

# 北京市昌平第二中学 2024-2025 学年高一上学期期中考试

## 英语

### 第一部分：知识运用 (共两节，20 分)

第一节 完形填空 (共 10 小题;每小题 1 分，共 10 分) 阅读下面短文，掌握其大意从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题纸上将该项涂黑。

The Tokyo 2020 Paralympic Games (残奥会) provided plenty of drama. One of the most 1 performances was that of Ibrahim Hamadtou, the armless Egyptian table tennis star. While playing, he puts a paddle (球拍) in his mouth and uses his right foot to serve the ball. This inspiring player 2 at the world stage with his unique skills.

Hamadtou 3 his arms in a train accident at the age of ten. He was drawn to table tennis after being challenged by a friend. Once Hamadtou was counting points of his friends' match, the one who disagreed on a point told Hamadtou, "4 your own business as you will never be able to play." It was that statement that 5 him up to decide to play table tennis.

Hamadtou says the biggest 6 was figuring out the best way to control his body. "I was trying first to use the paddle under the arm, and I also tried using other things, which weren't working so well. 7, I tried using my mouth. It took me three years to master the sport."

In 2016, this 8 player won the silver medal at African Championships, which allowed him to fight for his Paralympics in 2016 and 2020.

The extraordinary athlete says, "The 9 is not in arms or legs but to give up in whatever you would like to do." If you have got the strong willpower as Hamadtou, you can overcome any struggles and 10 anything in life.

- |                      |                |                 |                |
|----------------------|----------------|-----------------|----------------|
| 1. A. peaceful       | B. voluntary   | C. remarkable   | D. unstable    |
| 2. A. shines         | B. speaks      | C. updates      | D. cheers      |
| 3. A. hurt           | B. lost        | C. lifted       | D. crossed     |
| 4. A. Build          | B. Control     | C. Run          | D. Mind        |
| 5. A. fired          | B. blew        | C. picked       | D. held        |
| 6. A. expectation    | B. change      | C. challenge    | D. operation   |
| 7. A. Finally        | B. Suddenly    | C. Normally     | D. Actually    |
| 8. A. faithful       | B. responsible | C. unbelievable | D. emotional   |
| 9. A. disappointment | B. disability  | C. argument     | D. possibility |
| 10. A. appreciate    | B. produce     | C. prove        | D. achieve     |

【答案】1. C 2. A 3. B 4. D 5. A 6. C 7. A 8. C 9. B 10. D

### 【解析】

【分析】这是一篇记叙文。文章通过残疾人乒乓球明星哈马图的励志故事告诉我们：如果你有坚强的意志力，你就能克服困难，在生活中取得成就。

#### 【1 题详解】

考查形容词词义辨析。句意：最引人注目的表演之一是无臂埃及乒乓球明星易卜拉欣·哈马图的表现。A. peaceful 和平的、宁静的；B. voluntary 自愿的、志愿的；C. remarkable 引人注目的、非凡的；D. mysterious 神秘的。根据下文“While playing, he puts a paddle in his mouth and uses his right foot to serve the ball”可知，打球时，他把球拍放在嘴里，用右脚发球，说明这是“引人注目、非凡的”的表演。故选 C 项。

#### 【2 题详解】

考查动词词义辨析。句意：这位鼓舞人心的球员以其独特的技能在世界舞台上大放异彩。A. shines 闪耀、发光；B. speaks 谈话、说；C. updates 更新；D. cheers 欢呼、喝彩。根据上文“While playing, he puts a paddle in his mouth and uses his right foot to serve the ball”可知，他的打球技能是很独特的，所以用“闪耀”在舞台更符合语境。故选 A 项。

#### 【3 题详解】

考查动词词义辨析。句意：哈马图十岁时在一次火车事故中失去了双臂。A. hurt 伤害、疼痛；B. lost 失去、丢失；C. lifted 举起、抬升；D. crossed 交叉、越过。根据上文“the armless Egyptian table tennis star”可知，他是一位无臂乒乓球明星，所以此处指“失去”了双臂。故选 B 项。

