本试卷分第I卷（选择题）和第II卷（非选择题）两部分。考生作答时，将答案答在答题卡上，在本试卷上答题无效。考试结束后，将本试卷和答题卡一并交回。

注意事项：

1.答题前，考生务必将自己的姓名、准考证号填写在答题卡上，认真核对条形码上的姓名、准考证号，并将条形码粘贴在答题卡的指定位置上。

2.选择题答案使用2B铅笔填涂，如需改动，用橡皮擦干净后，再选涂其他答案标号；非选择题答案使用0.5毫米黑色中性（签字）笔或碳素笔书写，字体工整、笔迹清楚。

3.请按照题号在各题的答题区域（黑色线框）内作答，超出答题区域书写的答案无效。

4.保持答题卡卡面清洁，不折叠，不破损。

第I卷

第一部分：听力（共两节，满分30分）

做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

第一节（共5小题；每小题1.5分，满分7.5分）

听下面5段对话。每段对话后有一个小题，从题中所给的A、B、C三个选项中选出最佳选项，并标在试卷的相应位置。听完每段对话后，你都有10秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

例：How much is he shirt?

A. $19.15 B. $9.18 C. $9.15

答案是C.

1. Where is the boy going to meet the girl?

A. At the café.

B. At the bus stop.

C. At the pool.

2. What is the woman going to do?

A. Do some typing.

B. Complete her paper.

C. Have lunch.

3. How will the woman help the man?

A. By buying him a book.

B. By driving him to the bookstore.

C. By showing him the way to the bookstore.资\*源%库 ziyuanku.com

4. Why didn’t the woman buy the coat?

A. It was expensive.

B. Her friend has the same one.

C. She wanted to buy it on the Internet.

5. What are the speakers mainly talking about?

A. A country.

B. A person.

C. A school.

第二节（共15小题；每小题1.5分，满分22.5分）

 听下面5段对话或独白。每段对话或独白后有几个小题，从题中做给的A、B、C三个选项中选出最佳选项，并标在试卷的相应位置。听每段对话或独白前，你将有时间阅读各个小题，每小题5秒钟；听完后，各小题将给出5秒钟的作答时间。每段对话或独白读两遍。

听第6段材料，回答第6、7题。

6. What is the relationship between the speakers?

A. Interviewer and interviewee.

B. Customer and salesperson.

C. Co-workers.

7. What will the speakers do this afternoon?

A. Do a survey.

B. Make a form.

C. Meet the director.

听第7段材料，回答第8至10题。

8. What are the club members expected to wear?

A. Golf shoes.

B. Golf trousers.

C. Club sweaters.

9. How much is a lesson for children one hour?

A. ￡ 2.

B. ￡ 4.

C. ￡ 8.

10. What do we know about the Westwood Golf Club?

A. It has a swimming pool.

B. Club members can invite guests there.

C. Teachers there often give group lessons.

听第8段材料，回答第11至13题。

11. What will Rachel do?

A. Hold a birthday party.

B. Give birth to a baby.

C. Get married.

12. What does the man think of the gift for Bonnie?

A. Suitable.

B. Useless.

C. Expensive.

13. What does the woman mean in the end?

A. She can’t work out the cost of gifts.

B. She will buy some cheap gifts.

C. She will spend much on gifts.

听第9段材料，回答第14至17题。

14. What is the improvement of the man’s new balloon?

A. It can carry more fuel.

B. It is easier to land.

C. It is lighter.

15. What did the man find difficult on his last flight?

A. He had too little sleep.

B. He couldn’t eat the food.

C. His radio didn’t work properly.

16. What will the man leave behind this time?

A. Maps.

B. Books.

C. His sleeping bag.

17. What does the man want to do in the future?

A. Sail around the world.

B. Fly a small plane alone.

C. Climb some mountains.

听第10段材料，回答第18至20题。

18. How much is the group ticket to the castle?

A. $ 6.5.

B. $ 3.5.

C. $ 3.

19. Who should the students give money to?

A. Mrs. Philips.

B. Mrs. Gifford.

C. The speaker.

20. What should the students take?

A. Some lunch.

B. A worksheet.

C. A pen.

第二部分 阅读理解（共两节，满分40分）

第一节（共15小题；每小题2分，满分30分）

阅读下列短文，从每题所给的四个选项（A、B、C、D）中，选出最佳选项，并在答题卡上将该项涂黑。

A

Look and feel better in 30 days, guaranteed!

