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恩波教育研究中心 编

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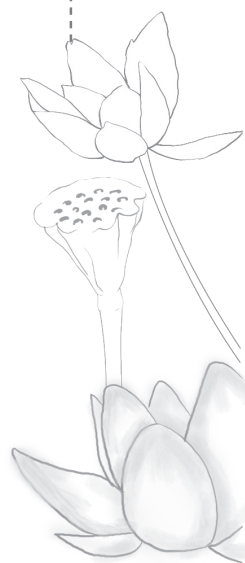
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答案全解精析(另册)





## Unit 1 Know yourself

### 巅峰训练 1

#### 一、完形填空

(2024·常州期末) Ye Lianping is a retired(退休的) English teacher in Anhui Province. But he doesn't stop teaching and has worked as a volunteer teacher in Buchen village for over 30 years. For Ye, teaching has 1 been part of his life.

In 1928, Ye was born in Qingdao. When Ye was young, his father worked at the American Embassy(大使馆) in Nanjing, so he had a good 2 to learn fluent(流利的) English from the workers there. Later, he 3 an evening school to teach people to read. In 1978, he started to work as a middle school teacher in Buchen village. Since then, teaching has taken up most of his time. Ye retired at the age of 63, but his love of teaching didn't 4. Ye offered free English classes to children whose parents worked in other cities.

Ye lives a 5 life with his wife in a small and old house. As he has no child of his own, 6 the children are in need, they can eat and live in Ye's house for free. To save money for children's 7, Ye never wastes money, even a bottle of water. However, he uses his money to take his students to visit museums every summer vacation. For Ye, teaching isn't a tiring job. Instead, he thinks it is important. When he sees his students 8 with others in English in public, he is filled with pride(骄傲).





In 2012, Ye donated a lot of money to Ye Lianping Scholarship Fund. Deeply 9 by his story, more and more people have come to support him in recent years. Although Ye is over 90 years old, he hopes he can race 10 time to spend as much time as possible on education. "My time is limited and I hope to spend the rest of my life on the podium(讲台). I want to stay with my students," said Ye.

- |                  |                 |              |                |
|------------------|-----------------|--------------|----------------|
| 1. A. always     | B. never        | C. hardly    | D. seldom      |
| 2. A. change     | B. challenge    | C. character | D. chance      |
| 3. A. got up     | B. came up      | C. set up    | D. made up     |
| 4. A. continue   | B. spread       | C. increase  | D. end         |
| 5. A. wealthy    | B. romantic     | C. simple    | D. secret      |
| 6. A. whatever   | B. whenever     | C. wherever  | D. whoever     |
| 7. A. suggestion | B. introduction | C. education | D. instruction |
| 8. A. mix        | B. communicate  | C. agree     | D. complain    |
| 9. A. touched    | B. created      | C. praised   | D. trained     |
| 10. A. against   | B. beyond       | C. between   | D. across      |

## 二、阅读理解

A(2024·苏州姑苏一模)

## Flowers show personality

It's flower season! Which flower do you like best? The flower you pick may say something about you. A survey was made in Class 1, Grade 9 about students' favourite flower. Here are the results: <b>Tulip 30%      Rose 35%      Daisy 12%      Lily 23%</b>	
<b>Tulip:</b> You are afraid of failure and dare not try. But you are a thoughtful and steady(稳重的) person. You are just short of courage. You may need to wait for someone to guide you to get out of the comfortable area. Face the challenges in life, and you will have success. 	<b>Rose:</b> You are simple and you often see things differently. But you are too worried about the opinions of others. If you want to be successful, you'd better be confident in yourself, stick to your dream and not be shaken by others. Believe in yourself and you can make it. 
<b>Daisy:</b> You're born to be a leader, and you have a great sense of responsibility(责任感). You always put yourself in the situation of leading, and you enjoy it. But you need to listen to the opinions of the people around you. 	<b>Lily:</b> It is easy for you to notice chances. You seem to know things ahead and you like planning for the coming events. However, you are not careful enough. You should think twice about what you say and do. 

- What percent of students in the survey like Daisy?  
A. 12%                      B. 35%                      C. 30%                      D. 23%
- Which of the following is TRUE about the personality?  
A. A person who likes lilies doesn't like planning ahead.  
B. A person who likes roses may stick to his/her own opinion.  
C. A person who likes daisies should listen more to others' words.  
D. A person who likes tulips is brave enough to try something new.
- On which part of a website can you probably find the passage?  
A. Sports.                      B. History.                      C. Technology.                      D. Biology.

B(2023·南通海安二模)

The mind is a wonderful thing. It's also an excuse-making machine that frequently tries to make us not take actions that we know are good for us. And this prevents many positive changes from taking place in our lives.

So why does the mind mess with us and make unreasonable excuses? Because the mind wants comfort, that's the reason. It's afraid of discomfort, pressure and change. The mind is absorbed( 沉浸于) in its comfort zone, and anytime we try to stretch( 延伸) that zone too far, for too long, the mind tries to get back to ground zero at any cost. These excuses, such as "I can't do it", "It is too hard for me", "It's too late now" and so on, are no strangers to our mind.

It seems too difficult at first, so you think you can't stick to the positive change you're making. You don't believe in yourself enough to take another step. This is a common excuse that can be countered( 反驳) by looking at the fact that other people had no more abilities than you thought you had. For example, my 60-year-old next-door neighbour finished running a marathon, so I told myself, "If she can do it, so can I!" And I was right. Truth be told, the only person who can tell you "I can't" is yourself. If you hear those words repeating in your mind, stop listening or paying attention to them.

Another common excuse is that "I've already failed too much". You're only human. If you break down, it's fine. Just don't stay down. Rest, and then pick yourself up so you can go to where you'd rather be. Failures, small and large, happen every day. The strongest, most productive people aren't the people who always succeed, but the ones who don't give up when they lose.

Oftentimes you're a lot closer to making a breakthrough( 突破) than you think. Some people give up their efforts when they have almost succeeded, while others attain their goals by making great efforts until the last moment. Once you learn to give up, it becomes a habit. So, make some necessary changes to throw off the bad habit of making excuses. No excuses! Go on trying! That's how you'll move your life forward.

1. The writer mentions an example about a marathon in Paragraph 3 to show that \_\_\_\_\_.

- A. people should learn about their abilities
- B. people shouldn't look down upon elders
- C. people shouldn't be affected by their excuses
- D. people should work hard to achieve great things

2. From the passage, we can know that \_\_\_\_\_.

- A. people who have experienced many failures will succeed
- B. the mind makes excuses because it prefers comfort to suffering
- C. people won't move their life forward until they make reasonable excuses
- D. the mind won't find any excuses as long as it learns we're closer to success

3. The word "attain" in Paragraph 5 probably means "\_\_\_\_\_".

- A. share
- B. reach
- C. pick
- D. set

4. What is the writer's main purpose in writing this passage?

- A. To tell readers to stop making excuses and keep going.
- B. To lead readers to deal with the unreasonable excuses.
- C. To remind readers to leave their comfortable zone.
- D. To show readers why people have many excuses.

## 巅峰训练 2

## 一、完形填空

(2024·台州一模) Every Saturday, Bibi hung out at her grandma's laundry and dry-cleaning store. Bibi loved being with her grandma but she wanted to do more than just 1 and read.

Bibi had an idea to write down what people brought and put a number on it. Being too short, she couldn't 2 certain tasks. But she still wanted to help.

"Why don't you draw a picture of customers coming in? You're such a good 3," Grandma joked. "Maybe that would help!"

Bibi went outside, seeing Stephanie and some high school students painting big letters on 4 up and down the street.

Bibi asked 5 they were doing that on windows. Stephanie explained they were painting for a football game. Bibi wondered if the paint washed off. Stephanie said yes, mentioning it's just cornstarch, soap, and food colouring.

"I can help 6!" Bibi called to Stephanie, her heart beating. "I can draw!"

"7, Bibi, I run out of paint," Stephanie said. "I have to get home. Thank you all the same!"

8, Bibi looked at Grandma's windows. 9 an idea jumped into Bibi's head. Would it work? Would Grandma agree?

10 asking permission and borrowing a few dollars, Bibi bought materials. She and Grandma 11 ways and made homemade window paint together, then Bibi set to work.

She washed the windows, wrote her 12, and filled in the letters with different colours. Then came the 13 part. She really enjoyed drawing!

When she finished, Bibi went inside to get Grandma 14 she wanted to show her. When they came back out, a group of kids were gathered there.

"Great job!" said one girl.

"Perfect," said another.

*AFTER THE GAME, BRING YOUR UNIFORMS HERE!* the window said.

Bibi had drawn a picture of the team's uniforms 15 into the water.

Grandma clapped and hugged Bibi. "This just might help," she said. After the game, it did.

- |                  |              |            |                |
|------------------|--------------|------------|----------------|
| 1. A. draw       | B. sing      | C. listen  | D. dance       |
| 2. A. talk about | B. deal with | C. give up | D. think about |
| 3. A. customer   | B. artist    | C. singer  | D. player      |
| 4. A. grounds    | B. doors     | C. walls   | D. windows     |
| 5. A. when       | B. where     | C. why     | D. how         |
| 6. A. you        | B. him       | C. her     | D. them        |
| 7. A. Sure       | B. Sorry     | C. OK      | D. Great       |



- |                 |                |                 |              |
|-----------------|----------------|-----------------|--------------|
| 8. A. Scared    | B. Satisfied   | C. Disappointed | D. Proud     |
| 9. A. Gradually | B. Certainly   | C. Suddenly     | D. Carefully |
| 10. A. After    | B. Without     | C. Before       | D. For       |
| 11. A. forgot   | B. refused     | C. missed       | D. studied   |
| 12. A. homework | B. story       | C. message      | D. diary     |
| 13. A. fun      | B. traditional | C. lucky        | D. tiring    |
| 14. A. though   | B. because     | C. until        | D. or        |
| 15. A. digging  | B. walking     | C. moving       | D. jumping   |

## 二、阅读理解

### A(苏州中考)

When I was little, I was really little. But my dream was big. I dreamed of being a basketball player. I tried out for the teams at school, but I was never given a chance.

As I got older, I did grow a little bigger, but not a lot bigger. On my 12th birthday, I decided to try a new sport: running. I told Grandpa, “I’m going to be an athlete.”

