

# 2023 届高考英语考向核心卷

## 新高考

### 注意事项:

- 1.答题前, 先将自己的姓名、准考证号填写在试卷和答题卡上, 并将准考证号条形码粘贴在答题卡的指定位置。
- 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: 用黑色签字笔直接答在答题卡上对应的答题区域内。写在试卷、草稿纸和答题卡上的非答题区域均无效。
- 4.保持卡面清洁, 不要折叠、不要弄破、弄皱, 不准使用涂改液、修正带、刮纸刀。

本试卷满分120分, 考试时间100分钟。

### 第一部分 阅读理解 (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, 从每题所给的四个选项 (A、B、C 和 D) 中, 选出最佳选项。

#### A

### Three Exercises to Make Breathing Easier

If you lack lung power and feel a little exhausted even after a short jogging, the following exercises can be of great help.

#### Use Your Diaphragm(横膈膜)

Your diaphragm is the muscle that controls breathing, and because it is located right above your stomach, you can strengthen them together. Lie on your back with your knees bent, keeping one hand on your stomach and the other on your chest. Breathe in deeply, slowly pulling the air into your lungs. Breathe out through your mouth. Try to wait seven seconds before taking in air again.

#### Imagine You Are Rowing a Boat

This exercise strengthens the upper back muscles and opens your chest cavity(腔) allowing for full lung ability. Sit on the floor with your legs in front of you and knees slightly bent. Put a resistance band around the bottoms of your feet and hold it in front of you in an X shape. Holding an end in each hand, spread your arms, then pull backward until your hands meet your chest. Repeat at least six times three days a week.

## Walk for 20 Minutes

Walking doesn't just get your heart pumping or work your leg muscles—it also builds up the area around your lungs to help them function better. To get the most out of your walk, stand straight, with your head up and your shoulders back, and keep a heel-to-toe pace, allowing your lungs to fully expand. Combine walking with deep breathing to increase your air intake. Work up to walking three or four days a week.

No matter which exercise you pick up, keep this in mind: Chances are that it will take you several months to see the outcome. So keep it up!

1. What should you obey if you are strengthening your diaphragm?

- A. You should lie on your stomach with your knees bent.
- B. You should hold your breath before breathing in again.
- C. You should do it seven times a week to get a best result.
- D. You should do it by breathing in merely with your mouth.

2. How can you take in more air?

- A. By keeping on rowing a boat regularly.
- B. By opening your chest cavity more often.
- C. By integrating walking with deep breathing.
- D. By allowing your lungs to expand to the fullest.

3. What do the three exercises have in common?

- A. They all need some extra assistance.
- B. They all involve using your both feet.
- C. They all require you to stand straight.
- D. They all call for constantly practicing.

## B

I started powerlifting when I was 65. I worked in real estate in Michigan for about 35 years, and when I retired I decided to lose a bit of weight. A friend's husband, Art Little, who is a personal trainer, invited me to his gym. He introduced me to powerlifting and he is still my trainer now.

The first time I went, he gave me a broomstick to lift. The next day I told myself I wouldn't return, but I heard a voice in my head telling me to go back. So, I ended up returning day after day. After a few weeks, my trainer encouraged me to go to a tournament to watch others compete. I was

really amazed, but there was no one of my age. I asked my trainer if he thought I could do it, and he said, "Oh, sure. The first time I competed was at a state meet. I was amazed that I won, because the others had been doing it far longer. I just came in after two months' practice and defeated them all. After that, I knew powerlifting was for me.

My trainer had me going to the gym three times a week. I improved so quickly because I was consistent. If I was supposed to be there on Monday, I would be there, regardless of whether it was a holiday, or rainy or snowy day. I didn't miss a day—and that's how I'm up to the weight I'm lifting now, although the gains happened slowly. Each year, I was getting better.

I'm 79 now and I tell people of my age that they can do this, too; they just have to be consistent and start with something small.

4. Why did the author go back to the gym?

- A. She felt ashamed of her behavior.
- B. The trainer persuaded her to go back.
- C. The broomstick was easy for her to lift.
- D. The inner power from her heart made her to go on.

