

2024 学年第一学期宁波三锋教研联盟期中联考

高一年级英语学科 试题

考生须知:

1. 本卷共 12 页。满分 150 分，考试时间 120 分钟。
2. 答题前，在答题卷指定区域填写班级、姓名、考场号、座位号及准考证号并填涂相应数字。
3. 所有答案必须写在答题纸上，写在试卷上无效。
4. 考试结束后，只需上交答题纸。

选择题部分

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 does the man think of his new job?
A. Boring. B. Satisfying. C. Poorly-paid.
2. Why does the woman talk to the man?
A. To buy a ticket. B. To change a ticket. C. To return a ticket.
3. Where does the conversation take place?
A. In a wine shop. B. In a restaurant. C. At the man's home.
4. What exercise does the man do the least?
A. Boxing. B. Jogging. C. Weightlifting.
5. What's the man's native language?
A. French. B. Japanese. C. English.

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 和第 7 两个小题。

6. What kind of room did the man reserve?
A. A single room. B. A business suite. C. A conference room.
7. How much should the man pay in total?

- A. \$150. B. \$300. C. \$450.

听下面一段对话，回答第 8 和第 9 两个小题。

8. What is Linda?

- A. A shopkeeper. B. A singer. C. A nurse.

9. At what time does Linda usually go to bed?

- A. About 7:00 am. B. About 8:30 am. C. About 11:00 pm.

听下面一段对话，回答第 10 至第 12 三个小题。

10. What's the woman's plan for Saturday afternoon?

- A. Watching a game. B. Enjoying a concert. C. Doing the housework.

11. Whom will Brian see on Sunday?

- A. His doctor. B. His friend. C. His mother.

12. What will the woman do on Sunday?

- A. Work in a garden. B. Go to the man's home. C. Read a book at home.

听下面一段对话，回答第 13 至第 16 四个小题。

13. Why does the man call the woman?

- A. To send a fax. B. To tell some changes. C. To confirm a meeting.

14. Where is Ron?

- A. In his office. B. In the meeting room. C. In the sales department.

15. How many copies does the woman have to make in all?

- A. 60. B. 55. C. 50.

16. How will the speakers get to the Wilton?

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

听下面一段独白，回答第 17 至第 20 四个小题。

17. When does the Running of the Bulls take place?

- A. In June. B. In July. C. In August.

18. What does the speaker imply about the festival?

- A. Things might be expensive.
B. There're no 5-star hotels nearby.
C. It is held in the narrow streets.

19. What did the museum use to be?

- A. A market. B. A church. C. A hospital.

20. Who is the speaker giving this talk to?

- A. Tourists. B. Travel agents. C. History students.

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。

If you think being a teenager is hard, think again. Raising a teenager is a lot harder. Beginning at thirteen, your kids will be wanting (demanding, actually) more freedom and independence. They already know what their interests and wants are. But that doesn't mean you should stop guiding them (especially when it comes to reading). Here are 4 highly recommended books for your teenagers:

The Martian

by Andy Weir \$9.76

In the year 2035, NASA sends off the crew of Ares 3 to Mars for a planned month-long stay. However, a strong storm threatened to trap them on the planet and a hurried withdrawal follows. Mark Watney is left behind when he was believed dead. Now, he has to learn how to survive alone another planet until help comes back for him.

Big Bones

by Laura Dockrill \$7.98

Bluebelle is a sixteen-year-old overweight girl, who was told by nurse that she was "obese" and was forced to lose weight through using a food diary. But she is perfectly happy with how she looks and uses the food diary to tell the story of her everyday life instead.

The Boy in the Striped Pajamas

by John Boyne \$7.98

Bruno is a nine-year-old during the Second World War. He moved to Auschwitz with his family when his father was promoted as a commandant (司令官). When he explores his new home, he meets a boy wearing striped pajamas who lives at the other end of the fence. They become fast friends.

Fangirl

by Rainbow Rowell \$10.97

It's Cath's freshman year in the University of Nebraska-Lincoln, and her twin sister wants nothing to do with her. She's having a hard time adjusting to life in college because of her social anxiety disorder. Add in a challenging fiction-writing class, a friendly writing partner, a new roommate, and a complicated relationship, and what do you get? An interestingly confusing life that is, and all Cath wants is to finish her fan fiction in peace.

