



2024年高考真题 + **2024**年模拟新题 ◀ **最新**

基于历年高考真题的精准分类 ◀ **精准**

对点集中训练，针对性突破高考易错点，重难点 ◀ **高效**

全品

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高分 小练习

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高考英语



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训练 1 动词时态、语态及主谓一致(一)

(限时:15 分钟)

I. 单句填空

- ①[2023·北京卷] I turned up at the appointed hour for a dinner, only to find that no other guest _____ (arrive) and my hostess was still in her sleeping suit.
- ②[2023·天津3月考] Human impact on the animal kingdom, such as hunting and destruction of habitats, _____ (cause) a reduction in the population of certain species in the past three decades.
- ③[2022·天津6月考] Food and medical supplies _____ (distribute) to all the residents after the hurricane last Sunday.
- ④[2022·北京卷] The use of those plastics _____ (increase) by 300% since 2019. The world won't survive if this situation continues.
- ⑤[2022·新高考全国II卷] Henry _____ (fix) his car when he heard the screams.
- ⑥[2021·天津3月考] Currently, about 35,000 works _____ (display) in over 300 rooms in the Louvre, and it would take a lifetime to see everything.
- ⑦[2021·天津6月考] Mark is a genius. By the time he graduated, he _____ (offer) jobs by a dozen computer companies.
- ⑧[2020·全国新高考II卷] One morning she told her children about a family she _____ (visit) the day before.
- ⑨[2020·天津7月考] —You are a great swimmer.
—Thanks. It's because I _____ (practise) a lot these days.
- ⑩[2020·北京卷] Single-use plastic bags are used at most a few times before they _____ (throw) away.

II. 语法填空 [2024·山东青岛高三期末]

阅读下面短文,在空白处填入1个适当的单词或括号内单词的正确形式。

Wushu, the Chinese martial art form known as kung fu in the West, is a 1. _____ (value) cultural heritage of Chinese people and contribution to human civilization.

Wushu, often 2. _____ (use) in the form of combat (搏斗), consists of several different kinds of movements. The Chinese people's determination to win and strong characteristics 3. _____ (reflect) in the intense body combat.

Wushu reflects the character of Chinese people and they apply their unique understanding of theory and principle to combat. It differs from European and American boxing. Wushu is a particular balance between external and inbuilt values, 4. _____ not only shows the beauty of one's figure, but also the meaning of profound 5. _____ (elegant). Apart from simple combat techniques, martial arts are rooted 6. _____ Chinese philosophy, containing ancient Chinese philosophers' understanding of life and the universe.

Wushu, which aims to improve health and self-defence, 7. _____ (begin) by promoting one's moral character. The martial art movements are 8. _____ (physical) demonstrated while internal thoughts are static (静态的). Like still waters, peace and quiet is considered 9. _____ highest level of martial arts.

Having survived the difficult situations of life while 10. _____ (maintain) all of its strength and vitality, Wushu is even believed to be the model of traditional Chinese culture and national spirit.

训练2 动词时态、语态及主谓一致(二)

(限时:15 分钟)

I. 单句填空

- ① [2023 · 北京卷] Soon after moving to Switzerland, I _____ (throw) a house-warming party and was greatly surprised when all 30 guests showed up exactly on time.
- ② [2023 · 天津6月考] The wooden tower that _____ (restore) will be open to tourists soon, and the work is almost finished.
- ③ [2022 · 北京卷] Eventually, the man _____ (catch) up with her, and he was only trying to return her wallet!
- ④ [2022 · 天津6月考] Critical reasoning, together with problem-solving, _____ (prepare) teenagers to make better decisions.
- ⑤ [2021 · 全国甲卷] The Xi'an City Wall is the most complete city wall that has survived China's long history. It _____ (build) originally to protect the city in the Tang Dynasty.
- ⑥ [2021 · 北京卷] There _____ (be) a dramatic rise in the number of extreme weather events over the past 20 years, caused largely by rising global temperatures, according to a new report from the United Nations.
- ⑦ [2021 · 天津3月考] We _____ (do) quite enough work for the morning; now let's take a break.
- ⑧ [2021 · 浙江1月考] If there are three lines in the store, delays _____ (happen) randomly at different registers.

II. 语法填空 [2024 · 山东济宁高三期末]

阅读下面短文,在空白处填入1个适当的单词或括号内单词的正确形式。

The Yellow River No. 1 Tourist Highway, built in 2018 in Shanxi Province, was designed 1. _____ (string) together scenic spots along the river. Visitors can both enjoy overnight accommodations in unique cave dwellings (窑洞), with a special chance to sleep on a “Kang”—a comfortable clay-and-brick bed heated from within 2. _____ taste delicious farm-to-table cuisine while experiencing the beauty of the Yellow River.

Thanks to this initiative, Laoniawan Village, an intersection 3. _____ the Great Wall meets the Yellow River, has been transformed into a popular tourist destination. The villager Guo Jianhua's hostel has witnessed a booming business, with over 100 tourists staying and dining at his establishment, 4. _____ (generate) a daily income of approximately 3,000 *yuan*.

“Previously, I 5. _____ (register) by the local authority as financially disadvantaged. However, I was able to establish this hostel with the 6. _____ (assist) of poverty alleviation loans. In just a few years, I have not only overcome poverty but also got my quality of life significantly 7. _____ (improve),” Guo said.