“Dave,” Grandpa began gently, “if you can’t be big, you can do something big.”

I ran 12 miles on my 12th birthday. On my 13th birthday, I did it again, but I added an extra mile. On my 14th birthday, I ran 14 miles. 15 on my 15th, 16 on my 16th, and—you guessed it—17 miles on my 17th birthday.

All this running inspired(激发) another big dream. Someday, I’d run the Boston Marathon(波士顿马拉松赛). I told Grandpa about my decision.

“But, Dave, you haven’t trained for the marathon. Are you sure you’re ready?” Grandpa asked. But he still promised to walk over and cheer me on.

I ran fast that day. But I fell at Mile 18 and was driven to the hospital. Later that night, I called Grandpa and told him I failed.

“No,” he said calmly, “you didn’t fail. You discovered something.”

“I did?” I asked.

“Yes, you discovered that big dreams don’t just come true. They take work. If you train and work hard, I promise to wait for you next year and cheer you on.”

I trained every day, running miles and miles. Sadly, just two months into my training, Grandpa died. He wouldn’t be waiting for my second Boston Marathon. I decided I’d run for him.

That day, I ran fast. “Keep going! You can do it!” His words filled my head as I forced my legs to make each painful step. As I crossed the finish line, I threw my arms in the air and cried, “Grandpa, we did it!”

1. Why did Dave fail to join the school basketball team?

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| A. Because he couldn’t run fast.   | B. Because he didn’t work hard.       |
| C. Because he was not tall enough. | D. Because he wasn’t a quick learner. |

2. What does the underlined word “it” in Paragraph 4 refer to?
  - A. Adding an extra mile.
  - B. Running on his birthday.
  - C. Training for the marathon.
  - D. Trying out for the basketball team.
3. Which of the following words best describes Grandpa?
  - A. Creative.
  - B. Modest.
  - C. Generous.
  - D. Encouraging.
4. What is the best title for the text?
  - A. Dream big
  - B. The Boston Marathon
  - C. Think twice
  - D. The story of Grandpa

**B(2025 · 扬州江都期中)**

Introverts are often thought as shy and weak in social settings. However, these stereotypes (刻板印象) fail to get the strengths of introversion. Moreover, people's ideas of introversion and extroversion are quite different across cultures.



A study in 2005 analyzed Big Five personalities across 51 cultures and found great differences in extroversion and introversion scores. For example, Latin American countries scored high on extroversion, while East Asian countries scored low. Because in countries like the United States and the UK, extroversion is often welcomed. In contrast, some East Asian countries, such as Japan and China, value qualities related to introversion, like modesty.

Different from the stereotype, research suggests they have unique skills and strengths. Introverts' deep thinking and focus can make their work more effective. The Harvard Grant Study shows that introverts are more likely to have fewer but deeper and more meaningful relationships.

It's often said that introverts do not make good leaders. However, studies show that introverted leaders can be just as excellent as their extroverted leaders. Introverts often do well in leadership roles that require careful listening, thoughtful decision-making. They encourage team members to take an active part in activities and often create a friendly environment to work closely with others.

It's important to tell the differences between introversion and shyness. Shyness is a fear of social activities, while introversion refers to how one recharges (休整)—by spending some time alone rather than having social interaction. Introverts can be highly social, especially in small talks. And this makes them form deep, lasting relationships.

Though different from extroverts, introverts have “superpowers” that are helpful to the society, workplaces, and communities. So, the next time you meet introverts, remember that behind their quiet behaviour there may be a world of deep thoughts, and powerful leadership ability.

1. People from \_\_\_\_\_ may score lower on extroversion.
  - A. China
  - B. the USA
  - C. Germany
  - D. the UK
2. We can infer from Paragraphs 3&4 that introverts \_\_\_\_\_.
  - A. are afraid of social activities
  - B. can't be effective on their work
  - C. are good at listening and thinking
  - D. have difficulty working closely with people

3. What does the underlined word “this” refer to in Paragraph 5?
- A. Staying alone. B. Having social interaction.  
C. Recharging. D. Having small talks.
4. What is the writer’s main purpose of writing the passage?
- A. To encourage people to become introverts.  
B. To remind us to have a proper opinion about introverts.  
C. To prove that introverts can do better than extroverts.  
D. To tell the differences between introverts and extroverts.

### 巅峰训练 3

#### 一、完形填空

(2024·南京玄武期末) Isaac Newton was born in Lincolnshire, England in 1643, where he grew up on a farm. When he was a boy, he made lots of brilliant inventions like a windmill to grind corn, a waterclock and a sundial. 1, Isaac didn’t get brilliant marks at school.

When he was 18, Isaac went to study at Cambridge University. He was very interested in physics, mathematics and astronomy. But in 1665, the Great Plague, which was a terrible disease, spread in England, and Cambridge University had to close down. Isaac returned home to the 2.

Isaac continued studying and experimenting at home. One day he was drinking a cup of tea in the garden. He saw an apple fall from a tree. “Why do apples fall 3 instead of up?” From this, he formed the theory of gravity. Gravity is an invisible 4 which pulls objects towards the Earth and keeps the planets moving around the Sun.

Isaac was fascinated by 5. He discovered that white light is in fact made up of all the colours of the rainbow. Isaac also invented a special reflecting telescope, using mirrors. It was much more powerful than other telescopes.

Isaac made another very important 6, which he called his “Three Laws of Motion”. These laws 7 how objects move. Isaac’s laws are still used today for sending rockets into space.

Thanks to his brilliant inventions, Isaac earned a lot of money and became 8 and famous. During his lifetime, Isaac often argued with others because of his 9 temper. That’s the reason why he had few friends and never got married.

Sir Isaac Newton 10 in 1727 at the age of 85. He was buried along with English kings and queens in Westminster Abbey in London. He was one of the greatest scientists and mathematicians that had ever lived.

- |                |            |           |              |
|----------------|------------|-----------|--------------|
| 1. A. Moreover | B. However | C. Anyway | D. Otherwise |
| 2. A. city     | B. town    | C. farm   | D. school    |
| 3. A. under    | B. off     | C. below  | D. down      |
| 4. A. power    | B. force   | C. energy | D. strength  |

- |                    |                 |                |                |
|--------------------|-----------------|----------------|----------------|
| 5. A. light        | B. sound        | C. electricity | D. colour      |
| 6. A. invention    | B. introduction | C. discovery   | D. display     |
| 7. A. explain      | B. expect       | C. express     | D. experience  |
| 8. A. wealthy      | B. healthy      | C. careful     | D. careless    |
| 9. A. gentle       | B. sweet        | C. good        | D. bad         |
| 10. A. passed over | B. passed by    | C. passed down | D. passed away |

## 二、阅读理解

### A(2024·南京鼓楼期末)

I was nine when my parents wanted to move from a normal-sized flat in the city to a small place in the countryside, and I was eleven by the time we did it. And when I say “small”, I mean really, really small. Our new home was about the size of a garage(车库). Compared(比较) to the flat where we used to live, it was tiny.

We built our tiny house ourselves on a piece of land about two hours' drive from the city. We used to go there every weekend and during holidays to work on it, but, even so, it took nearly two years to finish. My mum designed the house to include all the basic things. My “bedroom” was built in a space under the roof that I could reach by ladder.

\_\_\_\_\_ They enjoyed growing our own fruit and vegetables and keeping chickens. They were very pleased about not having to pay for power because we could produce our own electricity from the sun. We also collected wood around us to burn for heat.

I remember that it took me a few months to get used to living in such a small space. Before we moved from the city, we had to give away most of our things because there wasn't enough room for them anymore, but now I don't mind having fewer things. And one thing I love about our tiny home is being able to spend so much more time outside—something I didn't do in the city very often. And I do a lot more things with my parents, which is great.

I don't think I'll choose “tiny living” for myself in the future, but I'm glad that I've had the experience of it.

1. Why does the writer compare his old and new homes in Paragraph 1?

- A. To show that flats are better than houses.
- B. To make it clear how small his new home is.
- C. To say living in different homes is usual for him.
- D. To discuss the good points of living in a small home.

2. What does the writer talk about in Paragraph 2?

- A. The basic things of the house.
- B. The reasons for building a house.
- C. The difficulties of building a house.
- D. The building and design of the house.

3. Which sentence can be put in the blank in Paragraph 3?
- A. My parents were very happy with our new life.
  - B. My parents got used to living in the tiny home.
  - C. My parents got on well with our new neighbours.
  - D. My parents were busy with farm work every day.
4. How does the writer feel about living in a tiny home in the end?
- A. He begins to like his new home.
  - B. He dislikes not having enough room.
  - C. He wishes he had more time to be alone.
  - D. He has to spend so much time outdoors.

**B**(2024·苏州昆山一模)

“Am I an ‘I’ person or an ‘E’ person?” It is a popular topic among young people around China today. Many people are crazy about it so that they take a personality test named Myers-Briggs test to find out the answer.

Many people find the MBTI( Myers-Briggs Type Indicator) useful. It groups people into 16 types, which start with the letter “I” or “E”, such as “ESTJ” “ENFP” or more. “E” is short for “Extroversion” while “I” is for “Introversion”. “I’m an ‘E’ person. I should go to the party and make more friends.” “I’m an ‘I’ person. I’d like to work by myself. I could be a writer in the future.” They believe different types can help them make decisions for activities, jobs or even future plans more quickly.

But there are also problems. Some people take the test for a second time and get different results. Some people find it hard to answer some questions. “I like watching TV by myself. But I also enjoy playing with friends. Am I an ‘I’ or an ‘E’ person?”

When you take a personality test, you may think, “Oh, that’s me.” That’s because the descriptions are common. They can be used to describe many people. Research has found that over 50% of people got a different score when they retook the MBTI just five weeks later. “Personalities can change with time, and they are not black-or-white,” scientists say. You may be introverted now but become extroverted when you get older. Or, you can be both an “I” and an “E” person. Studies have also shown that the test is not real at telling people’s success in different jobs. So, don’t take it too seriously.

1. What is MBTI?
- A. A test about stress problems.
  - B. A test with the same answer.
  - C. A test about young people in China.
  - D. A test for your personality type.
2. What do you probably like to do if you are an “E” person?
- A. To read books in the library in the free time.
  - B. To cook simple meals at home on weekends.
  - C. To watch movies with a pet dog on Friday night.
  - D. To celebrate different festivals with different people.

