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听下面一段对话,回答第11至13题。 11. Why did Mark run with his son this morning? A. To help him be stronger. B. To make him love running. C. To accompany him on training. 12. What made Mark stop running at college? A. His interest in cycling. B. His knee injury. C. His accident in marathons. 13. What does the woman do most often in her free time? A. She goes swimming. B. She goes for a run. C. She plays tennis. 听下面一段对话,回答第14至17题。 14. What do the speakers consider as the most important? A.The location of the flat. B. The size of the flat. C. The rent of the flat. 15. What is the absolute necessity in the bedroom for the woman? A.Furniture. B.Sunlight. C. An air conditioner. 16. How does the woman know about the rent? A. By reading the newspaper. B. By consulting the house agent. C. By asking friends. 17. Why does the woman wish to find a flat quickly? A. Her present house is due. B. She wants to move for a change. C. Her present house is too expensive. 听下面一段独白,回答第18至20题。 18. When is the deadline for entries? A. August 31st. B. October 15th. C. November 1st. 19. What is the topic of this year? A.Cities. B. The Future. C. The World. 20. What is the prize for the school winner? A. Pictures of England. B. Books from a writer. C. Lessons from an artist. 第二部分阅读理解(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A、B、C和D四个选项中,选出最佳选项。并在答题纸上将该项涂黑。 А

Some travelers are itching to escape the season's biter weather. If you want to find the locale that best suits your winter vacation, use these ideas to start planning your getaway.

### Honolulu-Oahu

As temperatures begin to drop in other parts of the world, Hawaii's capital city remains comfortable thanks to average highs in the low to 80 degrees. Visit Chinatown for festive Chinese New Year celebrations, or marvel at the Honolulu City Lights, a month-long Christmas display at Hosolulu's city hall. Keep in mind that winter is the island's high season, so make your reservations early and expect to share the sand with lots of other sun-seeking travelers.

#### Sydney

Sydney's summer begins in December and lasts through February, making this a popular destination for tourists escaping the Northern Hemisphere's chilly winter weather. Average daytime temperatures hover between the mid-70s and

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# 专注中学拔尖人才培养

low 80s. This time of year also features a packed events calendar, with can't-mis sporting events and celebrations like the KPMG Australia Sail Grand Prix and Sydney's famed New Year's Eve fireworks display. Remember to book your tickets early, as this can be a pricey and popular time to visit Australia.

## **Galapagos Islands**

Winter in the Galipagos Islands is marked by warm weather and ample opportunities to view wildlife, snorkel and scuba dive. Although this is technically the wet season, the sun shines most days and rain showers are brief. Plan on visiting in December to see newly hatched giant tortoises and male marine lizards displaying vivid colors. For a bit more action, arrive in February to celebrate Carnival on Santa Cruz Island. To read more, click here.

21. What do Oahu and Galapagos Islands have in common?

A. International sports events.

B.Warm sunshine.

C. Diverse wildlife.

- D. Festive city lights.
- 22. What should you do if you want to see a spectacular display of New Year's Eve fireworks?

B

- A. Book your tickets early to Australia.
- B. Arrive in Galapagos Islands by February.
- C. Visit Chinatown in the city of Honolulu.
- D. Make your reservations early to Hawaii.
- 23. Where is the text probably taken from?
- A. An entertainment magazine.
- B. A tourist brochure.
- C. A travel agency website.

D. A pre-travel checklist.

Daniel Brush, an astonishing worker in gold, jewels and steel died on November 2022, aged 75. Students from a jewellery school once came to Brush's studio, a loft in mid-Manhattan, awed to be meeting a figure who, to them, was a worker of miracles.

For 45 years in that loft, he had pursued his calling. His wife Olivia was the only company. He produced hundreds of objects of all sorts, most of them exquisite and many astonishingly small. Rather than use electricity, he laboured alone in a forest of antique machines and when tools frustrated him he made his own, displaying them in cupboards as art in themselves.

Above all else, he worked in gold. His obsession took fire when at 13 he saw an Etruscan gold bowl in the Victoria and Albert Museum. The ancient technique of applying gold beads as fine as sand-grains to a curved gold surface without solder (焊接), was stunning, but so was the lightness of spirit.

He resolved then that he would make such a bowl, and gold became the study of his life. Simply to watch it melt, turn to red-hot and white-hot, then glow purple, was magical. To hold pure gold grain and let it move slowly through his fingers restored his calm of spirit. His chief motivation, he said, was to understand the material and, through that, himself. He wondered why his heart had beaten so fast in the museum that day. Gold in particular had a message for him. His contact with this glorious metal might focus all his attention and help him to hear it.