Meanwhile, new businesses are also emerging. Since its opening in September last year, the Zhangjiawan recreational vehicle camp located along the highway 8. _____ (welcome) more than 10,000 vehicles, with nearly 10 percent of them being RVs. “Even the local products are selling 9. _____ (well),” Guo said, owing this success 10. _____ the increasing number of tourists and the improved transportation facilitated by the tourist expressway.

训练 14 说明文(一)

刷真题

限时: 15分钟

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

A [2024·新课标 I 卷]

Heatherwick Studio recently built a greenhouse at the edge of the National Trust's Woolbeding Gardens. This beautiful structure, named Glasshouse, is at the centre of a new garden that shows how the Silk Road influences English gardens even in modern times.

The latest 1. _____ (engineer) techniques are applied to create this protective 2. _____ (function) structure that is also beautiful. The design features ten steel “sepals (萼片)” made of glass and aluminium (铝). These sepals open on warm days 3. _____ (give) the inside plants sunshine and fresh air. In cold weather, the structure stays 4. _____ (close) to protect the plants.

Further, the Silk Route Garden around the greenhouse 5. _____ (walk) visitors through a journey influenced by the ancient Silk Road, by which silk as well as many plant species came to Britain for 6. _____ first time. These plants included modern Western 7. _____ (favourite) such as rosemary, lavender and fennel. The garden also contains a winding path that guides visitors through the twelve regions of the Silk Road. The path offers over 300 plant species for visitors to see, too.

The Glasshouse stands 8. _____ a great achievement in contemporary design, to house the plants of the southwestern part of China at the end of a path retracing (追溯) the steps along the Silk Route 9. _____ brought the plants from their native habitat in Asia to come to define much of the 10. _____ (rich) of gardening in England.

B [2024·新课标 II 卷]

Chinese cultural elements commemorating (纪念) Tang Xianzu, 1. _____ is known as “the Shakespeare of Asia”, add an international character to Stratford-upon-Avon, William Shakespeare's hometown.

Tang and Shakespeare were contemporaries and both died in 1616. Although they could never have met, there are common 2. _____ (theme) in their works, said Paul Edmondson, head of research for the Shakespeare Birthplace Trust. “Some of the things that Tang was writing about 3. _____ (be) also Shakespeare's concerns. I happen to know that Tang's play *The Peony Pavilion* (《牡丹亭》) is similar in some ways 4. _____ *Romeo and Juliet*.”

A statue commemorating Shakespeare and Tang was put up at Shakespeare's Birthplace Garden in 2017. Two years later, a six-metre-tall pavilion, 5. _____ (inspire) by *The Peony Pavilion*, 6. _____ (build) at the Firs Garden, just ten minutes' walk from Shakespeare's birthplace.

Those cultural elements have increased Stratford's international 7. _____ (visible), said Edmondson, adding that visitors walking through the Birthplace Garden were often amazed 8. _____ (find) the connection between the two great writers.

9. _____ (recall) watching a Chinese opera version of Shakespeare's play *Richard III* in Shanghai and meeting Chinese actors who came to Stratford a few years ago to perform parts of *The Peony Pavilion*, Edmondson said, “It was very exciting to hear the Chinese language 10. _____ see how Tang's play was being performed.”

阅读下面短文，在空白处填入1个适当的单词或括号内单词的正确形式。

A [2024·河北部分学校高三五调]

Falling around December 22nd, the winter solstice (冬至) is one of the traditional Chinese festivals 1. _____ also one of the 24 solar terms (节气).

The winter solstice festival originated from the Han Dynasty (202 BC—220 AD) and 2. _____ (develop) well in the Tang and Song dynasties (618—1279). People in the old times attached great 3. _____ (important) to the festival. In the Han Dynasty, the festival was regarded as the Winter Festival and people had one day off for the holiday. Officials organized the ceremonies 4. _____ (celebrate) the day and people visited each other with delicious food.

Traditions and customs for the day vary 5. _____ different areas of China. In the northern part of China, people usually eat dumplings and mutton to celebrate the day. In the southern part, *tangyuan* and noodles are the festival food. The dumpling is the 6. _____ (essence) food for people in northern China. After the winter solstice, it will become colder and colder. By eating dumplings, people think they can avoid 7. _____ (they) ears being frozen as the dumplings look like people's ear.

Tangyuan, 8. _____ is popular in southern China, is a kind of glutinous rice (糯米) balls with different fillings. It can 9. _____ (boil) or fried. People think after 10. _____ (eat) it, they will age one. People also use it to present to relatives and friends.

B [2024·安徽合肥一中教学质检]

Katalin Karikó and Drew Weissman, who have been working for decades 1. _____ (find) ways to use genetic (基因的) material called messenger RNA, or mRNA, to make medicines, have won the 2023 Nobel Prize. They have discovered that changing a chemical building block of mRNA can keep the immune system (免疫系统) 2. _____ destroying the material and have enabled it to attack viruses instead.

They published their work in 2005 and their discovery 3. _____ (fundamental) changed our understanding of how mRNA interacts with our immune system. In 4. _____ (add), the work sped up vaccine development during one of the greatest threats to human health in modern times.

5. _____ (speak) to reporters at Pennsylvania University on Monday, Weissman said they had to overcome many difficulties. "But Karikó lit the match 6. _____ then we spent more than 20 years figuring out how to get it to work," Weissman said.

Karikó had to overcome even bigger 7. _____ (challenge). She 8. _____ (force) to resign from Pennsylvania University and went from one low-paid research job to another and even slept in her office at times. But she never gave up.