3. What are the problems of the test?

- ①The test is too black-or-white.
- ②It costs much money to take the test.
- ③Some questions are difficult to answer.
- ④You need to take it many times to get the result.

A. ①②                      B. ①③                      C. ②③                      D. ③④

4. What's the writer's main purpose of writing the last paragraph?

- A. To introduce what MBTI is.
- B. To explain how people use MBTI.
- C. To tell whether MBTI is useful.
- D. To list how many people use MBTI.

### 巅峰训练 4

#### 一、完形填空

(2023 · 南京玄武一模) Many people argue that the brain is the most important organ in the body. It 1 what we think, what we feel, and what we do all day. 2, your brain is in charge of keeping your balance, helping you talk, and moving the muscles in your body. When you sleep, however, your brain is 3 from doing most of its daytime tasks. So what exactly does your brain do when you are asleep?

The brain 4 working and thinking all night long. If you have to make an important decision, some people might tell you to “sleep on it”. Your brain never shuts down, so it is always busy helping you process information. Sometimes you go to bed facing a difficult decision, you might wake up and know what you should do. This is 5 you worked some things out while you were asleep.

Your brain does a lot more than help you make decisions while you are asleep. It 6 uses that time to help you learn and remember information better. 7 sleep, the brain goes back over new information that you learned during the day. This information is moved from one area of the brain to another to form a long-lasting 8. So whenever you learn something new, it can be a good idea to get a good night's rest afterward. It might help you when you need to remember the information later.

When you're asleep, your brain can also clear out toxins that build up during the day. Toxins are dangerous chemicals that can harm your body. For example, toxins in the brain can 9 memory loss. When you sleep, your brain acts kind of like a dishwasher. At night, it fills with a liquid that cleans away these harmful toxins. That way, your brain can do all of its 10 tasks the next day. With all of the things that the brain does at night, it's no wonder that humans spend a third of their lives asleep.

- |                   |                |              |             |
|-------------------|----------------|--------------|-------------|
| 1. A. concludes   | B. controls    | C. confirms  | D. contacts |
| 2. A. For example | B. As a result | C. After all | D. In all   |
| 3. A. different   | B. tired       | C. free      | D. absent   |
| 4. A. keeps       | B. stops       | C. considers | D. allows   |
| 5. A. why         | B. where       | C. when      | D. because  |

- |                  |               |             |              |
|------------------|---------------|-------------|--------------|
| 6. A. always     | B. especially | C. seldom   | D. also      |
| 7. A. Before     | B. During     | C. With     | D. After     |
| 8. A. decision   | B. value      | C. memory   | D. idea      |
| 9. A. lead to    | B. come from  | C. give out | D. insist on |
| 10. A. dangerous | B. important  | C. private  | D. missing   |

## 二、阅读理解

### A

The men of influence in our lives are our fathers, brothers, grandfathers, uncles, and friends and they play an important role in our lives. They lead by example, teaching us how to move physically through our world, how to be strong in the face of adversity, how to be wise, and how to provide for ourselves and our families.

My dad taught me how to have natural fun, playing baseball in the middle of the street, in his stocking feet. Today my dad continues to influence me in positive ways. He has faced a challenging health problem over the past few months and has carried on with his life in much the same way as he did before his illness, going about his daily business a bit slower and needing to take more rests but still living his life the way he wishes to.

My grandfather taught me the value of being trusted. My father-in-law influenced my life in a different way. He was quiet, loving and a man of power. When he spoke, I listened, as he did not speak unless he had something to say.

My loving husband has encouraged me to be strong and independent, to think for myself, and not to look to him for permission. My husband has also taught me to adapt with him to the ever-changing reality of his journey with illness, and he has met each one with courage and dignity.

I have learned much from the men who have had an influence on my life. For all that I have learned and for the role they played and continue to play in my life I am forever thankful.

1. What can be learned about the author's father?

A. His life has completely changed.	B. His business has faced difficulties.
C. He needs to rest most of the day.	D. Something is wrong with his body.
2. Who encouraged the author to win the trust of others?

A. Her brother.	B. Her husband.
C. Her grandfather.	D. Her father-in-law.
3. Which word best describes the author's husband?

A. Lonely.	B. Brave.	C. Talkative.	D. Quiet.
------------	-----------	---------------	-----------
4. What does the text mainly talk about?

A. The influence of men.	B. The advantages of men.
C. Holiday greetings.	D. Women's source of support.

## B(2023·北京海淀模拟)

Most of us probably have told a lie at one time or another. Some lies are harmful. Some are mostly harmless. Still other lies may even be created with kindness. But whatever kind of lie you tell, it takes surprising brainpower to pull it off. Lying can have unwanted influences, too.

When you tell the truth, you think of what you want to say and just say it. However, lying takes much more work—you have to come up with a story and remember it. A lot of that work is done in a brain area called the prefrontal cortex(前额叶皮层). It's responsible for working memory and executive function(执行功能) tasks such as planning, problem-solving and self-control. Working memory keeps things in mind just for a little while as you're using them. Executive function comes into play when you use self-control to keep from blurting out(脱口而出) the facts that would uncover your lie. It helps you recall all the details of a lie to make sure that it sounds believable. It also lets you think a step or two ahead to make sure the lie you're telling will likely hold up to questioning.

Calling on your executive function this way uses up a lot of brainpower. Vendemia, a neuroscientist at the University of South Carolina, did a research and has found that people's mental workload will be heavier and their reaction time longer when they lie. Worse still, when the prefrontal cortex is busy with tasks related to lying, she notes, it has a harder time doing other tasks such as making a study plan or using self-control to keep from spending too much time on computer games.

Lying has social influences, too. Even the kindest lies can sometimes be risky and often backfire. When you give dishonest praise, you may make your friends feel good at first. But if you do it often enough, they'll soon learn that they can't trust your praise. People generally value honesty and don't like liars, so if you are viewed as untrustworthy, it can be bad for your relationships.

It's widely agreed that nearly all cultures value honesty, and now science is revealing(揭示) how dishonesty influences the brain and your ability to build the trust on which strong relationships depend. So, even when lying doesn't stretch your nose, it still comes at a price that you can't afford.

1. Paragraph 2 is mainly about \_\_\_\_\_.

- |  |  |
|--|--|
| A. why self-control benefits the brain | B. what social influences lying can bring  |
| C. how the brain works when people lie | D. when executive function comes into play |

2. What can we learn about lying from the passage?

- |  |   |
|--|---|
| A. Lying improves working memory.              | B. Covering lies takes much brainpower.       |
| C. The nature of lies is decided by the brain. | D. People's reaction can be sped up by lying. |

3. The underlined word "backfire" in Paragraph 4 probably means "\_\_\_\_\_".

- |                                  |                             |
|----------------------------------|-----------------------------|
| A. lead to serious accidents     | B. help to win full support |
| C. build up strong relationships | D. have the opposite effect |

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

- |                   |                   |                   |                  |
|-------------------|-------------------|-------------------|------------------|
| A. Signs of lying | B. Costs of lying | C. Causes of lies | D. Types of lies |
|-------------------|-------------------|-------------------|------------------|



2. How did Lupe feel when she saw the girl in a baseball cap?  
A. Sad. B. Ashamed. C. Curious. D. Worried.
3. Which is the best title for this story?  
A. The thumb B. A sharp mind C. The marbles D. A new experience

### 巅峰训练 3

#### 一、完形填空

(2024·常州中考) With a birthday usually comes a party, as well as a cake, presents and wishes from friends. But beyond these, what does a birthday 1 mean?

One year, I spent my birthday alone in a completely new place. Calls and messages poured in as usual. 2, I was uncertain what to do. I had nowhere to go, nor did I know anyone with whom I could go out and share the 3 of the event.

At that moment, my mother called me, asking, “What are you 4 for your birthday?”

“I’m not sure, Mum. There’s 5 here,” I said in a low voice.

“You don’t always need a lot of people for your birthday. Just follow your heart and make this day yours.” What Mum said made me feel less 6.

Then I picked up a book and lost myself in it, with music on. I did exactly as my mother told me and 7 “my own day”. Unexpectedly, I got connected with my inner self. It was a 8 but satisfying day. I realized for the first time that I had fully grown—from the preschool child who shared chocolate with the whole class on my birthday to someone who could now 9 it with myself.

When I lay in bed that night, I remembered my mother’s words. “You came into our lives this day,” she said. Her voice was filled with joy and 10 for the coming of my life. And indeed, that is the true 11 of birthday celebrations—the valuable gift of life itself.

I spent a birthday 12 a party. It made me realize the spirit of birthday itself.

- |                  |               |               |             |
|------------------|---------------|---------------|-------------|
| 1. A. exactly    | B. highly     | C. completely | D. nearly   |
| 2. A. Otherwise  | B. However    | C. Instead    | D. Moreover |
| 3. A. joy        | B. success    | C. secret     | D. luck     |
| 4. A. reading    | B. searching  | C. planning   | D. asking   |
| 5. A. someone    | B. everyone   | C. anyone     | D. no one   |
| 6. A. unhappy    | B. tired      | C. impatient  | D. scared   |
| 7. A. shared     | B. remembered | C. enjoyed    | D. recorded |
| 8. A. hopeful    | B. painful    | C. stressful  | D. peaceful |
| 9. A. understand | B. celebrate  | C. accept     | D. discuss  |
| 10. A. thanks    | B. regrets    | C. messages   | D. excuses  |
| 11. A. sign      | B. art        | C. meaning    | D. symbol   |
| 12. A. at        | B. for        | C. except     | D. without  |

## 二、阅读理解

A(2024·苏州期末)

Dreams. Ambitions(抱负). Everyone has them.

Some people dream of winning a big prize. Others want to travel around the world... Ellie Stevenson dreams of being a singer.

Ellie is a seventeen-year-old girl. She lives in a quiet village in the beautiful Yorkshire Dales. She goes to school, has a part-time job in her dad's shop and enjoys spending time with her best friends, Cassie and Skye. This is the story of Ellie.

"Pencils down, please!"

I quickly try to finish writing one last sentence but Miss Jones sees me. "Ellie Stevenson! The exam is over!"

"Please, Miss... another thirty seconds... five?"

"Humph!" she says and takes my paper.

There is nothing that I can do now. I hate Biology! I dream of being a singer, like Murphy. I want to study music at A level.

