**连城一中 2021—2022学年上期高三年级月考一英语试卷**

**满分150分 考试时间120分钟**

命题人： 审题人：

**第一部分听力（共两节，满分30分）**

**做题时，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试卷上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。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’s John doing now?

A. Playing football. B. Watching TV. C. Studying.

2.What can the man do?

A. Swim. B. Play soccer. C. Play basketball.

3.When will the meeting be over?

A. At 11:00. B. At 10:00. C. At 9:30.

4.What does the woman think of the play?

A. Terrible. B. Just so-so. C. Great.

5.What’s the weather like now?

A. Snowy. B. Rainy. C. Sunny.

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。

听下面一段对话，回答第 6 和第 7 两个小题。

6.Where does the man want to go?

A. The library. B. The lab. C. The café.

7.What’s the man’s major?

A. Psychology. B. Physics. C. Chemistry.

听下面一段对话，回答第 8 至第 10 三个小题。

8.Where is the woman going first?

A. The classroom. B. The library. C. The gym.

9.What will the woman do in the library?

A. Borrow some books. B. Return some books. C. Study for the exam.

10.Why do the speakers go to the gym?

A. To watch a game. B. To take a PE class. C. To go swimming.

听下面一段对话，回答第 11 至第 13 三个小题。

11.What do we know about the man?

A. He is in poor health. B. He wants to stay at home today.

C. He hasn’t finished his homework yet.

12.What relation is Mr. Bell to the man?

A. His neighbor. B. His teacher. C. His father.

13.What does the man ask the woman to do?

A. Help him hand in his project. B. Call to ask for leave. C. Drive him to school right now.

听下面一段对话，回答第 14 至第 16 三个小题。

14.What will the man do in the late afternoon?

A. Give a speech. B. Write a magazine article. C. Prepare some materials.

15.Where will the man have dinner tonight?

A. At home. B. In the office. C. In a meeting room.

16.How will the man go back home?

A. By bus. B. By car. C. By taxi.

听下面一段独白，回答第 17 至第 20 四个小题。

17.What can we learn about Pedal Power?

A. It was started in 1996. B. It gives bicycles to people for free. C. It sends bicycles to poor areas regularly.

18.What happened to Pedal Power in August 2000?

A. It couldn’t meet its costs. B. It won an Enterprise Award. C. It was criticized by the British media.

19.When did Dan Pearman go to Ecuador?

A. In 1993. B. In 1998. C. In 2001.

20.Why was Dan Pearman’s neighbor successful in business?

A. He offered many jobs to craftsmen in the town. B. He was the most skilled craftsman in the village.

C. He could reach customers easily by riding his bike.

**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**

Exercising regularly not only helps you keep slim, but also improves your overall health and well-being. Different exercises produce different results, as they focus on alternate parts of the body. There are four broad exercise categories: endurance, strength, flexibility, and balance. Many people often only focus on one exercise type, but including all four in your workout will produce better results and reduce your risk of injury.

**Endurance**

Endurance exercises increase your breathing and heart rate. By doing endurance exercises, you are working to keep your heart, lungs, and blood-flow system healthy while improving your total fitness. Over time these activities will make everyday activities seem easier.

**Strength**

If you want to build up your muscles, then strength exercises, which are also known as "resistance training", are right for you. Even the slightest increase in strength can make a huge difference in your ability to carry out daily tasks. Developing strong muscles also reduces your risk of weak bones.

**Flexibility**

Flexibility exercises help stretch your body's muscles. This allows for more freedom of movement for other exercises and can also improve your range of motion, posture, ability to breathe deeply, and blood flow. Also, it reduces the muscle tension caused by stress.

**Balance**

Balance exercises help prevent falls and are especially important to older adults, helping them stay independent. Most good balance exercises are ones that keep you constantly moving with your feet on the ground. Heel-to-toe walking and standing on one foot are simple ways to improve balance.

21. How can a person benefit most from their exercise routine?

A. By combining different exercise types together. B. By having sufficient rest between their workouts

C. By concentrating on one training aspect at a time. D. By increasing the frequency of their training gradually.

22. Which exercise types are most useful to improve a person's breathing function?

A. Strength and Balance. B. Flexibility and Balance.

C. Endurance and Strength. D. Endurance and Flexibility.

23. Which part of the body plays the most important role in balance-related exercises?

A. Arms. B. Legs. C. Waist. D. Neck.

**B**

We had two dogs, Lucky and Lily Bit. Lucky loved to find ways to leave the confines (束缚) of her indoor living routine, which made her a masterful escape artist. Lily Bit, on the other hand, did exactly as she was told, never **straying,** always staying close to home... except when she came under the influence of Lucky.

