**Section** Ⅲ　**Using** **Language**,**Assessing** **Your** **Progress** **&** **Video** **Time**

课后·训练提升

一、单词拼写

**1**.Peter got a large s　　　　　　 of money from his uncle.

答案sum

**2**.Mrs White is a quiet and g　　　　　　 lady who likes reading in her spare time.

答案gentle

**3**.I e　　　　　　 one of my old friends on the way to school this morning.

答案encountered

**4**.Fun though this may sound,it’s still rather messy and better read about in t　　　　　 than carried out in practice.

答案theory

**5**.Sue decided to apply for a p　　　　　　 on her new invention of a practical item.

答案patent

**6**.G　　　　　　,the dance spread into the upper classes and became more respectable.

答案Gradually

**7**.F　　　　　　 in the early 20th century,the school keeps on inspiring children’s love of art.

答案Founded

**8**.New methods will be used during this census,including application of electronic d　　　　　　 and big data.

答案devices

二、单句语法填空

**1**.You must admit that he is a very clever 　　　　　　　(political).

答案politician

**2**.Both of his sons are mathematical 　　　　 (genius).

答案geniuses

**3**.In 2018,I moved to New York and took 　　　　　a position at The New Yorker.

答案up

**4**.Maybe 　　　　　the circumstances we may say that man can conquer nature.

答案under/in

**5**.The judges remarked 　　　　　the high standard of entries for the competition.

答案on/upon

**6**.These words sum 　　　　　all my thinking and I leave you with them.

答案up

三、完成句子

**1**.我的老师看起来好像完全知道这件事了。

My teacher looked 　　　　　　　　　　　　　　　　　　　　　　　　　the thing completely.

答案as though/if he/she had known

**2**.据报道,这种产品已投入使用。

　　　 　　　　　　　　　　　 that the product has been put into use.

答案It is reported

**3**.我进去时发现一个陌生的女孩坐在角落里。

When I came in,I found 　　　　　　　　　　　 　　　　　　　　　　in the corner.

答案a strange girl sitting

**4**.这次会议总结了你们的经验。

This conference has 　　　　　　　　　　　　　your experience.

答案summed up

**5**.在我还是一个小孩的时候,我就已经对世界政治非常感兴趣了。

Ever since I was a young child,I 　　　　　　　　　　 　　　　　 　　　　　 　　　　　world politics.

答案have had a passion for

四、完形填空

The journey my daughter Cathy has had with her swimming is as long as it is beautiful.

Cathy suffered some terrible 　1　 in her early childhood.After years of regular treatment,she finally became healthy.

Two years ago,while Cathy was watching television,a dream came into her sweet little head—to be a swimmer.Last summer,she wanted to 　2　 our local swim team.She practised hard and finally 　3　 it.The team practice,however was a rough start.She coughed and choked and could hardly 　4　 her first few weeks.Hearing her coughing bitterly one night,I decided to prevent her from it all.But Cathy woke me up early next morning,wearing her swimsuit 　5　 to go!I told her she shouldn’t swim after a whole night’s coughing,but she refused to 　6　 and insisted she go.

From that day on,Cathy kept swimming and didn’t 　7　 a single practice.She had a 　8　 intention within herself to be the best she could be.My ten-year-old daughter was growing and changing right before my eyes,into this 　9　 human being with a passion and a mission.There were moments of 　10　 of course:often she would be the last swimmer in the race.It was difficult for Cathy to accept that she wasn’t a 　11　.But that didn’t stop her from trying.

Then came the final awards ceremony at the end of the year.Cathy didn’t expect any award but was still there to 　12　 her friends and praise their accomplishments.As the ceremony was nearing the end,I suddenly heard the head coach 　13　,“The highest honour goes to Cathy!” Looking around,he continued,“Cathy has inspired us with her will and enthusiasm.　14　 skills and talents bring great success,the most valuable asset(财富) one can hold is the heart.”

It was the greatest 　15　 of my daughter’s life.With all she had been through in her ten years,this was the hour of true triumph(成功).