5. What was beyond the author's expectations?

- A. She could go to the gym and practice.
- B. She had a win in the competition.
- C. She gained confidence from the trainer.
- D. She was the oldest one in the competition.

6. Which of the following words could describe the author?

- A. Diligent and curious.
- B. Determined and smart.
- C. Hard-working and humorous.
- D. Persistent and devoted.

7. What does the passage mainly talk about?

- A. No pains, no gains.
- B. Better late than never.
- C. A little labor, much health.
- D. Do things consistently.

### C

Have you ever looked at a seal and thought "Is that the same seal I saw yesterday?" Well, there could soon be an app for that. Taking inspiration from other technology adapted for recognizing

primates (灵长目动物) and bears, Krista Ingram, a biologist at Colgate University, developed SealNet, the software that uses deep learning and a convolutional neural network (卷积神经网络) to tell one seal face from another.

The team had to train their software to identify seal faces. "I give it a photograph, it finds the face, and clips it to a standard size," says Ingram.

They tested the software using 406 different seals and found that SealNet could correctly identify the seals' faces 85 percent of the time. The team has since expanded its database to include around 1,500 seal faces. As the number of seals logged in the database goes up, so does the accuracy of the identification, Ingram says.

As with all tech, however, SealNet is not always infallible. The software saw seal faces in other body parts, vegetation, and even rocks. In one case, Ingram and her students did a double take at the uncanny(不可思议的) resemblance between a rock and a seal face.

Ingram points to site fidelity(忠诚) as an aspect of seal behavior that SealNet could shed more light on. The team's trials indicated that some harbor seals return to the same sites year after year. Increasing scientists' understanding of how seals move around could strengthen arguments for protecting specific areas, says Anders Galatius, an ecologist at Aarhus University in Denmark who was not involved in the project.

8. What is the main function of SealNet?

- A. Distinguishing different seals.                      B. Recognizing primates and bears.  
C. Taking pictures for various animals.              D. Clipping photos to a standard size.

9. How can the accuracy of SealNet be improved?

- A. By taking detailed pictures.                      B. By uploading more seal faces.  
C. By upgrading the technology.                      D. By improving the skills of users.

10. What does the underlined word "infallible" mean in paragraph 4?

- A. Unique.                      B. Scientific.                      C. Convenient.                      D. Reliable.

11. What is the significance of SealNet?

- A. It can help find more seals.                      B. It can help better protect seals.  
C. It can help locate a specific seal.                      D. It can help learn about seals.

## D

There are many fascinating aspects of ant life, but none may be a more practical lesson for us

than their gift for avoiding traffic jams.

A new research paper published in the journal *eLife* reveals how ants keep traffic flowing by changing their behavior to meet changing conditions. For their experiments, researchers from the University of Toulouse and the University of Arizona focused on Argentine ants that frequently move from one colony (聚居地) to another depending on the proximity of food sources.

Exploring the Argentine ants' gift for fast commutes, the researchers built bridges connecting their colonies. The bridges varied in width from a fifth to three-quarters of an inch. The colonies, too, were of different sizes, ranging from 400 to more than 25, 000 ants. Essentially, researchers built a new infrastructure (基础设施) system for the ants, connecting their biggest cities to the smallest villages. Then they sat back and monitored the traffic.

To their surprise, even when those narrower bridges reached near capacity, there were no 20-ant pile-ups. Indeed, there was never a hold-up. Traffic remained steady regardless of how overburdened the infrastructure was because ants were able to adjust to the change of road conditions. At some point, when the bridges got really busy, ants moved not so much as individuals but rather like water flowing in an ever widening stream.

"When density on the trail increased, ants seemed to be able to assess crowding locally and adjusted their speed accordingly to avoid any interruption of traffic flow," the authors note in a news release. "Moreover, ants kept themselves from entering a crowded path and ensured that the capacity of the bridge was never exceeded." Argentine ants are extremely effective in getting to where they need to be in a hurry.

The lesson for humans? The traffic problem may lie in our inability to adjust our driving habits for the good of the whole. "Traffic jams are everywhere in human society where individuals are pursuing their own personal objectives," the authors write. "In contrast, ants share a common goal; the survival of the colony, thus they are expected to act cooperatively to optimize (优化) food return."

