

贵州省高三年级适应性联考(一)

英语试题

命题单位: 贵州兴义八中高三英语组

本试题卷共 8 页。全卷满分 150 分。考试用时 120 分钟。

注意事项:

1. 答题前, 先将自己的姓名、准考证号填写在答题卡上, 并将准考证号条形码粘贴在答题卡上的指定位置。
2. 选择题的作答: 每小题选出答案后, 用 2B 铅笔把答题卡上对应题目的答案标号涂黑, 写在试题卷、草稿纸和答题卡上的非答题区域均无效。
3. 非选择题的作答: 用签字笔直接写在答题卡上对应的答题区域内。写在试题卷、草稿纸和答题卡上的非答题区域均无效。
4. 考试结束后, 请将本试题卷和答题卡一并上交。

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)

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。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。

1. What might be the relationship between the two speakers?
A. Friends. B. Co-workers. C. Shop assistant and customer.
2. Where is the woman now?
A. At her own home. B. At the man's home. C. On the way to the man's home.
3. What happened to the woman?
A. She met two friends in the street.
B. She was looking for some money.
C. She was robbed of her purse and watch.
4. What are the speakers probably talking about?
A. Buying a ring. B. Shopping online. C. The price of a ring.
5. What is the man's attitude towards the woman?
A. Angry. B. Encouraging. C. Admiring.

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 三个选项中选出最佳选项。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 is the man doing?
A. He is reading. B. He is writing a paper. C. He is watching videos.
7. Who would like to go to Mary's at first?
A. Tom. B. Professor Martin. C. Rose.

听第7段材料，回答第8至10题。

8. What's wrong with the man?

- A. His car has broken down. B. His wife's car is missing. C. He just had a car accident.

9. Where does the woman live?

- A. Downtown alone. B. In the countryside. C. Downtown with her parents.

10. How does the woman go to work?

- A. By car. B. On foot. C. By bus.

听第8段材料，回答第11至13题。

11. Where are the speakers?

- A. In a gym. B. In a classroom. C. On a playground.

12. What does the man advise the woman to do?

- A. Meet him again on Monday.
B. Try the weight machine again.
C. Sign up for a personal trainer.

13. What is the woman going to do?

- A. Go to the bathroom.
B. Set up a training plan.
C. Have a check on her arms.

听第9段材料，回答第14至17题。

14. What happened to the woman?

- A. She got bad service.
B. She made a mistake in ordering.
C. She quarrelled with the waitress.

15. Why did the woman go back to the waitress?

- A. The coffee was cold.
B. The coffee was not served as ordered.
C. The coffee was not served quickly enough.

16. What does the woman decide to do at last?

- A. Call the manager and complain about it.
B. Refuse the waitress's service.
C. Ask the waitress to apologize.

17. Where does the conversation take place?

- A. In a coffee house. B. In the man's house. C. In the woman's house.

听第10段材料，回答第18至20题。

18. Why are there more and more health problems?

- A. People don't see doctors.
B. People have too much stress from work.
C. People have a poor diet and little exercise.

19. Which is the speaker's opinion?
- A. Green diet includes no meat.
B. To lose weight is easier than gain weight.
C. Healthy lifestyle includes necessary exercise.
20. How many ways are mentioned to keep healthy?
- A. Two. B. Three. C. Four.

第二部分 阅读(共两节, 满分 50 分)**第一节(共 15 小题;每小题 2.5 分, 满分 37.5 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。

A**Jetterbug smart 3**

The Jetterbug smart 3 is our simplest smartphone ever very popular with the elderly, with a list-based menu, large screen and new Health Safety Packages available.

EASY

Everything from calling and video chatting with family, to sharing photos and getting directions, is organized in a single list on one screen with large, clear letters.

SMART

In emergencies big or small, tap the Lively Urgent Response button to be connected to a professional agent who will get you the help you need, 24/7.