Our proven workout system helps you reach your goals fast.

Many Americans are overweight for lack of physical activity. Many are struggling to lose weight, but most give up just within days. If you’ve struggled with diets and workout routines, only to feel like you aren’t getting anywhere, our gym is for you! Take a moment to read this page to find out what we can do for you.

Let us help you:

\*reach your fitness goals quickly and safely

\*work out in a comfortable environment

\*look and feel great

Get the results you’ve been looking for

Have you tried dieting and working out, only to be let down? Do you have trouble pulling yourself to the gym every day? Our program is designed for the “average Joe or Jane” to be able to lose weight and keep it off, with a combination of nutrition, motivation, and fitness.

Our fitness method

Our workout system will ensure that you lose weight and build muscles quickly and safely. We have developed a workout that targets all the right muscle groups, while at the same time burning unwanted fat. Our experienced trainers can help you with nutrition in between workouts to allow you to reach your goals faster. Nutrition is a big part of getting fit; don’t overlook it!

If working out on your own hasn’t produced the type of results you want, that’s why we’re here. Join today! We charge $500 for each membership, but people who join our gym today can get a 20 percent discount. Those who join in the following week can get a 10 percent discount. For more information, please click here.

21. Many Americans fail to lose weight probably because \_\_\_\_\_\_\_ .

A. they always exercise alone

B. they don’t get enough exercise

C. they are under great pressure

D. they are too busy to exercise

22. What can be inferred from the passage?

A. Nutrition is also important part of getting fit.

B. The workout system does not apply to everyone.

C. It does harm to health to lose weight quickly.

D. There were some people failed after the 30-day program.

23. How much should a couple pay if they join the gym today?

A. $500.

B. $1,000.

C. $900.

D. $800.

B

"Some secrets are hidden from health," wrote John Updike in his poem "Fever".

I have experienced the truth of Updike's observation. My excellent health kept me from seeing some things—things that became secrets of sort.

One relates to my son Chris. When I lost my health in March, I discovered something I had missed about him.

Christopher has been a scholar and athlete through high school. He has behaved responsibly, engaged in community service. He has had an impressive peer group of serious students.

While I saw these things, I had missed before what I experienced while in hospital. Early on, Christopher offered the clearest and most forceful words about my need to be positive and to fight acute leukemia(急性白血病). He never left the room after a visit without making me promise that I would be mentally tough and positive.

During the first week, he showed his own mental toughness, researching leukemia and learning what the chances were. He even stopped my doctor outside the room, introduced himself and asked directly what he thought of my chances. He processed the answer without overreaction.

Christopher did tell me seriously against my choice of words the first week at home. I had moved back into my room from weighing myself, discovering a thin figure I did not know. I announced to him and my wife, “dead man walking”. I thought it was a way to lighten the obvious. He saw it as negativity and was strongly against such thinking and talking.

When I resisted taking medicine sometimes, Christopher formed a “good-cop-bad-cop” team with his mother. Betsy gently and patiently encouraged. He directly and forcefully insisted. He always made the logical arguments for why I needed to take some awful pills.

My health had hidden something from me; my ill-health helped me to see it.

24. The underlined sentence in Paragraph 5 indicates that the author .

A. knew little about his son until in hospital

B. got to know more about his son while in hospital

C. had no chance of knowing more about his son

D. hardly remembers what happened in the hospital

25. What did Christopher do when the author was in hospital?

A. He told the author not to say anything wrong.

B. He always encouraged the author to be confident.

C. He offered some suggestions to the doctor.

D. He tried to get help from community service.

26. What does “good-cop-bad-cop” in the text refer to?

A. A trick to force the author to obey.

B. A measure to keep the author happy.

C. A joint effort to persuade the author both kindly and forcefully.

D. A friendly way to make the author see what was good for him.

27. What may be the best title for the text?

A. Secrets Hidden from Health

B. Unexpected Love

C. Lessons from Ill-health

D. Discovery Made in Hospital

C

Experts have been advising for years that sharing your goals with other people increases your commitment to them. When you do, you feel accountable. You feel as if you’re on your way to success. But it turns out we got it all wrong.

Some psychologists have found that by telling someone your goal, you are actually less likely to achieve them. By giving voice to your goal, you feel like you’ve taken a huge step forward. Unfortunately, this feeling—called “social reality” —is just a feeling. You haven’t actually achieved anything yet.