12. How do the ants keep traffic flowing?

- A. By adjusting to the road conditions.      B. By monitoring the traffic flow.  
C. By communicating with each other.      D. By building their own paths.

13. What did ants do when the bridges got very crowded?

- A. They scrambled to pass automatically.  
B. They flowed in the stream constantly.

C. They changed their speed accordingly.

D. They moved on individually in a hurry.

14. What does the author expect humans to do in the last paragraph?

A. To raise traffic safety awareness.

B. To find solutions to present problems.

C. To give up individuals' ambitions.

D. To act for the good of the whole society.

15. What is the best title for the text?

A. Argentine Ants Move On the Roads

B. Explore Interesting Ants' Gifts

C. Watch Ants Cross the Roads

D. Ants Teach Us How to Avoid Traffic Jams

第二节（共 5 小题；每小题 2.5 分，满分 12.5 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  
全科试题免费下载公众号《高中僧课堂》。

There are many other kinds of intelligence in addition to intellect(才智), and one important type is emotional intelligence, called EQ for short. Some people have naturally good EQ skills. 16 The good news is that EQ is a combination of several different skills and everyone can get better—they know what to do.

Be aware of your emotions. People feel many different emotions throughout the day. Some feelings, like surprise, last just a few seconds. Others may stay longer, creating a mood like happiness or sadness. Noticing emotions helps you manage them. 17 Labeling them in your mind (for example, by saying to yourself "I feel grateful", "I'm upset" etc.) would be a useful way to do that.

Manage emotional reactions. People all get angry; everyone has disappointments. 18 But managing your reaction means knowing when, where, and how to express yourself. When you're able to manage emotions, you can use self-control to hold in your feelings if now is not the right time or place to express them. Someone who has good EQ knows it can damage relationships to react to emotions in a way that's disrespectful, too intense, or harmful.

19 People are naturally designed to try to perceive others. Part of EQ is about being able to imagine others' feelings in certain situations. It is also about understanding why they feel the way

they do. Being able to imagine what emotions a person is likely to be feeling is an important ability.  
\_\_\_20\_\_\_ You'll also know what to say and how to behave around someone who is feeling strong emotions with it.

- A.It's definitely a thing worth learning.
- B.Understand how others feel and why.
- C.Often it's important to express how you feel.
- D.Practice recognizing emotions as you feel them.
- E.Meanwhile, many people need to work on them.
- E.It helps you care about others and build good relationships
- G.Some people might go through the entire day in a bad mood.

第二部分 语言知识运用 (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。

While running on the beach in San Diego, 11-year-old Kenan Pala noticed a sick seal(海豹) lying on the sand. Beachgoers \_\_\_21\_\_\_ to help, getting it blankets and water and calling professional rescuers. On the way home after his \_\_\_22\_\_\_, Pala saw a sick homeless person who was crying for \_\_\_23\_\_\_, too. But people just walked by. "They treated him like an \_\_\_24\_\_\_ person," remembers Pala.

The contrasting \_\_\_25\_\_\_ struck the teenager deeply. He began \_\_\_26\_\_\_ homelessness in the city and discovered it was severe. According to a US report, San Diego ranks fourth \_\_\_27\_\_\_ homelessness rates. So he thought how he could make the public be \_\_\_28\_\_\_ of this issue and its impacts.

The \_\_\_29\_\_\_ was Kids4Community, a local nonprofit Pala founded in 2017. It develops charitable programs \_\_\_30\_\_\_ meant to engage children in these activities. In over two years, Kids4Community has \_\_\_31\_\_\_ the launch of a series of initiatives to help the homeless and raised over half a million dollars. While managing the nonprofit \_\_\_32\_\_\_ Pala, he makes sure of setting aside time to keep running. It turns out he \_\_\_33\_\_\_ them well. Last March, Kids4Community hosted a 5K running race to benefit a housing program, which raised 10,000.

As for his \_\_\_34\_\_\_, Pala is clear. "I'm working to run a 10K to raise additional funds and to \_\_\_35\_\_\_ Kids4Community to help the homeless across the whole state and involve more kids in charity, says

Pala.