He developed delicate craftsmanship, with each object virtually a museum piece. For Daniel Brush, he loved the idea that one might take a piece made by Brush out of a pocket, let its beauty pass from mind to mind, and smile. That too was what its maker was after.

24. What can we learn about Daniel Brush?

- A. Students visited him regularly.
- B. He began to live in his loft in 1975.
- C. He tended to use ancient crafts to produce objects.
- D. Most objects he produced were of a surprisingly small size.
- 25. What is the main reason for his lifelong study of gold?
- A. He wanted to learn more about both gold and himself.
- B. He wondered why his heart had beat fast in the museum
- C. His calm was restored when gold grain moved through fingers
- D. Gold had a particular message for him and he was eager to hear it.
- 26. Which of the following can best describe Daniel Brush?
- A. Stubborn. B. Wealthy. C. Dedicated. D. Lonely.
- 27. What does the author try to emphasize in the last paragraph?
- A. Brush's valuable works.

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B. The admirers Brush expected.

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C. Brush's desire for fame. D. The artistic ideal Brush pursued.

С

Asthma (哮喘) is a condition that affects hundreds of millions of people worldwide. It is a lung disease that affects your airways - the tubes that carry air to and from your lungs. It causes the muscles in these tubes to contract, the tubes themselves to swell and sticky mucus to be produced. All of these factors can make it very difficult for a sufferer to breathe properly.

Shortness of breath, especially after exercise, coughing or difficulty breathing while sleeping are all common symptoms. These can be described as mild asthma attacks; however, they can usually be controlled by medication. A severe asthma attack, on the other hand, where a sufferer finds it very difficult to breathe, may require hospital treatment. How badly you are affected by these symptoms depends on what types of asthma you have from mild to chronic — and how well you are able to control the disorder.

Mild or moderate asthma can be easily controlled through medication or lifestyle changes. Additionally, all attacks need a trigger, and if these triggers can be identified and avoided, the likelihood of an attack decreases. Triggers can include: pollution, smoking, dust, animal hair, stress, pollen, exercise and cold air. These triggers are personal to each individual sufferer, so if you have asthma, make sure you know what is causing your attacks.

In the last half-century there have been many developments in the treatment of asthma. There are presently two main types of medicine: preventers and relievers. A preventer is used every day and reduces the swelling of the airways, cutting the risk of an attack. A reliever is taken when breathing has become (or is going to become) difficult; this actually relaxes the muscles of the airways, reducing constriction and improving the airflow.

Prevention is also good treatment. So if you have asthma, remember to keep generally healthy, the regular exercise and lots of vitamin C to avoid colds and flu - which can be dangerous for asthma sufferers. A healthy diet is also important, and do watch what you eat, as certain foods or food additives can be asthma triggers.

28. What happens to the organs in an asthma attack?

A. Lungs expand. B. Tubes tighten. D. Muscles swell.

C. Airways narrow.



- 29. What does paragraph 2 mainly tell us about Asthma?
- B.Types of attack A Common symptoms. C. Medical treatment D.severity of disorder. 30. What does the underlined word "trigger" mean in paragraph 3? A. Cause. C. Relief. B. Treatment. D. Result. 31. Which one is not a wise choice to deal with asthma? A. Advance prevention. B. Healthy diet. C. Proper medication. D. Excessive exercise. D

In the 1940s, young male Royal Air Farce pilots held as they waited for their next mission. Wartime pilots suffered a lot and knitting helped rebuild dexterity (灵巧) in wounded arms while also helping to settle wounded minds.

Today, millions of people around the world employ the same technique. "I know that if I haven't knitted for a few days,I really miss it. It's like meditation." says Janine Smith, who owns a store in Sydney selling supplies for knitting.

Research supports Smith's statement. Physiotherapist Betsan Corkhill and occupational therapist Jill Riley were part of a team from Cardiff University that, ten years ago, surveyed more than 3,500 knitters and found that the more frequently people knitted, the calmer and happier they felt.

Or as Jannie Smith puts it, "That rhythm of making stitch after stitch is like deep breathing. It's a flow where you don't have to stress about it, you've got the rhythm happening."

"Flow" is a concept first named by psychologist Mihaly Csikszentmihalyi. As he wrote in his book, The best moments in our lives are neither the passive nor relaxing times. The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile."

