

绝密★使用前

辽宁省实验中学 2023-2024 学年度高考适应性测试（一）

高三英语

考生注意：

1. 本试卷共 150 分,考试时间 120 分钟。分两部分, 67 小题, 共 9 页
2. 请将各题答案填写在答题卡上。
3. 本试卷主要考试内容：**高考全部内容**

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，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。

1. What did the man do with the extra paper?
A. He gave half of it to his friend.
B. He threw half of it away.
C. He sold the rest of it.
2. What does the woman mean?
A. She don't like the job.
B. She will take the job right away.
C. She isn't sure whether to take the job.
3. What are the speakers talking about?
A. A neighbor. B. An apartment. C. A song.
4. Why does the woman want to have a Russian name?
A. She'll study in Russia. B. She'll travel to Russia. C. She'll work in Russia.
5. What are the speakers mainly talking about?
A. A meeting. B. A job. C. A manager.

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，并标在试卷的相应位置。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。

听下面一段对话，回答第 6-7 题。

6. What is special about The Brearley School?
A. It is just for girls.
B. It has a convenient location.
C. It is a good public school.
7. When did the school have its first female head?

- A. In 1915. B. In 1926. C. In 1931.

听下面一段对话，回答第 8-10 题。

8. What's the man doing?
A. Lying in the bed.
B. Drinking coffee.
C. Looking through his cellphone.
9. Why does the woman ask the man to go hiking?
A. The man desires to appreciate the scenery outside.
B. The woman wants to update her We chat moments.
C. The man is not in good health.
10. What will the man do next?
A. Go hiking with the woman.
B. Go to see a doctor.
C. Do exercise alone.

听下面一段对话，回答第 11-13 题。

11. Who doesn't like French?
A. Woody. B. Jane. C. Lucy.
12. What does Lucy think of physics?
A. Interesting. B. Difficult. C. Easy
13. What can we learn about Jane?
A. She finds physics quite difficult.
B. Her second favorite subject is French.

听下面一段对话，回答第 14-16 题。

14. Why is Jeff at the airport?
A. To see Ryan off. B. To fly to London. C. To meet the woman.
15. Why does Ryan go to Paris?
A. To do business. B. To go sightseeing. C. To receive education.
16. What does Jeff worry about?
A. Ryan may miss his flight.
B. The plane may be delayed.
C. There's no time to talk to Daisy.

听下面一段对话，回答第 17-20 题。

17. What's the woman's mother like?
A. She is humorous. B. She is gentle. C. She is quiet.
18. What does the woman have?
A. An older sister and an older brother.
B. Two younger brothers.

C. A younger sister and an older brother.

19. Who is similar to the woman's mother?

A. The woman. B. The woman's brother. C. The woman's sister.

20. What's the woman's sister now?

A. A nurse. B. A doctor. C. An engineer.

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

Listed below are some nice family-friendly museums in Chicago, pick one that interests your kids most and take your little ones there to have fun.

Shedd Aquarium (水族馆)

It was open to the public on May 30th, 1930. Visitors with limited movement can use easy slopes (斜坡) to reach the exhibits, which are also explained to children through an app. Families can spend the night in the aquarium during the special event called Asleep with the Fishes.

Elmhurst History Museum

It's a museum about history that has won awards and was created in 1957. It shows different exhibits about many history-related subjects, has a fun interactive exhibit about its own history, and offers various public programs, tours of exhibits, and special events for the community. The museum is a fantastic place for families to visit for a day or two, and it even has places for picnics and holiday train journeys.

Chicago Children's Museum

Founded in 1982, the museum displays impressive exhibits for children, featuring dinosaur bones, a play area only for babies and a famous and fun climbing area for children. Moreover, the museum offers various exhibitions and daily art classes for children, which are free of charge. Visiting the museum on the weekend is a good choice for economical family amusement.

Field Museum of Natural History

With millions of things in its store, it was established in 1893. Discover more than 4 billion years of life on Earth through interesting displays and interactive events, and discover protection campaigns worldwide. It is now considered as famous as the Smithsonian Institution, established in 1846 in Washington, and the American Museum of Natural History, which originated in 1869 in New York.