1. Which will readers probably buy if they like science fiction?

A. *Fangirl*.

B. *Big Bones*.

C. *The Martian*.

D. *The Boy in the Striped Pajamas*.

2. What can we learn about the book *Fangirl*?

A. It is about adventure in childhood.

B. It mainly deals with life in college.

C. It is the cheapest one among the four.

D. It is the masterpiece of Rainbow Rowell.

3. Who are the text intended for?

A. College students.

B. Teenagers aged 13-15.

C. Parents with young teenagers.

D. Adults interested in writing.

【答案】 1. C 2. B 3. C

【解析】

【导语】 本文是一篇应用文。主要介绍了适合青少年阅读的几本书。

【1 题详解】

细节理解题。根据 *The Martian* 中的 “In the year 2035, NASA sends off the crew of Ares 3 to Mars for a planned month-long stay.” (在 2035 年, 美国宇航局将派遣战神 3 号宇航员前往火星, 计划在那里停留一个月。) 以及 “Now, he has to learn how to survive alone another planet until help comes back for him.” (现在, 他必须学会如何在另一个星球上独自生存, 直到有人来帮助他。) 由此可知, 如果读者喜欢科幻小说, 他们可能会买 *The Martian*。故选 C 项。

【2 题详解】

细节理解题。根据 *Fangirl* 中的 “It’s Cath’s freshman year in the University of Nebraska-Lincoln, and her twin sister wants nothing to do with her. She’s having a hard time adjusting to life in college because of her social anxiety disorder. Add in a challenging fiction-writing class, a friendly writing partner, a new roommate, and a complicated relationship, and what do you get?” (这是 Cath 在内布拉斯加林肯大学的大一新生, 她的双胞胎妹妹不想和她有任何关系。由于社交焦虑症, 她很难适应大学生活。再加上一门富有挑战性的小说写作课, 一个友好的写作伙伴, 一个新的室友, 以及一段复杂的关系, 你会得到什么?) 由此可知, *Fangirl* 主要涉及大学生活。故选 B 项。

【3 题详解】

推理判断题。根据第一段 “If you think being a teenager is hard, think again. Raising a teenager is a lot harder. Beginning at thirteen, your kids will be wanting (demanding, actually) more freedom and independence. They already know what their interests and wants are. But that doesn’t mean you should stop guiding them (especially when it comes to reading). Here are 4 highly recommended books for your teenagers.” (如果你认为青少年很难, 那就再想想吧。抚养一个十几岁的孩子要难得多。从 13 岁开始, 你的孩子会想要(实际上是要求)更多的自由和独立。他们已经知道自己的兴趣和需求是什么。但这并不意味着你应该停止引导他们(尤其是在阅读方面)。这里有 4 本强烈推荐给青少年的书。) 可知, 短文是针对有青少年的父母。故选 C 项。

B

We had a military training for a whole week in late August after stepping into our new senior high school. The

military coaches were all strict with us. Frankly speaking, we all felt very tired, and even had pains in our legs. However, we all persisted (坚持) in practising, and felt satisfied with ourselves eventually.

In the morning, we arrived at the playground in lines on time. Then you could hear our military coaches shout at the top of their voices “Stand at attention” “Stand at ease” “Turn left” “March” “Run”. All the students were practising carefully. Exhausted as we were, none of us asked to have a rest, none of us complained and none of us wanted to drop out. Under the blazing sun, despite high temperature and thirst, we stood still for an hour with sweat dripping down from our faces all the time. In the moonlight, we played games heartily, bursting into laughter now and then. On the grass, divided into two groups, we competed to sing encouraging military songs in high spirits one after another. At the meeting, hearing their moving speech, we felt regretful for wasting time before. At that time we realized we should have been grateful to our parents and teachers, with tears in our eyes. And we all made up our minds to study harder. On the afternoon of the last day, our principal sang high praise for our behaviour, and encouraged us to keep this persistent spirit in the future.

Though this military training is a tough experience, we challenged ourselves and overcame those difficulties. We felt proud from the bottom of our hearts. There is no doubt that this military training has left a deep and durable (持久的) impression on me, on all my classmates.

4. How does the writer like this military training?

- A. Tiring and disappointing.
- B. Enjoyable and comfortable.
- C. Meaningful and fruitful.
- D. Surprising and exciting.

5. What does the writer mainly describe in Paragraph 2?

- A. They had some difficulties in practising.
- B. They always practised without difficulty.
- C. They made every effort to practise and behaved very well.
- D. The principal hoped to praise them in person.

6. What did the students do in the moonlight during the military training?

- A. They practised marching and running.
- B. They played games and sang songs.
- C. They stood still for an hour.
- D. They listened to their coaches' speeches.

