




高一

英语 5·2·1综合练习

丛书主编 蔡 晔

5R2C1W

 金点思维系列

高一

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5R2C1W

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前言

一本以短期英语综合训练为目的的教辅书,如何能够最大限度地发挥作用,帮助学生学习? 以下两点必不可少:一是全书的整体性,二是各个章节间的逻辑性。

《金点思维 英语 5·2·1 综合练习》按不同的话题分类,以周为阶段,用阅读、完形、写作的形式对学生进行训练。5·2·1 即每周进行 5 篇阅读、2 篇完形和 1 篇作文训练。本书的目的是更好地服务于学生,使不同层次水平的同学都能获益,通过对同一话题内容的反复训练,真正做到将知识化为己用。

本书有如下几个方面的优势:

- 以“5·2·1”的方式划分训练内容。
- 根据考纲要求严格筛选话题,使用最新内容。
- 针对不同的话题,选择高度统一的内容,使阅读、完形的内容能够为后面的写作提供素材,充分体现了训练的完整性和逻辑性。
- 配合不同水平学生的训练要求,按难易程度对文章分类,使各单元及全书的训练内容以递进的形式分布,帮助学生逐步提高。
- 将考纲要求融入篇章内,对每周内篇章的考纲考点进行了汇总,保障做到周练有目的,周练有效果。

因此,5·2·1 系列的整体特色为精确目标、话题一致,内容与考纲融合,阅读、完形、写作有机结合,难易层次化、训练整体化,是一种目标明确、层次递进、整体性强的综合训练方法。

1/ Monday 热身训练

2/ Tuesday 能力提升

4/ Wednesday 素质积累

6/ Thursday 年级挑战

8/ Friday 能力转化

9/ 考纲词句检测

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Week 1 Adventures

Monday 热身训练

● 阅读理解

阅读下面短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

I got the chance to find out how I actually felt in the zero-gravity simulator(失重状态模拟器)—a Russian IL-76 aircraft, which was better known as the Flying Lab. This plane went up and made a series of parabolic(抛物线的)movements in the sky to simulate zero gravity. Each one lasted nearly 25 seconds.

I went up with another eleven people, eight men and three women, who were from Italy, Holland, Malaysia and the USA. “Get ready”, said a voice on the loudspeaker and suddenly invisible forces pressed us all to the floor. For a few seconds we felt twice as heavy as normal and then we all rose from the floor, totally weightless. We floated all over the airplane bouncing into each other, the walls and the ceiling. One woman pushed herself off the wall and then flew the length of the cabin, while another performed mid-air forward rolls...

“Twenty-five seconds. Get down!” Suddenly, the zero-gravity ended and we all fell to the floor. The movement was repeated 10 times before we returned to Chalovsk airport. The total time we had spent in zero gravity was just under four minutes.

- () 1. Why does the writer say the Russian IL-76 aircraft is better known as the Flying Lab?
- A. Because it can fly higher than other planes.
B. Because it can make people experience zero gravity.
C. Because it can fly freely in the space.
D. Because it can take more people than other planes.
- () 2. How many people in total were on the airplane?
- A. 11. B. 8. C. 3. D. 12.
- () 3. What can happen to one person in zero gravity?
- A. Some forces press him to the ground.
B. His weight is twice as heavy as normal.
C. He can float freely.
D. He can feel sick.



- () 4. How long in total do the people stay in zero gravity?
- A. 240 seconds. B. 25 seconds.
C. Over 4 minutes. D. Nearly 4 minutes.

Tuesday 能力提升

● 阅读理解

阅读下面短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

India is fast emerging(新兴的) as one of the most popular adventure sports destination in the world. India offers a great variety of opportunities for an adventure traveller, who is also looking for a varied experience. The topography(地形) of India is diverse that varies from snow capped mountains on the one hand to desert and sea on the other hand, all of which make India an ideal adventure sports destination for tourists from all over the world.

India is a country with a large scale of potential adventure sports. Right from mountaineering, hiking paragliding(跳伞) and rafting to scuba diving, India promises to offer the traveller an experience that will last all their life long. If northern India offers wonderful opportunities for hiking, mountaineering, paragliding, skiing and river rafting, southern India will be a wonderful destination for water sports. If you love scuba diving or snorkelling, Lakshadweep and Andaman islands are the places to visit.

Adventure Tours of India provides complete and detailed information on adventure travel in India. Adventure Tours of India also offers a large number of adventure tours that you can take when you are on your tour to India. For online booking of adventure tours to India or for more information on adventure travel in India, please fill up the form given in our website, which is easy for you to find.

Some of the most popular adventure sport activities are listed as follows: Angling and Fishing, Cycling and Motor Biking, Camel Safari, Gliding, Mountaineering, Rafting, Scuba Diving and Snorkeling, Hiking, Wildlife Safari, Skiing, etc. Never forget to choose one when you booking your adventure tours to India.

