

2022 北京八十中初三（上）期中

英 语

知识运用（共 14 分）一、单项选择（共 6 分，每小题 0.5 分）从下面各题所给的 A、B、C、D 四个选项中，选择可以填入空白处的最佳选项。

1. Mr. Jackson is a popular writer, and we all like reading_____ books. ()
A. their B. her C. his D. your
2. The 24th Beijing Winter Olympics opened_____February 4th, 2022. ()
A. in B. on C. for D. at
3. - _____do you go to the library to do volunteer work?
- Once a week. ()
A. How much B. How many C. How often D. How long
4. It's very difficult for me to learn French, _____I don't want to give it up. ()
A. but B. because C. or D. so
5. - Mr. White, must I hand in my homework now?
- No, you_____.You can give it to me tomorrow. ()
A. mustn't B. needn't C. shouldn't D. won't
6. Beijing, the capital of China, is one of _____ cities in the world. ()
A. modern B. more modern
C. most modern D. the most modern
7. Jack will send you an e - mail as soon as he _____in London. ()
A. arrives B. arrived
C. is arriving D. will arrive
8. I_____ Mr. Smith since he moved to Shanghai. ()
A. didn't hear from B. don't hear from
C. won't hear from D. haven't heard from
9. She is a great tennis player.She_____playing tennis when she was five. ()
A. starts B. started
C. has started D. will start
10. The students _____about the art show happily when I passed by. ()
A. talk B. talked
C. are talking D. were talking
11. Today Chinese is very popular and it_____by more and more people all over the world. ()
A. speaks B. spoke C. is spoken D. was spoken
12. - We had a hot discussion about our summer trip just now.

- Cool! Have you decided ___? ()

A. where did you go

B. where will you go

C. where you went

D. where you will go

二、完形填空（共 8 分， 每空 1 分）通读下面短文，掌握其大意，然后从短文后各题所给的 A、B、C、D 四个选项中，选择能填入相应空白处的最佳选项，将其字母代号写在题前括号内。

13. (8 分) I was crazy about baseball. My baseball glove was always close by: either under my desk or my chair at school. My biggest dream was to play big - league baseball like my favorite star, Billy Hawkins.

My favorite (1) _____ of the school day was the time when I could take out my glove and play catch. My teacher, Ms. Welles, told me to leave my glove at home, but I was lost without my glove. During break, I stood around with sad eyes and drooping shoulders, and in class I was always quiet. She also told me that I could do better in my studies if I concentrated on (集中精力于...) them. It was true.

One day, Ms. Welles introduced a special guest to the class - - Billy Hawkins! I was (2) _____! Billy said, "If you want to be a ball player, it's important to study hard in school."

"What does school have to do with baseball?" I asked.

"I'll show you by giving you a baseball (3) _____" said Billy, "Here're three questions. Each student who answers all the three questions correctly will win two tickets to a Leopards game!"

I was sure I could answer the questions. The first question was, "How do you (4) _____ a player's batting average (击球率)?" I wasn't sure how to do the math on it. For the second question, Billy handed out an article about baseball. It (5) _____ several words I didn't understand. The third question was which team had won the World Champion when George Bush became President. (6) _____ I knew about the World Champion winners, I didn't know much about Presidents.

Nobody got all the three answers right. Luckily, we would have another chance the following week.

That week, we all helped each other. The students who were good with numbers taught the others how to work out the averages. The (7) _____ readers helped with the difficult words, and the best history students helped with important dates and names. When we took the second baseball test, we answered all the questions correctly, and the whole class won the tickets!

That afternoon at the stadium, I asked my hero to (8) _____ on my souvenir (纪念品) baseball. It read, "Keep working hard in school. See you in the big leagues! Billy Hawkins."

