



2024 年北京市初中学业水平考试

卷1

英 语

满分 60 分,考试时间 90 分钟。

第一部分

一、单项填空(每题 0.5 分,共 6 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. [2024 北京中考] My friends and I like sports. _____ often play basketball together after school.

A. We B. I C. They D. You

2. [2024 北京中考] The Chang'e-6 landed on the far side of the moon _____ June 2, 2024.

A. at B. on C. to D. in

3. [2024 北京中考] —Bill, _____ I use your ruler?

—Of course you can. Here you are.

A. can B. must C. need D. should

4. [2024 北京中考] What a lovely reading room! It's one of _____ in our school.

A. nice B. nicer C. nicest D. the nicest

5. [2024 北京中考] —Lily, your new schoolbag is pretty. _____ did you buy it?

—In a store near my home.

A. How B. Where C. Why D. When

6. [2024 北京中考] —Hi, Mike! Would you like to go boating with me?

—Yes, I'd love to, _____ I have to finish my science project first.

A. and B. or C. but D. for

7. [2024 北京中考] —What did you do last Saturday, Tina?

—I _____ to the nursing home and worked as a volunteer there.

A. go B. went C. will go D. was going

8. [2024 北京中考] A lot of people in China _____ by high-speed train every year.

A. travel B. traveled
C. will travel D. have traveled

9. [2024 北京中考] —Amy, you didn't answer my call yesterday evening. What were you doing?

—Sorry, I didn't hear the ring. I _____ a book in my study.

A. am reading B. have read C. was reading D. will read

10. [2024 北京中考] With the help of my teacher, I _____ much progress in English since last year.

A. am making B. will make C. was making D. have made

11. [2024 北京中考] Chinese _____ by more and more people around the world these days.

A. speaks B. spoke C. is spoken D. was spoken

12. [2024 北京中考] —Tim, do you know _____ the art festival?

—Sure! Next Friday.

A. when did we hold B. when we held
C. when will we hold D. when we will hold

二、完形填空(每题 1 分,共 8 分)

阅读下面的短文,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,选择最佳选项。

[2024 北京中考] Every summer, Serena spent two weeks at Green Farm's horseback riding camp. Last year, Serena and her favorite horse Piper finished second in the obstacle course (障碍赛赛道) race.

“I can't wait to ride Piper,” Serena told Rose, her coach. Rose smiled and said, “Sorry, but we need to save Piper for our newer 13 this year. She's one of the best-behaved horses. How about you try riding Harley?”Serena felt 14 and was a little scared (害怕的) at the sight of Harley, the tallest horse, but she stayed hopeful. As she was trying to ride Harley, he went up on his back legs, throwing Serena off. She landed on the hard ground, her eyes filled with tears.“I'm scared of Harley, and he's too hard to 15,” Serena told Rose.

“Harley is in a new place with a new person on his back,” Rose explained. “I'm sure he's pretty scared, too. But if you trust him, he will trust you.”

Serena decided that it was time for a fresh 16. “I know you're afraid of me. We're still strangers, and it's up to me to make sure that we become friends,” she talked to Harley 17. After a while, Harley calmed (平静) down, and Serena realized that she was also feeling calmer. She then led Harley for a walk around the ring so that he could get used to being with her and following her directions.Soon, Serena and Harley made progress together as their confidence in each other 18. By the end of the first week, they had completed the obstacle course together.On the final day of the camp was the big race. Serena confidently climbed onto Harley. Harley, 19 the excitement of the day, ran through the course like a madman and easily won. The other horses were just no match for Harley.Rose handed Serena the winner's trophy with a wink (眨眼). Serena suddenly realized that Rose had wanted her to 20 herself to be a better rider, even though she would have had a nice time with Piper.

Serena gave Rose a hug and then took the trophy, and a carrot, over to Harley.