- () 1. Which of the following adventure sports in India isn't mentioned in the passage?
A. rafting B. scuba diving C. mountain biking D. paragliding
- () 2. If visitors are into scuba diving, they should go to _____.
A. Eastern India B. northern India C. western India D. southern India
- () 3. What do we know of Adventure Tours of India from this passage?
A. Visitors can only book online.
B. It offers many popular sport activities.



C. It is unpopular for the visitors at the present.

D. It also provides activities in the foreign countries.

() 4. What is the purpose of writing this passage?

A. To attract visitors to tour around India.

B. To share the author's own experience in India.

C. To draw visitors' interest in Adventure Tours of India.

D. To have a brief introduction of Adventure Tours of India.

● 完形填空

阅读下面短文,掌握其大意,然后从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

I do not know what your opinion about adventures on the mountains is.

It was 1 in the eighteenth century that people in Europe began to 2 that mountains were beautiful. 3 that time, mountains were feared by the people 4 on the plain, especially by the city people, 5 they were wild, extremely 6 and frightening places where the 7 of people were easily 8 or killed by terrible animals.

Slowly, however, 9 people who were living 10 in the towns began to grow 11 their living places. They began to feel 12 looking for wild excitement and adventures, as their attention turned from the man-made town to the 13 country, and to places which were dangerous and wild. 14 high mountains began to be 15 for a holiday.

Then, mountain-climbing began to grow popular 16 a sport. To some people, there is something 17 about getting to the 18 of a high mountain: a struggle and adventure against nature is finer than a battle 19 other human beings. And after a difficult climb, what a 20 reward it is to look down on everything within sight.

- | | | | |
|------------------------|----------------|------------------|------------------|
| () 1. A. seldom | B. hardly | C. only | D. always |
| () 2. A. regret | B. seem | C. hope | D. think |
| () 3. A. After | B. Before | C. During | D. At |
| () 4. A. lived | B. living | C. to live | D. who living |
| () 5. A. whom | B. for whom | C. with whom | D. to whom |
| () 6. A. joyful | B. dangerous | C. grateful | D. thrilling |
| () 7. A. minority | B. popularity | C. majority | D. possibility |
| () 8. A. lost | B. missed | C. found | D. searched |
| () 9. A. many | B. much | C. a little | D. a lot |
| () 10. A. comfortable | B. comfortably | C. uncomfortable | D. uncomfortably |
| () 11. A. tiring with | B. tiring of | C. tired with | D. tired of |
| () 12. A. interesting | B. interest in | C. interested | D. interested in |
| () 13. A. untouched | B. open | C. wild | D. unimportant |

- | | | | |
|-------------------------|--------------|-----------------|------------------|
| () 14. A. But | B. So | C. Because | D. And |
| () 15. A. excited | B. expensive | C. popular | D. terrible |
| () 16. A. for | B. as | C. with | D. like |
| () 17. A. regretful | B. sorrowful | C. pleasant | D. proud |
| () 18. A. top | B. middle | C. bottom | D. foot |
| () 19. A. about | B. for | C. without | D. against |
| () 20. A. disappointed | B. satisfied | C. satisfactory | D. disappointing |

Wednesday 素质积累

“You can always see a beautiful sky at the top of the mountain, but you can't see it before you reach the top.”

Whenever the sun dropped and the blue sky came up, my father and I would climb the mountain near my house. Walking together, my father and I would have a lot of conversations through which I learned lessons from his experiences. He always stressed to me, “You should have objectives as lofty as this mountain and great capacity just like the mountain.”

Once we climbed a very high mountain. It was so challenging for me because I was only ten years old. During the first few hours of climbing, I enjoyed the fresh air, the birds' singing, and the beautiful dances of butterflies, but as time dragged by, I got a pain in both of my legs. At that moment, I wanted to quit climbing. Actually, I hated it at that moment, but my father said to me, “Spring is a season when everything comes to

“你在山顶总能望到美丽的天空,但在到达峰顶之前你是看不到的。”

每当太阳西下、蓝天显露的时候,我和父亲常常去爬我们家附近的那座山。我们常常边爬山边谈话,从他所谈的经历中我受益匪浅。他总是这样督促我:“你应该有像这座山一样崇高的目标,像这座山一样宽广的胸怀。”