AFFORDABLE

50% off regular price of \$150 is only valid for this quarter. For using, Lively has value plans as low as \$35/month or Unlimited Talk Text plans only \$45/month. Choose the plan best for you, and then add a required data plan as low as \$25/month.

Monthly fees do not include government taxes or assessment surcharges. A data plan is required for the Jetterbug smart 3. Urgent Response or 911 calls can be made only when cellular service is available. Urgent Response service tracks an approximate location of the device when the device is turned on and connected to the network. Urgent Response is only available with the purchase of a Health Safety Package. Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. LIVELY and JITTERBUG are trademarks of Best Buy and its affiliated companies. All rights reserved.

1. Who are the target customers of Jetterbug smart 3?
- A. Children. B. Teenagers. C. Seniors. D. Agents.
2. How much do you need to pay if you buy a Jetterbug smart 3 in three months?
- A. \$60. B. \$70. C. \$75. D. \$80.

3. Where can you most probably find the text?

- A. A magazine. B. A textbook. C. A biography. D. A science report.

B

Saudi-born shoe designer Haifa Alhumaid is making a name for herself in the world of high-end footwear. However, she doesn't make it hands down. At the beginning, she experienced a lot of rejection. But one day, she got a chance and told a famous Italian designer about her passion. She showed him her design and it impressed him! He gave her a chance. Then Alhumaid started visiting the Milan footwear fair, learning about leather and new technologies. She began crafting her own shoes and launched her brand, Haifa Humaid, at a special ceremony at the Venice Film Festival. Italian actresses and models wore her shoes on the red carpet. The response was fantastic.

In the last decade, she earned the loyalty of discerning (独具慧眼的) women from Milan to Riyadh and beyond. Alhumaid is now increasing production not only of her traditional leather footwear but also of an innovative range of shoes made out of a renewable, animal-free alternative: mushroom fiber. "Using this alternative leather, we can save animal lives and reduce our carbon footprint, without any negative impact on the performance or quality of the shoes," Alhumaid says. "It is just as good as ordinary leather, but much more ecologically sensitive." Thanks to innovations in nanotechnology, the alternative footwear is just as high-quality as other Haifa Humaid designs, and the strength and resilience of the fiber is such that she is still wearing those first shoes to this day.

Enjoying rapid business growth in recent years, Alhumaid is considering designing collections of bags and other personal items that match her shoe designs. Wherever she turns her talents, Alhumaid says, sustainability will always be a priority. "We all have a responsibility to the future. I want to help preserve our world for generations to come." As a female designer in a male-dominated industry, she uses her story to show us a bright future for women joining the fashion industry in Saudi Arabia.

4. What does the underlined phrase "hands down" in paragraph 1 mean?

- A. Without any sweat. B. At hand.
C. As cool as a cucumber. D. Like a storm in a teacup.

5. What can we know about Alhumaid's alternative shoes?

- A. They are only friendly to animals.
B. They are made from recycled materials.
C. They can help deal with climate issues.
D. They have a better quality than traditional ones.

6. What can we infer about Alhumaid from the text?

- A. She is planning to change her brand's directions.
- B. She has inspired many women to join the fashion industry.
- C. She attaches great importance to protecting the environment.
- D. She launched her brand under the influence of an Italian designer.

7. Which can best describe Alhumaid?

- A. Pretty and promising.
- B. Innovative and determined.
- C. Ambitious and humorous.
- D. Knowledgeable and tough.

C

The activities and services that England's libraries offer are worth £ 3.4 billion a year, says a report by the University of East Anglia. The study found that projects run by libraries — such as improving children's reading skills — provide valuable benefits to society.

The exact value of libraries is impossible to calculate, but the report's authors developed a way to work out the financial worth of the activities they provide. The team looked at how much other organisations charge for similar services, for example, and the impact that library services had on people's lives. Libraries are often run by volunteers and don't charge people for many of their services.