(1) A. part

B. team

C. club

D. class

(2) A. afraid

B. relaxed

C. touched

D. excited

(3) A. game

B. test

C. ticket

D. cap

(4) A. pick out

B. give out

C. work out

D. take out

(5) A. included

B. invented

C. collected

D. completed

(6) A. As

B. If

C. Since

D. Though

(7) A.special B.strong C.fast D.kind

(8) A.draw B.hold C.sign D.keep

三、阅读理解（共 36 分）阅读理解（共 26 分，每空 2 分）阅读下面 A、B、C、D 两篇短文，根据短文内容，从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项，将其字母代号写在题前括号内。

14. (6 分)

Different museums

Place	Information
(1)	If you want to learn about the value of money in a fun way, you shouldn't miss it. Here you can see gold bars from ancient times, and you can even try to lift one. Price: \$ 8.00. (Children under 18 are free) . Time: Monday to Friday
(2)	Here's the world's largest exhibition about the future of our cities. Through touch - screens and experiments, kids can learn how to create a building and how to produce energy. Price: Free Time: Tuesday to Saturday
(3)	It is home to one of the world's finest collections of children's toys, dolls' houses and games. You'll learn how children lived in the past. It is closed on official holidays! Price: ¥60 Time: Wednesday to Sunday

Choose the museum according to the information

A.Science and Technology Museum

B.National Museum

C.V&A Museum of Childhood

D.Bank of England Museum

15. (6 分)

A Hole in the Boat

Once a boat owner decided to get his boat painted. So one day, he called a painter and asked him to paint his boat.

The painter brought paint and brushes with him and began to paint the boat with bright red color as the owner asked him.

While painting the boat, he realized that there was a hole in the hull (船体) and decided to repair it. After he finished painting, the painter received his money from the owner and left.

The next day, the owner of the boat came to the painter and presented him with a check, much higher than the payment for painting. The painter was surprised and said, "You have already paid me for painting the boat.

And it was such a small service. Certainly, it's not worth paying me such high amount for something so small."

The owner said, "My dear friend, you do not understand. Let me tell you what happened. When I asked you to paint the boat, I forgot to mention about the hole to you. When the paint on the boat dried, my kids took the boat and went fishing. They didn't know that there was a hole in the hull of the boat and I was not at home at that time. When I returned and noticed that they had taken the boat, I was desperate (绝望的) because I remembered that there was a hole in the boat and I hadn't asked you to repair it. Imagine my joy when I saw them returning from fishing, safely. Then I went to the boat and examined it, I was surprised to find that you had repaired that hole. You see, now what you did? You saved our children's life. I don't have enough money to pay for your Small Good Deed."

No matter who, when or how...just continue to help. Because you never know when one is in need of us.

(1) While painting the boat, the painter found_____ .

- A.the boat was broken badly
- B.there was a hole in the hull
- C.the owner's children went fishing
- D.the owner presented him with a check

(2) The next day, the owner came to the painter to_____.

- A.tell him to repair the hole
- B.ask him to do more work
- C.invite him to go fishing together
- D.thank him for saving his children

(3) What can we learn from the story?

- A.The painter was helpful and responsible.
- B.The owner cared little about his children.
- C.The painter was rich and had lots of money.
- D.The owner told his children about the hole.

16. (6分) Most teens need about 8 to more than 9 hours of sleep each night. The right amount of sleep is necessary for anyone who wants to do well in a test or play sports without tripping over their feet. Unfortunately, though, many teens don't get enough sleep.

_____? Early starting time in some schools may play a role in this sleep deficit (不足). Teens who fall asleep after midnight may still have to get up early for school, meaning that they may only shorten into 6 or 7 hours of sleep a night. A couple of hours of missed sleep a night may not seem like a big deal, but can create a noticeable sleep deficit over time.

Why is sleep important? Sleep deficit affects everything from a person's ability to pay attention in class to his or her mood. Research shows that more than 20% of high school students fall asleep in class, and experts have been able to tie lost sleep to poorer grades. Lack of sleep also damages teens' ability to do their best in sports. Slowed responses and less concentration (专注) caused by sleep deficit don't just affect school or

sports performance, though. Lack of sleep slows reaction time, which can be life threatening for people who drive. The National Highway Safety Traffic Administration reports that 1, 500 people are killed every year in crashes caused by drivers between the ages of 15 and 24 who are simply tired. Lack of sleep has also been linked to emotional troubles, such as feelings of sadness and depression. Sleep helps keep us physically healthy, too, by slowing our body's systems enough to re-energize us after everyday activities.