21. What is special about the Shedd Aquarium for family visitors?

- A. They can go on a picnic there.
- B. They can sleep overnight there.
- C. They can surf the Internet.
- D. They can learn the history of Chicago.

22. What can kids do at the Chicago Children's Museum?

- A. Have discounts on holidays.
- B. Watch dolphins' exhibitions.
- C. Take a fun climb.
- D. Take free art classes on an app.

23. Which of the following has the longest history?

direct and according to the website, they do not need a personal relationship in order to do business. Once you hear advice like this, it becomes easier to understand where jokes like the one in the first paragraph come from.

So why do some people disagree with the kind of stereotypes as seen in Clarkson's joke, but agree when it comes to generalizations (概括)? What is the difference between the two?

By definition, a stereotype is a widely held but fixed and oversimplified image or idea of a particular type of person or thing. A cultural characteristic, on the other hand, is a pattern of behaviour that is typical of a certain group.

So what does this really mean? Stereotypes are simply overstated assumptions about groups of people. Imagine if a tourist visited a small town in Switzerland and saw a number of locals playing the alphorn instrument, and then claimed that Swiss people can play the alphorn. This would be a stereotype! This is an overstated image of the Swiss which is based on one tourist's experience.

If, however, this tourist were to say that the Swiss are very punctual, this could be seen as a cultural characteristic. This is because it is a pattern of behaviour which is very typical in Switzerland: from their transport system to their business meetings.

In this way, some people argue that generalizing another culture is not just useful, but important. Politicians always have to be mindful of the cultural characteristics of different countries. By becoming aware of different cultural characteristics, they can avoid causing offence in those cultures.

However, others argue that generalizing cultures will always lead to offensive stereotypes. They argue that the best thing we can do is to stop generalizing cultures and start treating people as individuals.

All this raises important questions: Can making generalizations about groups of people be a positive thing? Or should we always avoid making broad assumptions about different groups?

28. When he said "It's like, this must be done absolutely perfectly... tomorrow", Jeremy Clarkson really meant _____.

- A. the stereotypes of the Germans and the Irish are not so good
- B. the combination of half German and half Irish is interesting
- C. the characteristics of the Germans and the Irish are opposite
- D. the Germans will do it perfectly tomorrow while the Irish won't.

29. Which of the following is TRUE according to the passage?

- A. It's typical of the Swiss to be punctual.
- B. The Irish people are considered as lazy, direct and casual.
- C. The Germans are thought to be efficient, friendly and direct.
- D. The Swiss people can play the alphorn.

30. Politicians think it important to generalize another culture because _____.

- A. they don't want to offend other people
- B. generalizing will lead to offensive stereotypes
- C. cultural characteristics are better than stereotypes
- D. they should treat people as individuals

31. The main purpose of this passage is to _____.

- A. show the importance of making generalizations
- B. show it is wrong to play jokes on stereotypes of different people
- C. tell us the differences between stereotypes and cultural characteristics

D. discuss whether it is good to make generalizations about groups of people

D

Singer Liu Genghong is enjoying great popularity recently after posting online fitness videos on TikTok. In the videos, he often works out to the fast-paced music of his friend JayChou. Now his TikTok account has rocketed to 55 million fans and 53 million likes, inspiring people's interest in indoor exercise.

According to Pu Zhengning, a professor of Southeast University in Nanjing, the COVID-19 has limited access to gyms and fitness centers, so simple aerobic (有氧的) exercises that do not need equipment are perfect for people to perform at home. And that is exactly the demand that Liu has come up on his social media platforms.

Since the COVID-19 broke out, the increasing downloads of fitness apps indicates the growing popularity of online fitness. The number of fitness videos on the platform in 2021 increased by 134 percent, while followers of fitness trainers were up by 208 percent.

Wei Fang, a student at Shandong Normal University, is one of Liu's fans. "My major requires me to sit for a long time," she said. "So how could I refuse a star singer as a personal trainer? Besides, when watching the live stream, I feel like I'm taking exercise with friends, which encourages me to keep going," added Wei, who claims to have lost 3.5 kilograms in just seven days and also have a more positive mood.