7. What may be the best title of this passage?

- A. Some Strict Coaches
- B. A Far-reaching Experience
- C. The Importance of Persistence
- D. A Difficult Period

【答案】 4. C 5. C 6. B 7. B

【解析】

【导语】这是一篇记叙文。主要讲述了作者作为高一新生进行的虽艰苦但有收获的军训经历对其一生的影响。

【4题详解】

推理判断题。根据第一段中“However, we all persisted (坚持) in practising, and felt satisfied with ourselves eventually.(然而,我们都坚持练习,并最终感到满意。)”以及最后一段中“We felt proud from the bottom of our hearts.(我们从心底里感到自豪。)”可推知,作者觉得这次军训是有意义的并富有成果的。故选C项。

【5题详解】

主旨大意题。根据第二段中“In the morning, we arrived at the playground in lines on time. Then you could hear our military coaches shout at the top of their voices “Stand at attention” “Stand at ease” “Turn left” “March” “Run”. All the students were practising carefully. Exhausted as we were, none of us asked to have a rest, none of us complained and none of us wanted to drop out.(早上,我们准时排队到达操场。然后你可以听到我们的军事教练大声喊道:“立正站好”“立正站好”“左转”“行进”“奔跑”。所有的学生都在认真地练习。虽然我们都累了,但没有人要求休息,没有人抱怨,也没有人想退出。)”可知,作者在第二段主要讲述了他们尽一切努力练习,表现得很好。故选C项。

【6题详解】

细节理解题。根据第二段中“In the moonlight, we played games heartily, bursting into laughter now and then. On the grass, divided into two groups, we competed to sing encouraging military songs in high spirits one after another.(在月光下,我们尽情地做游戏,不时地爆发出笑声。在草地上,我们分成两组,兴致勃勃地竞相高唱鼓舞人心的军歌。)”可知,军训期间,学生们在月光下做游戏和唱歌。故选B项。

【7题详解】

主旨大意题。根据文章大意以及最后一段中“‘There is no doubt that this military training has left a deep and durable (持久的) impression on me, on all my classmates.(毫无疑问,这次军训给我,给我所有的同学都留下了深刻而持久的印象。)’”可知,文章主要讲的是高一新生进行的虽艰苦但有收获的军训经历对其一生的影响。故这篇文章最好的标题是“一次影响深远的经历”。故选B项。

C

In an ideal world, we would be able to devote as much time to sports as we feel we need. But in reality, with growing demands in both work and family, we can only jump at the chance for our physical exercise when we can. Making the most of that time to practice Yin Yang yoga, which mixes the dynamic and slow-paced elements of yoga, helps keep you active and relaxed.

Yin and Yang are the Taoist concepts representing a balance of opposite forces which are also interconnected.

Yin is inactive, cooling, and negative, associated with the female force. Yang is active, warming, and positive, associated with action and movement. They are **complementary** to one another, as one cannot exist without the other.

Yin Yang yoga is a combination of high-energy movement which builds energy, increases strength and promotes stamina (耐力), followed by the more restful practice of Yin to give us a deeper stretch (拉伸) and calm the nervous system.

If you have a busy and active life you may feel more in Yang, so taking some cooler, slower Yin yoga practice into your routine may help you feel calmer and more balanced.

If you are practicing for an hour, divide the time in half, Warm up with sun salutations (拜日式瑜伽), continue into a dynamic flow and then move on to some standing postures. After half an hour your heart will be pumping, muscles tighten up and you are hopefully feeling energetic, but ready for a rest. Then pick five Yin postures to hold for 3-5 minutes, or even longer if you are enjoying them!

As ever with yoga, if you are a beginner or have health issues, always attend a class with a trained instructor first to guide you safely through the yoga practice and avoid injury.

8. What can be inferred from paragraph 1?

- A. Most of our sports time should be spent on Yin Yang yoga.
- B. We'd better devote as much time to physical exercise as we can.
- C. Busy schedule makes it impossible for us to do any form of sports.
- D. Yin Yang yoga can be a choice of physical exercise when time is tight.

9. What does the underlined word "complementary" in the second paragraph probably mean?

- A. Independent from one another.
- B. Competitive against one another.
- C. Similar to each other but unable to work together as a whole.
- D. Different from each other but together making a good combination.

10. Which of the following might be the benefit of Yin postures?

- A. Relaxing muscles.
- B. Building stamina.
- C. Strengthening the body.
- D. Quickening the heartbeat.

11. What suggestion does the writer give in the last two paragraphs?

- A. Hold each Yin posture for longer than 5 minutes.
- B. Do not practice yoga when you are not in good health.