The report put a value on library services, including helping people to secure jobs (worth £379 per person) and improving their reading (£279 per person). Other services on offer included free yoga classes and teaching older people how to use computers. The researchers also found that people visit libraries to help themselves feel less lonely.

During the COVID-19 pandemic, library use fell because people stayed at home. However, by the end of last year library use was very high. The charity that wrote the report, Libraries Connected, warned that many libraries in Wales, Northern Ireland and England will have to make cuts to services because they aren't being given enough money by local authorities. Isobel Hunter, the head of Libraries Connected, hopes the report will change how local authorities think about libraries. She said, "The evidence is clear: investing in libraries brings huge returns for local communities and the public purse."

Although the report focused on libraries in England, the authors say that it could also be useful for libraries in the rest of the UK. In Scotland this month, nine libraries have set up "lend and mend hubs", where people can learn how to repair items to save money. Meanwhile, the Welsh government has recently announced £ 1.7 million in funding to restore libraries and museums.

8. What can we learn about the libraries from the text?

- A. They aim to help the homeless.
- B. They offer services to community.

- C. They can be measured by money. D. They are always run by volunteers.
9. What may Isobel Hunter's words imply in paragraph 4?
- A. Libraries in Wales are closing down.
B. Investing in libraries is a wise choice.
C. The local government suffers from a financial problem.
D. Libraries in England have been ignored for a long time.
10. Why has "lend and mend hubs" been set up?
- A. To cut the cost for the libraries. B. To help people socialize.
C. To repair items for the locals. D. To teach people to save money.
11. What is the suitable title for the text?
- A. The Report May Bring Libraries to Life B. The Report Focuses on Library Service
C. Libraries Are Home to Activities D. Libraries Are Valuable in Our Life

D

Feeling a bit less stable than before? Maybe you find yourself holding on to handrails more when going down steps or stairs? As we get older, our balance gets worse. But how much does it matter?

A lot, it turns out. If your balance isn't great, you're more likely to fall. That can have disastrous consequences as we age, when bones are more often to break easily. Research has also shown that balance is crucial for life expectancy (寿命).

A study of 1,702 people aged 51 to 75 published in the *British Journal of Sports Medicine* last year found that participants who couldn't stand on one leg for ten seconds were nearly twice as likely to die in the next ten years. Falls could be one reason why, but that's unlikely to be the whole story. Individuals who were in worse health were more likely to fail the ten-second test.

There are three components to balance. The first is the visual system, which shows us whether we're keeping steady. Then the vestibular (前庭) system in the inner ear sends information to our brain about the motion of our head in relation to our surroundings. Thirdly, proprioception (本体感受) is our body's ability to sense its location, movement and actions. People with ear problems that cause dizziness, or with joint problems or muscle weakness are more likely to have balance issues. If you suffer from dizziness, see your doctor to find out the reason. But there's a lot you can do yourself to improve physical strength.

If you exercise, you're ahead of the game. One study found that a group that did 32 weeks of resistance training improved their ability to stand on one foot by 25 percent and another group that did 32 weeks of aerobic exercise increased theirs by 31 percent. Otherwise, improve your balance by walking, cycling or climbing stairs —

this will strengthen muscles in the lower body — or by practising yoga, pilates or tai chi. Or simply practise balancing on one leg — hold onto a chair to begin with, if necessary.

12. Why does the author raise questions in paragraph 1?

- A. To show his curiosity. B. To seek for answers.
C. To provide background. D. To introduce a topic.

13. What did last year's study find?

- A. Falls led to dying early.
B. Senior people wouldn't pass the test.
C. Ten seconds were important in balance.
D. The risk of dying increased for those failing the test.

14. Who will probably suffer from balance problem?

- A. A man with good sight. B. A man feeling dizzy.
C. An old man of 60. D. A child who runs slowly.

15. What does the last paragraph mainly talk about?

- A. You need to exercise in advance.
B. Exercise can help to improve balance.
C. Only resistance training keeps you from falling.
D. Two groups are competing against each other by training.