13. A. leaders B. riders C. climbers D. drivers
14. A. stupid B. disappointed C. comfortable D. lucky

15. A. refuse

B. raise

C. cheat

D. control
16. A. answer

B. memory

C. start

D. topic
17. A. angrily

B. softly

C. curiously

D. sadly
18. A. fell

B. returned

C. grew

D. remained
19. A. sensing

B. breaking

C. hiding

D. spreading
20. A. advise

B. accept

C. choose

D. challenge

三、阅读理解(每题2分,共26分)

(一)阅读下列商店介绍,请根据人物需求匹配最适合的商店,并将商店所对应的选项(A、B、C、D)填在相应位置上。其中一个选项为多余选项。


A

[2024 北京中考]

Popular Stores


<div>A</div> <div>White's</div> <p>White's is a place for fruit lovers. In this store, you'll find different kinds of fruits. They are all grown on our local farms and sold at low prices.</p>	<div>B</div> <div>William's</div> <p>William's is in a beautiful new building. The store sells fresh food. It also makes tasty cakes and cookies to take away—great for celebrations!</p>
<div>C</div> <div>Parker's</div> <p>This store offers women's clothes. Many of them are made from natural materials. There's also an area selling beautiful handmade hats.</p>	<div>D</div> <div>Brown's</div> <p>This store is popular for its shoes at fair prices. And it is always the first in town to offer children's clothing in new designs.</p>

21. _____




Helen

Mother's Day is coming. I'd like to buy a beautiful hat for my mom. I'm sure she will like it.
22. _____



Petter

Mary and I will hold a birthday party for our friend, Lucy. So, I need to buy a big cake and some cookies for the party.
23. _____



Mark

My grandpa likes doing morning exercise in the park. I want to buy him a pair of sports shoes as a gift.

(二)阅读下列短文,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。

B

[2024 北京中考]The school year began. As president of the recycling club, Scott was thinking about new activities to encourage other students to become more enthusiastic (热心的) about recycling.



His club had helped to recycle a lot of waste for the past five years and he hoped that this year they would do even better.

Scott went home one day and looked online, hoping to find ideas for events the club could organize at school. During his research, he learned that the amount (数量) of electronic waste, or e-waste, is increasing rapidly. Scott was upset with himself for not noticing this problem sooner. At that moment, he began to develop a plan.

“There is a special project I want us to work on this term,” Scott announced (宣布) at the recycling club meeting the next day. “We have all heard about e-waste, but recently I learned about the bad effects it's having on our environment.” He went on to tell the club members that he wanted them to organize an e-waste drive—a day when students and their families could drop off unwanted electronics to be recycled. “Now let's get to work!”

For several weeks, the recycling club was busy preparing for the upcoming e-waste drive, or e-drive as it was soon called.

The big day finally arrived, and Scott was nervous. He and the other members arrived at school early to make sure that everything would go smoothly. Everyone waited eagerly, hoping that students of the school would take part in the event.

It wasn't long before the first cars pulled into the school parking lot. After a while, more people arrived. Phones, TV sets, computers and keyboards soon began piling up (堆积).

At the end of the event, Scott heard someone suggest that the school should have an e-drive event every term. Scott smiled, realizing that a simple action could truly have a lasting influence.

24. What did Scott learn during his research online?

- A. Students are enthusiastic about recycling.
- B. There is a lot of waste recycled every year.
- C. The amount of e-waste is increasing rapidly.
- D. There are many recycling clubs in the country.

25. How did Scott feel at first on that big day?

- A. Proud.
- B. Upset.
- C. Excited.
- D. Nervous.

26. What did Scott realize at the end of the e-drive event?

- A. Environmental problems could be solved.
- B. A simple action could bring a long-term effect.
- C. Teamwork is valuable for the success of events.
- D. Family members are interested in school activities.

C

[2024 北京中考]Sam Hill is really bad at finding his way from place to place. The world is full of people like Hill—and their opposites, who always seem to know exactly where they are and how to get where they want to go. It has proved hard to explain why. However, with the

development of technology, there's new excitement happening in the research world.

An experiment was carried out in 2022 to find out what might influence wayfinding ability. Researchers developed an online game in which players travel by boat to find where a lot of checkpoints lie. The game asked players to provide basic background information, and nearly four million people worldwide did so. Through the game, the researchers were able to judge navigational (辨识方向的) ability by looking at how far each person traveled to reach all the checkpoints. Then they compared players' performance with their background information.

The researchers found that Northern Europeans seemed to be better navigators, perhaps because they love orienteering (定向越野), a sport which involves cross-country running and navigation. And those from cities with more disorganized street networks (网状系统) did better than those from cities with orderly ones. Perhaps people of planned cities don't need to build complex (复杂的) maps in their minds.