How do I know if I'm getting enough sleep? Even if you think you're getting enough sleep, you may not be. Here are some of the signs that you may need more sleep: (1) difficulty in waking up in the morning; (2) inability to focus; (3) falling asleep during classes; (4) feelings of anxiety and even depression (忧郁). Recently, some researchers, parents, and teachers have suggested that middle and high school classes begin later in the morning to meet teens' need for more sleep. Some schools have already tried later starting time. You and your friends, parents, and teachers can call up for later start time at your school, but in the meantime you'll have to make changes on your own first.

(1) Which is the best choice for the blank in Paragraph 2?

- A. What does sleep deficit mean
- B. How many hours do teens sleep a night
- C. Why can't teens get enough sleep
- D. Why do teens now need to sleep more

(2) What can we learn from the passage?

- A. 1500 drivers between ages of 15 and 24 in America are killed a year.
- B. Lack of sleep has bad influence on both life and school performance.
- C. Sleep helps to keep us healthy by energizing our everyday activities.
- D. Poor performance in study and sports has little relation with lost sleep.

(3) What is the writer's main purpose in writing this passage?

- A. To explain the reason why teens are lack of sleep.
- B. To draw people's attention to teens' sleeping problem.
- C. To introduce that we have the problem of sleep shortage.
- D. To give teens advice on possible ways of having better sleep.

17. (8分) In our society we often look up to people who are under a lot of stress, who can deal with lots of stress, and those who are under a great deal of pressure. When someone says, "I've been working really hard," or "I'm really stressed out," we are taught to admire, even copy what they do. In my work as a stress consultant (顾问) I hear the proud words "I have a very high tolerance (忍受力) to stress" almost every day. It probably won't come as a surprise that when these stressed-out people first arrive at my office, more often than not, what they are hoping for are methods to raise their tolerance to stress even higher so they can deal with even more!

Luckily, there is a powerful law in our emotional environment that goes something like this: our present level of stress will be exactly that of our tolerance to stress. You'll notice that the people who say, "I can deal

with lots of stress" will always be under a great deal of it! So, if you teach people to raise their tolerance to stress, that's exactly what will happen. They will accept even more responsibility until again, their level of stress matches that of their tolerance.

It may seem strange, but if you were to join in the stress management workshop, what you would probably learn is to raise your tolerance to stress. It seems that even stress consultants are stressed out!

What you want to start doing is noticing your stress early before it gets out of hand. When your schedule is getting out of hand, it's a sign that it's time to slow down and reconsider what's important rather than power through everything on the list. When you're feeling out of control and tired of all you have to do, rather than roll up your sleeves and "get to it," a better method is to relax, take a few deep breaths, and go for a short walk. You'll find that when you catch yourself getting too stressed out - early, before it gets out of control - your stress will be like the "snowball" rolling down the hill. When it's small, it's manageable and easy to control. Once it gathers more, however, it's difficult, if not impossible, to stop. There's no need to worry that you won't get it all done. When your mind is clear and peaceful and your stress level comes down, you'll be more effective and you'll have more fun. As you lower your tolerance to stress, you will find that you'll have far less stress to deal with, as well as creative ideas for dealing with the stress that is left over.

(1) People hoping to raise their tolerance will probably _____.

- A. shoulder fewer responsibilities
- B. have to deal with more stress
- C. refuse to listen to the consultant
- D. manage to solve problems well

(2) The underlined sentence in Paragraph 2 probably means _____.

- A. the level of stress differs from their tolerance
- B. the level of stress changes with their tolerance
- C. the level of stress goes beyond their tolerance
- D. the level of stress falls below their tolerance

(3) What is the main idea of Paragraph 4?

- A. We should follow our schedule and power through everything on the list.
- B. Rolling the snowball down the hill can help us relax and feel less stressed.
- C. It's wise to notice the early sign of stress and manage it as soon as possible.
- D. Going for a walk is a better choice when you are tired of what you're doing.

(4) Which of the following would be the best title for the passage?

