



Unit 3 On the move

Period I Starting out & Understanding ideas

基础巩固

一、1. **represented** 2. **basis** 3. **content** 4. **defend**

5. **conflict**

二、1. **representative** be representative of... 为固定搭配,意为“是……的代表”。

2. **equipment** 设空处在句中作主语,且其前有 This advanced 修饰,应用名词形式;再根据谓语 has saved 可知,应用名词单数形式。

3. **with** be content with... 为固定搭配,意为“对……满意/满足”。

4. **defence** 根据设空处前的介词 in 和空后的 of 可知,此处应用名词形式。in defence of... 为固定搭配,意为“保卫/捍卫/保护……”。

5. **in** in conflict with... 为固定搭配,意为“与……有冲突”。

三、1. **Given that you tried your best**

2. **on the basis of** 3. **is based on/upon**

4. **Equipped with the/this professional knowledge**

5. **defend the body against/from**

四、1. **most popular** 根据语境和设空处前的 one of the 可知,此处应用形容词的最高级形式。

2. **as** be known as... 为固定搭配,意为“作为……而出名;被称为……”。

3. **where** 设空处引导非限制性定语从句,Great Britain 是先行词,关系词在从句中作地点状语,应用关系副词 where 引导。

4. **is** 设空处作非限制性定语从句的谓语,which 代指前面的句子,故从句谓语动词应用单数,且此处介绍的是一般事实,应用一般现在时,故填 is。

5. **equipment** 设空处作 need 的宾语,且其前有形容词 expensive 修饰,应用名词形式。

6. **attractive** 设空处作表语,表示主语的性质,应用形容词形式。

7. **their** to one's heart's content 为固定搭配,意为“尽情地;心满意足地”。

8. **recognising** without 是介词,根据空后内容可知,此处应填动名词,与后面内容构成动名词短语,作 without 的宾语。

9. **to communicate** 设空处作后置定语,the way to do sth 为固定用法,意为“做某事的方法”。

10. **but/yet** 根据上下文可知,此处表示转折,应用 but/yet 连接。



语篇提升-阅读理解

【语篇导读】本文是一篇记叙文，主要讲述了首位女性马拉松运动员凯瑟琳·斯威策为争取女子参加马拉松比赛而做出的努力。

- 1. B** 细节理解题。根据第四段中的“*She thought about quitting, but soon she knew that wasn't a choice. 'If I quit, nobody would ever believe that women had the ability to run 26-plus miles...'*”可知，凯瑟琳希望在第 71 届波士顿马拉松比赛中证明女子的运动能力。
- 2. C** 细节理解题。根据第三段中的“*'Get the hell out of my race and give me those numbers!'*”和“*As he said this, he caught hold of Kathrine's arm and tried pulling her race numbers off her sweatshirt.*”可知，乔克·森普尔追着凯瑟琳是为了让她退出比赛。
- 3. D** 主旨大意题。根据最后一段中的第二句和第三句可知，最后一段主要讨论了凯瑟琳带来的影响。
- 4. D** 推理判断题。根据第四段中的“*... If I quit, everybody would say it was a show. If I quit, it would set women's sports back, way back, instead of forward.*”可知，凯瑟琳是意志坚定的。

Period II Using language

基础巩固

- 一、**1. adjustable** **2. available/accessible** **3. balance**
4. involve **5. response/reply**

- 二、**1. to** adjust... to... 为固定搭配，意为“根据……对……进行调节/调整”。
- 2. to** be available to... 为固定搭配，意为“对……来说是可得到的/可用的”。
- 3. balanced** 设空处与 and 前的 healthy 并列作定语，修饰 diet，应用形容词形式。a balanced diet 意为“均衡的饮食”。
- 4. involved** get involved in 为固定搭配，在此处意为“参与”。
- 5. in** in response to... 为固定搭配，意为“对……的回答/反应”。

- 三、**1. He tries his best to keep a balance between family and work. / He tries his best to balance family and with work.**
- 2. Whether it rains or not tomorrow / Whether or not it rains tomorrow, I'll pick you up at the airport.**
- 3. It remains to be seen whether this idea can be put into practice or not.**
- 4. Jack was badly ill yesterday so that he had to rest.**
- 5. She studied hard so that she could pass the exam.**