Research results like these suggest that people's life experience decides how well they find their way. In fact, experience may even explain a popular belief that men are more likely to perform better than women. It turns out that this difference is more a question of culture and experience than of inborn ability. Northern Europeans, for example, show almost no gender (性别) difference in navigation. However, men do much better than women in places where women face cultural limits on exploring their environment on their own.

That finding is also supported by studies on the Tsimané, a community living in a forest in South America. Researchers put GPS units on 305 Tsimané people to check their daily movements over a three-day period, and found no difference between men and women in navigational ability. Even children performed very well—a result, researchers think, of growing up in an environment that encourages children to explore the forest.

27. Why was an experiment carried out in 2022?

- A. To develop an online wayfinding game.
- B. To improve the players' wayfinding ability.
- C. To pick out people who are weak in wayfinding.
- D. To find out why people are different in wayfinding ability.

28. According to the passage, who is probably the best at finding their way?

- A. A woman who often explores nature.
- B. A girl who studies South American culture.
- C. A man who runs on a sports ground every morning.
- D. A boy who lives in a city with an orderly street network.

29. What can we learn from the passage?

- A. Good navigators are mostly made, not born.
- B. Navigation skills differ between the genders.

C. Navigation skills are passed down, never lost.

D. Good navigators bring developments in technology.

D

[2024 北京中考] Almost everyone has experienced the feeling of discomfort when their actions do not agree with their inner values. A man, for example, values work-life balance yet works 80 hours every week, caring little about his own health and family. Another example is a boy who holds his parents' love dear but gets angry at them in a moment of stress; or a woman who hopes to live healthily but gives in to the attraction of fast food during moments of weakness.

This disagreement can lead to serious results, such as worsening relationships, limited personal growth, and self-doubt. The emotional effects of feeling out of control and unable to live up to our own standards can also be deeply harmful. The shame and upset that go along with these feelings often force us into silence, resulting in more self-doubt. One reason for this silence might be that admitting (承认) to these behaviors can feel like showing a weakness or mistake that society tells us should be kept hidden. What's more, recognizing this disagreement requires coming face to face with uncomfortable truths about ourselves—a process that is as discouraging as it is necessary for growth.

Recognizing and addressing these behaviors can provide a possibility of change. By looking into the causes of our behaviors, we can begin to understand our actions more easily and work toward sticking to our beliefs. Research supports the idea that recognizing this disagreement, together with mindfulness and open communication, can help with this process. These methods help us slow down, reflect (反思), and choose behaviors that follow our values more closely, even in the face of old habits or immediate needs.

The key to dealing with this disagreement lies in compassion (同情) for ourselves and others. By developing a culture of openness and by understanding the challenges of aligning behaviors with beliefs, we can begin to break down what prevents us from having conversation and change. Admitting that this disagreement is a shared part of the human experience can enable us to speak openly, find support, and take necessary steps toward the agreement between our inner world and our actions.

While the disagreement between our inner values and actions may be common, through reflection, understanding and purposeful practice, we can bridge the divide and set out on a journey of self-discovery.

30. Why does the writer use the examples in Paragraph 1?

- A. To stress an unavoidable need.
- B. To show a result of the wrong values.
- C. To describe a common human experience.
- D. To introduce a change in people's relationships.

31. What does the word “aligning” in Paragraph 4 most probably mean?
- A. Matching. B. Comparing.
C. Mixing. D. Confusing.
32. Which of the following would the writer most probably agree with?
- A. Discomfort forces us to give up our beliefs.
B. Our behaviors weaken our understandings of life.
C. Open communication makes it possible for us to change.
D. Keeping silent allows us time to live up to our standards.
33. What is the writer’s main purpose in writing this passage?
- A. To encourage people to stay true to their beliefs.
B. To prove the importance of having the right values.
C. To compare different ways to deal with discomfort.
D. To discuss the influence of people’s improper actions.

第二部分

四、阅读表达(第34—36题每题2分,第37题4分,共10分)

阅读短文,根据短文内容回答问题。

[2024 北京中考] Recently, I started to use an app to keep a record of my running. Each run I wanted to go a little farther, run a little faster and burn more calories (卡路里). Last night I finished an 8.3-km run in 46 minutes and burnt 468 calories. In comparison, my run two days ago was 8.6 km in 46 minutes with 483 calories burnt. This inner self-comparison left me feeling disappointed. I became so focused (专注的) on the numbers that I forgot to consider what I achieved.