#### 【4 题详解】

考查动词词义辨析。句意：有一次，哈马图正在为他的朋友们计算分数，一个在分数上有分歧的人对哈马图说：“管好你自己的事吧，因为你永远都不能打球。”A. Build 建造；B. Control 控制；C. Run 奔跑、经营；D. Mind 介意、关心。根据下文“you will never be able to play”可知，这是对他的嘲讽，所以用 mind one's own business 表示“管好自己事”。故选 D 项。

#### 【5 题详解】

考查动词词义辨析。句意：正是那句话激发了他打乒乓球的决心。A. fired 点火、激发；B. blew 吹；C. picked 捡、采摘；D. held 抓住、举办。根据上文对他讽刺的话可知，这些话应该是“激发”了他的决心，符合语境。故选 A 项。

#### 【6 题详解】

考查名词词义辨析。句意：哈马图说，最大的挑战是找到最佳的方法来控制他的身体。A. expectation 期望；B. change 变化、零钱；C. challenge 挑战；D. operation 操作、手术。根据下文“figuring out the best way to control his body”可知，作为一个无臂球员，控制身体肯定不容易，所以应该是一种“挑战”。故选

C 项。

【7 题详解】

考查副词词义辨析。句意：最后，我试着用我的嘴。A. Finally 最后、最终；B. Suddenly 突然地；C. Normally 正常地；D. Actually 实际上、事实上。根据上文 “I was trying first to use the paddle under the arm, and I also tried using other things, which weren't working so well” 和下文 “I tried using my mouth” 可知，前文尝试过了用胳膊和其他部位，所以应该是“最后”是试着用嘴。故选 A 项。

【8 题详解】

考查形容词词义辨析。句意：2016 年，这位令人难以置信的运动员在非洲锦标赛上获得了银牌，这让他得以参加 2016 年和 2020 年的残奥会。A. faithful 忠诚的、可信任的；B. responsible 负责的、有责任的；C. unbelievable 难以置信的；D. emotional 情感的、情绪的。根据上文 “It took me three years to master the sport” 可知，一个残疾运动员花费了三年时间掌握这项运动，所以他是“令人难以置信的”运动员，符合语境。故选 C 项。

【9 题详解】

考查名词词义辨析。句意：这位杰出的运动员说：“残疾不在于胳膊或腿，而在于放弃你想做的事情。” A. disappointment 失望、沮丧；B. disability 残疾、缺陷；C. argument 辩论、争论；D. possibility 可能性。根据上文 “the armless Egyptian table tennis star” 以及下文 “not in arms or legs” 可知，“残疾”不在于胳膊或腿。故选 B 项。

【10 题详解】

考查动词词义辨析。句意：如果你有哈马图那样坚强的意志力，你就能克服任何困难，在生活中取得任何成就。A. appreciate 欣赏、感激；B. produce 生产、产生；C. prove 证明；D. achieve 实现、取得。根据前文 “overcome any struggles” 可知，此处用“实现”成就与之对应，符合语境。故选 D 项。

## 第二节 语法填空 (共 10 小题;每小题 1 分, 共 10 分)

### A

语法填空

I'm a junior secondary school student. I 11 (come) to a new school for a few weeks. I feel 12 (depress) these days. I'm very shy, so social situations are stressful for me. My mother keeps telling me 13 (make) new friends with my classmates. I know it must be 14 (interest). But it is always so hard for me 15 (chat) with new classmates. I start to worry about my life here. I miss my old friends so much.

【答案】11. have come

12. depressed

13. to make

14. interesting

15. to chat

**【解析】**

**【导语】**这是一篇记叙文。短文主要讲述了一位初中新生到一个新学校后的心情变化。作者感到沮丧和担心，因为作者很害羞，不善于与新同学交朋友，这让作者感到有压力。作者很想念旧朋友，开始担心自己在新学校的生活。

**【11 题详解】**

考查时态和主谓一致。句意：我来到新学校已经有几周时间了。设空处缺少谓语动词，根据时间状语 for a few weeks 可知，此处表示过去的动作持续到现在，且对现在造成一定影响，应用现在完成时，其结构为 have/has done，主语为 I，助动词应用 have。故填 have come。