- A. Lower Your Tolerance to Stress
- B. Turn to Your Consultant for Help
- C. Better Your Emotional Environment
- D. Get Close to Nature to Lower Stress

四、阅读与表达 (共 10 分) 阅读短文, 根据内容回答问题。

18. (10 分) IG, a Chinese esports club, won the world championship title in LOL (League of Legends) in

2018.It beat European team 3: 0 in South Korea.It was the first time that a club from China's LPL (League of Legends Pro League) won the title in the world championship's eight - year history.So what is esports?

Esports (Electronic Sports) is a form of competition using video games between professional players.It is not only a simple game in a sense, but a sport in which players use electronic equipment to play against each other in intelligence.It can improve the players' thinking ability, heart - to - eye coordination (协调), willpower and develop team spirit.

In 2003, esports became the 99th sport in China.However, esports is different from traditional sports and online games.Traditional sports athletes mainly train their physical ability and skill, such as muscle memory, exercising and dieting; while esports athletes' training is mostly about the mind, such as studying strategies and new updates for the game The industry has been developed for more than 10 years, but the public usually hold the opinion that playing online games has no benefit but taking one's attention away from their duties.In fact, there are several differences between esports and online games:

●First, the basic features.Online games are entertainment games while esports is a sport.Esports is an intellectual competition between people in an organized environment created by information technology.

●Second, the game rules.Esports has clear game rules.Its biggest feature is strict time and round limitations.However, online games are lack of clear rules of the game.Without time limit, it's easy for people especially teenagers to be addicted to (沉迷于) it.

●Third, the sports spirit.Esports competitions between athletes pay great attention to fair sports spirit.Some online games only need to recharge (充钱) to gain advantages, which is the main difference between esports and online games, In the upcoming 2022 Asian Games to be held in Hangzhou, esports will officially become a medal event.Esports is a new sporting activity.It will take a long time to grow into a mature industry like NBA (the National Basketball Association of the US) .Let's have a better understanding of esports and expect its bright future.

- (1) Which club won the world championship title in LOL in 2018?
- (2) When did esports become the 99th sport in China?
- (3) What is esports athletes' training about?
- (4) Will you play esports or online games? Why? (Please list at least two reasons.)



五、书面表达 (共 10 分) 文段表达 (共 10 分) 从下而两个题目中任选一题, 根据中文和英文提示, 完成

一篇不少于 50 词的文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。

19. (10 分) 假如你是李华, 你们学校准备下周五下午组织参观首都博物馆 (the Capital Museum) 。你打算邀请交换生 Jack 参加。请你用英语给他写一封邮件, 告诉他集合的时间和地点、参观的内容以及参观时要注意的事项。

提示词语: gate, local culture, see folk art, noise, letter, touch

提示问题:

- (1) When and where are you going to meet?
- (2) What are you going to see and do there?
- (3) What rules do you advise Jack to follow?

Dear Jack,

Yours,

Li Hua

20. 榜样的力量是无穷的, 他们激励我们克服困难, 勇往直前。

学校学生会于下周将以"我心目中的榜样"为主题, 组织一次演讲比赛。假如你是李华, 请用英文写一篇参赛演讲稿, 谈谈你心中的榜样 (role model) 是谁, 他/她都做了什么, 以及你从他 (她) 身上学到了什么?

提示词语: kind, work hard, help, encourage, win the heart of, give up, have a strong will

提示问题:

- (1) Who is your role model?
- (2) What did he/she do?
- (3) What can you learn from him/her?

参考答案

知识运用（共 14 分）一、单项选择（共 6 分，每小题 0.5 分）从下面备题所给的 A、B、C、D 四个选项中，选择可以填入空白处的最佳选项。

1. 【分析】杰克逊先生是一位受欢迎的作家，我们都喜欢读他的书。

【解答】their 他们的，形容词性物主代词；her 她、她的，人称代词宾格或形容词性物主代词；his 名词性或形容词性物主代词；your 你的、你们的，形容词性物主代词。根据前面的 Mr.Jackson，是男性单数，可知此处应用 his。