These tiny differences in numbers kept me away from the bigger picture: how did I actually feel after completing my most recent run? Well, honestly, I was completely tired out. What good is running to beat your top score if you don’t feel on top?

We should exercise for the purpose of building our confidence. And working out harder and faster may serve that purpose. But confidence building comes with being able to do more in our day-to-day life, experiencing less pain and more freedom in movement, and feeling good after a workout. Fitness should help us with our quality (质量) of life, the ability to sleep, good memory, among other things. Fitness should not just come with the eagerness for the success in numbers.

In our busy lives, we only have limited time for fitness. When we do physical exercise, we should value what feels good over what looks or sounds good. Sometimes what serves us and our health is coming home and doing a light workout, like going on a short bike ride. Sometimes what serves us is simply going to sleep at 9:30 p. m. instead of forcing ourselves into a workout. Apps of this kind are a great way for us to keep an eye on our health. But don’t read into the numbers to the point where you lose out on feeling proud that you are taking care of yourself. So my advice is: when you do physical exercise, make sure you feel good about yourself over feeling good about the numbers.

34. Why did the writer start to use the app?
35. What did the writer forget to consider when he became too focused on the numbers?
36. According to the writer, what should be our purpose of doing exercise?
37. When you do physical exercise, which do you think is more important, feeling good about yourself or feeling good about the numbers? Why? (Please give two reasons.)

五、文段表达(10分)

38. 从下面两个题目中任选一题,根据所给的中文和英文提示,完成一篇不少于50词的英语文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出真实的校名和姓名。

题目①

[2024 北京中考] 假设你是李华,你校英语社团将接待国外学生代表团来访,届时举办一次交流活动,为此在校内征集师生的建议。请你给英语社团公众号留言,提供一个交流活动设计并说明理由。

提示词语: visit, performance, make, opportunity, culture

内容提示:

- What do you suggest for the activity?
- Why do you suggest doing that?

I’m Li Hua from Class 1, Grade 9.

I hope my idea can be considered. Thanks.

题目②

[2024 北京中考] 某英文网站正在开展以“记好友,叙友情”为主题的征文活动。假设你是李华,请你用英文写一篇短文投稿,介绍你最好的一位朋友,并记述你们之间一段难忘的经历。

提示词语: kind, helpful, encourage, practice, support

内容提示:

- Who is your best friend? Please describe him/her.
- Share an unforgettable experience you had with him/her.

I’m glad to say something about my best friend.

卷 1 2024 年北京市初中学业水平考试

★全解全析

1. A 【解析】考查代词辨析。句意为:我和我的朋友喜欢运动。我们经常放学后一起打篮球。we 意为“我们”;I 意为“我”;they 意为“他/她/它们”;you 意为“你(们)”。根据第一句中的主语 My friends and I 可知此处应用 We 表示“我们”。

2. B 【解析】考查介词辨析。句意为:嫦娥六号于 2024 年 6 月 2 日在月球背面着陆。根据空后的“June 2, 2024”可知,在具体的日期前介词应用 on。

上分归纳 at、in、on 表示时间的用法

1. at 指时间表示:

- (1) 具体的时间点、时刻等。
- (2) 较短暂的一段时间,可指某个节日或被认为是一年中标志大事的日子。

2. in 指时间表示:

- (1) 在某个较长的时间(如世纪、朝代、年、月、季节以及泛指的上、下午或晚上等)内。
- (2) 在一段时间之后,多用于一般将来时,意为“在……以后”。

3. on 指时间表示:

具体的日期或某一天的早晨、下午或晚上。

3. A 【解析】考查情态动词辨析。句意为:——比尔,我可以用你的尺子吗?——当然可以。给你。can 意为“能”;must 意为“必须”;need 意为“需要”;should 意为“应该”。根据答语中的“Of course you can.”可知,此处表示请求使用别人的东西。故选 A 项。