- 四、1. **to perform** 句意为:在大面积范围内持续使用现代方法追踪北极熊数量成本会很高。根据“主语+be+adj. +to do sth”句型可知,此处应用动词不定式。
2. **to be sleeping** 句意为:当他的妈妈进来时,这个男孩假装正在睡觉。此处为固定搭配 pretend to do sth,根据语境可知,此处表示的动作与谓语动词表示的动作同时发生且正在进行着,应用不定式的进行式。
3. **to have been** 句意为:据说这种疾病是过去几年来该地区面临的最大挑战。sth is said to be... 是固定句型,over the past few years 表明此处表示的动作先于谓语 is said 发生,应用不定式的完成式。
4. **to continue** 句意为:那种做法使该地区去年的航空旅行减少了 75%,且她计划继续这样做。plan to do sth 为固定搭配,意为“计划做某事”。
5. **to wake** 句意为:在英国的许多家庭中,最早醒来的人必须为家人泡茶。当名词前有形容词最高级修饰时,要用动词不定式作后置定语。
6. **to be held** 根据 next month 可知,事情还未发生,且此处 contest 和 hold 之间是逻辑上的被动关系,应用动词不定式一般式的被动式作后置定语。
7. **to blame** 句意为:无意冒犯,但我想说这次事故不应该怪这位司机。be to blame 为固定搭配,意为“负有责任”,此处为动词不定式作后置定语。
8. **to be planted** 当名词前有序数词修饰的时候,通常要用不定式作后置定语。the first... to do sth 意为“第一个做某事的……”;matter 和 plant 之间为逻辑上的被动关系,所以此处应用动词不定式一般式的被动式作后置定语。
9. **to carry** 此处为固定结构 too... to... 。
10. **to find** 此处动词不定式作结果状语,表示出乎意料的结果。

语篇提升-完形填空

【语篇导读】本文是一篇记叙文。文章主要讲述了作者对足球的热爱并从中学到的人生哲理。

1. **A** 根据下文 at times almost painful 可知,足球是一项艰苦的运动。
2. **C** 根据下文 the physical and mental limits of the team's players 可知,足球训练考验球队队员的身体和精神极限。
3. **D** 句意为:如果没有对自己能力的信任和强烈的责任感,作为一名球员,经过多年的艰苦训练,再加上无数的伤病,我永远也无法继续下去。根据下文“But in the last game of the season, I was seriously injured.”和“During the winter break, I went on a snowboarding trip and seriously injured my right shoulder.”可知,作者受过许多次伤。
4. **B** 根据上文 I played on the defensive line 可知,作者在球队

中处于防守位置。

5. **C** 根据下文 a series of physical treatments 和 “I returned to the field as a team captain.” 可知,作者经历治疗,康复后重回球场。
6. **B** 根据上文 “But in the last game of the season, I was seriously injured. I was prohibited from any physical activities for six months.” 和 I practised harder than ever 可知,作者比以往任何时候都更加努力地练习,目的是弥补因伤失去的时间。
7. **D** 根据上文 After playing a fantastic season 和下文 Most Valuable Player 可知,作者被授予“最有价值球员”的荣誉。
8. **A** 根据下文 my skills in football do not magically extend to other sports 以及 I went on a snowboarding trip and seriously injured my right shoulder 可知,令作者感到不幸的是,他的足球技能并没有神奇地延伸到其他运动上。
9. **D** 根据上文 “During the winter break, I went on a snowboarding trip and seriously injured my right shoulder.” 可知,作者受伤了,要做四次手术。
10. **A** 根据上文 “Since I could not use my right arm for two months, I had to learn how to write and eat using my left hand.” 和下文 life must go on 可知,此处是转折关系,应用连词 but 连接。
11. **D** 根据上文 I knew that my own present efforts would decide my future 和下文 to build up strength and improve flexibility 可知,作者完成了严格的训练计划。
12. **A** 根据上文 “During the winter break, I went on a snowboarding trip and seriously injured my right shoulder.” 可知,作者是肩部受伤,所以通过训练增强肩部的力量和灵活性。
13. **C** 根据上文 “When I tried out for the football team during the summer before 9th grade, I never imagined how important this sport would become in my life.” 以及 “After an eight-month recovery, I was back to the field playing football” 可知,作者重回球场,说明了他热爱这项运动。
14. **B** 根据上文 “Without trust in my own ability and a strong sense of commitment, I would never have managed to continue after years of hard work as a player” 可知,信念和投入使看似不可能的事情成为可能。
15. **B** 根据上文 what seems impossible 可知,信念和投入使看似不可能的事情成为可能。