**【12 题详解】**

考查形容词。句意：这些天我感到很沮丧。设空处应填形容词作表语，修饰主语 I，depress 为动词，意为“使沮丧”，其形容词形式为 depressed，意为“沮丧的”。故填 depressed。

**【13 题详解】**

考查非谓语动词。句意：我妈妈一直告诉我，要和我的同学交朋友。tell sb to do sth 为固定搭配，意为“告诉某人做某事”，设空处应填动词不定式 to make 作宾语补足语，故填 to make。

**【14 题详解】**

考查形容词。句意：我知道那一定很有趣。设空处应填形容词作表语，修饰主语 it，interest 为名词或动词，意为“兴趣”或“使感兴趣”，其形容词形式为 interesting，意为“有趣的”。故填 interesting。

**【15 题详解】**

考查非谓语动词。句意：但是对于我来说，和新同学聊天总是很困难。分析句子结构可知，It is+adj.+for sb to do sth 为固定句型，意为“对某人来说做某事是……的”，设空处应填动词不定式 to chat 作真正的主语，故填 to chat。

**B**

语法填空

Paul, 1.6 metres tall, was on our school basketball team. He tried out many times just for making the team. He was still a replacement, 16 was really tough on him. Everyone knew Paul was someone 17 worked really hard with real skills and had a strong desire 18 (play) for the team. 19, Paul didn't get a chance. This week, we were playing a team 20 record had been perfect this season. They had never lost a single game. In this competition, Paul would get the chance that he'd been waiting for.

**【答案】** 16. which

17. who##that

18. to play

19. However

20. whose

**【解析】**

**【导语】**本文是一篇记叙文。文章讲述了 Paul 多次尝试加入校篮球队，虽然一直是替补，但他努力训练，技能出色，渴望为球队效力。终于，在一场比赛中，Paul 得到了他一直等待的机会。

**【16 题详解】**

考查定语从句。句意：他还是个替补，这对他来说真的很难。“\_\_\_\_\_ was really tough on him”为非限制性定语从句，修饰前面整个句子，关系词将“他还是个替补”这件事情代入定语从句中作主语，应用关系代词 which 引导该从句。故填 which。

**【17 题详解】**

考查定语从句。句意：每个人都知道 Paul 是一个真正努力、有真才实学并且有强烈愿望为球队效力的人。“\_\_\_\_\_ worked really hard with real skills”为限制性定语从句，修饰先行词 someone，指人，关系词将其代入从句中作主语，应用关系代词 who 或 that 引导该从句。故填 who 或 that。

**【18 题详解】**

考查非谓语动词。句意：每个人都知道 Paul 是一个真正努力、有真才实学并且有强烈愿望为球队效力的人。名词 desire 后常用动词不定式作后置定语；desire to do sth.意为“做……的愿望”。故填 to play。

**【19 题详解】**

考查副词。句意：然而，Paul 没有得到机会。前文提到 Paul 努力且有真才实学，后文却说他没有得到机会，前后为转折关系，应用表示转折关系的连接副词 however 连接；句首单词首字母大写。故填 However。

**【20 题详解】**





考查定语从句。句意：这周，我们要和一支本赛季记录一直完美的球队比赛。“\_\_\_\_\_ record had been perfect this season”是非限制性定语从句，修饰先行词 a team，关系词代替先行词在定语从句中作 record 的定语，意思是“这支球队的记录”，应使用具有所属关系的关系代词 whose 引导该定语从句。故填 whose。