4. D 【解析】考查形容词的比较等级。句意为:多好的阅览室啊!它是我们学校最好的(地方)之一。“one of the+形容词最高级”意为“最……的之一”,符合语境。故选 D 项。

5. B 【解析】考查特殊疑问词辨析。句意为:——莉莉,你的新书包很漂亮。你在哪里买的它?——在我家附近的一个商店里。how 意为“怎样”;where 意为“在哪里”;why 意为“为什么”;when 意为“什么时候”。根据答语“In a store near my home.”可知,此处询问在哪里买的书包。故选 B 项。

6. C 【解析】考查连词辨析。句意为:——嗨,迈克!你愿意和我一起划船吗?——是的,我愿意,但我必须先完成我的科学项目。and 意为“和”;or 意为“或者”;but 意为“但是”;for 意为“因为”。根据语境可知,空格前后为转折关系,应用 but 连接。

7. B 【解析】考查动词的时态。句意为:——蒂娜,你上周

六做什么了?——我去了养老院并在那里做志愿者。根据问句中的 What did you do last Saturday 可知,此处是描述过去发生的事情,应用一般过去时。

8. A 【解析】考查动词的时态。句意为:中国每年有很多人乘坐高铁旅行。根据时间状语 every year 可知,本句应用一般现在时。

9. C 【解析】考查动词的时态。句意为:——埃米,你昨天晚上没接我的电话。你在干什么?——对不起,我没听到铃声。我正在书房里读书。根据 yesterday evening 和“What were you doing?”可知,此处是在描述过去某一时刻正在进行的动作,应用过去进行时。

10. D 【解析】考查动词的时态。句意为:在老师的帮助下,我自去年以来在英语方面取得了很大的进步。根据 since last year 可知,此处应用现在完成时。

11. C 【解析】考查动词的时态和语态。句意为:现在,全世界越来越多的人讲中文。分析句子结构可知,主语 Chinese 和动词 speak 之间是被动关系,应用被动语态;根据时间状语 these days 及语境可知,此处描述客观事实,应用一般现在时。

12. D 【解析】考查宾语从句。句意为:——蒂姆,你知道我们什么时候举办艺术节吗?——当然!下个星期五。分析句子结构并结合选项可知,此处为宾语从句,应用陈述句语序;根据答语中的“Next Friday.”可知,此处表示将要发生的动作,应用一般将来时。

上分归纳 宾语从句的用法

宾语从句应注意三点:

- ① 引导词:陈述句一般由 that 引导,这时的 that 可以省略;一般疑问句则由 if 或 whether 引导;特殊疑问句由特殊疑问词引导。
- ② 时态:如果主句是一般现在时,从句可用所需要的任何时态;如果主句是一般过去时,从句要用过去的某种状态;从句如果描述的是客观真理、自然规律等时,从句的时态用一般现在时。
- ③ 语序:宾语从句要用陈述句语序。

【完形填空·语篇导读】本文主要讲述了塞雷娜参加了骑马夏令管,在教练的鼓励和她自己的努力下,塞雷娜最终和哈利一起赢得了奖杯的故事。

13. B 【解析】考查名词辨析。句意为:对不起,但今年我们需要为我们新的骑马者保留派珀。leader 意为“领导”;rider 意为“骑马者”;climber 意为“登山者”;driver 意为

“司机”。根据下文中的 “She’s one of the best-behaved horses.” 可知此处是指骑马的人。

14. B 【解析】考查形容词辨析。句意为：塞雷娜感到失望，她一看到最高的马哈利就有点害怕，但她抱有希望。stupid 意为“愚蠢的”；disappointed 意为“失望的”；comfortable 意为“舒服的”；lucky 意为“幸运的”。根据上文中的 I can’t wait to ride Piper 及 we need to save Piper 可知，塞雷娜不能骑她想骑的马，因此感到失望。

15. D 【解析】考查动词辨析。句意为：我害怕哈利，它太难控制了…… refuse 意为“拒绝”；raise 意为“举起；募集”；cheat 意为“欺骗”；control 意为“控制”。根据上文 “As she was trying to ride Harley, he went up on his back legs, throwing Serena off.” 可知，当塞雷娜试图骑到哈利的背上时，哈利把塞雷娜甩了下去，因此塞雷娜觉得哈利很难控制。

16. C 【解析】考查名词辨析。句意为：塞雷娜决定是时候重新开始了。answer 意为“答案”；memory 意为“记忆”；start 意为“开始”；topic 意为“话题”。根据下文中的 “I know you’re afraid of me. We’re still strangers, and it’s up to me to make sure that we become friends...” 及语境可知，塞雷娜决定重新开始。故选 C 项。