Period III Developing ideas & Presenting ideas & Reflection

基础巩固

- 一、1. **power** 2. **disappear** 3. **inspire** 4. **persuade**
5. **ultimate**



- 二、1. **powerful** 句意为：众所周知，中国正发展成为一个世界强国。设空处修饰名词 country，应用形容词形式，且此处表示“强大的”，应用 powerful。
2. **disappearance** 根据设空处前的 the 和空后的 of 以及语境可知，设空处应用名词形式。
3. **to attempt** inspire sb to do sth 为固定搭配，意为“激励某人做某事”。
4. **be persuaded** let sb do sth 为固定搭配，意为“让某人做某事”。此处 yourself 和 persuade 之间是被动关系，应用被动语态，故填 be persuaded。
5. **of/from** die of/from... 为固定搭配，意为“死于……”。

三、1. are dying out 2. had visited

3. **come/rise to power** 4. **has increased/risen; since**
5. **am dying for**

- 四、1. **flies** 分析句子结构可知，此处和前文的 springs 并列作本句的谓语，应用一般现在时；主语 it 为第三人称单数，谓语也应用单数形式。
2. **obviously** 设空处修饰谓语 goes to，应用副词形式。
3. **to serve** prepare to do sth 为固定搭配，意为“准备做某事”。serve 在此处意为“发球”。
4. **is called** 设空处为本句的谓语，和主语 sport 之间是被动关系，应用被动语态，且此处描述客观事实，应用一般现在时；主语是单数，be 动词应用 is。故填 is called。
5. **that/which** 设空处引导限制性定语从句，先行词是 tabletop，指物，关系词在从句中作主语，应用关系代词 that 或 which 引导。
6. **and** 根据语境可知，此处表示并列关系，应用 and 连接。
7. **matches** 设空处在句中作宾语，根据 three-set 可知，比赛为三局制，此处应用名词复数形式。
8. **more popular** 设空处前是系动词，设空处应用形容词作表语，根据空后的 than 可知，应用形容词的比较级形式。
9. **their** 设空处修饰名词 body，应用形容词性物主代词作定语。
10. **On** 表示具体的年月日时介词应用 on，且设空处位于句首，首字母应大写。

语篇提升—七选五

【语篇导读】本文是一篇说明文。文章主要介绍了基于科学研究的大量证据表明久坐对健康有害，建议在减少久坐情况的同时进行轻度的活动，同时可以限制青少年的屏幕时间，减少他们坐着的时间。

1. **D** 前文 “There is increasing evidence that sitting down too much can be a risk to our health.” 指出久坐对健康有害是有证据支撑的，D 项说明证据的来源，承接前文，符合语境，其中的 evidence 在前文有原词复现。

2. **G** 后文“Being overweight and obese, type 2 diabetes, heart disease and certain types of cancers are the most common ones.”列举了一些最常见的疾病,G项指出不运动与健康问题之间的关联,符合语境,后文的疾病是在列举具体的健康问题。
3. **E** 前文“Experts recommend breaking up long periods of sitting time with light activities, for example, walking, jogging, swimming and so on.”建议进行一些轻度的活动,E项解释这些活动的作用,承接前文,其中的 They 指代前文提到的各种轻度的活动,符合语境。
4. **C** 前文“For children and teenagers aged 5 to 18, reducing sitting time includes anything that involves moving in or around the home, classroom or community.”建议减少各个场景中儿童和青少年坐着的时间,后文提供了具体的方法,C项承前启后,引出后文具体的方法,其中的 their 呼应前文的 children and teenagers aged 5 to 18,符合语境。
5. **A** 设空处位于段首,需引出段落内容。根据后文内容可知,本段主要建议少坐多动,从简单地站着开始保持健康,A项契合后文内容,符合语境,其中的“move more, sit less”呼应后文的 less sitting and more moving。