第二节(共 5 小题;每小题 2.5 分, 满分 12.5 分)

阅读下面短文, 从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

How to Feel More Attractive

Everyone wants to feel more attractive. You can start feeling more attractive by working on your thoughts or changing up your looks. ____16____. Spending time on your hair or dressing you up will all make you feel like your best, most attractive self.

Avoid comparing yourself to others. Comparisons always leave you feeling down because you focus on the best things about someone else and the worst things about yourself, making you come out at the bottom every time. You'll end up setting unrealistic standards for yourself. However, these comparisons are not reality, so don't let them emerge into your mind. ____17____.

____18____. If you want to feel more attractive, then you shouldn't spend too much time with people who criticize others or themselves. For example, if your work colleague is constantly putting herself down or criticizing

your appearance, try to find someone else to have lunch with. Removing sources of negativity can help boost your self-respect.

Wear clothes that make you feel attractive. Stop worrying about what others think you should be wearing. ____19____. Try to strike a balance between comfort and style. Go for clothes that make you think, “I look good in this!” Donate or sell clothing that doesn’t make you feel attractive.

Work on your posture. Having good posture can help you feel more attractive and boost your confidence levels. Be aware of your posture and correct it when necessary. For example, make sure you stand up straight. ____20____.

- A. You should wear comfortable clothes
- B. Stay away from overly critical people
- C. Instead, focus on what makes you unique and amazing
- D. Focus on outfits that make you feel good about yourself
- E. When you walk, keep your head up and your shoulders back
- F. Changing the way you think about yourself can help you feel attractive and confident
- G. When you find yourself in the middle of a negative thought, stop the thought in its tracks

第三部分 语言运用(共两节, 满分 30 分)

第一节(共 15 小题;每小题 1 分, 满分 15 分)

阅读下面短文, 从每题所给的 A、B、C、D 四个选项中选出可以填入空白处的最佳选项。

Some years ago, Adrienne Drazin was flying overseas with her three children. Her husband was already at her destination, so she had to travel with the kids ____21____.

After a long flight, they got up to leave the plane. Drazin was ____22____ a suitcase, multiple diaper (尿片) bags, and her baby in a car seat. Her 2-year-old and 4-year-old ____23____ behind her. They deplaned and stopped to ____24____ for their stroller (婴儿车).

As they waited, Drazin took ____25____ of a family — two parents and two young kids — standing next to her. They looked like they had all they needed, but they seemed to be waiting for ____26____. After a while, she ____27____ they were waiting for her.

The mother ____28____ to carry some of her things, but Drazin declined.

“No, I’m fine. I ____29____ this,” Drazin said.

But the woman looked at Drazin with the most ____30____ look and said, “If you tell me how you are going to get to the baggage carousel with little kids, then I will let you go. But ____31____ you tell me how you’re going to do this, I’m helping you.”

When the four of them _____ 32 _____ got to the exit to meet her husband, he asked how she had _____ 33 _____ to get across the airport, carrying everything by herself. Drazin looked around for the woman and her family, but they were _____ 34 _____

Many years later, Drazin continues to appreciate the woman's act of _____ 35 _____.

- | | | | |
|---------------------------|----------------|----------------|-----------------|
| 21. A. at her convenience | B. on her own | C. in her name | D. for her good |
| 22. A. dragging | B. packing | C. watching | D. repairing |
| 23. A. disappeared | B. stood | C. followed | D. slid |
| 24. A. wait | B. pay | C. look | D. ask |
| 25. A. care | B. charge | C. advantage | D. notice |
| 26. A. everything | B. something | C. anything | D. nothing |
| 27. A. remembered | B. expected | C. agreed | D. realized |
| 28. A. offered | B. chose | C. begged | D. promised |
| 29. A. needed | B. got | C. tried | D. enjoyed |
| 30. A. surprised | B. determined | C. ashamed | D. embarrassed |
| 31. A. if | B. after | C. since | D. until |
| 32. A. finally | B. suddenly | C. nearly | D. generally |
| 33. A. aimed | B. decided | C. arranged | D. managed |
| 34. A. beaten | B. spared | C. gone | D. hurt |
| 35. A. courage | B. desperation | C. generosity | D. innovation |