Whenever the two got out together, they could be seen out of sights often staying away for hours. More often than not, they’d arrive home near suppertime, covered in mud and leaves and smelling to high heaven from their afternoon outing in the woods.

I remember one such occasion when they’d once again mysteriously escaped, except this time, they returned clean and no worse for wear. It wasn’t until a few days later that we learned why. My wife ran into our neighbor Carl who lived a few houses down from us.

“I saw your two dogs the other day,” Carl said with a smile,

“Oh, yes? I’m so sorry. They’d been so good lately, so it was such a surprise when they got out. I sure hope they didn’t cause any trouble.” my wife replied,

“Oh, no, no trouble at all. Did you have any idea where they went?”

“No,” my wife answered.

“They attended my dog’s funeral (葬礼)” Carl said sadly.

“What?” Ann exclaimed, “Oh, no. I didn’t know Toby had died.

“Yep, it died a couple days ago. I was burying him in the back lot when your two dogs came running up. They sat down not far from me. After I finished burying him, they left.”

“Wow, that’s amazing! ” my wife replied. “Toby was Lily Bit’s father, you know.

“No, I didn’t know that,” Carl replied, “but I guess that explains why she felt like she needed to be there. She had to say her final goodbye.”

24.What words can best explain the meaning of the word “straying” underlined in Para. 1?

A. Wandering away. B. Staying still

C. Shouting loudly. D. Disobeying impolitely.

25.What difference between Lucky and Lily Bit is suggested in the first paragraph?

A. Their abilities were different. B. Their hobbies were different.

C. Their personalities were different D. Their physical features were different.

26.What would generally happen to the two dogs after they got home from outside?

A. They got more united. B. They looked in a mess.

C. They smelled nice as usual. D. They got willing to do as told to.

27.What is the author’s purpose of writing the text?

A. To show his respect for dogs. B. To be in memory of his dogs.

C. To suggest learning from dogs. D. To think highly of his two dogs.

**C**

The negative health effects of sleep shortages during the week can’t be changed by marathon weekend sleep sessions, according to a new study.

Researchers have long known that routine sleep deprivation（缺乏）can cause weight gain and increase other health risks, including diabetes. But there are still some people who hope that shutting off the alarm on Saturday and Sunday will repay the weekly sleep debt and remove any ill effects.

The research, published in Current Biology, ruins those hopes. Despite complete freedom to sleep in and nap during a weekend recovery period, participants in a sleep laboratory who were limited to five hours of sleep on weekdays gained nearly three pounds over two weeks and experienced metabolic disruption（代谢紊乱） that would increase their risk for diabetes over the long term. While weekend recovery sleep had some benefits after a single week of insufficient sleep, those gains were wiped out when people returned right to their same sleep schedule the next Monday.

“If there are benefits of catch-up sleep, they’re gone when you go back to your routine. It’s very short-lived,” said Kenneth Wright, who oversaw the research. “These health effects are long-term. It’s kind of like smoking once was—people would smoke and wouldn’t see an immediate effect on their health, but people will say now that smoking is not a healthy lifestyle choice. I think sleep is in the early phase of where smoking used to be.”

Wright said that the study suggests people should **prioritize sleep**—cutting out the optional “sleep stealers” such as watching television shows or spending time on electronic devices. Even when people don’t have a choice about losing sleep due to child-care responsibilities or job schedules, they should think about prioritizing sleep in the same way they would think about a healthy diet or exercise.

28. What had the researchers already known before doing the new research?

A. The actual benefits of weekend recovery sleep.

B. Harm to health caused by the lack of routine sleep.

C. People’ s habit of shutting off the alarm during holidays.

D. The relationship between body weight and sleep amount.

29. What can we learn when Wright compares catch-up sleep with smoking?

A. Catch-up sleep has no immediate effect on people's health.

B. People used to think smoking was a cool lifestyle.

C. People know little about the harm of smoking.

D. Catch-up sleep has better health effects.

30. The underlined phrase “prioritize sleep” probably means “\_\_\_\_\_”.

A. extend sleep B. improve sleep C. enjoy a sound sleep D. put sleep in the first place

31. What can be the best title for the text?

A. Weekend catch-up sleep is a lie. B. Bad sleep habits are harmful to health.

C. Smoking is not the worst thing to health. D. A new study has an unexpected discovery.

D

The United Nations Educational, Scientific and Cultural Organization (UNESCO) included on December 17, 2020 China's Tai Chi on the Representative List of the Intangible Cultural Heritage of Humanity. The decision was announced during the online meeting of the UNESCO Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage held from December 14 to 19 in Kingston, capital of Jamaica.