17. B 【解析】考查副词辨析。句意为：……她温柔地对哈利说。angrily 意为“生气地”；softly 意为“温柔地”；curiously 意为“好奇地”；sadly 意为“悲伤地”。根据下文中的 “Harley calmed down, and Serena realized that she was also feeling calmer” 可知此处表示塞雷娜温柔地对哈利说话，故选 B 项。

18. C 【解析】考查动词辨析。句意为：很快，塞雷娜和哈利随着他们对彼此的信心增长而一起取得进步。fall 意为“倒下”；return 意为“回来”；grow 意为“成长；增长”；remain 意为“留下；保持”。根据 Serena and Harley made progress together 可知，塞雷娜和哈利对彼此的信心都有所增长。grew 符合语境。

19. A 【解析】考查动词辨析。句意为：哈利感受到了那天的兴奋，像疯子一样在赛道上奔驰，轻易就获胜了。sense 意为“感受”；break 意为“打碎”；hide 意为“隐藏”；spread 意为“传播”。根据下文中的 ran through the course like a madman and easily won 可知，此处表示哈利感受到了这天的兴奋。

20. D 【解析】考查动词辨析。句意为：塞雷娜突然意识到罗斯想要她挑战她自己，成为更好的骑马者…… advise 意为“建议”；accept 意为“接受”；choose 意为“选择”；challenge 意为“挑战”。challenge oneself 意为“挑战自己”，符合语境。故选 D 项。

长难句分析

Serena suddenly realized that Rose had wanted her to challenge herself to be a better rider, even though she would have had a nice time with Piper. 塞雷娜突然意识到罗斯想要她挑战她自己，成为更好的骑马者，即使她和派珀本来会有一段很好的时光。本句为复合句。本句中的 even though she would have had a nice time with Piper 为让步状语从句。

【阅读 A 篇·语篇导读】本文主要介绍了四家受欢迎的商店及三个人的需求。

21. C 【解析】细节理解题。根据文本框 C 中的 “This store offers women’s clothes.” 及 “There’s also an area selling beautiful handmade hats.” 可知 C 项符合海伦的需求。

22. B 【解析】细节理解题。根据文本框 B 中的 “It also makes tasty cakes and cookies to take away—great for celebrations!” 可知 B 项符合彼得的需求。

23. D 【解析】细节理解题。根据文本框 D 中的 “This store is popular for its shoes at fair prices.” 可知 D 项符合马克的需求。

【阅读 B 篇·语篇导读】本文主要讲述了斯科特在网上发现电子垃圾的数量正在迅速增加，于是他组织了电子产品回收活动的故事。

24. C 【解析】细节理解题。根据第二段第二句 “During his research, he learned that the amount of electronic waste, or e-waste, is increasing rapidly.” 可知，斯科特了解到电子垃圾的数量正在迅速增加。

25. D 【解析】细节理解题。根据第五段第一句 “The big day finally arrived, and Scott was nervous.” 可知，在重要的日子到来时，斯科特很紧张。

26. B 【解析】细节理解题。根据最后一段最后一句 “Scott smiled, realizing that a simple action could truly have a lasting influence.” 可知，斯科特意识到一个简单的举动可以产生持久的影响。

【阅读 C 篇·语篇导读】本文主要介绍一项关于寻路能力的实验。

27. D 【解析】细节理解题。根据第二段第一句 “An experiment was carried out in 2022 to find out what might influence wayfinding ability.” 可知，2022 年进行实验的目的是找出人们寻路能力不同的原因。

28. A 【解析】推理判断题。通读文章可知，文中并未提到学习某种文化或每天在运动场跑步会对一个人的认路能力产生影响，故排除 B、C 项；根据第三段第二句 “And those from cities with more disorganized street networks did better

than those from cities with orderly ones.”可知,那些城市街道系统混乱的人比那些城市街道系统有序的人在寻路方面表现得更好,排除 D 项;根据第四段第一句“Research results like these suggest that people's life experience decides how well they find their way.”可知,人们的生活经历决定了他们在寻路方面的表现。结合最后一段最后一句可知,一个经常探索自然的女性可能擅长寻路。