有一次,我们去攀登一座很高的山。当时我才10岁,对我来讲,这无疑是一次巨大的挑战。在爬山的头几个小时,我享受着新鲜的空气、欣赏着鸟儿的歌唱和蝴蝶的翩翩起舞。时间慢慢过去,我渐渐感到双腿酸疼。那时候,我想半途而废。事实上,我已萌生了恨意。但是父亲对我说:“_____。我们脚下的山峰和田地鲜花和树木遍布,美丽如画。你在山顶总能望到美丽的天空,但在到达峰顶



life again. The mountain and fields where we are standing are embroidered with flowers and trees. You can always see a beautiful sky at the top of the mountain, but you can't see it before you reach the top. You can always enjoy the scenes of many waterfalls and countless peaks and valleys at the top of the mountain, but you can't when you are halfway up. Only there at the top, can you embrace all of those things. ”

At that time, I was too young to understand his thoughts, but what he said encouraged me and gave me much strength. In the end, I found myself standing at the top of the mountain. And there, I could see the whole sky, which was as clear as crystal, and I was able to appreciate the beautiful scenes of waterfalls, plains, peaks and valleys.

之前你是看不到的。你在山顶总能欣赏到众多瀑布和数不清的山峰与峡谷构成的美景,但是在半山腰是不可能看到这一切的。只有在山顶,你才能拥抱所有的这一切。”

那时候我年龄很小,还不能理解父亲的意思,但他的话激励了我,给了我力量。最终,我爬到了山顶。举目眺望,整个天空就如水晶般清澈透亮。我欣赏到了瀑布、平原、山峰、峡谷的美丽景色。

1. What is the best title for this passage?

2. Please translate the underlined sentence into Chinese.

3. What happened when the author wanted to give up halfway when climbing the mountain?

佳句
存储

You can always see a beautiful sky at the top of the mountain, but you can't see it before you reach the top.

你在山顶总能望到美丽的天空,但在到达峰顶之前你是看不到的。



Thursday 年级挑战

● 阅读理解

阅读下面短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

South Africa offers one of the greatest values of the world. If you ever decide to visit South Africa, you will never regret it.

One of the best and most thrilling adventures you will ever have in Africa is safari tour, especially Gauteng safari tour. Going on such a tour may deprive you of the luxury(豪华) which you are used to, but the adventure offers huge excitement. What you cannot find but in Africa is the thrill of sleeping in a tent surrounded by wildlife, hearing strange animal sounds, seeing the wild animals hunting or nursing or admiring the wild nature. This is what a true Gauteng safari adventure means.

Talking about size, Gauteng is the smallest province as well as one of the most populated areas in South Africa. It has recently been known as the most visited province. This province has kept its way of life and still appreciates true values, but it is also a highly urbanized(都市化的) place that can offer you luxury if that is what you are seeking.

I do not doubt the fact that you would rather stay in the most comfortable bed and eat the best foods in the world. However, if you want to learn about the world, you need to personally experience it. Get in touch with the people and the culture. Get close to an elephant, rhino, cheetah or lion that you can actually smell it. This is why you just should get up, pack your bags and actually go to see Africa.

When you go on safaris you can still enjoy some luxury if you want, and you are not entirely deprived of the things which you are familiar with. However, you will feel that you are a big part of the world and you will finally see why safaris, especially Gauteng safari tours are one of the best experiences that you will ever have. Come and experience the Gauteng bush life!

- () 1. What is TRUE of Gauteng according to the passage?
- A. Not many people are living in this province.
 - B. It is a less developed province in South Africa.
 - C. It is the second smallest province in South Africa.
 - D. It attracts the largest number of tourists in South Africa.
- () 2. What is the meaning of a Gauteng safari adventure?
- A. Enjoying the luxury in Gauteng.
 - B. Getting close to the wild nature.
 - C. Learning wild animals' sounds.
 - D. Sleeping in a tent in the open air.

- () 3. In the passage the author suggests that we should do the following things EXCEPT _____.
 A. get in touch with the people and the culture
 B. get close to fierce animals living in the wild
 C. continue enjoying the luxury we're used to
 D. go and experience the Gauteng bush life
- () 4. What is the best title for this passage?
 A. A Brief Introduction of Gauteng Safari
 B. Tips on Doing Gauteng Safari Tour
 C. South Africa and Gauteng Safari Tour
 D. Experiencing Wildlife Adventure in Gauteng

●完形填空

阅读下面短文,掌握其大意,然后从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

James Alden is a 16-year-old boy. In an experiment, his and several 1 families from the city have been placed there to collect data about 2 in the isolated, high pressure environment. James is smaller than the other boys in the 3. These boys have all become excellent 4 of a certain fish which is used for food. James is the only boy in the city who has 5 brought back a fish. Driven by 6, he goes hunting fish outside the city.