**第二部分 阅读理解 (共两节, 38 分)**

**第一节 (共 14 小题;每小题 2 分, 共 28 分)** 阅读下面短文, 从每题所给的 A、B、C、D 四个选项中, 选出最佳选项, 并在答题卡上将该项涂黑。

**A**

**Welcoming New Lifestyles**

	<p>Hygge has been popular in the UK for over a year. It means to create a relaxed and comfortable mood. It can be felt by relaxing activities like chatting with friends. Besides, hygge is also about learning to be happy with simple things. This really resonated (共鸣) with me. I feel stressed at home because my small flat is packed with much stuff. I decide to throw the things that don't hold memories. Doing this would help me feel hygge.</p>
	<p>Last year, lagom, a Swedish word meaning "just the right amount", became popular. Lagom is about seeking a balance of work and life. It's also about living more sustainably (可持续地) by saving more energy, creating less waste and recycling more. Next year, I won't have to replace things so often. Plus, I keep thinking about recycling and hoping to save as much money as possible. So, I can get on board with lagom.</p>
	<p>Coming from Japan, wabi sabi is about finding beauty in imperfection. Wabi refers to the failings in the production process, which makes an object special. Sabi describes the beauty that comes with age. The tradition of wabi sabi can offer a new way to view our homes. I am a perfectionist and I keep my home tidy. But now, my girls put their toys everywhere. So, I have to see the mess and accept the imperfections.</p>
	<p>In the Japanese concept, ikigai means "a reason for being", which can bring satisfaction and meaning to life. Many people believe ikigai can be found at what you are good at and what you love doing. For me, it is blogging. This year I can do more writing tasks that interest me. And if I notice the things that bring me no joy, I can stay away from them in the future. Hopefully, this will help me to lead a more meaningful life.</p>

21. If a person wants to enjoy a simple but happy life, which lifestyle is suitable?

A. Wabi sabi.                      B. Ikigai.                      C. Hygge.                      D. Lagom.

22. To live a lifestyle of wabi sabi, one has to \_\_\_\_\_.

- A. achieve a balance between work and life
- B. find beauty in his or her imperfect life
- C. be happy and find out the meaning of life
- D. throw away the useless and live a simple life

23. This passage is most likely to be read in \_\_\_\_\_.

- A. research report                      B. travel brochure                      C. product advertisement                      D. popular magazine

【答案】 21. C    22. B    23. D

【解析】

【导语】 本文是一篇说明文。文章主要介绍了四种新的生活方式，并分别阐述了它们的含义以及作者对这些生活方式的看法和体验。

【21 题详解】

细节理解题。根据第一段中 “Hygge has been popular in the UK for over a year. It means to create a relaxed and comfortable mood. It can be felt by relaxing activities like chatting with friends. Besides, hygge is also about learning to be happy with simple things. (Hygge 在英国已经流行一年多了。它的意思是创造一种轻松舒适的氛围。它可以通过放松的活动来感受，比如和朋友聊天。此外，hygge 还关乎学会因简单的事物而快乐)” 可知，如果一个人想过简单而快乐的生活，hygge 这种生活方式是合适的。故选 C 项。

【22 题详解】

细节理解题。根据第三段中 “Coming from Japan, wabi sabi is about finding beauty in imperfection.(来自日本的 wabi sabi 是在不完美中寻找美)” 可知，为了过上 wabi sabi 的生活方式，一个人必须在他或她不完美的生活中寻找美。故选 B 项。

【23 题详解】

推理判断题。结合标题 “Welcoming New Lifestyles (迎接新的生活方式)” 和下文内容可知，文章介绍的四种新的生活方式，并结合作者自身的体验进行了阐述，这属于日常生活类话题，因此这篇文章最可能出现在流行杂志上。故选 D 项。

**B**

How far would you go to help a friend? Jeremy Savage and Ian Marshall had their friendship tested to the limit on a recent trip to the Rocky Mountains with their parents.

On Saturday morning, the two boys decided to climb a mountain nearby on their own. After three hours, they reached the top and enjoyed the beautiful view from the mountaintop.

However, trouble began when they started the climb down. On one very dangerous part of the mountain, Ian fell three metres off the side of the path. Jeremy climbed down to where Ian was and found him badly injured and not able to move. Jeremy had to decide what to do. He needed help but he did not want to leave his friend. He cleaned the dirt and blood from Ian's face and hands, and then tried to help Ian stand up, but Ian's right leg was hurting too much. They had to wait and hope that help would come.

Meanwhile, as darkness started to fall, their parents back at the campsite became very worried about the boys. They called park workers and began searching for the boys.