“Born in the mid-17th century in a small village named Chenjiagou located in Central China's Henan province, Tai Chi is not only a kind of traditional Wushu integrated with slow movements and deep breathing, but is also deeply rooted in many areas of Chinese culture, such as medicine and philosophy,” Zhu Xianghua says, who is the son of the famous Tai Chi master Zhu Tiancai.

Although it has spread to more than 150 countries and regions, attracting more than 100 million people to practice, the idea that Tai Chi is for the elderly has stopped many young people practicing the ancient Wushu. They think of it as a slow exercise, which is specially made and better suited for their grandparents. Instead, many young people are turning to the Indian practice of yoga to relieve stress, which was placed on the UNESCO's List in 2019.

In order to promote Tai Chi, joint efforts have been made from individuals and the Chinese government in the last decades. Xi'an Jiaotong University requires students to learn Tai Chi. Wang Yunbing, a professor in the university's sports center, stressed that Tai Chi is not only good physical exercise-researchers from the American College of Rheumatology find that it can help manage several diseases but is also conned ted to ancient Chinese civilization. Since 2014, the World Tai Chi Championships have been held every two years by the International Wushu Federation. It provides a platform for communication and learning between the Tai Chi masters and Tai Chi lovers around the globe. In January 2020, Tai Chi became an official event in the 2026 Dakar Youth Olympic Games.

32．What does Zhu Xianghua say about Tai Chi in paragraph 2?

A．It originated from fast Kung Fu action. B．It was born around the 1750s in a village.

C．It is related to other cultural fields of China. D．It integrates Chinese medicine and western philosophy.

33．Why do some young people choose to practice yoga instead of Tai Chi?

A. They think it easier to practice yoga to keep fit.

B. The elderly stop young people practicing Tai Chi.

C. They consider Tai Chi is custom-built for old people.

D. Yoga was included in the world culture earlier than Tai Chi.

34．What is the main purpose of the last paragraph?

A．To promote contemporary Chinese civilization. B．To show many efforts made to popularize Tai Chi.

C．To stress the importance of Chinese Tai Chi masters. D．To advise people to practice Tai Chi to cure diseases.

35． Which of the following is the best title for the passage?

A．Tai Chi Steps on the UNESCO's List. B．Tai Chi is Competing against Yoga.

C．Tai Chi Has Regained populate Globally. D．Opinions Greatly Differ on Tai Chi and Yoga.

**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。

Many hear endlessly how good exercise is for our health, but you might be surprised to know just how good.

 36 .

**It helps you breathe better.**

Frequent exercise improves the volume of oxygen you can use in your body. This is what makes you fit and the benefits aren't limited to sport. 37 . Attending some professional courses can build core strength and improve shape, and so strengthen breathing muscles.

**Physical activity enhances your mental health.**

Doing something active releases "happy" brain chemicals that make you more positive. The more you do it, the better you'll feel. But you do need to work up a bit of a sweat. If you've had a bad day, treat yourself to a little bit of exercise. 38 .

 39 .

The way your gut（内脏）feels often impacts on your mental and physical health. Walking, running and yoga strengthen abdominal（腹部）muscles, increase heart rate and encourage your muscles to move digestive waste through your body more efficiently and digest food more quickly.

**Keeping active keeps you young.**

There may not be an elixir（灵丹妙药）of youth just yet, but keeping fit comes close. Just 15 minutes of exercise

a day for eight years can increase your lifespan by three years. The more you do, the longer you could live.

 40 . It can be low-intensity exercise---swimming, a gentle exercise, a long walk on a running machine at the gym, or a low-intensity workout via special APPs.

A. It aids your digestion.

B. It gives you a better appetite.

C. Increased muscle strength helps too.

D. Here are the benefits you can get from exercise.

E. This is because physical activity delays cell ageing.

F. People think this will catch our attention and inspire our action.

G.A quick power walk or rope skipping is a brilliant stress reliever.

**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。**

In March, 5-year-old Wynn Radke came home from preschool with no idea that she wouldn’t return for months because of the COVID-19. Her mom Colleen 41 her to think of a goal to work toward that involved a(n) 42 activity. Wynn wasted no time and shouted, “67 waterfalls!” While the number was 43 , her mom loved the idea so much that she 44 to help the little one!

The lovely pair’s first 45 took place on March 28, 2020 at Fairy Falls, and it was amazing! From there, they 46 hiking to different waterfalls, documenting their progress 47 they inched closer and closer to their goal.