故选：C。

【点评】掌握物主代词的用法和含义是解答本题的关键。

2. 【分析】第 24 届北京冬奥会于 2022 年 2 月 4 日开幕。

【解答】in 用在年、月、上下午的前面；on 用于具体的某一天或具体某一天的上午，下午或晚上；for 后跟一段时间；at 用于具体的时刻前面。根据“2 月 4 日”可知，在具体某一天用介词 on。

故选：B。

【点评】介词这个知识点很广泛，有一些固定用法，需要日常积累，结合语境选择正确介词完成习题。

3. 【分析】- - 你多久去图书馆做一次志愿者工作？

- - 一周一次。

【解答】How much 多少，询问价格或不可数名词数量；How many 多少，是对可数名词复数进行的提问；How often 多久一次，是对频率进行的提问；How long 多长，是对长度或一段时间的提问。根据答语“Once a week.”可知上文是对频率进行提问，因此疑问词用 How often。

故选：C。

【点评】理解句意并熟记各个疑问词组的意思是解答本题的关键。

4. 【分析】我学法语很难，但我不想放弃。

【解答】but（但是）；because（因为）；or（或者）；so（所以），根据上下文的意思，可知：前后两句是转折关系。

故选：A。

【点评】厘清并列连词的含义是做好这类题的关键。

5. 【分析】- 怀特，我现在必须交作业吗？

- 不，你不必。你可以明天给我。

【解答】根据题干，可知 Must...? 句型的否定回答是：No, ...needn't, 是固定用法。

故选：B。

【点评】熟悉 need 的用法，结合题意，给出答案。

6. 【分析】北京，中国的首都，是世界上最现代化的城市之一。

【解答】句意：北京，中国的首都，是世界上最现代化的城市之一。one of+形容词的最高级+名词复数形式表示“…中最…的一个”，形容词最高级前面加冠词 the。

故选：D。

【点评】熟悉形容词比较级和最高级的基本用法，结合题意，给出答案。

7. 【分析】杰克一到伦敦就会给你发一封电子邮件。

【解答】主句是一般将来时，时间状语从句用一般现在时，主语是第三人称单数，谓语动词用第三人称单数形式。

故选：A。

【点评】对时态的考查，要求牢记各种时态的构成形式，结合时间状语和上下文的关系，找出正确答案。

8. 【分析】自从他搬到上海，我没有收到史密斯先生的来信。

【解答】答案：D. 根据关键词 since he moved to Shanghai. 可知，本句是现在完成时态，since 是现在完成时态的标志词，其构成为：have/has+过去分词，其否定形式在助动词后面加 not，缩写为 haven't 或 hasn't；主语是 I 是第一人称，所以助动词用 have，hear 的过去分词为 heard. 故选 D.

【点评】本题考查时态的辨析，要根据关键词和时间状语标志来确定动词的时态，在不同的语言环境中达到熟练掌握的目的。

9. 【分析】她是个伟大的网球运动员。她五岁时就开始打网球了。

【解答】根据句意和时间状语从句 when she was five 是一般过去时可知，主句也是一般过去时。

故选：B。

【点评】对时态的考查，要求牢记各种时态的构成形式，结合时间状语和上下文的关系，找出正确答案。

10. 【分析】当我经过的时候，学生正在开心的谈论文艺演出。

【解答】根据句意：当我经过的时候，学生正在开心的谈论文艺演出。可知 when 引导一般过去时的时间状语从句，主句用过去进行时 were/was+doing，表示过去某个时间正在做某事。

故选：D.

【点评】熟悉过去进行时的基本用法，结合题意，给出答案。

11. 【分析】今天，汉语很受欢迎，世界上越来越多的人说汉语。

【解答】根据时间状语"Today"，可知句子时态用一般现在时，且主语"it"和谓语动词"speak"之间存在被动关系，因此应用被动语态；一般现在时的被动语态结构为：am/is/are+动词的过去分词，主语是"it"，用 is，speak 的过去分词是 spoken。