While waiting for help, Jeremy gave Ian his food and let him lie on his jacket. As the evening grew darker and the temperature dropped, Ian told Jeremy to leave him and go back to their parents but Jeremy still did not leave. He thought it was too dangerous for Ian to be alone on such a cold windy night. Jeremy used his jacket to keep Ian warm and they rested together through the night.

At sunrise, Jeremy decided that the only way to help his friend was to carry him down the mountain. So, they started the long climb back to the campsite. Jeremy carried Ian on his back. Finally, after four long and tiring hours, they came across their relieved parents, who were still looking for them on the mountain. "I will always remember what Jeremy did for me," said Ian afterwards. "He saved my life. That is the greatest thing that a person can do for his friend."

24. What happened when Jeremy and Ian started the climb down?

- A. They lost their way.
- B. The weather turned bad.
- C. They ran out of their food.
- D. Ian fell and got injured.

25. What do we know from the last paragraph?

- A. Their parents met them at the campsite.
- B. Jeremy carried Ian on his back to climb down.
- C. Their parents helped them out of the trouble.
- D. Jeremy and Ian waited for four hours to be saved.

26. What words can best describe Jeremy?

- A. Brave and confident.
- B. Loyal and honest.
- C. Trust-worthy and selfless.
- D. Hard-working and sympathetic.

【答案】 24. D    25. B    26. C

【解析】

【导语】 本文是一篇记叙文。主要描写 Jeremy



和 Ian 与父母攀登时, Ian 不幸受伤了, Jeremy 不离不弃地陪着他。

#### 【24 题详解】

细节理解题。根据第三段 “On one very dangerous part of the mountain, Ian fell three metres off the side of the path. Jeremy climbed down to where Ian was and found him badly injured and not able to move. (在山上的一个非常危险的地方, Ian 从小径旁摔下了三米。Jeremy 爬下去找到了 Ian, 发现他受了重伤, 无法移动)” 可知, Ian 掉下来受伤了。故选 D。

#### 【25 题详解】

细节理解题。根据最后一段 “So, they started the long climb back to the campsite. Jeremy carried Ian on his back. (于是, 他们开始了返回营地的漫长攀爬。Jeremy 背着 Ian)” 可知, Jeremy 背着 Ian 下山。故选 B。

#### 【26 题详解】

推理判断题。根据第三段 “On one very dangerous part of the mountain, Ian fell three metres off the side of the path. Jeremy climbed down to where Ian was and found him badly injured and not able to move. (在山上的一个非常危险的地方, Ian 从小径旁摔下了三米。Jeremy 爬下去找到了 Ian, 发现他受了重伤, 无法移动)” 以及最后一段 “So, they started the long climb back to the campsite. Jeremy carried Ian on his back. Finally, after four long and tiring hours, they came across their relieved parents, who were still looking for them on the mountain. (于是, 他们开始了返回营地的漫长攀爬。Jeremy 背着 Ian。最终, 在四个漫长而疲惫的小时后, 他们遇到了正在山上寻找他们的父母, 父母见到他们后松了一口气)” 可知, Ian 受伤之后, Jeremy 不离不弃, 可见 Ian 是一个很值得信任和无私的人。故选 C。

## C

### Choosing the Right Resolution (决定)

Millions of Americans began 2014 with the same resolution they started 2013 with, a goal of losing weight. However, setting weight loss as a goal is a mistake.

To reach our goal of losing weight — the output, we need to control what we eat — the input (输入). That is, we tend to care about the output but not to control the input. This is a bad way to construct goals. The alternative is to focus your resolution on the input. Instead of resolving to lose weight, try an actionable resolution: “I’ll stop having desert for lunch,” or “I’ll walk every day for 20 minutes.” Creating a goal that focuses on a well-specified input will likely be more effective than concentrating on the outcome.

Recently a new science behind incentives (激励), including in education, has been discussed. For example, researcher Roland Fryer wanted to see what works best in motivating children to do better in school. In some cases, he gave students incentives based on input, like reading certain books, while in others, the incentives were based on output, like results on exams. His main finding was that incentives increased achievement when based on input but

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