The first prize in the category was awarded in 1901. Of the 227 people 9. _____ work has been recognized with the prize, Karikó is the 10. _____ (thirteen) woman among them.

训练 19 细节理解篇(一)

刷真题

限时: 15分钟

A [2024·新课标 I 卷,A]

题材:生物栖息地修复 词数:215

HABITAT RESTORATION TEAM

Help restore and protect Marin’s natural areas from the Marin Headlands to Bolinas Ridge. We’ll explore beautiful park sites while conducting invasive (侵入的) plant removal, winter planting, and seed collection. Habitat Restoration Team volunteers play a vital role in restoring sensitive resources and protecting endangered species across the ridges and valleys.

GROUPS

Groups of five or more require special arrangements and must be confirmed in advance. Please review the List of Available Projects and fill out the Group Project Request Form.

AGE, SKILLS, WHAT TO BRING

Volunteers aged 10 and over are welcome. Read our Youth Policy Guidelines for youth under the age of 15.

Bring your completed Volunteer Agreement Form. Volunteers under the age of 18 must have the parent/guardian approval section signed.

We’ll be working rain or shine. Wear clothes that can get dirty. Bring layers for changing weather and a raincoat if necessary.

Bring a personal water bottle, sunscreen, and lunch.

No experience necessary. Training and

tools will be provided. Fulfills(满足)community service requirements.

UPCOMING EVENTS

Time	Meeting Location
Sunday, Jan. 15 10:00 am—1:00 pm	Battery Alexander Trailhead
Sunday, Jan. 22 10:00 am—2:30 pm	Stinson Beach Parking Lot
Sunday, Jan. 29 9:30 am—2:30 pm	Coyote Ridge Trailhead

- ()1. What is the aim of the Habitat Restoration Team?
- A. To discover mineral resources.
B. To develop new wildlife parks.
C. To protect the local ecosystem.
D. To conduct biological research.
- ()2. What is the lower age limit for joining the Habitat Restoration Team?
- A. 5. B. 10. C. 15. D. 18.
- ()3. What are the volunteers expected to do?
- A. Bring their own tools.
B. Work even in bad weather.
C. Wear a team uniform.
D. Do at least three projects.

B [2024·新课标 II 卷,A]

题材:活动安排 词数:298

Choice of walks for beginner and experienced walkers

The Carlow Autumn Walking Festival is a great opportunity for the beginner, experienced or advanced walker to enjoy the challenges of Carlow’s mountain hikes or the peace of its woodland walks.

Walk 1—The Natural World

With environmentalist Éanna Lamhna as the guide, this walk promises to be an informative tour. Walkers are sure to learn lots about the habitats and natural world of the Blackstairs.

Date and Time: Saturday, 1st October, at 09:00

Start Point: Scratoes Bridge

Walk Duration: 6 hours

Walk 2—Introduction to Hillwalking

Emmanuel Chappard, an experienced guide, has a passion for making the great outdoors accessible to all. This mountain walk provides an insight into the skills required for hillwalking to ensure you get the most from future walking trips.

Date and Time: Sunday, 2nd October, at 09:00

Start Point: Deerpark Car Park

Walk Duration: 5 hours

Walk 3—Moonlight Under the Stars

Walking at night-time is a great way to step out of your comfort zone. Breathtaking views of the lowlands of Carlow can be enjoyed in the presence of welcoming guides from local walking clubs. A torch (手电筒) along with suitable clothing is essential for walking in the dark. Those who are dressed inappropriately will be refused permission to participate.

Date and Time: Saturday, 1st October, at 18:30

Start Point: The Town Hall

Walk Duration: 3 hours

Walk 4—Photographic Walk in Kilbrannish Forest

This informative walk led by Richard Smyth introduces you to the basic principles of photography in the wild. Bring along your camera and enjoy the wonderful views along this well-surfaced forest path.

Date and Time: Sunday, 2nd October, at 11:45

Start Point: Kilbrannish Forest Recreation Area

Walk Duration: 1.5 hours

()4. Which walk takes the shortest time?

- A. The Natural World.
- B. Introduction to Hillwalking.
- C. Moonlight Under the Stars.
- D. Photographic Walk in Kilbrannish Forest.

()5. What are participants in Walk 3 required to do?

- A. Wear proper clothes.
- B. Join a walking club.
- C. Get special permits.
- D. Bring a survival guide.

()6. What do the four walks have in common?

- A. They involve difficult climbing.
- B. They are for experienced walkers.
- C. They share the same start point.
- D. They are scheduled for the weekend.

刷模拟

限时: 15分钟

A [2024·山东烟台高三期末]

题材:发明创造 词数:363

In a video submitted to a nationwide science competition, Heman Bekele from Virginia spelled out his mission briefly—cure

cancer, one bar of soap at a time. He created a kind of cheap soap that could potentially help fight skin cancer. His invention won him the title of “America’s Top Young Scientist” at the 3M Young Scientist Challenge, an annual

competition that invites students in grades five through eight to “change their world for the better with a single innovative idea”, on October 10, 2023.

At the age of 4, Heman moved to America from Ethiopia, where he always saw people constantly working under the hot sun. While he considered ideas for the competition, it struck him that so many people in his hometown were unaware of the risk of sun exposure. The recollections fueled his decision to focus his research on skin cancer.