故选：C。

【点评】掌握一般现在时的被动语态用法是解答本题的关键。

12. 【分析】-- 我们刚刚就暑期旅行进行了一次热烈的讨论。

-- 酷！你决定去哪儿了吗？

【解答】考查宾语从句。宾语从句中，从句通常用陈述语序，选项 AB 是疑问句语序，排除。结合语境 "We had a hot discussion about our summer trip "可知，这里讨论的事情还未发生，用一般将来时。

故选：D。

【点评】宾语从句要主谓陈述语序，即主语+谓语的顺序。

二、完形填空（共 8 分，每空 1 分）通读下面短文，掌握其大意，然后从短文后各题所给的 A、B、C、D 四个选项中，选择能填入相应空白处的最佳选项，将其字母代号写在题前括号内。

13. 【分析】本文主要讲述了作者的偶像给他做了两次关于棒球的测试，使作者改变了对待学习的态度。

【解答】(1) 名词辨析。A.部分；B.球队；C.俱乐部；D.班。根据后面的 was the time 可知，作者应该指的是每天在学校最喜欢的那部分时间。故选 A。

(2) 形容词辨析。A.害怕的；B.放松的；C.感动的；D.兴奋的。根据上文可知，Billy Hawkins 是"我"最喜欢的球星，因此见到他"我"会觉得很兴奋。故选 D。

(3) 名词辨析。A.游戏；B.测试；C.门票；D.帽子。根据下文 Here're three questions.Each student who answers all the three questions correctly will win two tickets to a Leopards game! (这里有三个问题。每一个学生答对三个问题，就能赢得两张豹子队比赛的门票!) 可知，Billy Hawkins 给孩子们做了个有关棒球知识的测试。故选 B。

(4) 短语辨析。A.挑出；B.分发；C.算出；D.取出。根据下文 taught the others how to work out the averages (教其他人如何计算击球率) 可知，应该是算出运动员的击球率。故选 C。

(5) 动词辨析。A.包括；B.发明；C.收集；D.完成。根据句意和语境可知，应该是文章中包含了一些"我"不理解的单词。故选 A。

(6) 连词辨析。A.作为；B.如果；C.自从；D.虽然。根据句意和语境可知，这里的意思应该是尽管"我"了解世界杯的冠军，但对总统的事情了解甚少。故选 D。

(7) 形容词辨析。A.特殊的；B.强大的；C.快的；D.善良的。根据上文 The students who were good with numbers (擅长数字的学生) 和 the best history students (最好的历史学生) 可知，应该是强大的读者帮助阅读困难的单词。故选 B。

(8) 动词辨析。A.画画；B.握住；C.签名；D.保留。根据句意和语境可知，应该是"我"请心目中的英雄在"我"的纪念品上签名。故选 C。

【点评】首先要通读全文，了解文章大意，紧紧抓住上下文语境所提供的信息，然后明确词意，结合排除法逐一选出答案，最后再通读全文核对答案。

三、阅读理解(共 36 分) 阅读理解(共 26 分，每空 2 分) 阅读下面 A、B、C、D 两篇短文，根据短文内容，从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项，将其字母代号写在题前括号内。

14. 【分析】本文主要是关于几个博物馆的信息简介。

【解答】细节推理题。

(1) 根据 If you want to learn about the value of money in a fun way, you shouldn't miss it. (如果你想以有趣的方式了解金钱的价值，你不应该错过。) 可知说的是金钱，结合选项，应说故选 D。

(2) 根据 Here's the world's largest exhibition about the future of our cities.Through touch - screens and experiments, kids can learn how to create a building and how to produce energy. (这是世界上最大的关于我们城市未来的展览。通过触摸屏和实验，孩子们可以学习如何建造建筑以及如何生产能源。) 可知结合选项，应说科技馆。故选 A。

(3) 根据 It is home to one of the world's finest collections of children's toys, dolls' houses and games.You'll learn how children lived in the past. (它是世界上最好的儿童玩具、玩偶屋和游戏收藏品之一的所在地。你会了解孩子们过去是如何生活的。) 可知说的是儿童玩具，结合选项，应说 V&A 童年博物馆。故选 C。

