**Section** Ⅰ　**Listening** **and** **Speaking**

课后·训练提升

一、根据句意及首字母提示写出单词

**1**.Before taking part in the major sports games,all the players will have a f　　　　　 test.

答案fitness

**2**.The 1,500 metres is the fourth e　　　　　 of the match.

答案event

**3**.A m　　　　　 is a long running of about 42 kilometres.

答案marathon

**4**.We plan to go s　　　　 in Harbin this winter holiday.

答案skiing

**5**.It was very hot,and the s　　　　　 was pouring off us after only half an hour’s work.

答案sweat

**6**.Worried about becoming fat,Paul works out at the new g　　　　 on weekends.

答案gym

**7**.On the second lap of the running t　　　　,Peter was too careless and fell down.

答案track

**8**.The h　　　　 was very friendly and he introduced me to the other guests present.

答案host

二、同义句转换

**1**.Would you like to come with us?

→Would you like to 　　　　　　 　　　　　　?

答案come along

**2**.Why don’t you join us this Saturday afternoon?

→　　　　　 　　　　　join us this Saturday afternoon?

答案Why not

**3**.The Fashion Show was held in December in Guangzhou.

→Guangzhou 　　　　　the Fashion Show in December.

答案hosted

三、阅读理解

An old man lived with his little grandson.Every day the old man got up early to read books.

One day the grandson asked,“Grandpa,I want to read books as you do.But I always forget what I read.What are the advantages of reading?”

The grandfather didn’t answer him,but said,“Take this little basket to the river and bring me back a basket of water.” The boy did as his grandpa said,but all the water leaked out before he got back home.The grandfather laughed and said,“You’ll have to walk faster next time.”

The next time the boy ran faster,but the basket was still empty before he returned home.The boy said,“See,Grandpa,it’s no use!”

“Is it no use?” the old man said.“Look at the basket.”

The boy looked at the basket and found that the basket was different.It was cleaner,inside and out.

“That’s what happens when you read books.You might not understand or remember everything,but when you read them,you will be changed,inside and out.”

**1**.What did the old man do every day?

A.He carried water.

B.He read books.

C.He wrote something.

D.He did some chores.

答案B

解析细节理解题。根据第一段第二句可知,这位老人每天看书。

**2**.After the grandson read books,he 　　　.

A.was too busy to do it

B.got up late

C.always forgot what he read

D.he slept late

答案C

解析细节理解题。根据第二段中的“But I always forget what I read.”可知,孙子读书后,总是忘记他读的内容。

**3**.How many times did the grandson go to the river to get some water?

A.Once.　　　　 B.Twice.

C.Three times. D.Four times.

答案B

解析推理判断题。根据短文关键词“The next time”可知孙子一共取了两次水。

**4**.According to the grandpa’s words,what happens when you read books?

A.We won’t have any changes.

B.We can understand everything.

C.We will be changed,inside and out.

D.We can never forget what we read.

答案C

解析推理判断题。根据最后一段爷爷的话“...but when you read them,you will be changed,inside and out.”可知,当我们读书的时候,我们的内在和外在都会发生变化。

四、七选五阅读理解

There are a lot of benefits of staying physically fit.You’ll have more energy,you’ll look great,and you’ll notice improvements in your health.　1　 However,if you focus on exercise,you can make a lot of healthy physical changes.

Find the time.Exercise is one of the most important aspects in staying (or becoming) fit and healthy.　2　 Try scheduling your exercise the same way that you schedule other appointments and work.You’ll be more likely to stick to it if it’s on the calendar(日历).

　3　 You will see the most benefits from exercise if you do it regularly.One good way to make you stick to it is to pick a form of exercise that you enjoy.For example,if you like swimming,make it a point to swim twice a week.

Go outdoors.It is really good to work out at a gym—without air conditioning and televisions.But scientists report that exercising outdoors,at least part of the time,can have more benefits.　4

Be social.If you join other people in your exercise routine,you’ll see a positive influence in your results.　5　 If you schedule an activity with a friend,you are less likely to cancel.

A.Make it a habit.

B.Enjoy your exercise.

C.Unfortunately,it’s not always easy to stay in great shape.

D.In a word,it is absolutely good for you to stay physically fit.

E.Finding a workout partner can help you to stick to your exercise.

F.The road or sidewalk challenges your body in ways that gyms can’t do.

G.Experts recommend that you should be active for at least 30 minutes per day.

答案1~5 CGAFE

五、语篇填空

A new study shows many people work through their lunch hour.This is unhealthy.People get sick and then take time off work.The study **1**.　　　　　　　(be) from a health group in the UK.Researchers interviewed over 2,000 people about **2**.　　　　　　 they do at lunch.Twenty percent said they took no lunch break.They worked through their lunch hour.Half of the people said they **3**.　　　　　　(eat) their lunch at their desk.They went online,answered emails or went on chatting with their friends.One in five people went outside for lunch **4**.　　　　　(go) shopping or get some air.Just three percent of workers went to the gym.

The health group told companies that all staff should take **5**.　　　　　　 regular lunch break.Workers need much more exercise at work so they will not get ill.A spokeswoman said,“Full-time workers spend a lot of their time at work or **6**.　　　　　　(travel) to and from it.Finding ways to build in time to do at least 30 minutes of physical activity,five **7**.　　　　　　(time) a week,can be a challenge.”She **8**.　　　　　　(warn) that employees got sick because they did not take breaks,so companies lost money.She said we needed to find answers **9**.　　　　　　 the problem of inactivity.We should take **10**.　　　　　(responsible) for our own health.

答案1.is　2.what　3.ate　4.to go　5.a　6.travelling　7.times　8.warned　9.to　10.responsibility