“I hoped to make my idea something that not only was great in terms of science but also could be affordable for as many people as possible,” Heman said. As he initially thought about his approach, Heman wanted his product to be something as much of a “constant” in people’s life as possible, an item that was most convenient in contrast to other medicinal products.

In June 2023, he was selected as a top-ten finalist and paired with 3M product engineering specialist Deborah Isabelle to develop and test a physical prototype (原型) of his idea. It took the pair four months of trial and error to create “Skin Cancer Treating Soap” (SCTS). The bar contains chemicals that restore the body’s dendritic cells killed by cancer cells. Once reconstructed, dendritic cells, the body’s first line of defense against cancer and infections, are capable of fighting against cancer cells. SCTS, which costs just 50 cents a bar, still has to undergo clinical trials. The process could take over five years.

Heman’s plan for the soap stretches far beyond the winning. He has a five-year plan,

which includes seeking approval from the Food and Drug Administration. He also hopes to start a non-profit organization to distribute the soap in the future. “There is still a lot left to do,” the 14-year-old teenager said.

()1. **What inspired Heman’s idea for the invention?**

- A. Folk tales.
- B. Childhood memories.
- C. Working experiences.
- D. Medical observations.

()2. **In which aspect did Heman want his product to differ from other treatments?**

- A. Accessibility. B. Function.
- C. Security. D. Effectiveness.

()3. **How does SCTS work?**

- A. It minimizes solar radiation.
- B. It kills cancer cells directly.
- C. It reactivates destroyed cells.
- D. It removes viruses from the skin.

()4. **Which of the following best describes Heman according to the last paragraph?**

- A. Industrious and sociable.
- B. Ambitious and caring.
- C. Intelligent and competitive.
- D. Sensitive and conservative.

B [2024·陕西咸阳高三一模]

题材:心理学 词数:346

Can you imagine getting a tooth pulled out or other major dental procedures without painkillers? A scientist colleague of mine used a “focus in” technique instead of requesting painkillers at the dentist’s. Each time the dentist touched the tooth, my colleague felt bubbles of joy, and this lasted until the dentist interrupted by asking, “Why are you smiling?”

A fair question at this point is why anyone

would want to be fully aware of intense or painful procedures. But what may sound like a punishing choice—to directly face hurt or suffering—may in some instances be beneficial. A stream of scientific articles suggest that there are benefits in turning towards discomfort or negative emotions with acceptance. In addition, all of us can gain from finding ways to cope with stress and suffering—particularly when larger circumstances are beyond our control. As a researcher who has studied meditation (冥想) for more than 20 years, I believe that the development of calmness, a central element of certain mindfulness meditation practices, can help. I'm not advocating people putting themselves in dangerous or painful positions. But when we push ourselves into challenging or confusing situations, much like trainers who push athletes just past their comfort zone to make gains, learning often happens. Indeed, a 2022 study with more than 2,000 people participating demonstrated that those participants who were publicly encouraged to push themselves into awkward, uncomfortable situations—including taking classes to boost self-confidence and reading about opposing viewpoints—later reported the greatest degree of personal growth.

My own research indicates that meditation provides an ideal way to practise turning towards discomfort—particularly when it trains one's calm mind. People who reported higher levels of calmness reported less psychological distress (困扰).

Right now people are hurting for many reasons and looking for ways to cope with it. Without question, there are many important

steps we need to take collectively to respond to these challenges. But we can each build our ability to recover on a personal level as well by cultivating greater acceptance of our experience—good or bad, painful or pleasant—in the present moment.

- ()5. The author uses the first question in Paragraph 1 to _____.
- A. introduce the topic
 - B. illustrate an argument
 - C. highlight an opinion
 - D. promote a painkiller
- ()6. **What is the benefit of turning towards discomfort and negative emotions?**
- A. It helps in avoiding suffering fully.
 - B. It increases psychological distress.
 - C. It leads to personal growth.
 - D. It promotes a sense of calmness.
- ()7. **What is the author's view on putting oneself in dangerous or painful positions?**
- A. The author encourages it as a way to improve fitness.
 - B. The author discourages it but believes it will promote personal growth.
 - C. The author believes it is necessary for personal growth.
 - D. The author recommends it to those confused trainers.
- ()8. What can be a suitable title for the text?
- A. Turning towards discomfort: my experience of staying stressful and successful
 - B. Expanding comfort zones: the difference between discomfort and calmness
 - C. Mindfulness and meditation: the tools for dealing with stress and suffering
 - D. Cultivating calmness: the benefits of mindfulness in enjoying dental operations

训练 34 说明文(一)

刷真题

限时: 15分钟

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

A [2024·新课标Ⅱ卷]

Overtourism is for real: How can you help?

Travel promotes understanding, expands our minds, makes us better people, and boosts local economies and communities, but the rapid growth of travel has led to overtourism in certain regions and destinations. 1. _____ Certainly not. The loss of what travel offers would be unacceptable in today's world. Here are some tips on making wise decisions to minimize pressure on the places we visit and improve our experience.

● Choose mindfully. Overvisited destinations are that way for a reason: they're special. With so many online posts featuring the same places, it's easy to feel like you're missing out. Go somewhere only when the landscape, culture or food deeply draws you. 2. _____

● Get creative. The best way to ease pressure on over-touristed destinations is to go somewhere else. Though overtourism is described as a problem affecting the entire world, it's actually concentrated to a small number of extremely popular spots. That means you have tons of less-visited options to choose from. 3. _____ Why not try a regional alternative or check out a popular destination's lesser-known sights?