"You can't study music!" said Dad when I told him at the start of the sixth grade, in September last year. "If you want a good career, you need to study Science."

"He's right. The sciences are important, Ellie," agreed Skye. "I'm going to study Chemistry, Biology, Physics and Maths."

"Boring! Why don't you study French like me?" suggested Cassie. "Mr Lake, the French teacher, is great!"

I never told anyone about my dream after that.

Now here I am trying not to fall asleep as Miss Jones finishes collecting the answer papers after the Biology exam. I'm really tired. I close my eyes. I only want to rest for a minute. But soon I'm not in the exam room...

I'm on stage in front of thousands of fans. My fans! They are shouting my name... I start to play the guitar and they all cheer... they sing the words to my latest hit...

"Ellie! Ellie!" Miss Jones's angry voice wakes me up.

"Eh...? Sorry?"

"It's time to go home!" she says, shaking her head.

I'm the only person left in the room. Everyone else has already gone.

I was dreaming... again.

I feel stupid as I pick up my bag and walk towards the exit.

Outside, it's raining. It's spring but the sky is grey and miserable(令人难受的). It seems like it will rain forever and I haven't got an umbrella.

①...

...

...

When I look into Murphy's eyes, I know that maybe my dream is just beginning...

1. According to the passage, which of the following is TRUE about Ellie?
  - A. Ellie did well in Biology and Chemistry.
  - B. Ellie finished her exam earlier than others.
  - C. Ellie's love for music got support from her family.
  - D. All the other students in the exam room left before Ellie.
2. What is probably the hidden meaning of the underlined sentences?
  - A. Ellie doesn't care about the weather in spring.
  - B. Ellie is sad because she hasn't got an umbrella.
  - C. Ellie doesn't like spring because it will rain forever.
  - D. Ellie feels blue because realizing her dream seems hard.
3. What is the most likely to happen to Ellie in part ①?
  - A. She stops working for her dad.
  - B. She makes every effort to be a singer.
  - C. She gives up practising singing.
  - D. She becomes interested in her schoolwork.
4. What does the writer want to tell us?
  - A. Science is magic that works.
  - B. Dreams do happen sometimes.
  - C. Friendship is all about trust.
  - D. A good teacher opens a mind.

**B(2024 · 台州一模)**

Should I go for a hamburger or a piece of bread? Do I paint my room blue or pink? People make choices every day but it can sometimes lead to feeling scared and unsure. When you're able to make decisions, accept and learn from them. This can give you a sense of calm.

Some decisions, like what to buy or when you go out, aren't very serious, but others can influence your health, school and relationships. It is important to take time to make a decision, especially when choosing makes you feel nervous. However, if you ignore (忽视) decision-making, you will be in trouble. As you grow up, making decisions becomes an important part of life.

When it comes to making difficult decisions, it can be helpful to break down your thinking. You could start by listing the different choices, then weigh up the good and bad sides of each choice.

Teacher and health expert Anita Garai says, "Listen to your body, especially if your thoughts are not clear or you feel worried." Garai says people should follow their true feelings and listening to their hearts can help a lot. "Try to catch your first excitement, before your mind questions things," she says. Although considering other people's feelings can be a part of decision-making, Garai says you shouldn't make wrong decisions in order to please others.

Many people worry if they can make the "right" decision. Garai says, "There's not always a right choice and a wrong choice. Different ways lead to different experiences."

If your choice leads to disappointment, try to think about whether you would make a different decision in the future.

1. How does the writer lead into the topic?
  - A. By telling stories.
  - B. By giving examples.
  - C. By asking questions.
  - D. By sharing experiences.
2. What is Paragraph 2 mainly about?
  - A. Why decision-making is important.
  - B. How long it takes to make decisions.
  - C. How you feel when making decisions.
  - D. What decisions you make when going out.
3. What does expert Garai advise you to do when making decisions?
  - A. To keep yourself excited.
  - B. To please others around you.
  - C. To follow your own feelings.
  - D. To listen to your best friends.
4. What is the main purpose of the passage?
  - A. To help readers learn how to make decisions.
  - B. To encourage readers to make right decisions.
  - C. To share different feelings of making decisions.
  - D. To introduce different kinds of decisions in our daily life.

### 巅峰训练 4

#### 一、完形填空

(2023·南通中考) Jatto's mother was doing housework while Jatto was reading a book aloud in English. Jatto didn't always like 1 to his mother. She spoke only Esan, one of the languages in Nigeria. Wasn't it a waste of time to read to someone who couldn't understand? His mother didn't even realize when he made 2. Still, she insisted he read aloud every day.

"Let's bottle nuts when you finish reading," she said in Esan.

Jatto shook his head. He had so much homework to do. "I'll never finish reading."

Jatto said "never" in English because there was no word for never in Esan.

"What's 'never'?" she asked.

Jatto cleared his throat to 3 the English word. "It means I won't stop reading today, tomorrow, or 4." He drew circles in the air. "Nor the day after the day after tomorrow, the day after the day after, the day after..."

"Oh, OK! That's forever," his mother said.

Jatto stared at the nuts. Each one looked delicious.

Now would be a 5 time to eat some. But he couldn't ask. He remembered the 6 he'd drawn in the air.

Jatto's mother whistled. Tam-tam, their cow, came up to them. Jatto could 7 cow-milk air as his mother milked her. Tam-tam's milk was the best he'd ever tasted.

Jatto needed to take his mind off the 8. "Mama, why do you make me read to you even though you don't understand?"

“I want you to practice speaking English often,” she said.

“I can practice English in my head,” he said, not 9.

His mother smiled. “We share our stories aloud with others, not in our heads where 10 can hear them.”

Jatto nodded. He’d learned about that in school.

She decided to tell him a story and handed him some nuts and milk. “You can eat 11 I talk.”

He ate as she started. Soon, Jatto was singing the story with his mother.

“You never tell me stories,” he said when they stopped 12.

She sighed. “I used to, but when you started school, I wanted you to focus on English.”

“I make a lot of mistakes when I read to you,” Jatto said.

His mother 13. “I guessed so. But I like hearing the sound of your voice while I work.”

Jatto knew what she meant. He had enjoyed listening to her story as he bottled the nuts. It made the work seem 14. “I have an idea,” he said. “Next time, I will read a story to you in English, then I will tell you the same story in Esan. We can even make up songs together.”

“Great! And I will tell you stories in Esan and you can say them back to me in English. Let’s ‘never’ stop 15 stories.”

Jatto smiled. His mother’s understanding of never was even better than his own.

- |                      |                 |                  |                  |
|----------------------|-----------------|------------------|------------------|
| 1. A. talking        | B. reading      | C. replying      | D. listening     |
| 2. A. mistakes       | B. jokes        | C. efforts       | D. noises        |
| 3. A. speak          | B. pronounce    | C. organize      | D. explain       |
| 4. A. the day before | B. the last day | C. the day after | D. in the future |
| 5. A. good           | B. free         | C. busy          | D. bad           |
| 6. A. nuts           | B. bottles      | C. circles       | D. cows          |
| 7. A. see            | B. smell        | C. feel          | D. hear          |
| 8. A. milk           | B. cow          | C. story         | D. food          |
| 9. A. alone          | B. aloud        | C. kindly        | D. directly      |
| 10. A. nobody        | B. somebody     | C. anybody       | D. everybody     |
| 11. A. before        | B. while        | C. after         | D. until         |
| 12. A. saying        | B. eating       | C. singing       | D. chatting      |
| 13. A. shouted       | B. cried        | C. praised       | D. laughed       |
| 14. A. easier        | B. slower       | C. heavier       | D. shorter       |
| 15. A. practicing    | B. telling      | C. sharing       | D. writing       |

## 二、阅读理解

A(2024·无锡江阴期末)

It was still light out, and Dad wasn’t home yet. He worked all day cleaning pools. My brother and I spent as much of the day as we could on basketball. Holding a ball and sending it into the air and waiting for it to drop into the basket felt like magic—all the problems of the world seemed to go away.

Dad once told me he felt pretty much the same way about cleaning pools. It was like being a magician, he said, turning the water from cloudy to clear.

Dad came home and stood a moment by the side of the car, and for a moment he closed his eyes. “Many people couldn’t afford to clean their pools anymore because of losing their jobs,” Dad said.

“Want to shoot(投篮) a few balls, Dad?” I asked, knowing how much he loved basketball.

“Sure,” he said, opening his eyes and smiling. “Why not?”

My brother passed the ball to him, and Dad caught it as if catching a ball was as natural to him as breathing.

Dad used to play basketball in high school, but that was a long time ago. I love watching Dad shoot. Each of his shots is perfect so that the ball drops cleanly through the rim(篮框). It is one of my favourite sounds.

After Dad warmed up, he said he was ready to start. Dad held the ball in both hands between his knees, bent(弯曲) his legs, and looked up at the basket. It looked like he was a chicken getting ready to lay an egg. By some miracle(奇迹) the basketball dropped straight into the basket.

“What a shot!” Dad shouted. “Looks like I’ve still got the touch!” He did a little victory dance, and he smiled in a way that I’d never seen him smile in a long time.

As it got darker, each of us took shots on the court(球场). “What about another game?” my brother asked, even though it was almost too dark to see the ball.

“Maybe tomorrow,” Dad answered. “I think your mum is waiting.”

I knew how rare it would be for Dad to find time to play with my brother and me lately. I wished we could do this more often. The time he spent shooting baskets with us cheered him up. When he was happy it felt like everything fitted into place, including the basketball, which dropped through the net without even touching the rim.

1. According to the passage, which words can best describe the father?

- |                             |                              |
|-----------------------------|------------------------------|
| A. Confident and brave.     | B. Confident but serious.    |
| C. Hard-working but boring. | D. Hard-working and hopeful. |

2. What can we infer from this passage?

- |   |   |
|---|---|
| A. Dad lost his job like other people.          | B. “I” often played basketball at school.       |
| C. “I” learned how to play basketball from Dad. | D. Dad wasn’t in high spirits when he got home. |

3. Which is the best title for this story?

- |                       |                         |
|-----------------------|-------------------------|
| A. A basketball match | B. Father and sons      |
| C. Shooting with Dad  | D. Miracle on the court |

B(2025·南通期中)

①Sometimes a little self-criticism(自我批评) is not a bad thing. We all can learn much from our mistakes. However, too much of it may influence your brain and your life. Negative(消极的) self-talk is that little voice in your head. It says you are not good enough. It reminds you of all your faults and

mistakes.