Saying your goal out loud widens the gap between what you intend to do and what you actually do. It keeps your goals away from your actions. However, by keeping your goals secret, you maintain the drive to keep moving forward. You feel like there’s still a lot of work to do.

Telling others your goals is an unhealthy way to seek approval, according to Dr. Robert Anthony. “By announcing your goals, you will lose lots of valuable energy needed to achieve them, as well as get negative opinions from those who wish to control you. They dislike seeing anyone laving more or doing better than they do,” he explains.

Saying your goals usually shows that you are fantasizing success. Another study found that merely fantasizing about a positive future might reduce your ability to find problems and make good plans. Don’t get fantasizing about success and expecting success mixed up. When you fantasize, there’s not always a basis in reality. When you expecting success, you are confident in the result based on the actions and skills you’ve developed so far.

Thus, you know what to do the next time you feel like opening your mouth about your exciting new ideas or goals. Meanwhile, Michael Hyatt, a psychologist, points out that, while this probably works well for a single person, it may not be the best advice for organizations. If a leader’s role is to inspire the organization to work towards some aims, secrecy doesn’t seem to be productive.

28. What do we know about “social reality”?

A. It is a real situation existing in life.

B. It refers to some facts happening in society.

C. It doesn’t help you reach your goals.

D. It means you have done something successfully.

29. Why is telling others your goals not a good way to seek approval?

A. Because it wasters your energy and time.

B. Because not all people wish you to become successful.

C. Because you are likely to change your goals easily.

D. Because nobody will pay attention to your goals.

30. The difference between fantasizing success and expecting success lies in .

A. whether there is a basis in reality or not

B. whether you are confident or not

C. whether the goal is shared or not

D. whether there are good plans or not

31. What is Michael Hyatt’s suggestion for a team leader?

A. Keeping the team’s goal a secret.

B. Making the team’s goal known to the public.

C. Preventing the team members from fantasizing success.

D. Sharing the team’s goal among the team members.

D

For thousands of years, poetry has been the favorite type of literature for many in China. As China Highlights website noted, “Chinese literature is one of the major parts of China’s ancient traditions, and Chinese poetry is just like the best prize in this famous culture’s literary treasure house.” There were many famous poets from different periods of time in Chinese history, and thousands of their poems are still read and appreciated today.

To remind people of those classic Chinese poems and to promote cultural heritage, China Central Television (CCTV) has produced a TV show – Chinese Poetry Competition. The finale of the hit show’s second season was shown on Feb 7. Wu Yishu, 16, who studies at the High School Attached to Fudan University in Shanghai, came out on top. “I really admire her knowledge of poems,” said Huang Zijin, 16, a senior 2 student from Ningbo High School in Zhejiang province.

As the old saying goes: “One who is filled with knowledge always behaves with elegance.” “Learning poems isn’t about winning or losing. The power of poetry lies in shaping one’s view of life and developing one’s inner world,” said Li Bo, an expert guest at the Chinese Poetry Competition’s second season.

“Although the proportion of ancient Chinese poems in the textbooks of primary and secondary schools has increased, many students still learn them for exams,” Li Dingguang, the show’s academic advisor, told China.org.cn. “Therefore, it’s important to help students truly appreciate the artistry and fun of poetry.”

32. What is the main purpose of Chinese Poetry Competition?

A. To encourage the students to remember as many poems as possible.

B. To find out who is the best competitor.

C. To raise people’s awareness of classic Chinese culture.

D. To make more money from the TV program.

33. Which of the following statements is true?

A. We should help students truly enjoy the beauty of poetry.

B. Wu Yishu is the first champion of this competition.

C. Learning more poems means winning.

D. Chinese poems are the most important heritage.

34. What is Li Dingguang’s attitude towards the show?

A. Supportive.

B. Disappointed.

C. Disapproved.

D. Neutral.

35. What can we learn from the passage?

A. Getting knowledge means making money.

B. Getting knowledge helps people behave elegantly.

C. Getting knowledge is the only way to promote your behaviors.

D. Getting knowledge is good for people’s health both mentally and physically.

第二节（共5小题；每小题2分，满分10分）

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

How to Win a High School Election

If you plan on running for student office, you want to know how to win a high school election. 36 . You need to do to consider the following key elements of an election.