第二节(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。

Winners of a competition _____ 36 _____ (feature) singing in dialects received awards on Monday. Folk tunes and lyrics in his regional dialect were _____ 37 _____ made singer-song writer Zhang Gasong's music stand out.

He was talking about his _____ 38 _____ (person) experiences and understanding of his musical style, shortly before attending a lawn concert at Beijing's Yuanmingyuan Park, which featured songs sung in various regional dialects. Born in the countryside of Jingyuan County, Baiyin City, Northwest China's Gansu Province, Zhang, 34, _____ 39 _____ (rise) to fame for his songs that were rooted deeply in his homeland.

For the past 15 years, Zhang _____ 40 _____ (spend) several months every year travelling around various villages across Northwest China, talking with the locals, visiting folk musicians _____ 41 _____ getting inspiration from some 30 traditional musical styles like hua'er and the Qingiang Opera, among many others.

Zhang has recorded and learned music from folk musicians he met while travelling, and borrows it for his own music, marking out their _____42_____ (story) in his audiovisual creations, as _____43_____ means to preserve endangered folk music styles.

Performers _____44_____ the lawn concert on Monday also included the four winners of a singing competition, The Voice of My Hometown, _____45_____ (hold) by short-video platform Kuaishou that highlighted singing in regional dialects. They all came from different parts of China.

第四部分 写作(共两节, 满分 40 分)

第一节(满分 15 分)

46. 假设黔灵山公园管理处准备开通英文版公众号, 现向大众征集英文版宣传稿, 请你写一篇文章投稿, 内容包括:

1. 公园特色;
2. 推荐游览。

注意:

1. 写作词数应为 80 左右;
2. 请在答题卡的相应位置作答。

第二节(满分 25 分)

47. 阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

We have all heard of the expression: "Remember to stop and smell the roses." But how often do we really take time out of our fast-paced lives to notice the world around us? Too often we get caught up in our busy schedules, thoughts of next appointment, the traffic or life in general, to even realize there are other people nearby. I am as guilty as anyone of ignoring the world in this manner, especially when driving on California's overcrowded streets. Every driver on the road seemed to have urgent business to attend to, and when the procession paused, the drivers behind the wheel began to sound horns impatiently. A short time ago, however, I witnessed an event that showed me how being wrapped up in my own little world had kept me from being fully aware of the bigger world picture around me.

I was driving to a business appointment and, as usual, I was planning in my mind what I was going to say. I came to a very busy crossroads where the stoplight had just turned red. While waiting for the traffic lights, I rolled down the window, getting some air in to refresh my mind since I had stayed up late last night for the important appointment today. "Just missed it. Bad luck!" I complained bitterly to myself, reflecting on the time I had wasted on the roadside billboard. "Hold your horses." The driver on my left tried to calm my anxiety, but it had no effect on me. "All right," I thought to myself, "I can beat the next light if I race ahead of other drivers." I waited with such ambition. "Five seconds left, get ready!" My mind and car were in autopilot, ready to go when suddenly my trance (出神) was broken by an unforgettable sight.

A young couple, both blind, were walking arm-in-arm across this busy crossroads with cars whizzing (嗖嗖掠过) by in every direction.

注意:

1. 续写词数应为 150 左右;
2. 请按如下格式在答题卡的相应位置作答。

Both of them had a stick extended, searching for clues to guide them.

I think all of us were deeply moved by what we had just witnessed and what we had done.

听力: 1~5 BCCBA 6~10 BAACB 11~15 ACAAB 16~20 ABCCB

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