②Dr Steven, an educator and researcher on how the mind controls behaviour, said that some good students who study hard normally do not do well in a test because of “test anxiety(考试焦虑)”.

③Lindsay was one of Steven’s best students at a community college. She came to class early, took part in discussions and did all of her homework. However, she did poorly in exams. When Steven asked her how she felt before a test, she told him she was very nervous. She wondered why she had trouble remembering what she had studied. She did not trust that she knew the right answers. This is an example of negative self-talk, which can influence a student’s grades.

④Dr Steven took Lindsay’s negative self-talks and turned them into positive(积极的) questions. Before a test, he told Lindsay to say to herself: Why am I so relaxed when I take an exam? Why do I remember everything I study for an exam? ▲

⑤Lindsay took his advice. Two weeks later, she took an exam in another class and scored 15 points higher than she had on an earlier exam. Four weeks later, she earned an “A” on the final exam in Steven’s class. Lindsay left community college and went to a four-year university. She continued to use the method of positive self-talk. When Dr Steven visited her a year later, she had good news to share: she had got straight A’s on all of her exams.

⑥Dr Steven saw student after student succeed with his method. More importantly, they got their self-confidence back. And he does not just help his students. He also encourages his friends and neighbours to get rid of negative self-talk gradually in their life. In a television interview, he said, “We can programme ourselves for success in class or in life, or we can programme ourselves for failure.”

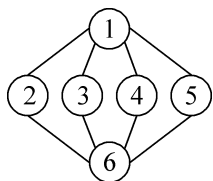
1. What’s the purpose of Paragraph 3?

- A. To introduce Lindsay. B. To catch readers’ interests.  
C. To support Dr Steven’s idea. D. To connect the next paragraph.

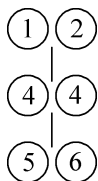
2. Which of the following can be put in the blank in Paragraph 4?

- A. Why do I trust my answers? B. Why am I so worried?  
C. Why do I doubt myself? D. Why am I so weak in the exam?

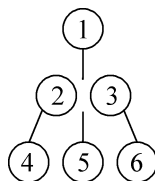
3. What’s the structure of the passage?



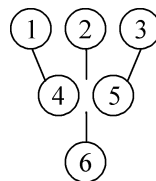
A



B



C



D

4. What’s the best title for the passage?

- A. Negative self-talk makes you succeed  
B. Negative self-talk makes you better  
C. Positive self-talk makes a great difference  
D. Positive self-talk can change your goal

## 巅峰训练 3

## 一、完形填空

(2024·盐城中考) Long ago in China, there lived five brothers who looked almost the same. The only way to tell them was by their amazing 1. First Brother was as strong as ten horses. Second Brother could fly in the sky like a bird. Third Brother could 2 an ant sneeze(打喷嚏). Fourth Brother could make his body iron hard. Fifth Brother could make a river when he cried.

One day, Fifth Brother came across a strange 3. When he was enjoying the delicious apple picked from the garden, 4 three men appeared. They took him to the owner of the garden. The owner was a bad, greedy man. He 5 Fifth Brother in his deepest prison. He said only if Fifth Brother 6 the treasure of Fire Island to him, he could set Fifth Brother free. Fire Island was in the middle of a nearby 7. A dragon lived there, guarding its treasure. Stealing it seemed like a(n) 8 task, but Fifth Brother agreed to try.

That night, far away, 9 Brother heard Fifth Brother call for help. After listening to his story, Third Brother told other brothers what had happened. They made a 10 to go to help their brother get the treasure.

The next day, the five brothers worked together and with great 11, they got the treasure from the dragon in the lake. Then Fifth Brother gave it to the owner. 12 the owner would not let Fifth Brother go because he thought Fifth Brother had many powers.

When Fifth Brother knew this, he started to 13. Soon, his tears ran like a rushing river that swept the owner away.

Once the land dried out, the brothers journeyed home. They were 14 to be together again.

The next day, Fifth Brother said he was going on another walk. His brothers made him 15 that he would never eat in strange gardens again. Fifth Brother laughed and left.

- |                   |               |             |               |
|-------------------|---------------|-------------|---------------|
| 1. A. abilities   | B. clothes    | C. looks    | D. ages       |
| 2. A. see         | B. hear       | C. make     | D. help       |
| 3. A. village     | B. park       | C. field    | D. garden     |
| 4. A. finally     | B. politely   | C. suddenly | D. peacefully |
| 5. A. locked      | B. found      | C. saved    | D. treated    |
| 6. A. sold        | B. lent       | C. donated  | D. brought    |
| 7. A. river       | B. forest     | C. hill     | D. lake       |
| 8. A. interesting | B. impossible | C. valuable | D. simple     |
| 9. A. First       | B. Second     | C. Third    | D. Fourth     |
| 10. A. story      | B. plan       | C. change   | D. mistake    |
| 11. A. hope       | B. advice     | C. effort   | D. interest   |
| 12. A. But        | B. So         | C. And      | D. Or         |



13. A. cry                      B. fly                      C. play                      D. sing  
14. A. shy                      B. quiet                      C. careful                      D. happy  
15. A. prove                      B. guess                      C. promise                      D. discover

## 二、阅读理解

### A(南京秦淮一模)

Highly productive people have certain habits that other people don't. How are they getting so much done and achieving their purposes? We all want success, but what are we doing wrong? Here are a few habits you really need to avoid if you want to be highly productive.

#### Not seeing the bigger picture

Starting with the end in mind can help you to imagine what you are trying to create. When you can see the bigger picture, you can begin to break the course down in steps, to see exactly how you're going to get there. ① Thinking of the end helps you keep your eye on the prize, especially when you get less confident.

#### Working without priorities(优先事项)

When deciding what steps to take to reach the end, highly productive people don't waste time on details that influence the course. ② Make your path simple. Pay attention to what's important.

#### Procrastination(拖延症)

③ Though it is true, it can be the hardest thing. If we wait for the right time, it may take us a very long time to finally feel confident to begin something. Many things can pull us away from starting our project.

#### Working long hours without breaks

You can't do your best job if you're very tired. ④ If you take care of yourself, you are better prepared to be in top form to do the job at hand. According to studies, the ability to give attention becomes weaker after about an hour, and then you will become less productive. So if you're tired, don't work harder. You need at least a 15-minute break to give your brain a rest and be ready to do more of your best work.

#### Listening to people who say "no"

Never be limited by other people. Highly productive people are not prevented by difficulty and other people's ideas about what they're doing. They find a way to get started, and they find a way not to give up.

1. What does the underlined word "productive" in Paragraph 1 mean?

- A. 实际的                      B. 繁忙的                      C. 乐观的                      D. 高效的

2. To be productive, you should avoid \_\_\_\_\_.

- A. starting with the end in your mind                      B. keeping your eye on important things  
C. waiting for the right time to get started                      D. paying no attention to what others think

3. Which can help do your best work when you are tired?
- A. Trying the hardest project. B. Spending a quarter resting.  
C. Working harder than before. D. Spending more time on details.
4. The sentence “The secret of success is getting started.” most probably comes from \_\_\_\_\_.  
A. ① B. ② C. ③ D. ④

**B(2024 · 盐城盐都期末)**

My name is Henry Adams. When I was 27 years old, I worked in an office in San Francisco. One Saturday afternoon, I sailed my little boat out into the Bay of San Francisco. The strong wind pushed my boat out of the bay and into the Pacific Ocean. Luckily, I was saved by a British ship. The ship was heading to London.

I had only one dollar when I arrived in London. I walked around Portland Place, hungry and tired. At that moment, the window of a nearby house opened and a man said to me, “Come in here, please!” I was taken to a beautiful room. There two old gentlemen were sitting and discussing something. The two gentlemen were brothers. They had been arguing about a strange subject for several days. One brother said, “If an honest and clever stranger arrives in London without a friend and without money, except for a £1,000,000 banknote, he will starve to death. If he goes to the bank or anywhere else to change this big note, the police will put him in prison. Everyone will think he stole it.” The other brother answered, “No, I disagree.”

The two gentlemen decided to end their argument with a bet. They selected me because I had an honest, clever face and because I was a stranger to England. One of them gave me an envelope and told me not to open it until I was in my hotel room.

After leaving the house, I opened the envelope and saw that there was money inside of it! I rushed to the nearest restaurant. After eating, I tried to pay with the money but discovered that it was a banknote worth five million dollars! It made my head swim. No one could possibly cash(兑换现金) it. The owner said, “You can pay for the meal whenever you want, sir. I understand that you are a very rich gentleman. You like playing jokes on people by dressing like a poor man.”

I quickly returned to the house but was told that they had left on a trip. Then I remembered the letter inside the envelope. It said, “In this envelope you’ll find some money. It is yours for only 30 days. At the end of that time, return to this house. We have a bet on you.” How strange!

1. How did Henry Adams get to London?
- A. He sailed his little boat all the way to London.  
B. The ship which saved him took him to London.  
C. He was taken to London by the two gentlemen.  
D. A strong wind pushed his boat into Great Britain.
2. The two gentlemen chose Henry to end their argument because \_\_\_\_\_.  
A. he was hungry and tired B. he was a poor man in England  
C. he was good at betting D. he was an honest and clever stranger



- |                  |              |              |               |
|------------------|--------------|--------------|---------------|
| 3. A. confirmed  | B. noticed   | C. explained | D. supported  |
| 4. A. watch      | B. praise    | C. create    | D. end        |
| 5. A. Indeed     | B. Maybe     | C. However   | D. Anyway     |
| 6. A. polite     | B. crazy     | C. silent    | D. curious    |
| 7. A. finally    | B. properly  | C. easily    | D. mainly     |
| 8. A. make       | B. leave     | C. greet     | D. lose       |
| 9. A. trick      | B. secret    | C. present   | D. reward     |
| 10. A. surprised | B. impressed | C. satisfied | D. interested |

## 二、阅读理解

### A(2024·南通海安一模)

Long ago, Damon and Pythias, two close friends on the island of Sicily, faced a test of their friendship.

Dionysius, the king of Sicily, was awfully cruel. He had many enemies among his people. Pythias was one of them. He planned to kill the king and free Sicily from his rule. Dionysius got the wind of it, caught Pythias and sentenced him to death.