 48 , Colleen said the challenge was simply a way to get Wynn outside instead of “just watching YouTube all day.” But it ended up being something therapeutic (有益身心健康的) for them to do during the 49 2020 has brought their family. Between Wynn missing her friends and Colleen losing her job, the waterfall 50 have helped a lot.

It took Wynn and Colleen five months, but they finally 51 Winnewissa Falls—their 67th waterfall—in August! 52 reaching her goal, Wynn 53 , “I did it!” And she wasn’t the only one who was 54 . When she returned to school, her friends and teachers 55 her with celebratory balloons! For her mom, the adventure was less about the milestones and more about the time they spent together.

41．A．challenged B．forced C．warned D．troubled

42．A．voluntary B．underwater C．mental D．outdoor

43．A．typical B．random C．right D．regular

44．A．failed B．happened C．agreed D．remembered

45．A．lesson B．adventure C．advance D．surprise

46．A．resisted B．postponed C．admitted D．continued

47．A．until B．unless C．as D．although

48．A．Originally B．Fortunately C．Casually D．Generally

49．A．struggles B．excuses C．doubts D．honors

50．A．competitions B．sounds C．visits D．chances

51．A．identified B．reached C．passed D．recommended

52．A．Upon B．For C．Through D．Beyond

53．A．predicted B．signalled C．evaluated D．announced

54．A．curious B．embarrassed C．excited D．confident

55．A．bothered B．assisted C．covered D．welcomed

**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。

It is a fact that family spending on education in China 56 (increase) in the past decade. A large number of 57 (factor) contribute to the ever-increasing education spending, “letting children win at the starting line” being one of them. Many parents spend a lot of money on pre-school education, 58 (send) kids to the best kindergartens, the tuition fees of which are much 59 (high) than that of universities. Choosing better primary schools also takes money. Normally, students expect to attend schools within the district

60 they live. 61 , many parents prefer to send their children to 62 better-known school in other districts regardless of the large sum of “donation”. Apart from formal education, parents also pay for various after-school programs, 63 (include) common painting or dancing classes to expensive overseas summer camps.

There is nothing wrong with parents' passion for education, but parents should keep in mind that spending money doesn't 64 (necessary) guarantee a better education for children. Money should be put where it 65\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (matter) most.

**第四部分 写作 (共两节,满分40分) 第一节 (满分15分)**

假定你是李华,上周你校举办了首届生活技能云端展示活动,主题为“劳动创造美好生活( Work Creates a Better Life)”。请你为校英文报写一篇报道,内容包括：

1.活动主题； 2.展示内容(烹任、急救等)； 3.活动反响。

注意：1.写作词数应为80左右； 2.请按如下格式在答题卡的相应位置作答。

The First Online Life Skills Show

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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语续写两段,使之构成一篇完整的短文。

It took place in a teacher’s family. One day, Ben was playing basketball in the living room after school, when he accidentally threw the ball at a vase sitting on the shelf. The vase dropped to the floor and a large piece broke off. What made Ben more upset was that the vase was not a common decoration but an antique, which was handed down through generations from the 18th century. It was also his mother's favourite possession. To cover his terrible action, the terrified boy glued the pieces together hastily and put the vase back to its place.

As the mother herself dusted the vase every day, she naturally noticed the cracks(裂纹) that evening. To her surprise, the repair work was actually very good. At dinner time, she asked her boy if he broke the vase. Fearing punishment, the suddenly inspired boy said that a neighbour’s cat jumped in from the window and he couldn’t drive it away no matter how hard he tried. It raced around the living room and finally knocked the vase off its shelf. His mother was quite clear that her son was lying, for all the windows were closed before she left for work each morning and opened after she returned. However, in the face of her son’s nervous eyes and the suspicious looks of the other family members. Ben’s mother remained calm. She realized she shouldn’t just simply blame and punish her son for lying. She came up with another idea.

Before going to bed, the boy found a note from his mother in his room, asking him to go to the study at once. The boy thought he would now be punished but, as he had already lied, he was determined to deny everything to the end, no matter how angry his mum became.

In the study, calmly bathed in the light, his mother’s face showed no sign of anger. On seeing her son push open the door and cautiously enter, she took a chocolate box out of a drawer and gave him one.

注意: 1. 续写词数应150为左右 2.请在答题卡的相应位置作答。

The mother said, "This chocolate is a reward for your imagination: a window-opening cat!”

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Now with some chocolates in hand, the boy's bad attitude disappeared.

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