He sees a fish, and 7 it into an ocean crack which leads to a network of fascinating caves. He becomes 8 by the colors of the caves, and then 9 his fish again. The exciting chase is 10! In the depths of caves, he finds the breeding area of the fish and 11 a huge one, bigger than any fish of this type the other boys have ever seen. 12 he has finally earned his place among his peers, he 13 the fish to his belt and prepares to head back to his 14. After going only a few feet he realizes that in the excitement of the chase, he has forgotten all about 15 his trail and is hopelessly lost. To make matters 16, while he ponders which way to go he finds he has also forgotten to keep track of the 17 time on his breathing equipment. 18 he has a five-minute reserve, but he realizes it's not enough time to get back out of the caves, 19 he did get lucky enough to find his way out.

20 with absolute despair, he goes deeper into the caves to find some trapped air. His race becomes more desperate, his time becomes shorter. He swims faster and harder than ever...

- | | | | |
|-------------------|-----------------|--------------|------------|
| () 1. A. other | B. big | C. important | D. poor |
| () 2. A. working | B. living | C. playing | D. staying |
| () 3. A. team | B. neighborhood | C. city | D. village |
| () 4. A. fishers | B. eaters | C. killers | D. hunters |
| () 5. A. ever | B. already | C. never | D. still |
| () 6. A. pride | B. shame | C. anger | D. fame |
| () 7. A. forces | B. beats | C. asks | D. follows |



- | | | | |
|-----------------------|---------------|----------------|------------|
| () 8. A. attracted | B. interested | C. addicted | D. moved |
| () 9. A. meets | B. realizes | C. spots | D. watches |
| () 10. A. on | B. in | C. over | D. off |
| () 11. A. pulls | B. plants | C. passes | D. catches |
| () 12. A. guessing | B. knowing | C. remembering | D. saying |
| () 13. A. fastens | B. puts | C. leads | D. uses |
| () 14. A. seat | B. city | C. place | D. palace |
| () 15. A. marking | B. keeping | C. repeating | D. judging |
| () 16. A. better | B. bigger | C. worse | D. more |
| () 17. A. used | B. losing | C. remaining | D. enough |
| () 18. A. Thankfully | B. Greatly | C. Generally | D. Briefly |
| () 19. A. as if | B. even if | C. only if | D. what if |
| () 20. A. Met | B. Stuck | C. Troubled | D. Faced |

Friday 能力转化

●任务型阅读

阅读短文内容, 根据要求回答下列问题。

South African kayaker (皮划艇运动员) Hendrik “Hendri” Coetzee died paddling the Lukuga River in Congo this December after he was dragged under water by a giant crocodile. He was a famous South African. The most interesting thing about him was that he didn't seek the attention. He simply sought adventure in its most original form.

The only things he had were books. He didn't even own a bicycle; he never left anything behind. Wherever he went, he just sowed a bit of who he was. He was always so humble, and never spoke about his expeditions or achievements. He was just Hendrik.

He began the trip guiding four other kayakers. He led them through rapids, aware of the toothsome predators (食肉动物) hiding under the surface—crocodiles and hippos (河马) waiting with so much force ready to bite. He knew the dangers—crocodile, hippos and rapids—and went anyway. He was killed. He left his last blog post.

“It is hard to know the difference between unreasoning fear and instinct, but fortunate is he who can. Often there is no clear right or wrong option, only the safest one. And if safe was all I wanted, I would have stayed home in Jinja. Too often when trying something no one has ever done, there are only 3 likely outcome: Success, quitting, or serious injury. The difference in the three, are often forces outside of your control. But this is the nature of the beast: Risk...”

“To avoid detection from possible soldiers downstream, we took out at the last big rapid. The storm unleashed, dragging a curtain of water towards us through the warped valley.”



1. How did Coatzee die according to the passage? (no more than 6 words)

2. What dangers did Coatzee face while guiding four other kayakers? (no more than 8 words)

3. What did he choose to do? (no more than five words)

4. Which sentence in the passage is closest in meaning to the following one?
He was always so humble, and never spoke about his expeditions or achievements.

5. Translate the underlined sentence in the last but one paragraph into Chinese.

● 写作

假设你叫李华,本周末将组织一个漂流小组到你家乡的阳光河谷进行水上漂流活动,请根据下面的提示用英语写一个报名通知。

活 动	地 点	要 求	报名时间	报名地点	联系人
水上漂流	阳光河谷	1. 身体健壮,会游泳 2. 胆大心细,有冒险精神	本周三之前	203 教室	李华

注意:1. 词数 80 - 100;

2. 可适当增加细节,以使行文连贯。

参考词汇:漂流 drift;河谷 river valley;冒险的 adventurous

Notice

考纲词句检测

单 词

1. emerge *v.* 浮现,脱出,形成

Large scale industry emerged only gradually as technology evolved. 大工业只是随着技术发展而逐渐开始存在的。

2. detailed *adj.* 详细的;复杂的;精细的

Columbus kept a careful and detailed diary of his voyages. 哥伦布按顺序仔细而详尽地记载了他的各次航程。