“Do you have anything to say before you die?” asked Dionysius.

“Yes,” said Pythias. “I would ask that you give me five more days of life. I want to say goodbye to my family.”

“Do you think I am stupid?” Dionysius laughed. “How do I know you’ll come back?”

“You have my word.”

“Do you expect me to trust you? I need someone to die in your place if you do not return. Do you have such a friend?”

A loud voice came from the crowd. “Yes!” Damon rushed forward. “I’m his friend Damon. I’ll stay in prison until he returns, and I’ll die for him if I have to.”

Dionysius studied the two friends silently. “Well,” he finally said. “But you’re a fool!”

“He’ll keep his word,” Damon replied.

Pythias was then allowed to leave and Damon was thrown into prison. After a few days, Pythias hadn’t shown up. The king went to the prison to see if Damon regretted his decision. “Your time is almost up,” Dionysius laughed. “What a fool you are!”

“He’ll be back,” Damon replied.

The final day came. At noon, Damon was taken from his prison. “What do you think of your friend now?” asked Dionysius.

“I trust him,” Damon calmly answered. “He’ll be here.”

Five hours passed. The king laughed at Damon again. “You value his life more than yours!” The executioner(行刑人) raised his axe(斧子). But just before the blow, a voice was heard in the distance, “Set Damon free!”

Pythias rushed to his friend. “My ship was broken. Some robbers attacked me. I ran as fast as I could. Finally, I’m here!” He turned to Dionysius and said, “Free my friend! I’m ready to meet my executioner.”

Dionysius found himself strangely moved. “I’ve never seen such a friendship,” said the king.  
“ ▲ ”

1. What does the underlined phrase “got the wind of” mean?
  - A. got angry at
  - B. became aware of
  - C. was in fear of
  - D. was worried about
2. Which is the correct order of the following events?
  - a. Damon was put into prison.
  - b. Pythias planned to kill the king.
  - c. Damon was about to die in the place of Phythias.
  - d. Phythias was attacked by some robbers.
  - e. Pythias asked the king to give him five days of life.

A. b—a—e—d—c      B. b—a—c—d—e      C. a—b—e—c—d      D. b—e—a—d—c
3. What might the king say at the end of the story?
  - A. Both must die! They are enemies.
  - B. Neither shall die! Their friendship shall live.
  - C. Damon shall die! He is such a fool.
  - D. Pythias must die! He values his own life more.
4. Which can be the best title for the passage?
  - A. The king and his friend
  - B. A cruel king
  - C. Ever lasting friends
  - D. A selfish friend

**B( 南京鼓楼二模 )**

Like detectives, archaeologists use evidence to solve mysteries. Detectives look for clues to solve crimes. Archaeologists look for clues to help them understand how people lived long ago. In fact, the word “archaeology” means “the study of ancient things”. One type of evidence used to learn about the past is pottery.

People have used pottery for thousands of years all over the world. Old pottery is usually found in pieces called “potsherds”. Sometimes potsherds found in the same place can be put back together to recreate the original pot. Even in pieces, old pottery can teach us about the past. When *examining* pottery, archaeologists consider not only its appearance but what it was made of and how it was made. With this knowledge, they can get information about people’s lives in ancient times. ①

Pottery is made by first adding water to a kind of soil called clay. When wet, clay can be formed into shapes. It is then heated. This hardens(使变硬) the clay and allows it to keep its shape. To make clay easier to shape and heat, potters(制陶工) use something called “temper”. Different materials can

be used as temper. An archaeologist can tell where a pot came from by the types of clay and temper that were used. Sometimes a pot found in one location might have materials from another place. ②

Some of the earliest pots were made quite simply. A piece of clay was hollowed(掏空) out and shaped into a bowl. It was then heated at a low temperature. The finished pot was rough(粗糙的), and often undecorated. This type of pot might be used for cooking. ③

Later, coiled pots were made. These were made by first rolling the clay into a long snake shape. The coil was then wound(绕) in circles to form a pot. They were often decorated in different ways. These pots were heated at high temperatures. The higher the temperature, the harder and longer-lasting the pot. Further improvements in pottery-making developed in different times and places. ④

A pot's shape and decoration can provide clues about the past. Painted pictures might show events from daily life or from ancient stories. Archaeologists know certain shapes and styles that were common in different times and places.

Archaeologists study the differences in types of pottery closely. Because of their work, these daily objects can tell some of the mysteries of the past.

1. When *examining* pottery, archaeologists consider not only its appearance but what it was made of and how it was made.

The word "*examining*" means "\_\_\_\_\_" in English.

- A. studying                      B. displaying                      C. searching                      D. discovering
2. Why are the words "potsherds" and "temper" written in quotation marks(引号) in Paragraphs 2 and 3?
    - A. To remind readers that both words are very useful.
    - B. To make sure readers understand the words correctly.
    - C. To show that these words come from other languages.
    - D. To introduce the words that may be unknown to readers.
  3. When is temper added to the clay?
    - A. Before the clay is shaped.
    - B. After the pot is heated.
    - C. While the pot is being decorated.
    - D. When the clay is hollowed.
  4. We can put the sentence "This can provide clues about how people traded or travelled." in Blank \_\_\_\_\_.
    - A. ①                                      B. ②                                      C. ③                                      D. ④
  5. What is the main idea of this passage?
    - A. People have used pottery for thousands of years all over the world.
    - B. Pots are decorated with pictures that show events from ancient stories.
    - C. Ancient pottery can tell about the lives of the people who made and used it.
    - D. Archaeologists look for clues to solve mysteries in different times and places.

## 期末试卷精选

### 巅峰训练 1 2025 年南京市鼓楼区期末完形阅读精选

#### 一、完形填空

17-year-old Gracie had always been an athlete. She was known 1 her strength and speed in basketball. But when she began feeling tired during games and having trouble catching her breath, she became 2. Soon, after visiting her doctor, Gracie discovered she had cancer.

What came next was a roller coaster of good news and bad news. Gracie started treatment right away and it worked successfully, but after the cancer 3, she needed a stem cell transplant(干细胞移植). During this hard time, Gracie met Rita, a music therapist. She invited Gracie to try music therapy, which 4 to be life-changing.

The first time Rita visited Gracie, she brought a guitar, which Gracie had been hoping to 5 for a long time. Rita taught Gracie a few beginner chords(和弦), and in almost no time, she was attracted. Although she felt tired out from her treatment, she practised her three chords until her 6 got hurt.

It's hard for Gracie to explain how 7 music therapy helped her through her long hospital stay, but she knows for sure that it did. Some days, she was so sick that she couldn't get out of the bed 8 Rita was there. "She would teach me a new chord if I got out of bed. I don't think I ever got sick while Rita was there. In fact, I felt sick every day for months," Gracie said.

The influence of music therapy didn't 9 when Gracie left the hospital—she uses the songs she learned to cheer up when she's sad or not feeling well. Even today, music helps her look on the bright side even in moments that seem dark.

Today, Gracie is busy preparing her college applications. She feels thankful for the 10 she got, especially through music therapy. Gracie is now considering becoming a music therapist herself, hoping to help others the way Rita helped her.

- |                |              |              |               |
|----------------|--------------|--------------|---------------|
| 1. A. as       | B. of        | C. for       | D. to         |
| 2. A. angry    | B. worried   | C. hopeless  | D. impatient  |
| 3. A. started  | B. returned  | C. changed   | D. appeared   |
| 4. A. put out  | B. tried out | C. found out | D. turned out |
| 5. A. learn    | B. last      | C. keep      | D. train      |
| 6. A. arms     | B. feet      | C. knees     | D. fingers    |
| 7. A. clearly  | B. exactly   | C. probably  | D. carefully  |
| 8. A. if       | B. though    | C. unless    | D. because    |
| 9. A. end      | B. fail      | C. waste     | D. spread     |
| 10. A. service | B. record    | C. support   | D. attention  |

## 二、阅读理解

## A

Host: Welcome to today's chat show! We're excited to have Karen, a talented writer, here to share her writing journey with us. Hello, Karen. It's a pleasure to meet you. When and how did you get into writing?

Karen: I've been writing for as long as I can remember, starting with letters and my diary. I wrote down my feelings almost every day. But I really became hooked when I became a reporter for my school newspaper when I was in the third grade. I also remember writing a play called *The Silver Locket* in the sixth grade.

Host: What kind of training do you need to be a writer?

Karen: Many writers say the best way to improve writing is by living. I totally agree with that. I think good writers also need hard work, creative talent, and a little luck too. Writers are natural readers. Reading what others have written helps you not only enjoy good writing but also understand different writing styles. If you're serious about being a writer, it's also important when you have the chance, to take writing courses.

Host: What gives you ideas?

Karen: I get ideas all the time when I'm driving to the store, in a meeting, watching TV, cooking, or even relaxing on the beach!

Host: Do you write all at once or in fragments(片段)?

Karen: It all depends on what I'm writing. If I'm writing a nonfiction article that requires a lot of research and interviews, I do the research first, taking notes along the way. I organize my notes and then I start writing. I pay more attention to content than sentence structure, how it reads, or how long the piece is running. Making sure it reads well, catches the readers' attention, makes sense(言之有理), and is the right length will come later. I'll solve that when I begin editing and rewriting. And, believe me, editing and rewriting are worth taking time!

Host:     ▲     ?

Karen: I have several books in mind, both fiction and nonfiction, but the first one—a children's picture book—is ready for publishing. I even entered it into a competition and it won a prize.

Host: . . .

1. When did Karen really become “hooked” in writing?
  - A. When she started writing letters.
  - B. When she kept diaries every day.
  - C. When she finished a play in the sixth grade.
  - D. When she wrote for the school newspaper.
2. According to Karen, what is the best training to be a writer?
  - A. Reading a lot of books.
  - B. Taking writing courses.
  - C. Getting life experiences.
  - D. Writing as much as possible.



3. What can we learn from the interview?
- A. Karen puts great value on editing and rewriting.
  - B. Karen has interviews first when writing nonfictions.
  - C. Karen pays more attention to language than to content.
  - D. Karen gets ideas from other writers' works all the time.
4. Based on Karen's answer, which question may be put in " ▲ " ?
- A. What are your plans for future writing?
  - B. Why did you enter the writing competition?
  - C. What made you write a children's picture book?
  - D. How do you feel about publishing your first book?