The Cardiff research team found that many respondents described feeling calmer and in a better mood after knitting, and the majority of respondents who suffered from depression "perceived that knitting made them feel happier." For respondents who suffered from chronic pain, almost nine out of ten said that knitting gave them a sense of accomplishment and a means of coping with their pain.

Interestingly, more than half of those surveyed said that knitting pushed them to develop other skills, like building furniture. Because knitting is so accessible — at its heart it's two sticks and one stitch — it helps people build confidence in their abilities. After all, if you make a mistake, you can just pull it all out and start again 32. Why does the author mention young male Royal Air Force pilots in paragraph 1?

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A To give an example of a knitter.

- B.To show the heavy burden on pilots.
- C.To demonstrate the technique of pilots.
- D. To introduce the healing effect of knitting
- 33. Which can be called as the best moment according to Mihaly Csikszentmihalyi?
- A. Watching TV together with friends
- B. Taking physical exams
- C. Playing chess with a great opponent.
- D. Reading funny comic books.

34. According to a research of Cardiff University, which statement about knitting is true?

- A. It motivates people to stretch their bodies
- B. It enables people to build furniture.
- C. It helps people to get rid of chronic pain
- D. It allows people to build confidence to learn other skills.
- 35. What would be the best title for the text?
- A. Active Hands, Calm Minds
- B. Healthier Attitude, Longer Life
- C. Easy Knitting. Skill Building
- D. Mind Calming. Flow Finding
- 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

Do you ever feel really afraid of failing? Do you think you have to be perfect all the time? Do you get very upset over small mistakes that you think you made and then imagine that makes the whole thing you are working en wrong? 36

Perfectionists think that if they don't act perfectly, they are really bad or worthless. \_\_\_37\_\_ For example, you imagine other people judge you very harshly for very small mistakes. Perfectionists set really unrealistic goals for themselves, such as, I will make honor roll every year or never miss a step in that dance sequence. \_\_38\_\_ This kind of thinking means you view situations as all good or all bad-nothing in between.

\_\_39\_\_ The first step is to help them identify their thoughts about a situation that's distressing. They are advised to ask themselves, "What is going through my mind right now?" Then, if their next thought is along the lines of all-good or all-bad thinking such as "I made a mistake and now my project is ruined," it is suggested that they ask themselves something about that thought. They could ask, "Is there a way to see my situation as not all good or bad, but as something in between?

Setting realistic goals sounds like a crucial part of trying to avoid perfectionism, while still being motivated to do well. Yes, contrary to what most people think, you can still become very successful without being a perfectionist! \_40\_ They can fail at a task and more easily bounce back from that failure.

A. If you do, then you are probably a perfectionist

B. So what can people do to help change the way they think?

C. Perfectionists sometimes avoid challenges for fear of failing

D. When they don't meet these goals, they feel it's a catastrophe

- E. They appreciate success without linking it so rigidly to their self-worth.
- F. Positive strivers set realistic goals and enjoy challenging themselves.

G. They usually think others also use the same unreasonably high standards to judge them.

第三部分语言运用(共两节,满分30分)

第一节完形填空(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A、B、C和D四个选项中,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。

It was a cool and breezy night. As I stood on the deck, I could feel the warm tangy smell coming from the sea. Earlier on, the ocean liner (邮轮) was still full of people who \_\_\_\_41\_\_ and drank on the deck. Everyone was \_\_42\_\_ asleep now and as I stood there, I could hear the hypnotic (催眠的) \_\_\_43\_\_ of the waves

I sat down at a corner and decided to rest my \_\_44\_\_ head on my backpack. Slowly, my eyelids grew heavy and I dozed off. Suddenly,I was awaken by the rain \_\_45\_\_ that fell on my face. The wind was blowing stronger and the waves got higher. The calm sea had turned \_\_46\_\_. I struggled to stand up but lost my balance and fell as the ship was rocking \_\_47\_\_. Many rushed out but they \_\_48\_\_ from one side of the ship to another. The raging waters were crushing the ship and thunder seemed to smash upon our heads. People started to ran about to seek shelter. After a long battle with the storm, it appeared to \_\_49\_\_. We breathed in \_\_50\_\_.



the worries in my brain. I turned around and saw the rest of the passengers began to 54 a lifeboat. Without second thoughts, I joined them.