Learn About Your School

Before you can be an official for your class, you will need to know about your class and the school as a whole. You can't make a difference if you don't know what to change. 37 Get involved before winning the election

If you want to make changes to some of the rules in the school's policy, you'll have to get on the administration's good side. Ask to join in on meetings with school officials. It's also a good idea to get to know some of the parents of the students who will vote for you. You can do this by attending PTA meetings. 38 Ask questions and voice your opinion so you stand out.

Get to Know Your Voters. 39 And try to make good first impressions on them. Be careful though, you don't want to seem fake because then people won't vote for you. Simply say hello and let people know you are running for whatever office you choose. If they seem interested in you, continue the conversation, if not, back off. Being pushy is another thing that will lose you votes. 40 Just as confidence is essential during your presentation, it's also important every day. Stand tall, smile, and be friendly. Have fun with your election because students want someone who is real and friendly.

Ask your school's administration for a copy of the student guidebook and any other information they have about the history as well as current rules and stats for the school.

A. Let Yourself Shine.

B. Meet as many high school students as possible.

C. Get started on how to win a high school election.

D. While at these meetings, don't be a passive attendee.

E. Write a speech about what you would like to see changed.

F. Read the student guidebook about the history as well as present rules for the school.

G. Putting up posters and relying on your popularity isn’t enough to make sure that you will win.

第三部分 英语知识运用（共两节，满分45分）

第一节 完形填空（共20小题；每小题1. 5分，满分30分）

阅读下面短文，从短文后所给各题四个选项（A、B、C和D）中，选出可以填入空白处的最佳选项。并在答题卡上将该项涂黑。

I recently overheard something that surprised me. I heard that people who win the lottery are\_\_41\_for about 3 weeks. And then they go back to their\_\_42\_\_state of being before they won the money.I\_\_43\_\_that they would have been happy for a much longer time.

The reason for this is that\_\_ 44\_\_we try to change how we feel by using something outside of ourselves，like winning the lottery, or getting a new car or house, but it never\_\_ 45\_\_.The resulting feelings of happiness often last for a short time. We cannot\_\_ 46\_\_them for very long. In some way, it may be a good thing. It reminds us that happiness really does come from within and is\_\_ 47 \_\_to us at any moment. True happiness has\_\_48\_\_to do with what is happening outside; it is an inside job. Happiness is a\_\_49\_\_. We can make the decision to be happy for one day, when we\_\_50\_\_in the morning, every morning. We can find something that brings us great \_\_51\_\_, like sitting outside in the garden under an old tree and\_\_52\_\_the birds sing, or watching the dog or cat play, and just\_\_53\_\_the moment. It is our\_\_54\_\_state and we need only allow it in. At any moment, we can\_\_ 55 \_\_, take a deep breath, and remember who we really are, and why we came here, and that truly is to\_\_56\_\_joy and the aliveness of being.

“Happiness is like a butterfly which, when run after, is always \_\_57 \_\_our reach, but if you will sit down\_\_\_58\_\_, may fall upon you,” said Nathaniel Hawthorne, an American novelist. So, today, no matter what is going on in your own\_\_59\_\_, stop and take a few moments to breathe deeply and just\_\_60\_\_to be happy, whatever that means to you.

41. A. clever B. lucky C. cautious D. happy

42. A. unusual B. previous C. constant D. positive

43. A. thought B. suspected C. promised D. concluded

44. A. anyhow B. anywhere C. anytime D. anyway

45. A. changes B. forms C. appears D. works

46. A. control B. keep C. blame D. guide

47. A. consistent B. sensitive C. available D. similar

48. A. much B. little C. enough D. some

49. A. choice B. chance C. result D. reward

50. A. look up B. wake up C. turn up D. stand up

51. A. success B. surprise C. worry D. pleasure

52. A. making B. helping C. calling on D. listening to

53. A. enjoy B. spend C. save D. waste

54. A. common B. natural C. accurate D. special

55. A. stay B. leave C. stop D. arrive

56. A . discover B. present C. accept D. experience

57. A. within B. beyond C. through D. against

58. A. silently B. quietly C. carefully D. noisily

59. A. mind B. heart C. body D. life

60. A. pretend B. agree C. decide D. hesitate

第Ⅱ卷

注意：将答案写在答题卡上。写在本试卷上无效。

第三部分 英语知识运用（共两节， 满分45分）

第二节（共10小题；每小题1.5分，满分15分）

阅读下面材料，在空白处填入适当的内容（1个单词）或括号内单词的正确形式。

Pinyin is a useful tool, which 61 \_(teach) in China to school kids. It is not merely used by westerners like us. It has proved to be a useful tool for Chinese people 62 \_(they) to learn standard pronunciation in their early education.

