**Section** Ⅱ　**Reading** **and** **Thinking**

课后·训练提升

一、根据句意及首字母提示写出单词

**1**.An a　　　　　 is someone who does a sport.

答案athlete

**2**.She won the gold medal,so she was the c　　　　　.

答案champion

**3**.I have the h　　　　　 to be invited to attend her wedding.

答案honour

**4**.The old man was presented a m　　　　　　 because of his great achievements to his country.

答案medal

**5**.It is not easy to m　　　　　 a foreign language.You need to try your best.

答案master

二、完成句子

**1**.乒乓球现在很受欢迎;国内外都有人打。

Ping-pong is popular now;it is played 　　　　　　　　　　　　 　　　　　　　　　　　　.

答案at home and abroad

**2**.切记:“永远别放弃!继续努力。”

Do remember,“Never 　　　　　　 　　　　　!Keep trying.”

答案give up

**3**.不要丧失信心。你应该努力解决问题。

Don’t 　　　　　　　　　　　　.You should try to solve the problem.

答案lose heart

**4**.为了表达对来访客人的尊重,我们举办了一个欢迎会。

We held a welcome party 　　　　　　 　　　　　　　　　　　　the visiting guests.

答案in honour of

三、单句语法填空

**1**.The sports meeting was put off because 　　　　　the foggy weather.

答案of

**2**.It’s 　　　　　　 honour to have the chance to attend the party.

答案an

**3**.Please send the 　　　　　　(injure) to the nearest hospital.

答案injured

**4**.The instruction shows the sport can help develop your 　　　　　　 (strong).

答案strength

**5**.As you know,　　　　　　　(fail) is the mother of success.

答案failure

**6**.In fact,these old scientists brought glory 　　　　　our country when they were young.

答案to

**7**.Thomas,my close friend,is a young man with great 　　　　　　　(determine).

答案determination

四、阅读理解

When school started on that warm August day,I threw myself into everything I did,including playing volleyball.I decided to become beautiful,or at the very least,skinny.I stopped eating completely.Soon I began losing weight,which thrilled me,and I even grew to love the tiredness and light headedness that came with my poor diet,for those feelings meant that I was winning.

As the season progressed,things had become tense between my head volleyball coach,Coach Smith,and me.She felt that something was wrong with my health.She talked with me about my eating and was angry that I wouldn’t listen to her when she tried to make me eat.She tried to persuade me in a determined way and so we fought constantly.Then my hunger started to affect my performance.I was so tired that practice and games were becoming a struggle.One afternoon,with hurt in her eyes,Coach Smith asked me what I had eaten and I told her nothing yet,but I was going to.She looked at me,disappointment in her eyes,knowing she couldn’t make me stop,and walked away.

A couple of weeks later I attended a formal dinner for our volleyball team.I stood there as my coach managed to say something nice about me.I realised then that I had ruined my senior year by being disrespectful,and I had probably ruined hers as well.So that evening I wrote her a letter apologising and thanking her.

Then one Saturday,as I was reading in the library,I felt someone gently take my arm and say softly,“Lynn Jones,how are you doing?” I looked up and saw the familiar face.“Thanks for the letter,” she said.“It meant a lot.”

When I think of a coach,I think of someone above me,someone who gives instructions—not a friend.But Coach Smith is different,and,like any other good friend,she dealt with my problem in a determined way even when I hated her for it at that time.I didn’t deserve her kindness,but she gave it anyway.I will forever be grateful for her help,and now for her friendship.

**1**.How did the author feel when she had a sense of tiredness?

A.Ashamed.　　　　　　　B.Proud.

C.Funny. D.Nervous.

答案B

解析推理判断题。根据第一段最后一句“Soon I began losing weight,which thrilled me,and I even grew to love the tiredness...for those feelings meant that I was winning.”可知,因为减肥不吃饭而感到疲倦头晕,这使作者感到兴奋和高兴,有一种胜利的感觉。由此可以推断B项正确。

**2**.The author fought with Coach Smith because 　　　.

A.she refused to go on a diet

B.she caused failure of her team

C.she changed the training course

D.she kept her idea of losing weight

答案D

解析细节理解题。根据第二段中的“She talked with me about my eating and was angry that I wouldn’t listen to her when she tried to make me eat...”可知,教练反对作者减肥,试图要说服作者,两个人因此不断发生争执。故选D项。

**3**.Why did the author write a letter to Coach Smith?

A.She felt sorry for eating too little food.

B.She decided to improve her performance.

C.She was grateful for Smith’s care for her health.

D.She wanted to build a close relationship with Smith.

答案C

解析细节理解题。根据第三段中的“I realised then that I had ruined my senior year by being disrespectful...wrote her a letter apologising and thanking her.”可知,作者意识到自己的无礼毁了自己也毁了教练,所以给教练写信致歉并表示谢意。故选C项。

**4**.What is the best title for the passage?

A.Unexpected Friendship

B.A Fight with My Coach

C.A Strict Volleyball Coach

D.My Way of Losing Weight

答案A

解析标题归纳题。联系文章大意可知,作者不听教练劝告,执意减肥,后来意识到自己的无礼,写信向教练道歉。根据最后一段中的“But Coach Smith is different,and,like any other good friend,she dealt with my problem in a determined way even when I hated her for it at that time.”可知,作者感到教练就像好朋友一样,一直以坚定的方式处理和作者的问题。A项体现了本文的主题,其他选项只是文章的部分内容,不能概括全文。故选A项。

五、完形填空

Zach was a kid who helped with all the games and dances.But he had a 　1　,and for years Zach had been in a wheelchair controlled by 　2　,moving from class to class.