● 4. _____ Minimize impact and maximize experience by skipping major holidays or rush hour. You'll compete with fewer tourists, save money, experience a different side of a popular place, and boost the economy when tourism is traditionally slower.

Visiting a place that others call home is a privilege(荣幸). Do your part to preserve what makes a destination special in the first place.

5. _____ You may be amazed how much closer you'll feel to the people there.

- A. Visit during off-peak times.
- B. So, should we stop travelling?
- C. Travel for you and no one else.
- D. Can overtourism be avoided then?
- E. You can still find relatively undiscovered places.
- F. You'll find yourself virtually alone, or close to it.
- G. Consider giving back to the communities you're visiting.

B [2024·全国甲卷]

What is moderation(适度)? Basically, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not too full. 1. _____ But it doesn't mean saying goodbye to the foods you love.

Take your time. It's important to slow down and think about food as something nutritious rather than just something to eat in between meetings. 2. _____ It actually takes

a few minutes for your brain to tell your body that it has had enough food, so eat slowly and stop eating before you feel full.

Eat with others whenever possible. Eating alone, specially in front of the TV or computer, often leads to mindless overeating. And be careful about the foods you keep at hand. It's more challenging to eat in moderation if you have unhealthy snacks at the ready, like cookies. 3. _____

Control emotional (情绪的) eating. 4. _____ Many of us also turn to food to deal with unpleasant emotions such as sadness, loneliness, or boredom. But by learning healthier ways to manage emotions, you can regain control over the food you eat and your feelings.

5. _____ A healthy breakfast can start your metabolism (新陈代谢), while eating

small, healthy meals keeps your energy up all day. Avoid eating late at night. Try to eat dinner earlier and fast for 14—16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.

- A. Eat properly throughout the day.
- B. We don't always eat just to satisfy hunger.
- C. Don't swallow a meal on the way to work.
- D. Most of us need to double the amount we eat.
- E. Instead, surround yourself with healthy choices.
- F. For many of us, moderation means eating less than we do now.
- G. That won't lead to cheating or giving up on your new eating plan.

刷模拟

限时: 15分钟

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

A [2024·河北部分学校高三五调]

All relationships require work, though it may not always feel like work. 1. _____ Professional relationships require work too. Here are some tips for improving your relationships and getting along better with others in both your personal and your professional lives.

Listen to others. The most important skill in communication is the ability to listen to others. Rather than doing all the talking, take time to stop and hear what others have to say. 2. _____

Be polite and positive. When you are the one speaking, do it in a way that considers others' feelings and leaves a positive impact. Think about what you want to say before you say it. 3. _____ If you're responding to someone, say something positive if you agree and offer an encouraging word. Doing this early in your relationship sets a healthy example for future interactions.

Be honest and sincere. Another communication skill is to make sure you speak with honesty and sincerity. 4. _____ When we trust people, we know that "they say what they mean, and they mean what they say".

5. _____ Listen with respect for other people's experiences. Look for chances to listen

to them, even if you disagree with what they are saying. Be open to changing your mind or understanding things in a different way. You may also want to ask for and receive feedback on your own business. A different view provides you with the chance to grow and learn.

- A. Keep an open mind.
- B. Look for common ground.
- C. Avoid interrupting other people.
- D. Ask questions that help you understand them more deeply.
- E. Don't be afraid to apologize if you say something unintended.
- F. You will build relationships with others when you tell them the truth.
- G. That could mean calling a friend, or getting together with your family for the holidays.

B [2024 · 广州一模]

Physicist and Nobel Prize winner Richard Feynman developed a clever learning method known as the Feynman Technique. It involves explaining what you're learning to others. By teaching what you've learned from memory, you engage in active recall. 1. _____ It also ensures that you understand the topic, because you can only explain an idea if you truly understand it. The technique consists of four repeatable steps.

To begin, choose a concept or topic you wish to fully understand. 2. _____ The more interested you are, the faster you'll grasp it. Moreover, a personally interesting topic will keep you motivated and engaged.

3. _____ Write notes and explain it in a way that makes sense to a five-year-old. If

you'd rather avoid actually teaching someone, you can just teach it to an imaginary audience. But it works much better if you use a real person. They'll be able to let you know when something isn't clear.

While teaching you may discover gaps in your understanding. 4. _____ Review your notes, reread books, or seek external help to ensure you have a complete understanding of the context before moving forward.

Now that you fully grasp the concept, test your understanding by trying to teach it to another person. This will help you identify any remaining areas of uncertainty you need to revisit.

The Feynman Technique is a great way for kids and grown-ups to learn. 5. _____ You need to actively think about the problem instead of passively reading or listening to someone else. However, with great efforts in mastering this method, you'll see your learning results improve quicker than ever before.

- A. It is mentally demanding.
- B. This helps the information stick in your mind better.
- C. Teach it to a five-year-old, who would give you direct feedback.
- D. Your curiosity about it will determine the pace of your learning.
- E. Once you have chosen a topic, you can teach it to someone else.
- F. Active engagement plays a key role in promoting deeper learning.
- G. When this happens, refer back to the original material for the missing pieces.

训练 39 记叙文篇(一)

刷真题

限时: 每篇10分钟

A [2024·新课标 I 卷]

题材: 生活感悟 词数: 258

I've been motivated—and demotivated—by other folks' achievements all my life.