21. A. reported      B. watched      C. gathered      D. succeeded
22. A. rescue      B. visit      C. arrival      D. workout
23. A. assistance      B. protection      C. comfort      D. forgiveness
24. A. unacceptable      B. unknown      C. insensitive      D. invisible
25. A. reasons      B. responses      C. troubles      D. explanations
26. A. researching      B. understanding      C. solving      D. experiencing
27. A. by comparison with      B. by means of  
C. in terms of      D. in line with
28. A. careful      B. aware      C. free      D. sure
29. A. inspiration      B. challenge      C. opportunity      D. answer
30. A. simply      B. hopefully      C. specially      D. gradually
31. A. considered      B. followed      C. witnessed      D. prepared
32. A. motivates      B. occupies      C. affects      D. concerns
33. A. combines      B. spreads      C. remembers      D. uses
34. A. achievements      B. limits      C. responsibilities      D. goals
35. A. introduce      B. expand      C. represent      D. keep

第二节（共 10 小题；每小题 1.5 分，满分 15 分）

阅读下面短文，在空白处填入适当的内容（1 个单词）或括号内单词的正确形式。

Museum exhibits are usually protected by glass cases or window. However, at the Six Arts Museum in Lili, an ancient town in Suzhou, visitors can physically touch the exhibits. The pieces, mostly Chinese antiques, 36 (make) of wood and stone, are not easily damaged while at the same time being 37 (relative) convenient to protect and repair.

The "Six" in Six Arts refers to the six senses. Visitors are able to bury 38 (they) in the art and atmosphere here through their senses of vision, hearing, smell, taste and touch, and meanwhile, the museum also stimulates(刺激) visitors' 39 (six) sense of well-being, 40 (allow) them to fully appreciate and enjoy the beauty of the Chinese folk art 41 display.

Dudek, founder of the Museum, has lived in China for 40 years, more years 42 he spent growing up in the U.S. He became interested in Chinese culture and ancient art pieces immediately upon his arrival in China. From that moment onwards, he began collecting a wide 43 (various)

of folk arts and antiques dating back to the Ming and Qing Dynasties (1368-1912), 44 help awaken people's memories of times gone by.

The Six Arts Museum, housing more than 40, 000 pieces, officially 45 (open) its door to the public in mid-2018. Dudek hopes to host some special cultural exchange activities and make the Museum the best that it can possibly be.

### 第三部分 写作（共两节，满分 40 分）

#### 第一节 （满分 15 分）

假定你是李华，你校英文报正在举办题为"健康睡眠，高效学习"的征文活动。请你写一篇短文投稿，内容包括：

- 1.睡眠的重要性；
- 2.熬夜的危害；
- 3.你的建议。

注意：

- 1.词数 80 左右；
- 2.请按如下格式在答题卡的相应位置作答。

#### Healthy Sleep, Effective Learning

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#### 第二节 （满分 25 分）

阅读下面材料，根据其内容和所给段落开头续写两段，使之构成一篇完整的短文。

One of my teachers once asked my class what our favorite memory was. My teacher asked for the moment in which "you felt the best; you felt that you had the world in the palms of your hand." Some described amazing awards; other described winning a tournament. My answer, however, invited giggles and hesitant smiles. Why? Because I felt the best when I first learned how to ride my bike at thirteen. I didn't mind my classmates' stares and mockery, because I knew there was more to the story.

My elder sister and I shared a typical sisterly relationship: we couldn't stand each other. I was an annoyance to her. Any sort of conversation we had usually ended up fighting. Gradually, I started to

learn to be totally indifferent; perhaps the silent treatment would get more approval. I was wrong. We soon fell into a sad pattern. I avoided her, and she ignored me. Deep inside, it hurt. So that was how it was between us. She was only a sister in name. I truly believed that we would forever be apart, two housemates without conversation, two strangers without warmth.

I still remember the day I learned to ride a bike. I had received the bike that Christmas, which was great, until I realized that I had no idea how to ride it. My mom had long abandoned any attempt to teach me. I had proven to be a frustrating student. I took it upon myself to learn, a little bit each day. It was no different. I was coming to the end of my daily one-hour torture(折磨). I was so frustrated that I threw my bike aside and began to cry.

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。

I guess that was what caused my sister to come outside. \_\_\_\_\_

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"I made it," I exclaimed with delight.

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