29. A 【解析】推理判断题。根据第四段前三句可知,寻路能力受文化或经验的影响,而不是一种天生的能力,由此推知,好的领航员大多是培养出来的,而不是天生的。

长难句分析

However, with the development of technology, there's new excitement happening in the research world. 然而,随着技术的发展,研究界出现了新的令人兴奋的事情。本句为 there be 句型。本句中的 with the development of technology 为介词短语作伴随状语。

【阅读 D 篇·语篇导读】人们在生活中遇到很多实际行动违背自己内心价值观的情况,本文主要介绍了这种情况对我们的影响及其处理方式等。

30. C 【解析】推理判断题。通读第一段可知,本段第一句提出了一个观点:几乎每个人都会经历实际行动违背内心价值观带来的不适感,下文列举了三个具体的例子。由此可推知,作者在第一段中举例子是为了具体描述这种普遍的人类经历。

31. A 【解析】词义猜测题。上文介绍了行为与内心价值观不一致的情况,结合“By developing a culture of openness and by understanding the challenges of aligning behaviors with beliefs, we can begin to break down what prevents us from having conversation and change.”可知,此处指使行为与信念一致的挑战。画线词应意为“使一致”,与 A 项意思相近。

32. C 【解析】细节理解题。根据“Research supports the idea that recognizing this disagreement, together with mindfulness and open communication, can help with this process.”可知,作者认为承认这种分歧,再加上专注和坦诚的沟通,可以使人们发生改变。

33. A 【解析】推理判断题。通读全文可知,文章主要介绍了人们在生活中会遇到很多实际行动违背内心价值观的情况,这会让我们感到不舒服,甚至带来严重后果,但只要通过反思、理解和有目的的实践,我们就可以消除这种分歧,踏上自我发现之旅。由此可推知,作者写本文的目的是鼓励人们忠于自己的信仰、坚守本心。

长难句分析

Almost everyone has experienced the feeling of discomfort when their actions do not agree with their inner values. 几乎每个人都经历过他们的行为违背内心价值观时的不适感。本句为复合句。本句中的 when their actions do not agree with their inner values 为时间状语从句。

【阅读表达·语篇导读】本文以作者锻炼的亲身经历告诉我们,锻炼应该以自己感到好为标准而不是以数字为标准。

34. To keep a record of his running. 【解析】根据第一段的第一句“Recently, I started to use an app to keep a record of my running.”可知答案。

35. He forgot to consider what he achieved. 【解析】根据第一段的最后一句“I became so focused on the numbers that I forgot to consider what I achieved.”可知答案。

36. Building our confidence. 【解析】根据第三段的第一句“We should exercise for the purpose of building our confidence.”可知答案。

37. When I do physical exercise, I think feeling good about myself is more important than feeling good about the numbers. First, we should exercise for the purpose of building our confidence. Second, in our busy lives, we only have limited time for fitness. 【解析】本题答案不唯一,言之有理且无语法错误即可。

长难句分析

But confidence building comes with being able to do more in our day-to-day life, experiencing less pain and more freedom in movement, and feeling good after a workout. 但是信心的建立伴随着能够在我们每天的生活中做得更多,在运动中经历更少的疼痛和更多的自由以及在锻炼之后感觉很好。本句为简单句。本句中的“with being able to do more in our day-to-day life, experiencing less pain and more freedom in movement, and feeling good after a workout”为介词短语结构作伴随状语。

38. 题目①

One possible version:

I'm Li Hua from Class 1, Grade 9. For the foreign students visiting our school, I'd suggest a workshop on paper cutting. A teacher can first introduce its history and artistic value. Then we can help them to make paper cuttings. This activity will give them an opportunity to have a try at a traditional Chinese art form. What's more, when they take

these paper cuttings back to their home country and give them to their families as gifts, more people there may enjoy the beauty of Chinese culture.

I hope my idea can be considered. Thanks.

题目②

One possible version:

I'm glad to say something about my best friend. Her

name is Alice. She is helpful and always has a sweet smile on her face. She is really good at dancing. Last term, there was a dancing festival in our school. We both signed up for it, but I was a little shy at first and afraid of dancing in front of a large crowd of people. She encouraged me a lot and helped me practice the moves. Together, we gave a very successful performance. I will never forget this experience.