When I was a teenager, a neighbourhood friend 1 a marathon race. Feeling motivated, I started running 2, but then two things happened. First, a girl I met one day told me she was 3 for a “super”, referring to a 52.4-mile double marathon. Then, the next day I went on my longest run—15 miles. To be honest, I 4 it! Between the girl making my 5 seem small and the pure boredom of jogging, I decided that the only 6 I'd ever run again is if a big dog was running after me!

So I 7 cycling. I got a good bike and rode a lot. I 8 of entering cycle races until I flew to San Diego to visit my sister. While she was at work one day, I 9 her bike and went for a ride. The 10: the roads there went through large valleys where I'd be riding uphill for miles at a time. I'd never faced such 11. That day, I got 12 by about 100 “local” bikers who were used to such roads. When I got back home, suddenly riding my bike didn't seem quite as 13.

I've 14 a lot since then. I've come to accept that whatever 15 I set for myself, they just have to be my own.

- ()1. A. knew B. held
C. won D. quit
()2. A. regularly B. silently
C. proudly D. recently
()3. A. asking B. looking
C. waiting D. training

- ()4. A. made B. believed
C. hated D. deserved
()5. A. advantage B. achievement
C. contribution D. influence
()6. A. way B. risk
C. place D. reason
()7. A. gave up B. went on
C. turned to D. dealt with
()8. A. heard B. dreamed
C. complained D. approved
()9. A. painted B. borrowed
C. bought D. parked
()10. A. problem B. secret
C. principle D. advice
()11. A. dangers B. events
C. opponents D. challenges
()12. A. passed B. convinced
C. admired D. stopped
()13. A. reliable B. convenient
C. familiar D. appealing
()14. A. travelled B. matured
C. missed D. worried
()15. A. limits B. dates
C. goals D. tests

B [2024·新课标 II 卷]

题材: 社会生活 词数: 237

When I decided to buy a house in Europe ten years ago, I didn't think too long. I liked travelling in France, but when it came to picking my favourite spot to 1, Italy was the clear winner.

(后续内容, 请见下页)

- ()1. A. study B. rent
C. visit D. settle

During my first visit to Italy, I 2 to ask for directions or order in a restaurant. But every time I tried to 3 a sentence of Italian together, the locals smiled at me and 4 my language skills. That encouragement helped me to get through the language 5. After I made Italy my permanent home, I discovered how 6 Italians are. Neighbours will bring me freshly made cheese and will come to my door to 7 me to close the window in my car when rain is coming. It's these small 8 of kindness that make a new country feel like home.

As a foodie, the way to my heart is through my stomach, and nowhere fuels my 9 quite like Italy. Each town has its own traditional 10, and every family keeps a recipe passed from one generation to another. Families 11 for big meals on Sundays, birthdays, and whatever other excuses they can 12. These meals are always 13 by laughter and joy. Whatever 14 life in Italy might have, the problems are 15 once you sit down to a big meal with friends and family.

- ()2. A. planned B. struggled
C. refused D. happened
- ()3. A. string B. hang
C. mix D. match
- ()4. A. improved B. assessed
C. admired D. praised
- ()5. A. course B. barrier
C. area D. test
- ()6. A. open-minded B. strong-willed
C. warm-hearted D. well-informed
- ()7. A. remind B. allow
C. persuade D. order
- ()8. A. tricks B. promises
C. acts D. duties
- ()9. A. ambition B. success
C. appetite D. growth
- ()10. A. costume B. dish
C. symbol D. tale

- ()11. A. gather B. cheer
C. leave D. wait
- ()12. A. put up with B. stand up for
C. come up with D. make up for
- ()13. A. signaled B. confirmed
C. represented D. accompanied
- ()14. A. disadvantages B. meanings
C. surprises D. opportunities
- ()15. A. created B. forgotten
C. understood D. identified

C [2024·浙江1月考]

题材:人物故事 词数:226

While taking a 20-hour train ride along the edge of the Taklimakan Desert in the northwestern China, I had the kind of humbling, educational, and above all else, wonderful 1 with a local that all travellers long for. A young Chinese man 2 me on the train. My 3 friend spoke virtually no English, so I happily took the 4 to practise my Chinese.

Over several hours he would tell me about how he had 5 a two-year professional school to quickly find a job 6 highways in order to help support his family. Perhaps most 7, however, was the fact that this man

(后续内容,请见下页)

- ()1. A. experiment B. encounter
C. competition D. appointment
- ()2. A. treated B. saved
C. lectured D. approached
- ()3. A. true B. so-called
C. new D. long-lost
- ()4. A. chance B. advice
C. trouble D. right
- ()5. A. visited B. financed
C. attended D. founded
- ()6. A. building B. sweeping
C. checking D. guarding
- ()7. A. typical B. obvious
C. natural D. remarkable

spent hours studying every day after hard physical labour. Without batting an eye he would 8 a translated Emerson passage before asking about the literary influence of American 9 as a whole. “And what do you all learn about Russian authors?” I 10 him asking at one point.

It would have been easy to 11 my assumptions about this highway builder who had never been more than a few hundred miles from home. But this highly informed, 12, and admirable person prevented me doing so. In the course of a couple of hours, he 13 me just how much one can gain from 14 with an open mind, and a willingness to 15 with locals from all walks of life.