单元素养检测

第一部分 阅读

第一节

A

【语篇导读】本文是一篇应用文,主要介绍了 Mykonos 岛上的几个海滩,包括 Fokos Bay、Agari Beach、Mersini Beach 和 Kalafati Beach,并描述了每个海滩的特点。

1. **D** 细节理解题。根据小标题 Agari Beach 下的“It’s one of the closest uncrowded beaches to Hora, Mykonos’ main town, and home to a lonely cafe that provides sunbeds and sells drinks and snacks.”可知,Agari Beach 人不多且提供日光浴浴床,所以能在日光浴浴床上不受打扰地休息。
2. **B** 细节理解题。根据小标题 Mersini Beach 下的“Bring your own sun mat and even an umbrella as this beach is service-free; wild and raw, and perfectly matched to a sunbathing without being disturbed.”可知,Mersini Beach 的特别之处是它未开发的环境。
3. **A** 推理判断题。根据小标题 Fokos Bay 下的内容可知,只有 Fokos Bay 提到了可以开车去。由此可推知,如果一个人开车带着孩子和父母去郊游,Fokos Bay 是最好的选择。

B

【语篇导读】本文是一篇记叙文,主要讲述了 31 岁的马丁娜·莱尔德如何在忙碌的生活中融入健康饮食和运动。



4. **B** 细节理解题。根据第三段中的“I'd love to get a mountain bike.”以及 cycling back from work each day would be an amazing exercise on its own 可知,马丁娜·莱尔德梦想骑自行车。
5. **C** 细节理解题。根据第四段中的“I also like to eat candies in the evening. They have left a bad influence on my teeth. I really want to stop and I'm giving it a try.”可知,马丁娜·莱尔德打算放弃糖果。
6. **B** 推理判断题。根据第三段中的 where we film 以及最后一段中的“There's some pressure to be thin on TV, but I'm a role model and I don't want to put out the message to young viewers”可知,马丁娜·莱尔德的职业与拍摄影片及电视相关,这个职业重视形象,由此可推知,马丁娜·莱尔德的职业是演员。
7. **D** 推理判断题。根据第一段内容、第二段中的“I've always loved power walking.”和第四段中的“I love fine food, but I don't eat red meat or dairy products”以及最后一段中的“I'm really happy with my health and I'm about 75% happy with myself.”可推知,本文是一篇采访报道。

C

【语篇导读】本文是一篇说明文。文章主要介绍了近年来南极洲的海冰面积不断缩小并创下历史新低,这引发了科学家的担忧。

8. **D** 细节理解题。根据第三段中的“In 2023, the US National Snow and Ice Data Center (NSIDC) reported that Antarctica's sea ice reached its maximum on September 10—almost two weeks earlier than normal. And the sea ice was at a new record low—not just by a little bit, but by a lot.”可知,美国国家冰雪数据中心报告称,2023 年南极洲的海冰面积达到了历史新低。
9. **C** 推理判断题。根据第四段内容可知,1986 年至 2023 年,南极洲海冰消失的面积大约是法国国土面积的 1.6 倍,这是很大的面积,提到法国是为了表明南极洲海冰的急剧减少。
10. **B** 细节理解题。根据第五段中特德·斯卡博斯说的话“‘Antarctica's ice levels have always changed some, but the situation this year is pointing towards warmer ocean conditions around the area.’”可知,特德·斯卡博斯认为气温上升导致了南极洲的变化。
11. **A** 细节理解题。根据最后一段内容可知,海冰很重要,它对地球有冷却作用,说明南极洲的海冰是地球冷却系统的关键。

D

【语篇导读】本文是一篇说明文,主要介绍了摄入过多糖对人们的危害以及如何解决这个问题。

12. **B** 细节理解题。根据第一段中的“In this way, it is in fact an addictive drug, which doctors suggest we all should cut down on.”可知,科学家认为糖会使我们变得依赖它。
13. **C** 词义猜测题。根据第二段中的“One-third of adults

worldwide have high blood pressure, and up to 347 million adults have diabetes. Why?”可知,后文应该在说此处表明的健康问题的原因,糖即使不是主要原因,也是其中的一个原因。故画线词的意思是“问题的原因”。