【点评】做题时结合原文和题目有针对性找出相关语句进行仔细分析，保证上下文意思通顺，结合选项选出正确答案。

15. 【分析】文章介绍了一个油漆工去给一艘船漆油漆，顺便也船上的洞修理了，因此也救了船长的孩子的命的故事。

【解答】(1) B 细节理解题。根据第三段 While painting the boat, he realized that there was a hole in the hull 可知在给船上漆时，他意识到船体上有个洞，故答案是：B。

(2) D 细节理解题。根据倒数第二段 You saved our children's life. I don't have enough money to pay for your Small Good Deed."你救了我们的命。我没有足够的钱来支付你小小的善举。"可知船长是来感谢他的，故答案是：D。

(3) A 细节推理题。根据第三段 While painting the boat, he realized that there was a hole in the hull (船体) and decided to repair it.在给船上漆时，他意识到船体上有个洞，于是决定修理它。这本来不是他的工作，但他去做了，说明这个油漆工非常乐于助人和有责任感，故答案是：A。

【点评】题目涉及多道细节理解题，做题时结合原文和题目有针对性找出相关语句进行仔细分析，结合选项选出正确答案。推理判断也是要在抓住关键句子的基础上合理的分析才能得出正确的答案。

16. 【分析】本文主要是讲了青少年没有足够的睡眠的原因，睡觉重要的原因以及该如何知道自己是否得到了足够的睡眠。

【解答】(1) C. 推理判断题。根据"Early starting time in some schools may play a role in this sleep deficit (不足). 在某些学校，提早上课时间可能是造成这种睡眠不足的原因。"可知第二段主要是在讲睡眠不足的原因，结合选项，填"为什么青少年无法获得足够的睡眠?"合适。故选 C。

(2) B. 细节理解题。根据"Sleep deficit affects everything from a person's ability to pay attention in class to his or her mood. 睡眠不足会影响一个人的一切，从一个人在课堂上注意力的能力到他或她的情绪。"可知睡眠不足对学业和生活都有不良影响。故选 B。

(3) B. 细节推断题。根据"Why can't teens get enough sleep? ...Why is sleep important? ...How do I know if I'm getting enough sleep?"可知本文主要是讲了青少年没有足够的睡眠的原因，睡觉重要的原因以及该如何知道自己是否得到了足够的睡眠。可知作者是为了让人们关注到青少年睡眠问题。故选 B。

【点评】从问题和选项入手，在问题和选项中找出关键词，了解文章大概，带着问题有针对性的到文章找答案。

17. 【分析】短文介绍的是帮助人们降低对压力的忍耐力的方法，告诉我们，当降低了对压力的容忍度就会发现自己要处理的压力少了很多，同时也会有更多的想法来处理剩下的压力。

【解答】(1) 细节理解题。根据原文 It probably won't come as a surprise that when these stressed-out people first arrive at my office, more often than not, what they are hoping for are methods to raise their tolerance to stress even higher so they can deal with even more! (当这些压力过大的人第一次来到我的办公室时，他们通常希望的是提高他们对压力的耐受性，这样他们就可以处理更多的压力，这可能并不令人惊讶。)可知承受巨大压力的人往往能够应付很多的压力。故答案为：B。

(2) 细节推理题。根据原文 They will accept even more responsibility until again, their level of stress

matches that of their tolerance. (他们会承担更多的责任, 直到他们的压力水平与他们的承受能力相匹配。)可知压力水平是变化的。"压力的程度随他们的承受能力面变化"符合题意, 故答案为: B。

(3) 细节理解题。根据原文 What you want to start doing is noticing your stress early before it gets out of hand. When your schedule is getting out of hand, it's a sign that it's time to slow down and reconsider what's important rather than power through everything on the list. (你要开始做的是在压力失控之前尽早注意到它。当你的日程表变得无法控制时, 这是一个信号, 表明你是时候放慢脚步, 重新考虑什么是重要的, 而不是匆匆完成清单上的所有事情。)可知我们在压力失控之前就注意到压力。故答案为: C。

(4) 主旨大意题。根据原文 As you lower your tolerance to stress, you will find that you'll have far less stress to deal with, as well as creative ideas for dealing with the stress that is left over. (当你降低对压力的容忍度时, 你会发现你要处理的压力会少得多, 同时也会有创造性的想法来处理剩下的压力。)可知短文介绍的是降低人们对压力的忍耐力的方法, Lower Your Tolerance to Stress 符合文意。故答案为: A。