Until today, that terrifying55 is still imprinted in my memory.			
41.A.fed	B. feasted	C. entertained	D. treated
42.A.highly	B.soundly	C.lately	D. solidly
43.A.murmur	B.shout	C. breath	D. weep
44.A.faint	B.heavy	C.clear	D.thick
45 A.storms	<b>B</b> .spots	C.dots	D.drops
46 A. rough	B.tough	C.sharp	D.deep
47. A.gently	B.abruptly	C.violently	D. swiftly
48 A.paced	B. swept	C. rolled	D. slid
49 A turn down	B. die down	C. die off	D. turn away
50.A.relief	B. satisfaction	C.delight	D. anticipation
51. A. in confusion	B. at a loss	C. at ease	D. in chaos 👋
52. A. lose	B.save	C.throw	D.leave
53.A. pleased	B. Terrified	C.startled	D. amazed
54. A. board	B.push	C. squeeze	D.drive
55.A. event	B. challenge	C.encounter	D. adventure
第Ⅱ卷			

第三部分语言运用(共两节,满分 30 分) 第二节(共 10 小题:每小题 1.5 分,满分 15 分)

阅读下面材料,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。

The power of Chinese emperors rose and fell with their control of the Grand Canal. Today, this waterway is shorter than it was once, 56 it is still the longest man-made river in the world. 57 (important), the Grand Canal continues to provide a vital cultural and economic link for modern China.

The original Canal system began around the year 605, 58 China's emperor Yang realized that he needed a better way to move food and feed his army, so the emperor ordered the construction of the first section of the Grand Canal \_\_59\_\_ (connect) those existing canals, lakes and rivers.

For more than a thousand years, goods 60 (transport) along the Grand Canal. Even today the country's watery highway plays an important economic role in China. Boats continue to carry tons of coal, food and other goods \_\_61\_\_ Hangzhou and Jining. However, local governments eager to increase 62 (tour) and city development have tom down almost all of the older canal-side buildings. In 2005 a group of citizens proposed that the historic Grand Canal be made 63 UNESCO world heritage site, hoping this status would protect both the waterway and the architecture around it. With UNESCO status officially \_\_64\_\_ (grant) in 2014, the world's greatest engineering accomplishments continue to link north and south China for \_\_65\_\_ (century) to come.

第四部分写作(共两节,满分40分)

第一节应用文写作(满分15分)

假如你是李华,你的英国朋友 David 对你校的实践项目 Vegetable Garden 非常感兴趣。写信询问相关情况,请你回 复邮件,内容包括:

1.项目内容: 2.邀请体验。 注意: 1.字数 80 词左右

2.请按如下格式在答题卡的相应位 Dear David, K

> Yours Li Hua

i KA

第二节读后续写(满分25分)

阅读下面短文,根据所给情节进行续写,使之构成一个完整的故事。

LESSONS LEARNED OUTSIDE THE CLASSROOM

Mr. Gray was my history teacher in tenth grade. I couldn't tell what kind of history he taught for two reasons: one, I

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never liked history, and two, my body was in class, but my mind wasn't. Mr. Gray wasn't the teacher who offered retakes(补考) on tests; he did so much more for me than that. He offered me a pair of ears and a shoulder to cry on.

Before Mr. Gray came along, one major event was taking place in my life. My mom told me she wanted to divorce my dad. Why then? I didn't understand. I barricaded (筑起壁全) myself in my basement bedroom, listening to angry music and sleeping. I fell into a depression and my grades were falling. Then there was Mr. Gray.

I sat against a brick wall outside the library, knees pulled into my chest, head down, surrounded by my noisy friends that I was slowly distancing myself from, when I heard his voice: "Ever feel like you're a fire hydrant (消防栓) and every dog in the neighborhood is stopping by to visit you?"I picked my head up and then I saw Mr. Gray.

I had heard him use this line in the classroom a few times before, when it looked like a kid was having a bad day. It usually aroused a laugh and ended there. This time was different though - he was waiting for an answer. Next thing I knew I was following him into the library.

We sat amongst the shelves of the mostly empty library for the rest of lunchtime. I don't remember much about that first conversation other than the unconditional promise he made me of lending a pair of ears and a shoulder to cry on. What made him such a special teacher was that he saw that I was struggling and reached out to me outside of the classroom. 注意:

1.所续写短文的词数应为 150 左右: 2.续写部分分为两段,每段的开头语已为你写好。 Paragraph 1: However, that didn't change our classroom relationship.

Paragraph 2:

Many lunchtime library conversations followed throughout the school year.

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