A month before I arrived,Zach’s condition got worse and he needed an electric wheelchair to stay at school.　3　 it,he would have to leave school.

It turned out that Zach couldn’t 　4　 the new electric chair,　5　 his only choice was to check out.When the day of Zach’s 　6　 came,all the teachers and students got together in a hall.Zach 　7　 it was his last day at school.

The student president was introduced and he then 　8　 everyone when he introduced Wild Man.Long-haired,plate-throwing...Teachers and students thought badly of him.Without saying a word,Wild Man 　9　 Zach and brought him to the centre of the stage.Wild Man then 　10　 himself and disappeared backstage.Seconds later,he reappeared driving a new and shiny electric wheelchair.After 　11　 Zach in the chair,he showed Zach how to use it and let Zach move around the stage.With tears streaming from their faces,two thousand teachers and students 　12　 and clapped for five minutes.

Were they just 　13　 Zach and the fact that he could now 　14　 in their school?No,they were also cheering for Wild Man,who got Zach a new 　15　 by collecting money from his friends.

**1**.A.dream　 B.chance

C.disease D.question

答案C

解析根据该空后的“for years Zach had been in a wheelchair”可知,扎克得了一种“病(disease)”。

**2**.A.computers B.hands

C.the teacher D.the mouth

答案B

解析根据下文描述扎克需要电动轮椅可知,他之前使用的是“手动(controlled by hands)”的轮椅。

**3**.A.Except B.Beside

C.Without D.Beyond

答案C

解析该空后的“he would have to leave school”是“没有(Without)”电动轮椅的后果。

**4**.A.stop B.afford

C.drive D.use

答案B

解析根据下文Wild Man筹集资金给扎克买新的电动轮椅可知,扎克“买不起(couldn’t afford)”新的电动轮椅。

**5**.A.before B.so

C.and D.but

答案B

解析由于买不起新的电动轮椅,因此扎克的选择只能是离校。此句表示因果关系,故so符合语境。

**6**.A.leaving B.teaching

C.return D.visit

答案A

解析根据上文中的“leave school”和“check out”可知,到了扎克该“离开(leaving)”学校的那天。

**7**.A.promised B.remembered

C.decided D.thought

答案D

解析扎克“心想(thought)”那天是他上学的最后一天了。

**8**.A.surprised B.trusted

C.welcomed D.protected

答案A

解析根据下文人们对Wild Man的评价不好可知,当主持人介绍Wild Man时,所有人都感到“吃惊(surprised)”。

**9**.A.talked about B.threw away

C.walked to D.laughed at

答案C

解析根据该空后的“brought him to the centre of the stage”可知,Wild Man向扎克“走过来(walked to)”。

**10**.A.asked B.excused

C.introduced D.enjoyed

答案B

解析根据该空后的“disappeared backstage”可知,Wild Man因需要暂时离场向大家“致歉(excused)”。

**11**.A.discovering B.controlling

C.freeing D.placing

答案D

解析Wild Man把扎克“安顿(placing)”到电动轮椅里,教给他如何操作使用,并让扎克借助新轮椅在舞台上来回移动。

**12**.A.stood up B.rushed in

C.woke up D.sat back

答案A

解析根据本句中的“With tears streaming from their faces”和“clapped for five minutes”并结合当时的场景可知,所有师生都“站起来(stood up)”为舞台上发生的一切鼓掌。

**13**.A.waiting for B.feeling sorry for

C.making fun of D.cheering for

答案D

解析根据下一句中的“they were also cheering for Wild Man”可知,此处填cheering for。

**14**.A.remain B.help

C.appear D.start

答案A

解析扎克有了新的电动轮椅后可以继续“留在(remain)”学校学习。

**15**.A.book B.seat

C.wheelchair D.life

答案C

解析根据上文中的“driving a new and shiny electric wheelchair”可知,Wild Man给扎克买了一辆新的“轮椅(wheelchair)”。

六、微写作

结合单元主题,使用本单元所学内容写一篇50词左右的短文。

**1**.Nancy以前有点超重,所以她为了减肥用了很多方式节食,但都以失败告终。(overweight;go on a diet;lose weight;failure)

**2**.她失去了信心,想放弃。(lose heart;give up)

**3**.后来一位运动员告诉她,有规律地锻炼比节食更有意义。(athlete;make sense;work out)

**4**.她听从了他的建议,这确实起了作用,现在她变得积极乐观,身体健康。(make a difference;positive;fit)

**5**.Nancy为我们树立了一个很好的榜样,我相信只要我们有足够的决心,我们也能成功。(set a good example for;make it;determination)

参考范文

Nancy used to be a little overweight,so she went on different diets to lose weight but ended in failure.She lost heart and wanted to give up.Later an athlete told her it made sense to work out regularly rather than diet.She followed his advice,which did make a difference and now she has become positive about herself as well as fit and slim.Nancy has set a good example for us and I believe we can also make it if we have enough determination.