【点评】做这类题, 要求考生对文章通读一遍, 做题时结合原文和题目有针对性的找出相关语句进行仔细分析, 结合选项写出正确答案。

四、阅读与表达 (共 10 分) 阅读短文, 根据内容回答问题。

18. 【分析】材料介绍了中国电竞游戏以及队员的成长。

【解答】(1) 细节理解题。根据原文 IG, a Chinese esports club, won the world championship title in LOL (League of Legends) in 2018. (中国电竞俱乐部 IG 在 2018 年获得 LOL (英雄联盟) 世界冠军。)可知是 Club IG。故答案为: Club IG。

(2) 细节理解题。根据原文 In 2003, esports became the 99th sport in China. (2003 年, 电竞成为中国第 99 项体育运动。)可知是 2003 年。故答案为: In 2003。

(3) 细节理解题。根据原文 while esports athletes' training is mostly about the mind, (而电竞运动员的训练主要是心智的训练,)可知主要是心智的训练。故答案为: It is mostly about the mind。

(4) 主观题, 合理即可。我不会, 因为我没有时间而且我需要集中注意力在学习上。故答案为: I won't, because I don't have time and I need to concentrate on my study。

【点评】做这类题, 要求考生对文章通读一遍, 做题时结合原文和题目有针对性的找出相关语句进行仔细分析, 结合选项写出正确答案。

五、书面表达 (共 10 分) 文段表达 (共 10 分) 从下面两个题目中任选一题, 根据中文和英文提示, 完成一篇不少于 50 词的文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。

19. 【分析】【高分句型一】:

I'm writing to invite you to visit the Capital Museum with my class. 我写信邀请你和我的同学一起参观首都博物馆。invite sb to do sth 表示邀请某人做某事。

【高分句型二】:

While visiting, we are not supposed to make noise or litter around. 参观时, 我们不应该在周围吵闹或乱扔垃圾。be supposed to do sth 表示应该做某事。

【解答】Dear Jack,

How is it going? (问候)

I'm writing to invite you to visit the Capital Museum with my class. 【高分句型一】 We are going to meet at the school gate at 7: 30 a.m.this Friday. (时间和地点) In the museum, we can experience local culture, see folk art and many other items that are on show. (内容) While visiting, we are not supposed to make noise or litter around. 【高分句型二】 What's more, we shouldn't touch the exhibitions either. (注意事项)

I'm looking forward to your early reply. (期待)

Yours,

Li Hua

【点评】能够根据提示进行书面表达，能够围绕主题准确使用一定的语法、词汇、短语和句型等，清楚连贯地表达自己的思想，进而完成写作任务。

20. 【分析】【高分句型一】:

When we got low score, he often encourages us to work harder. 当我们得分较低时，他经常鼓励我们更加努力地工作。when 引导时间状语从句；encourage sb to do sth 鼓励某人做某事。

【高分句型二】:

I learned a lot from him how to treat others. 我从他身上学到了很多如何对待别人。learn...from...从...学到...；how to treat，疑问词接不定式。

【解答】

My role model

Everyone has a role model. My role model is my math teacher. He is the best person I've ever seen. (点名谁是我的榜样)

He is a tall and handsome man. He is a wise and hard - working man with great patience. He always answers my questions clearly though he is very busy. He is kind and patient to every student. (长相和品质) When we got low score, he often encourages us to work harder. 【高分句型一】 When we have troubles, he often helps us solve them. What's more, he smiles at everything. (对我们的帮助) He is not only a great teacher for me, but also a warm - hearted friend. He set a good example for us. I learned a lot from him how to treat others. 【高分句型二】(从他身上学到了什么)

How lucky I am to meet him in my school life! I'll try to be a person like him. (我的愿望)

【点评】能够根据提示进行书面表达，能够围绕主题准确使用一定的语法、词汇、短语和句型等，清楚连贯地表达自己的思想，进而完成写作任务。