According to the 2022 Sports and Fitness Consumption Trend Report, the sales of yoga and dance products have achieved fast growth since March. Along with social media plat-forms, China's sports governing body launched online games on April 28. Ding Dong, an official with the General Administration of Sport, said: "The aim of the games is to inspire the mass enthusiasm for fitness."

Now it seems that "cloud fitness" offers a great choice to gym memberships. In the past, aerobic exercises on TV were popular, and now it's even easier to follow along and learn from instructors on short-video platforms.

32. Why does Liu Genghong become popular online recently?

- A. People love his online fitness videos.
- B. He dances to the fast-paced music of Jay Chou.
- C. The gyms and fitness centers are too expensive.
- D. People are interested in taking exercise in the gym.

33. What can we learn about Wei Fang?

- A. She dislikes a star singer as a personal trainer.
- B. She often works out with Liu to lose weight.
- C. She refuses to exercise together with friends.
- D. She benefits physically and mentally from exercise.

34. What does the 2022 Sports and Fitness Consumption Trend Report indicate?

- A. The mass enthusiasm for fitness needs improving.
- B. Online sports games have appeared on the market.
- C. More and more people take part in aerobic exercises.
- D. Yoga and dance on TikTok are developing together.

35. What is the best title for the text?

- A. Come to Exercise with Trainer Liu
- B. The Followers of Fitness Instructors

- C. Downloads of Various Fitness Apps
- D. Go to Post Cloud Fitness Short Videos

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能填入空白处的最佳选项。选项中有两项为多余选项。

Stepping out of your comfort zone (区域) helps you to improve yourself and become a happy and fun person. You'll experience greater enjoyment as you try out new experiences. 36

Unplug (拔掉插头)

Take a break from today's interconnected world. 37. You may feel a little uncomfortable at first, but you will know that is just part of the process to let you know better about yourself.

Go to another country

You will experience new cultures, different customs, unique landscapes and another language from travel. 38. Additionally, the excitement of exploring different scenery and experiencing different cultures are lifelong treasure.

39

Try diving, skydiving or a roller coaster ride. If those are too frightening, try giving a speech or taking a dance class. Once you overcome your inner fear, you will have a sense of satisfaction that comes from overcoming it.

Talk with someone new

This doesn't have to be a complete stranger. Start a conversation with someone new at work, the barista (咖啡师) in your local coffee shop, a neighbour or someone in the queue. 40. By focusing on other people rather than your own internal thoughts, you can improve your own mental health.

- A. Do something that is fearful for you
- B. Become uncomfortable with the Internet
- C. You can end your conversation with your friends anytime
- D. Leave your phone at home, turn off the TV and the Internet
- E. Here are some ways that can probably lead you to a new life
- F. See if you can continue the conversation for 30 seconds or longer
- G. Besides, using cash from different countries is also good for your brain

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。

Todd and Donna woke up early one day to take pictures of the sunrise. While walking along the shoreline and enjoying the sights, Todd suddenly 41 down. Donna thought her husband was 42. However, she quickly realized this was no laughing matter. Todd's heart stopped beating and he turned 43. Immediately she screamed for help.

Tyler Volpe, a 44, was in the water when Todd came down. Volpe is also a physician assistant. He heard Donna's cries for help. "I knew it wasn't a 45 scream," he said. "I came flying out of the water."

Volpe started chest compression (按压) while Roy, another surfer, breathed into Todd's mouth. Then, they switched 46 with each other. "I really thought he was 47," Donna said. As Roy and Volpe continued CPR, Todd breathed 48 a few times.

The tide was starting to come in. Other surfers used their boards to form a 49 between the rescue effort and

the water. "They kept him 50 until the ambulance got there," Donna said. "It could have been two minutes or 10 days. I was watching my life 51 with his."

Doctors used a defibrillator (除颤器) to shock his heart and 52 his heartbeat. On the second shock, he regained his feel.

Todd and Donna planned to drive back home to New Jersey that morning, but decided to first take a walk on the beach. "It is lucky we didn't 53 because it would have happened while we were driving home," Donna said.

Donna 54 a message asking if anyone knew the surfers who helped her husband — they wanted to 55 them.