The first step is to learn how 63 \_( pronounce) each letter in pinyin correctly and the meaning of the tone markers. Then you have to do 64 \_(drill) as many as you can. Turn that into a game. It can be 65 \_(much) fun than you would expect. Start 66 \_ single syllables and do that a lot and then syllable (音节）pairs. Slowly move on to larger groups. Understand the initial, final and the tones.

But most importantly, 67 you need is good feedback. You’d better have someone that can correct your mistakes immediately.

Find a native Chinese, 68 pronunciation is quite perfect to correct you. If you take Chinese classes, the teacher will 69 \_(probable) have you do exercises every class. Do this very seriously.

If you are self-studying, try to meet native Chinese people and ask them to give you some feedback.

Otherwise, try to be self-critical and listen very carefully. Good 70 (listen) is more than 50% of 70. it takes to pronounce correctly.

第四部分 写作（共两节，满分35分）

第一节：短文改错（共10小题；每小题1分，满分10分）

假定英语课上老师要求同桌之间交换修改作文，请你修改你同桌写的以下作文。文中共有10处语言错误，每句中最多有两处。每处错误仅涉及一个单词的增加、删除或修改。

增加：在缺词处加一个漏字符号（∧），并在其下面写出该加的词。

删除：把多余的词用斜线（＼）划掉。

修改：在错的词下划一横线，并在该词下面写出修改后的词。

注意：1.每处错误及其修改均限一词;2.只允许修改10处，多者（从第11处起）不计分。

Nowadays Senior 3 students are general faced with a lot of pressure, which is rather common. To reduce it, the followed suggestions may help.

First of all, know exactly what lead to your pressure, and then you can take measures to deal with it. Secondly, set up a goal what is not too high, in another words, don't put too much pressure on yourself. Thirdly, find a way to relax you occasionally. For example, you can listen to music, go swim or simply go walking. Eventually, make friend with others, such as your classmates, your teachers, and your parents. They will understand you and come to your help when you are really in the trouble. In word, never get yourself stuck in too much pressure.

第二节 书面表达(满分25分)

假设你是英语课代表李华，我校外教Chris今年来到我校任教，由于不太适应北京的生活，加之工作压力比较大，缺乏时间锻炼身体，Chris生病住院了，请你代表你们班同学给他写一封英文信，信件包括：

1.表示对他的思念和感谢；

2.提出建议（至少三条）；

3.希望他早日康复。

注意：

1. 词数不少于100；

2. 可以适当发挥想象，增加细节以使行文连贯。

宁夏石嘴山市第三中学2017届高三4月适应性（第二次模拟）考试英语试题

参考答案及评分标准

听力：(每题1.5分，共30分)

1-5 CACAB 6-10 CBABB 11-15 CACAA 16-20 BCCBA

**阅读理解（每题2分，共40分）**

21-24 BAD 24-27 BBCA 28-31 CBAD 32-35 CAAB 36-40 GFDBA

**完形填空：（每题1.5分，共30分）**

41-60 DBACD BCBAB DDABC DBBDC

**语法填空（每题1.5分，共15分）**

61.is taught; 62.themselves; 63.to pronounce; 64.drill; 65.more

66.with; 67. what; 68. whose; 69. probably; 70. listening

**短文改错（每题1分，共10分）**



**书面表达（25分）**

Dear Chris,

I’m sorry to hear that you have been in hospital for several days. I am writing this letter on behalf of the whole class, who deeply miss you and care you. We are grateful for everything you’ve done for us.

Actually, it is very easy for a person like you to get sick, who hasn’t adapted to the new environment, suffers from great pressure and lacks exercise. Here are some tips for you:

First of all, it is a good idea to take part in some social activities, which will help you learn more about the local customs and cultures, so as to get used to the new environment. In addition, you should try to reduce the working pressure by listening to music and making more friends. Last but not least, you’d better exercise more instead of sitting in the office all the time.

Hope our advice would help you lead a healthy lifestyle and hope you would recover soon!

Looking forward to seeing you soon.

Yours truly,

Li Hua