14. **A** 细节理解题。根据第四段中的“The trouble is, in today’s world, it’s extremely difficult to avoid. From breakfast cereals to after-dinner desserts, our foods are increasingly filled with it.”可知,难以避免糖的原因是绝大多数的食物中都含有糖。
15. **D** 主旨大意题。通读全文可知,文章主要介绍了人们对糖上瘾的问题以及戒不掉糖的原因,因此 D 项“我们对糖上瘾”最适合作本文标题。

第二节

【语篇导读】本文是一篇议论文,主要讨论了为什么人们不能停止触摸博物馆的展品。

16. **C** 根据上文“Museum guards say it’s impossible to stop people from breaking the no-touch rule.”可知,要阻止人们不触摸展品是不可能的。由此可推知,设空处内容应解释为什么会是这样的情况。C 项“You stop 100 people touching and there are 200 more.”是对上文的解释,符合语境。
17. **D** 根据下文“But over the past few years, more and more museums have been working to include additional senses, like sounds and smells.”可知,此处与设空处形成了转折,故可推断设空处内容仍然在强调视觉体验,也是对上文的补充说明。D 项“Visitors learn more about objects from reading signs around.”是对上文的补充,符合语境。
18. **E** 下文“Before there were museums, there were curiosity rooms filled with a collection of interesting objects from around the world.”中的 curiosity rooms 为关键词, E 项“Museums have come a long way since the time of the curiosity room.”中也提到了 curiosity room;再结合语境可知,下文是对设空处的解释说明,符合语境。
19. **G** 根据上文“Smaller museums still sometimes encourage visitors to touch their objects.”中的 Smaller 及语境可推知,设空处应表达相反的意思。G 项“But the bigger ones prefer to advertise themselves as no touching.”中的 bigger 和上文的 Smaller 呼应,且 G 项与上文语义构成转折关系,符合语境。
20. **F** 根据下文“Visitors say that they want to feel how deep an engraving goes, so as to better understand the artistic skills. In this way, touching is part of trying to somehow make contact with the past.”可推知,设空处内容应与触摸相关。F 项“You can’t really learn more about objects unless you touch them.”是对下文内容的总结,符合语境。

第二部分 语言运用

第一节

【语篇导读】本文是一篇记叙文,讲述了两位顶尖运动员虽遇到挫折,但依然重新振作起来以及她们从这次经历中学到了什么。



21. **B** 根据前文“Very often, it seems that the athletes we watch on TV effortlessly win the game.”和后文 to remember that things don't always go their way 可知,此处是指很难记住事情并不总是如他们所愿。
22. **A** 根据前文 everyone has a bad game 可知,此处也是指比赛中不好的事情,即受伤。
23. **B** 根据后文 I learnt to bounce back 可知,此处是指不得不重新振作起来。
24. **D** 根据后文 She helped me realise that it was how I responded to difficult times 以及“It helped me _____ that swimming was not life and death.”可知,此处是指从这次经历中学到了什么。
25. **D** 根据前文“Maya Moore was a member of the US women's basketball team that won a gold medal at the Olympics in 2012.”可知,此处是指一个球也没有投进。shot 在此处意为“投篮”。
26. **C** 根据后文 and I felt like I let my team down 可知,此处是指马亚·穆尔所在的球队输了。
27. **C** 根据前文 I felt like I let my team down 可知,此处是指马亚·穆尔非常失落。
28. **B** 根据前文“I could not hit a _____ during the whole game.”可知,“我”表现糟糕,此处是指“我”的表现并不能定义“我”是谁。
29. **A** 根据前文“My mum helped me see that my _____ did not define who I was.”可知,此处是指如何应对困难才是最重要的。
30. **A** 根据前文 bounce back from 可知,此处是指从生活中的艰难时刻中振作起来。
31. **D** 根据后文 for years to qualify for the Olympic team 可知,此处是指为有资格参加奥运会而努力了很多年。
32. **C** 根据后文 I tore a muscle in my shoulder 可知,此处是指发生了不幸的事情。
33. **D** 根据前文“I tore a muscle in my shoulder, which meant I had to temporarily”可知,此处是指不得不暂时放弃目标。
34. **B** 根据前文 The injury 可知,此处是指这次受伤迫使“我”去寻找游泳之外的东西。
35. **A** 根据后文 that swimming was not life and death 可知,此处是指认识到游泳并没有那么重要。