- | | | | |
|------------------|------------|-------------|---------------|
| 41. A. fell | B. sat | C. took | D. broke |
| 42. A. sleeping | B. lying | C. joking | D. thinking |
| 43. A. red | B. blue | C. green | D. orange |
| 44. A. worker | B. doctor | C. reporter | D. surfer |
| 45. A. loud | B. normal | C. sudden | D. lasting |
| 46. A. positions | B. cloths | C. boards | D. apartments |
| 47. A. cold | B. dead | C. safe | D. lucky |
| 48. A. quietly | B. easily | C. deeply | D. evenly |
| 49. A. sight | B. bridge | C. link | D. barrier |
| 50. A. warm | B. alive | C. positive | D. brave |
| 51. A. start | B. develop | C. end | D. continue |
| 52. A. record | B. review | C. repeat | D. restore |
| 53. A. pay | B. speed | C. pause | D. leave |
| 54. A. answered | B. learned | C. posted | D. heard |
| 55. A. thank | B. meet | C. accept | D. miss |

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。

Lifestyles differ from person to person. Some people, known as 56 natives, do a wide 57 of things online, such as 58 with friends, watching misreading updated news and interesting articles and so on. Take shopping as an example--it's so 59 to compare quality and prices before buying. Some other people live their lives as go-getters. They tend to 60 goals when setting out to do something. Then they make a schedule and try hard to achieve it. As for life choices, in the case of Zhang Tian, he chose to be a 61 teacher in Guizhou province instead of going to big cities. Despite the poor facilities and unstable supplies of power and water, he has improved the learning lives for the students by introducing more attractive subjects like music, art and PE to the school.

62 made him feel satisfied was that his students were able to read, speak and write in English and became more 63 in learning. Besides all these, he contacted charity organizations to set up a library and help sell local products online. As a result of the 64 he made, he became very popular among the villagers and was treated as one of them. Zhang Tian intended to stay for another year. He feels so happy that he 65 his heart, even though it may not be what others expected of him.

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

66. 假如你是李华, 明日你班英语课课前 3 分钟自由表达的主题是“如何高效学习”。请你以“*How to Study Effectively*”为题, 用英语写一篇短文, 谈谈你对高效学习的看法。内容包括:

1. 你对高效学习的理解;
2. 你的建议。

注意:

1. 写作词数应为 80 左右;
2. 可适当增加细节, 以使行文连贯;
3. 请在答题卡的相应位置作答。

How to Study Effectively

第二节 (满分 25 分)

67. 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。

During my high school years, my math teacher, Mrs. Zhang, noticed a spark in me whenever I tackled complex mathematical problems. She had been observing my progress throughout the year and was particularly impressed with my talent in abstract reasoning. One day, after class, she approached me with an intriguing proposal: to represent the school in a regional mathematics competition. Instantly, I hesitated and my mind raced back to a traumatic event from my primary school years—a quiz bee where I had frozen on stage, forgetting everything I had prepared. The memory had stayed with me and left me with a fear of competitive scenarios. Mrs. Zhang seemed to sense my reservations and said, “Life is about facing our fears. Every challenge you encounter is an opportunity to grow. I truly believe you have what it takes to shine.” With her words echoing in my ears and her unwavering belief as a driving force, I decided to face my past demons and take on the competition.

The theme for this year was geometry, a branch of mathematics that explores the dimensions of shapes and their features. My chosen topic was a complex theorem, known for its complicated patterns and strong logic. Although a challenging task, the theorem resonated with me deeply. I saw it as a metaphor for life—seemingly complex situations that, with the right perspective, could be simplified and understood. The following weeks were a blur of numbers, shapes, and formulas. I immersed myself in libraries, wrote notes everywhere, and had endless discussions with Mrs. Zhang. My first draft, when presented to her, was met with constructive feedback. “This is a recommendable effort,” she said, “but I believe you can do better. Refine it.” And so, again and again, my presentation evolved. Through this rigorous process, my once paralyzing fear of competition slowly transformed into a burning passion for understanding and exploration.

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。

Several weeks after my final submission, an official-looking envelope arrived at my home.

The day after the award ceremony, I found myself at the doors of Mrs. Zhang's classroom.

关于我们

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