- | | |
|------------------------|------------------|
| ()8. A. publish | B. quote |
| C. copy | D. download |
| ()9. A. writers | B. historians |
| C. workers | D. students |
| ()10. A. anticipate | B. imagine |
| C. recall | D. catch |
| ()11. A. look into | B. rely on |
| C. go over | D. deal with |
| ()12. A. well-behaved | B. multi-skilled |
| C. warm-hearted | D. self-educated |
| ()13. A. asked | B. warned |
| C. showed | D. promised |
| ()14. A. travelling | B. reading |
| C. searching | D. teaching |
| ()15. A. cooperate | B. side |
| C. negotiate | D. engage |

刷模拟

限时：每篇10分钟

A [2024·广东肇庆二模]

题材：生活故事 词数：260

Elmer Whitaker sighed as he looked over his muddy crops. A terrible 1 had swept through his farm the night before, and his crops were now covered in 2 and destroyed. His neighbour, a kind young man named Thomas, 3 to offer his help.

“What a disaster,” Whitaker said. “My whole family has always survived on the harvests of this field. I feel 4 and don’t know what to do now.”

Thomas calmed him down and thought for a moment. “I see this not as a disaster but as an 5,” he said. Whitaker looked at him 6. “How can it be?” he asked. Thomas smiled 7, “Now you have a chance to try something new. You’ve always grown beans and cabbages. Why not try planting 8 crops that will also fit in this soil? You can diversify and therefore 9 your farm once again.”

Elmer Whitaker considered this. Thomas was right—he had become set in his ways. This disaster could push him to make his farm 10 and sustainable in a new way. “You have 11 me,” Whitaker said. He clapped

Thomas on the back. “Thank you for showing me the opportunity in this difficulty.”

(后续内容, 请见下页)

- | | |
|----------------------|-----------------|
| ()1. A. force | B. smoke |
| C. war | D. storm |
| ()2. A. mud | B. grass |
| C. mist | D. dust |
| ()3. A. went on | B. set off |
| C. came by | D. burst in |
| ()4. A. special | B. desperate |
| C. sensitive | D. tireless |
| ()5. A. opportunity | B. agreement |
| C. intention | D. element |
| ()6. A. as usual | B. in disbelief |
| C. on purpose | D. with pride |
| ()7. A. innocently | B. gratefully |
| C. politely | D. cheerfully |
| ()8. A. major | B. traditional |
| C. different | D. natural |
| ()9. A. restore | B. exchange |
| C. donate | D. abandon |
| ()10. A. formal | B. diverse |
| C. realistic | D. obvious |
| ()11. A. informed | B. demanded |
| C. enlightened | D. promised |

And so Whitaker 12 new crops and soon, the farm was full of life again. Farmers from neighbouring towns were 13 with the wonder of Whitaker's fields, and they began to 14 their crops as well. Elmer Whitaker's farm has become a 15 of adaptability and hope, telling everyone that in every storm, there is a chance for new growth.

- ()12. A. tasted B. planted
C. shared D. received
- ()13. A. careful B. troubled
C. familiar D. impressed
- ()14. A. diversify B. remove
C. deliver D. observe
- ()15. A. manner B. dream
C. symbol D. cause

B [2024·浙江稽阳联谊学校高三联考]

题材:生活故事 词数:254

A little girl was enjoying the beautiful garden in her home. Her father had a good collection of rare and prized plants, which he 1 with great care.

The girl was 2 by a plant full of delicate flowers. She approached it and admired its striking beauty. Suddenly she 3 that the plant was in a pile of filth (污秽). She could not tolerate the 4 of dirt with such fantastic flowers.

She worked out a plan to clean the plant. She 5 the plant with all her might from the dirt and washed its 6 in running tap water till all traces of dirt were washed away. She then placed the plant on a clean stone and went away, proud that she had done a great 7.

Later her father came to the garden and spotted the uprooted plant, which had lain 8 in the baking sun. His little daughter ran over to 9 her achievement. "I have cleaned it, daddy," she reported 10.

The father showed her how her treatment

had nearly killed the plant and told her that the filthy soil was the best 11 to grow that plant. Hearing that, the girl felt guilty that the plant had suffered by her cleaning.

A great gardener mixes the 12 soil for each plant. 13, God provides each of us with the best 14 required for optimum (最佳的) spiritual growth. But it may appear to be 15 and we may even complain to God about our difficulty.

- ()1. A. weeded out B. brought up
C. attended to D. fed on
- ()2. A. caught B. attracted
C. attacked D. shocked
- ()3. A. recalled B. noted
C. recognized D. concluded
- ()4. A. formation B. presentation
C. presence D. composition
- ()5. A. held B. picked
C. pulled D. dragged
- ()6. A. flowers B. branches
C. leaves D. roots
- ()7. A. deed B. deal
C. operation D. project
- ()8. A. burning B. bathing
C. breathing D. dying
- ()9. A. confirm B. exhibit
C. evaluate D. celebrate
- ()10. A. innocently B. distantly
C. decisively D. thoughtlessly
- ()11. A. shelter B. medicine
C. medium D. venue
- ()12. A. right B. same
C. dirty D. loose
- ()13. A. Moreover B. Likewise
C. Rather D. Nevertheless
- ()14. A. environment B. mode
C. neighbourhood D. opportunity
- ()15. A. invisible B. disorganized
C. improper D. unpleasant

训练 45 邀请信

刷真题

限时：每篇15分钟

A [2022·新高考全国 I 卷]

假定你是校广播站英语节目“Talk and Talk”的负责人李华,请给外教 Caroline 写邮件邀请她做一次访谈。内容包括:

1. 节目介绍;
2. 访谈的时间和话题。

注意:1. 写作词数应为 80 左右;

2. 请按如下格式在相应位置作答。

Dear Caroline,

Yours sincerely,

Li Hua

B [2022·浙江 6 月考]

假定你是李华,你校图书馆新设了小组学习室。请你给留学生同学 Michael 写邮件邀请他同去体验,内容包括:

1. 位置和开放时间;
2. 室内设施和功能。

注意:1. 词数 80 左右;

2. 可以适当增加细节,以使行文连贯。

C [2020·浙江 1 月考]

假定你是李华,你校将举办外国学生中文演讲比赛,请给你的英国朋友 George 写封邮件邀请他参加。内容包括:

1. 比赛时间;
2. 演讲话题;
3. 报名方式。

注意:1. 词数 80 左右;

2. 可适当增加细节,以使行文连贯。

A [2024·山东潍坊高三学科素养能力测评]

假如你是李华,上周你校新开设了劳动体验课。请给你的留学生朋友 Allen 写一封邮件邀请他同去体验。内容包括:

1. 介绍课程内容;
2. 表示邀请。

注意:写作词数应为 80 个左右。

Dear Allen,

Yours,
Li Hua

B [2024·江苏泰州一模]

假定你是李华,你校下周将举行英语艺术节汇报演出。请你给目前在你校学习的交换生 David 写一封电子邮件,邀请他担任主持人,内容包括:

1. 活动时间、地点;
2. 活动安排;
3. 期盼参加。

注意:写作词数应为 80 个左右。

Dear David,

Yours sincerely,
Li Hua

C [2024·广东肇庆二模]

假定你是李华,你校将举办“国际文化日”,请给外教 Caroline 写封邮件邀请她参加活动。内容包括:

1. 活动时间、地点;
2. 活动目的及内容;
3. 邀请对方参加并分享自己国家的文化特色。

注意:写作词数应为 80 个左右。

Dear Caroline,

Yours sincerely,
Li Hua

训练 51 读后续写(一)——主题: 亲情与友情

刷真题

限时: 25分钟

[2021·新高考全国 I 卷]

阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

A Mother's Day surprise

The twins were filled with excitement as they thought of the surprise they were planning for Mother's Day. How pleased and proud Mother would be when they brought her breakfast in bed. They planned to make French toast and chicken porridge. They had watched their mother in the kitchen. There was nothing to it. Jenna and Jeff knew exactly what to do.

The big day came at last. The alarm rang at 6 am. The pair went down the stairs quietly to the kitchen. They decided to boil the porridge first. They put some rice into a pot of water and left it to boil while they made the French toast. Jeff broke two eggs into a plate and added in some milk. Jenna found the bread and put two slices into the egg mixture. Next, Jeff turned on the second stove burner to heat up the frying pan. Everything was going smoothly until Jeff started frying the bread. The pan was too hot and the bread turned black within seconds. Jenna threw the burnt piece into the sink and put in the other slice of bread. This time, she turned down the fire so it cooked nicely.

Then Jeff noticed steam shooting out of the pot and the lid starting to shake. The next minute, the porridge boiled over and put out the fire. Jenna panicked. Thankfully, Jeff stayed calm and turned off the gas quickly. But the

stove was a mess now. Jenna told Jeff to clean it up so they could continue to cook the rest of the porridge. But Jeff's hand touched the hot burner and he gave a cry of pain. Jenna made him put his hand in cold water. Then she caught the smell of burning. Oh dear! The piece of bread in the pan had turned black as well.

- 注意: 1. 续写词数应为 150 左右;
2. 请按如下格式在相应位置作答。

Paragraph 1:

As the twins looked around them in disappointment, their father appeared. _____

Paragraph 2:

The twins carried the breakfast upstairs and woke their mother up. _____

[2024·湖南长沙一模]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

There are too many treasures in life we take for granted, the worth of which we don't fully realize until it is pointed out to us in some unexpected way. So it was with Mama's minestrone (意大利浓菜汤).

There was no recipe for her minestrone. For our large immigrant family, Mama's soup guaranteed we would never go hungry. It was a symbol of security. Its recipe was created spontaneously (非计划安排地) from what was in the kitchen. And we could judge the state of our family economy by its contents. A hearty soup with tomatoes, pasta, beans, carrots, celery, onion, corn and meat indicated things were going well. A watery soup suggested hard times.

At one time, however, Mama's soup pot became a source of embarrassment to me, for I feared it would cost me a new friend I had made at school. Sol was a thin, dark-haired boy, and an unusual pal for me because his father was a doctor and they lived in the best part of town. Often Sol invited me to his home for dinner. The family had a cook in a white uniform who worked in a kitchen with shining utensils (厨房用具). The food was good, but I found it bland (清淡的), lacking the heartiness of my home food served from flame-blackened pots. Moreover, the atmosphere matched the food. Everything was so formal. Sol's mother and father were polite, but conversation around the table was subdued (克制的). And no one hugged! In our family, warm hugs were a family tradition and if you didn't kiss your mother, she demanded: "What's the matter,

you sick?" But at that time in my life, all this was an embarrassment.

I had known Sol would like to eat dinner at our house, but that was the last thing I wanted. My family was so different.

注意:续写词数应为150个左右。

Paragraph 1:

Finally when Sol asked again if he could come to our house, I had to say yes. _____

Paragraph 2:

But to my amazement, I noticed Sol took a spoonful of Mama's minestrone. _____