第二节

【语篇导读】本文是一篇说明文,主要介绍了中国的德化白瓷。

36. **attractive** 设空处应用形容词作定语,修饰 Dehua white porcelain,故填 attractive。
37. **as** be known as... 为固定搭配,意为“被称作……,作为……出名”。此处为形容词短语作后置定语,省略了 be 动词。
38. **his** 设空处应用形容词性物主代词作定语修饰名词 attention 和 effort,故填 his。



39. **which** 设空处引导非限制性定语从句,先行词为 the kaolin,指物,关系词在从句中作主语,应用 which 引导。
40. **why** 设空处引导表语从句。根据语境可知,此处表示德化瓷器纯白无瑕的原因,应用 why 引导。
41. **improving** stop doing sth 意为“停止做某事”,表示停下一直在做的事情。故填 improving。
42. **achievements** achievement 为可数名词,根据其前的 One of 可知,此处应用其复数形式。
43. **amazed** 分析句子结构可知,设空处应用-ed 形式的形容词作宾补,修饰 visitors。amazed 意为“惊讶的”。
44. **has been presented** 设空处在 and 前面的分句中作谓语,主语 Dehua porcelain 和 present 之间是被动关系,应用被动语态;根据句中的时间状语 for many times 可知,此处应用现在完成时,且主语 Dehua porcelain 为单数,故填 has been presented。
45. **a** 根据空后的 cultural card 可知,这里泛指一张文化名片,应用不定冠词修饰,且 cultural 的发音以辅音音素开头,应用不定冠词 a。

第三部分 写作

第一节

【写作提示】

- 写作要点:(1)表示问候并表明写作目的;(2)介绍相关活动,包括活动时间、地点、内容和个人感受等;(3)表达祝愿。
- 提分词句:share sth with sb, be located in, a variety of, 形容词短语作后置定语(interested in sports events), what 引导的主语从句(What excites me most), that 引导的表语从句(that there are some kinds of competitions every few weeks), 现在分词短语作伴随状语(attracting many students to watch and enriching our school life)等。

【参考范文】

Dear Adrian,

How are you? I'm writing to share something about our school's Sports Club with you.

The Sports Club is located in our school's gym, where a variety of activities are held every afternoon after school. At weekends, it is available all day for all students interested in sports events. Badminton, basketball and table tennis are especially popular. What excites me most is that there are some kinds of competitions every few weeks, attracting many students to watch and enriching our school life. In a word, it is an ideal place to relax ourselves.

Best wishes!

Yours,

Li Hua



第二节

【写作提示】

所给材料讲述了作者投球的时候打破了窗户的玻璃,老师得知此事后生气地问是谁干的,作者害怕承认之后会被父亲惩罚,但最终还是举起了手,说出了实话。老师听到作者说的话之后,从图书馆的书架上拿出了一本关于体育的新书,作者很担心老师要用这本书打他,但结果却是老师将这本书送给了他。文章续写第一段可写老师将书送给作者并说明理由;续写第二段可描写作者对老师的做法感到意外及作者的感悟。

【参考范文】

“I know how you like baseball, so this book is for you,” she said as she stood looking down at my guilty face. “Here is that book about sports that you are always checking out. It is yours.” Hearing this, I lowered my head, wondering whether she was teasing me. As I was expecting a storm of criticism, she continued, “Anyway it’s time we got a new window for the school. The book is yours and you will not be punished as long as you remember that I am rewarding you because you tell the truth.”

What she did was really beyond my expectations! I wasn’t being punished for breaking the window and I was getting my very own sports book which I loved so much that I could hardly put it down when I picked it up. You can imagine the mixed feelings of guilt and joy I had at that moment. The book has now gone, so has my wonderful teacher. All that remains of that day is my memory and the lesson my teacher taught me—honesty is the best policy.