before Saturday. We don't accept entries through the post or by fax.

M: Right. Well, it's school holidays this week, so what's on offer?

W: The sports hall will open an hour earlier than usual at 8 a.m. and shut later at 10:30 p.m. instead of nine. The indoor football ground is always popular and has to be booked in advance.

M: But what about the swimming pool?

W: Not quite such good news, I'm afraid. It will be open before the end of this month—that's about a week later than planned, but good news now—there will be no charge for swimmers for the first week. It's the same size as the old one but is much better equipped.

M: That's great.

Text 10

M: OK. Turning to the stages of sleep, according to the scientists, there are five stages in a night's sleep. In different stages of sleep, our brains put together thoughts and experiences, and then store them in an organized way, giving us clearer memories. According to Robert Stickgold, a sleep researcher at Harvard Medical School in Boston, it seems that different kinds of sleep improve different kinds of memories, and this might be why we have the five different stages of sleep. Recent experiments suggest that the final stage of sleep is the most important because it plays a big part in organizing our memories and improving our learning. The final areas I want to talk about are things that can stop us sleeping well. One of them is too much light. Street lights and security lights mean that even when we're asleep, it's never complete dark. Another problem is the busy modern life with the internet, 24-hour shopping, global travel, etc. Because of this, our days are becoming longer and the nights shorter—and this could also damage our health, as we're not getting enough sleep. People say that we sleep less as we get older, but everybody's different—some people need more sleep, others less. There are two types of sleep—NREM and REM. Next class we will talk about the two types of sleep.

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