## B

Modern travellers enjoy safe, comfortable transportation from high-speed trains to planes. We also have lots of information to stay updated on our journey. But in history, travel was different. Let's explore ancient China. What was travelling like back then?

### Travel in control

Before the Song Dynasty, the country strictly controlled the movement of common people. Commerce(商业) began to appear in the Song Dynasty, and the growing wealth led to the rise of an early tourism industry.

However, this golden period ended. Zhu Yuanzhang, the ruler of the Ming Dynasty, renewed(重新开始) strict travel control. Movement was still common if it was managed by the country. The government would send soldiers and craftsmen wherever they were needed, and everything was planned before.

After the Ming Dynasty, the country allowed more freedom for people to travel on their own.

### Danger on the road

Ancient travel was very dangerous. People worried about the many dangers they could face on their journeys.

For example, distances(距离) didn't often stay the same over time—"ten li" in one place might be different from "ten li" in another. This could be a big problem. Failing to understand the distance could leave travellers alone in faraway areas with no hotels around. This was very dangerous for single travellers.

Travel guides also warned readers about dangerous roads and areas to avoid. Theft and robbery were also common on the road. In short, it was very dangerous out there.

### Ancient travelogues(旅行日志)

We're not short of travel records from ancient people. School textbooks often include famous articles like *Eight Records of Excursions in Yongzhou*(《永州八记》), *An Account of the Old Drunkard's Pavilion*(《醉翁亭记》), and *Night Tour of Chengtian Temple*(《记承天寺夜游》). All of them come

from travels.

Writers paid more attention to sights and feelings instead of detailed travel travelogues. However, these records show their personal interests, giving us a clear look into ancient daily life.

Much like how we take holiday photos today, ancient people added drawings to their travelogues. In the Ming Dynasty, Wang Shizhen, an officer, travelled from Taicang to Beijing. He brought a painter who made drawings for each stop. They created 30 to 40 paintings that are still kept today. These drawings give us valuable knowledge.

1. When did the early tourism industry start?
  - A. Before the Song Dynasty.
  - B. In the Song Dynasty.
  - C. In the Ming Dynasty.
  - D. After the Ming Dynasty.
2. What result did Emperor Zhu Yuanzhang's rules lead to?
  - A. Making travel plans was more popular.
  - B. Tourism industry was further developed.
  - C. People were allowed to travel by themselves.
  - D. Movement was strictly managed by the country.
3. What did travel guides advise ancient travellers to do?
  - A. To fight with thieves and robbers.
  - B. To carry maps with clear pictures.
  - C. To avoid travelling with strangers.
  - D. To stay away from dangerous roads.
4. How did ancient travellers record their journeys?
  - A. By hiring writers to record travels.
  - B. By telling others sights and feelings.
  - C. By writing travelogues and drawing.
  - D. By collecting drawings for each stop.
5. What's the best title for the passage?
  - A. Travel in ancient China
  - B. Works of ancient travel
  - C. Changes of travel styles
  - D. Challenges of ancient travel

## 巅峰训练 2 2025 年南京市秦淮区期末完形阅读精选

### 一、完形填空

Hey there, kids! Guess who's arrived! Haha, I can see you're excited. Who won't be? Come on, who else can travel a surprising 108,000 *li* 1 a short time? And who's strong and brave enough to stop bad guys one after another? Of course me!

You are not my first 2. Go and ask your grandparents about their heroes when they were children. I believe they'll 3 me! Back in their day, most kids got to know me from their parents' words. In the mid-1950s, the first *Journey to the West* comic books were published, 4 children a new way to discover my stories. Later, in the early 1960s, Shanghai Animation Film Studio (上海美术电影制片厂) made the film *Uproar in Heaven*. It was a huge success. Young people were so crazy about it that they watched it over and over again!



People have always shared my stories, and I've always been part of their memories. When your parents were as old as you are now, they watched me fight on TV. The CCTV series has received wide praise and 5 popular even today. It has been sent out more times than any other TV series in the world. Even I myself like the series a lot. And I have to say, Liu Xiao Ling Tong 6 plays the role of me pretty well. He looks just as cool and smart as me!

Have you ever watched that classical series? 7 not, how did you first come to know about me? To my pleasure, there are more TV series, films, games and even web novels 8 my stories than ever before. A recent example is *Black Myth: Wukong*, China's first AAA game. Since August, it has been a hot topic on the Internet. You're probably not old enough to play it now, but when you are older, I hope you won't spend all your time fighting enemies. The 9 game has led to more people reading or re-reading the great 16th century novel *Journey to the West*. Would you like to be one of them? As your 10, I sincerely hope you're growing strong and wise. Certainly, I will always take the lead!

- |                |               |                |                |
|----------------|---------------|----------------|----------------|
| 1. A. to       | B. by         | C. on          | D. in          |
| 2. A. fans     | B. friends    | C. families    | D. fighters    |
| 3. A. talk     | B. tell       | C. believe     | D. mention     |
| 4. A. making   | B. offering   | C. providing   | D. including   |
| 5. A. remains  | B. repeats    | C. reminds     | D. remembers   |
| 6. A. quite    | B. maybe      | C. indeed      | D. hardly      |
| 7. A. Or       | B. If         | C. But         | D. Since       |
| 8. A. based on | B. carried on | C. insisted on | D. depended on |
| 9. A. poor     | B. extra      | C. popular     | D. excited     |
| 10. A. role    | B. hero       | C. ruler       | D. pioneer     |

## 二、阅读理解

### A

What can you do within 46 seconds? It may take a computer 46 seconds to start up. And you may need that long to put on your sports shoes. However, on August 4th, Pan Zhanle swam 100 metres in 45.92 seconds. He and his teammates became the first non-American team to win the Olympic men's 4×100 m medley relay(混合泳接力赛) in more than 40 years. With their amazing speed, they made people consider the game in a new way.

That was just one of China's big moments from last summer's Olympics. Three days earlier, Pan had surprised the world in the men's 100 m freestyle. He touched the wall in 46.40 seconds, like a flying fish, which was a new world record. Outside the pool, Zheng Qinwen won China's first Olympic tennis gold. Deng Yawen bagged China's first gold medal in BMX freestyle(自由式小轮车).

One thing that impressed me was how young these gold winners are. Most of them were born this century. Player Quan Hongchan has already had three Olympic gold medals, but she is only 17 years old.

The gold winners certainly got the most attention, but some athletes also made history even without winning medals. One of them is skater Cui Chenxi. In the women's skateboarding street final, the 13-year-old finished fourth. It was China's best result so far in this Olympic event.

Unsurprisingly, while some cried tears (眼泪) of joy, others were in tears of sadness. Swimmer Zhang Yufei returned home with one silver and five bronze medals but no gold. The 26-year-old isn't certain about her chances for the 2028 Games. "All athletes want gold medals, but it's a competitive world," Zhang said in an interview. "You've done your best, but you can't always get what you want. After all, they are all top players in the world."

It will be another four years until the next Olympics, but our athletes are already dreaming big. Do you also have a dream? How about following it with your favourite sports heroes?

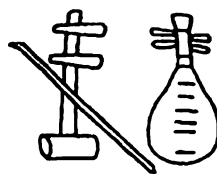
1. Why did Pan Zhanle and his teammates surprise the world?
  - A. Because they broke the world record of men's 4×100 m medley relay.
  - B. Because it took Pan's team 46 seconds to finish swimming 100 metres.
  - C. Because they were the first team to beat the Americans to win in the past 40 years.
  - D. Because Pan and his teammates could finish swimming before you put on your shoes.
2. Which of the following is included in the passage?
  - A. Zheng Qinwen won China's first Olympic table tennis gold.
  - B. The 13-year-old skater Cui Chenxi won a medal in the final.
  - C. Quan Hongchan won three Olympic gold medals at the age of 17.
  - D. Deng Yawen was the first Chinese to win the gold in BMX freestyle.
3. What did Zhang Yufei say about the game?
  - A. She tried her best but failed to win the gold.
  - B. She was happy with her achievements in the game.
  - C. She would swim better in the next Olympic Games.
  - D. She cried because she went home without any medal.
4. What does the passage mainly want to tell us?
  - A. We can win all the people's respect when we come first.
  - B. We are not old enough to win like those excellent players.
  - C. We should practise swimming in order to swim as fast as Pan.
  - D. We should learn from these athletes and go for our own dreams.

## B

The 2024 Beijing Traditional Music Festival—Chinese Music(National Instruments) Performance(表演) Event took place from Oct 26 to Sunday in Beijing.

Organized by the China Conservatory of Music, Beijing Federation of Literary and Art Circles(北京市文学艺术界联合会) and Beijing Musicians Society, the

festival hoped to not only provide a high-level meeting place for world music sharing, but also protect



and develop our excellent traditional music.

Nearly 500 talented young musicians, chosen through a short strict national performance process (程序), gathered at the China Conservatory of Music, to celebrate this festival. They brought with them a strong love for music and deep respect for Chinese traditional culture. With excellent skills and attractive songs, they showed the rich and energetic world of Chinese traditional music. It also showed the magic and fun of Chinese national instruments and the charm of Chinese musical culture.

This event was all about ten special types of Chinese instruments, like *erhu*, *pipa*, and *guzheng*. From the very start, it got lots of support and excitement from teachers and students at more than 180 music and art schools all over China. Over 1,600 people wanted to be a part of it! This proved that we had a very good base for studying Chinese instruments in our country. Lots of people were interested and talking about the event. It was a huge and exciting event in China's music history!

The festival broke down area and school rules, and invited 225 musicians, teachers, leaders of bands, and songwriters from music schools and groups all over the country to decide who will be the winners.

According to Li Xincan, head of the China Conservatory of Music, this festival let more people feel the magic of Chinese traditional music and instruments. It made people love and want to protect Chinese culture. The event also gave young musicians a chance to show their skills and learn from others, helping to keep and grow Chinese musical culture.

"We want to find talented musicians through this festival and help build a strong group of Chinese instrument players. This will make the China Conservatory of Music and other Chinese art schools have better teachers," Li said.

1. Which of the following are the purposes of holding the festival?

- a. To protect our traditional Chinese music.
- b. To make excellent traditional Chinese music better.
- c. To provide a chance to share music around the world.
- d. To prove our traditional music is better than pop music.