C. Start your yoga practice under the guidance of a trainer.

D. Spare half an hour for five Yin postures in every yoga practice.

【答案】 8. D 9. D 10. A 11. C

【解析】

【导语】本文是一篇说明文。主要介绍了阴阳瑜伽。阴阳瑜伽是一种高能运动的结合，它能增强能量，增强力量，提高耐力。

【8 题详解】

推理判断题。根据文章第一段 “But in reality, with growing demands in both work and family, we can only jump at the chance for our physical exercise when we can. Making the most of that time to practice Yin Yang yoga, which mixes the dynamic and slow-paced elements of yoga, helps keep you active and relaxed.(但在现实中，随着工作和家庭的需求不断增长，我们只能在可以的时候抓住锻炼身体的机会。充分利用这段时间来练习阴阳瑜伽，它混合了瑜伽的动态和慢节奏元素，帮助你保持活跃和放松)” 可知，当时间紧张时，阴阳瑜伽是一种体育锻炼的选择。故选 D。

【9 题详解】

词句猜测题。根据划线处上句 “Yin is inactive, cooling, and negative, associated with the female force. Yang is active, warming, and positive, associated with action and movement.(阴是不活跃的、冷却的、消极的，与女性的力量有关。阳是活跃的，温暖的，积极的，与行动和运动有关)” 以及后句 “as one cannot exist without the other. (因为一个人离不开另一个)” 可知，阴阳彼此不同，但在一起形成了一个很好的组合，故选 D。

【10 题详解】

推理判断题。根据文章第三段 “followed by the more restful practice of Yin to give us a deeper stretch (拉伸) and calm the nervous system.(然后是更安静的阴练习，给我们更深的伸展和平静的神经系统)” 以及文章第四段 “If you have a busy and active life you may feel more in Yang, so taking some cooler, slower Yin yoga practice into your routine may help you feel calmer and more balanced.(如果你的生活繁忙而活跃，你可能会感到更多的阳气，所以在你的日常生活中进行一些凉爽、缓慢的阴瑜伽练习可能会帮助你感觉更平静、更平衡)” 可知，阴的姿势可以放松肌肉。故选 A。

【11 题详解】

细节理解题。根据文章最后一段 “As ever with yoga, if you are a beginner or have health issues, always attend a class with a trained instructor first to guide you safely through the yoga practice and avoid injury.(和瑜伽一样，如果你是初学者或有健康问题，一定要先参加有训练有素的教练指导你安全地进行瑜伽练习，避免受伤)” 可知，作者建议在教练的指导下开始你的瑜伽练习。故选 C。

D

It can be hard to believe that it is just a false illusion(错觉) when the moon has a “changing” size, but it is true. You can actually test it yourself and even catch it with a camera.

People mainly notice the moon looking bigger and closer when it is full and near the horizon (地平线). This is because your mind judges the size of an object by comparing it with other, familiar things. Imagine you are standing outside, close to your house. Your house will look big, and if the moon rises next to it, the moon will look normal. If you look at a house from far away, though, the house looks very small.

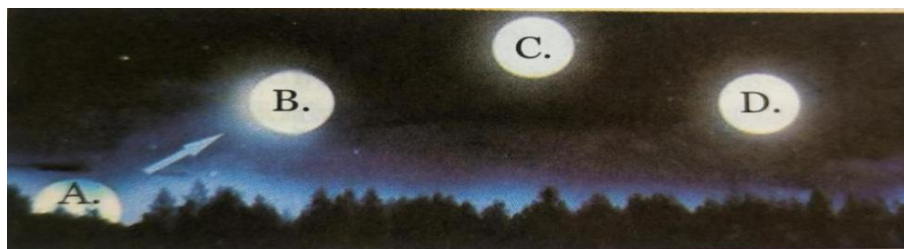
Actually, the moon is so far away that no matter where you are on Earth, it always looks the same size. However, the things—a house, a mountain or anything else—that are compared with the moon have “changing” sizes. They look bigger or smaller depending on how far away from them you are. So when the moon rises next to a distant house or a mountain, the moon looks huge.

There are several plausible but wrong explanations for the moon illusion, such as the idea that on some nights the moon really is closer. The moon’s orbit (轨道) is not perfectly round—it’s more like an oval (椭圆的) shape—so the moon does get nearer and farther away over the course of a month.

When the close part of the orbit meets a full moon, it’s called a supermoon. But when the moon is closest to Earth, it is only about 12% to 15% closer than when it is farthest from Earth—too small a difference to explain the moon illusion. It is hard to notice a 15% difference in size by just looking at the moon alone in the sky.

It’s easy to test the moon illusion, and you can do it yourself. Next time you see the moon looking huge and closer than usual, hold out your hand with a straight arm. Then close one eye and see which fingertip just covers the moon. Wait a little while until the moon moves higher into the sky and try the experiment again. The moon may look smaller, but your same fingertip will cover it just the same.

12. Which moon in the picture may look the biggest according to the text?



A. A

B. B

C. C

D. D

13. What does the underlined word “plausible” in the 4th paragraph mean?

A. New.

B. Simple.

C. Being easy to see or understand.

D. Seeming to be right or reasonable.

14. What can we learn about a supermoon from the text?

A. It is a full moon.

B. It happens twice a year.

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