A. abc

B. bcd

C. abd

D. acd

2. What does the underlined word "This" in Paragraph 4 refer to?

- A. Lots of people were interested and talking about the event.
- B. People were all good at teaching our traditional instruments.
- C. Over one thousand people wanted to take part in the festival.
- D. There were about ten types of Chinese instruments in the event.

3. What can we know about this music festival?

- A. The festival was held in Beijing and lasted for one day.
- B. The festival invited 225 people to decide the winners.
- C. Musicians showed talents and great love for Western music.
- D. Musicians were chosen through a long performance process.

4. Which is the correct order of what happened in the story?

- ① Scrooge saw Ali Baba standing outside the window.
- ② The ghost walked to the school with Scrooge.
- ③ Scrooge gave nothing to the boy who sang at his door last night.
- ④ Tears came to his eyes when Scrooge saw the lonely boy in the room.

A. ①②④③      B. ②①④③      C. ③②④①      D. ③④①②

## 巅峰训练 9 2025 年泰州市姜堰区期末完形阅读精选

### 一、完形填空

When I sit in the quiet study, my mind went back to the tumultuous(混乱的) days of my teenage years. Life during those years was a mix of feelings, like a roller coaster ride that I will never 1.

I remember clearly the day I started high school. The air was filled with excitement and the sense of a new beginning. I was both hopeful and scared, excited to explore(探索) the world but also 2 about the unknown. My friends and I would spend hours after school 3 around in the park, dreaming about our 4 and the chances that waited for us.

One of the most important events during my teenage years was joining the school's drama club. It was there 5 I found my love for acting. The stage became my shelter, a place where I could 6 from the problems of everyday life. Our performances were a great success, and the cheers from the audience was the 7 sound I had ever heard.

8, not every memory from that time is pleasant. There were moments of disappointment and 9. I recall the first time I experienced rejection(拒绝), when a girl I fell in love with turned me down. It was a hard blow to my youthful pride, but it taught me about resilience(快速恢复的能力) and perseverance(不屈不挠的精神).

Studies were also a major part of my teenage experience. I struggled with Maths, often feeling helpless. But my English teacher, Mrs Thompson, saw 10 in me. She encouraged me to develop my writing, which 11 led to me winning a prize. That victory was a proud moment that built up my 12 and changed my opinion on my abilities.

As I look back on those years, I realize that my teenage self was easily changed and hurt. I was trying to find my place in the world, to understand 13 I was and who I wanted to be. There were times when I felt lonely, like I didn't belong anywhere. 14 those feelings were reduced by the love and support of my family and close friends. I see that my teenage years were a key period of growth. They were filled with challenges and mistakes, but also with moments of success and self-discovery. I am 15 for every experience, both good and bad, because they have shaped me into the person I am today. I value the values I acquired during that time.

- |               |           |             |               |
|---------------|-----------|-------------|---------------|
| 1. A. try     | B. forget | C. remember | D. experience |
| 2. A. nervous | B. happy  | C. excited  | D. surprised  |

- |                   |               |               |               |
|-------------------|---------------|---------------|---------------|
| 3. A. moving      | B. turning    | C. looking    | D. walking    |
| 4. A. past        | B. present    | C. future     | D. memories   |
| 5. A. when        | B. that       | C. how        | D. which      |
| 6. A. give up     | B. come back  | C. take out   | D. get away   |
| 7. A. sweetest    | B. deepest    | C. noisiest   | D. longest    |
| 8. A. Therefore   | B. Instead    | C. However    | D. Moreover   |
| 9. A. happiness   | B. illness    | C. sadness    | D. kindness   |
| 10. A. something  | B. everything | C. nothing    | D. anything   |
| 11. A. especially | B. finally    | C. hopefully  | D. specially  |
| 12. A. importance | B. patience   | C. confidence | D. difference |
| 13. A. which      | B. who        | C. when       | D. why        |
| 14. A. So         | B. Or         | C. And        | D. But        |
| 15. A. sorry      | B. ready      | C. thankful   | D. good       |

## 二、阅读理解

### A

The UNESCO added “Spring Festival, social practices of the Chinese people in celebration of the traditional New Year” to the Representative List of the Intangible Cultural Heritage of Humanity(《人类非物质文化遗产代表作名录》) on December 4, 2024.

① The Spring Festival, also called Chinese New Year, is one of the most important festivals practised in China and around the world. It is time for people to wish for good things to happen in the future and for everyone to be happy and healthy.

② Celebrations for the Spring Festival last for 15 days, ending with the Lantern Festival, to give full play to family gatherings, feasts(宴会), and different cultural activities. Many of these celebrations and events that have been passed down from generation to generation are practised in China, Asia and around the world. They include paper-cutting, the dragon dance and Lantern Festival events, together forming the happiest days for those who celebrate this event.

③ On the second day of the Spring Festival, people traditionally visit temples to pray(祈祷), seek blessings, and celebrate the Chinese New Year. The temple fairs often provide different activities, including traditional performances, folk art, and the sale of local handicrafts and foods. Temple fairs symbolize a connection to tradition, offering a space for spiritual reflection. Visitors may also light incense(香) and make offerings to deities(神明) for good luck in the coming year, making it both a spiritual(宗教的) and festive(节日的) event.

The Lantern Festival, traditionally held on the 15th day of the Spring Festival, marks the end of Chinese New Year celebrations. ④ People gather in public spaces to admire the lanterns, solve riddles(谜语) written on them, and enjoy performances like dragon dances. Many Lantern Festival events, including the famous Zigong lantern show in Southwest China’s Sichuan Province, have been



listed as National Intangible Cultural Heritage items.

1. What is the main idea of the first paragraph?
  - A. The influence of the Spring Festival.
  - B. The history of the Spring Festival.
  - C. The importance of the Spring Festival in China.
  - D. The UNESCO's recognition(认可) of the Spring Festival.
2. Which of the following events happens first?
  - A. The Lantern Festival.
  - B. Family gatherings and feasts.
  - C. Visiting temples to pray.
  - D. Solving riddles written on lanterns.
3. Which celebration for the Spring Festival is NOT mentioned in the passage?
  - A. Paper-cutting.
  - B. The dragon dance.
  - C. Watching movies.
  - D. Lantern Festival events.
4. Which is the most suitable place for this sentence "During this festival, lively lanterns of all shapes and sizes are shown." ?
  - A. ①
  - B. ②
  - C. ③
  - D. ④
5. What is the most famous Lantern Festival event mentioned in the text?
  - A. The dragon dance in Beijing.
  - B. The temple fair in Guangdong.
  - C. The Zigong lantern show in Sichuan.
  - D. The paper-cutting contest in Shanghai.

## B

①How much time do you spend looking at your smartphone, tablet or computer every day? These electronic devices(设备) help us in many ways, but they may also cause health problems. They have advantages as well as disadvantages.

②Getting information easily is one of the biggest advantages of the Internet. Almost any kind of information on any topic under the sun can be found on the Internet. Search engines can help us find almost any type of information on almost any kind of subject. Meanwhile, much service is now provided on the Internet such as online banking, job seeking, ticket selling and hotel booking.

③However, too much screen time can cause your eyes tired, which leaves your eyes feeling dry and sore and is also bad for your eyesight. To help your eyes stay healthy, follow the "20—20—20" rule: Every 20 minutes, look at something 20 metres away for 20 seconds.

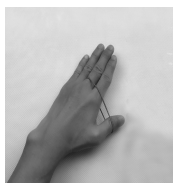
④Your eyes aren't the only parts of your body that could become worse from using electronic devices. People who write a lot of text messages can develop an injury. The repeated movement of typing can lead to the loss of grip strength(握力受损). To avoid this, do this exercise: Put a rubber band around the top of your five fingers and open your hand. Repeat this a few times.

⑤Another serious danger is that it may cause several mind problems. One of the biggest problems is the Internet addiction(瘾). Many people turn to the Internet or computer games to keep themselves away from the feelings of stress, sadness and loneliness. Slowly, they might start to depend on the



Internet and feel worried if they're not connected. To stop yourself from falling into this kind of trap, limit the amount of time you spend online.

- The first 20 of the "20—20—20" rule in the passage suggests \_\_\_\_\_.  
 A. how long the break lasts  
 B. how often you have the break  
 C. how many times you take a break  
 D. how far you look at things from you
- Which picture best shows rubber band exercise?



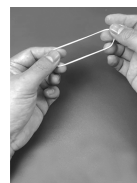
A



B

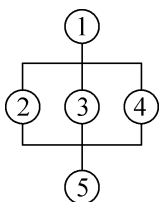


C

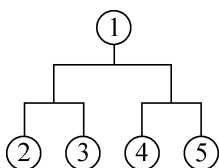


D

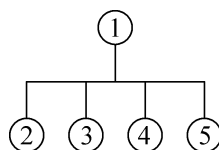
- The underlined word "they" in Paragraph 5 refers to \_\_\_\_\_.  
 A. several serious mind problems  
 B. people who have the Internet addiction  
 C. the Internet and computer games  
 D. feelings of stress, sadness and loneliness
- Which of the following statements is NOT true according to the passage?  
 A. It's easy to search for information on the Internet.  
 B. To protect eye health, you should follow the "20—20—20" rule.  
 C. Using electronic devices causes many problems in our body.  
 D. Watching videos too much will lead to the loss of grip strength.
- Which of the following shows the structure of the passage?



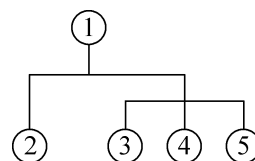
A



B



C



D

## 巅峰训练 10 2025 年南通市海安市期末完形阅读精选

### 一、完形填空

When I was ten years old, one night I sat up in my bed, letting out a cry from my mouth. I was a young boy and had been sleeping 1 a few seconds before. The light 2 that was falling when I went to sleep, however, had 3 a big and noisy storm while I was dreaming. The lightning that had hit felt like it was right outside my window. It took me some time to 4 back asleep again.

The next day I walked about 50 yards from our home and saw where the 5 had hit. It had hit an oak tree seriously. I felt bad for the tree, knowing that it was 6 destroyed. The next year, though, I 7 that the tree hadn't died. In fact, it had fresh, new, green leaves growing on it and the 8 part of the tree was starting to grow back too. I was 9 at this growing tree and couldn't