**1**.A.failure　　　 　　　　　B.pressure

C.loss D.illness

答案D

解析根据下文“After years of regular treatment, she finally became healthy.”可知,Cathy在童年的时候得了可怕的疾病。故选D项。

**2**.A.improve B.train

C.join D.contact

答案C

解析根据上文“...a dream came into her sweet little head—to be a swimmer.”可知,Cathy想参加当地的游泳队。故选C项。

**3**.A.increased B.found

C.created D.made

答案D

解析根据上文“She practised hard and...”可知,此处想表达Cathy最后做到了。make it为固定搭配,意为“做到,成功做成某事”。故选D项。

**4**.A.use B.survive

C.save D.waste

答案B

解析根据前面的“She coughed and choked...”可知,这都是Cathy在训练时经历的困难,所以用survive来表达前几周几乎不能挺过去。survive意为“幸存下来”。故选B项。

**5**.A.afraid B.nervous

C.ready D.free

答案C

解析根据wearing her swimsuit 可知,Cathy穿着游泳衣准备走。be ready to do sth意为“准备好做某事”。故选C项。

**6**.A.take off B.set off

C.give up D.show up

答案C

解析根据“I told her she shouldn’t swim after a whole night’s coughing...”可知,Cathy拒绝放弃,坚持要走。take off“脱下,起飞,开始流行”;set off“启程,动身”;give up“放弃”;show up“出现”。故选C项。

**7**.A.attend B.miss

C.ban D.start

答案B

解析根据keep swimming可知,Cathy一直在训练,没有错过一次训练。attend“参加”;miss“错过”;ban“禁止”;start“开始”。故选B项。

**8**.A.rich B.weak

C.firm D.kind

答案C

解析根据上文提到过的Cathy一直在训练,没有错过一次训练可推断出,Cathy的内心有坚定的意志。rich“富有的”;weak“虚弱的”;firm“坚定的”;kind“好心的”。故选C项。

**9**.A.responsible B.determined

C.experienced D.embarrassed

答案B

解析根据下文“...with a passion and a mission.”可知,作者十岁的女儿成长为一个坚定的人。responsible“有责任”;determined“坚定的”;experienced“有经验的”;embarrassed“尴尬的”。故选B项。

**10**.A.frustration B.delight

C.excitement D.surprise

答案A

解析根据后面提到的“...often she would be the last swimmer in the race.”可知,在比赛中经常遇到Cathy是最后一名,这就说明是遇到了一些挫折。frustration“挫折”;delight“开心”;excitement“兴奋”;surprise“吃惊”。故选A项。

**11**.A.beginner B.learner

C.partner D.winner

答案D

解析根据上文the last swimmer可知,要Cathy接受她不是获胜者很难。故选D项。

**12**.A.cheer on B.compete with

C.respond to D.run after

答案A

解析根据下文praise their accomplishments可知,Cathy在那里为队友加油鼓劲。cheer on“(赛跑、比赛等中)以喝彩声鼓励,为(某人)加油”;compete with“竞争”;respond to“回答”;run after“追赶”。故选A项。

**13**.A.admitting B.explaining

C.announcing D.whispering

答案C

解析根据下文总教练说的话可知,这里是总教练宣布事情。admit“承认”;explain“解释”;announce“宣布”;whisper“低语,耳语”。故选C项。

**14**.A.Although B.Since

C.Once D.Because

答案A

解析句意:虽然技能和天赋能带来成功,但一个人所拥有的最珍贵的财富则是人的(坚强的)心灵。该句前后为转折关系,所以用although来连接。故选A项。

**15**.A.discovery B.choice

C.influence D.moment

答案D

解析根据上一段内容可知,教练说这番话的时候是作者女儿生活中最好的时刻。discovery“发现”;choice“选择”;influence“影响”;moment“时刻”。故选D项。

五、七选五阅读理解

Distance runners often worry about “hitting the wall” during training or races,when negative thoughts become so overpowering that they make it difficult to continue.　1　 At that time,the body’s glycogen (糖原) supplies become exhausted.As a result,many runners feel exhausted and discouraged,slow their pace,have trouble focusing and want to quit or walk.　2　 Here are a few sports psychologist-approved techniques to try,which could have major benefits for an athlete’s performance and well-being.

·Make a motivational song list.Distracting yourself with some great tunes can help you make it to the finish line faster.　3

·Try the partner system.A running partner can keep you motivated and on-track,and might even improve your performance,research shows.

·　4　 A study on weightlifters found that mental practices can be as effective as physical practice,resulting in actual muscle increases.Visualising your if-then plan,for instance,could improve your chance of success.

·Try “attention narrowing”.　5　 Last year,an NYU study found that focusing on an object on the horizon makes the distance feel shorter,and leads runners to go faster and perform better than those who let their minds wander.

With these helpful strategies,your next personal record might be just around the corner.

A.Plan what to do.

B.Visualise achieving your goal.

C.Finding ways to move past those kinds of experiences is very vital.

D.“Hitting the wall” typically happens around 20 miles in a marathon.

E.Runners who focus their eyes on an object in the distance get there faster.

F.There is evidence that saying motivational things to oneself benefits a lot.

G.Studies show athletes run,bike and swim farther and faster when listening to music.

答案1~5 DCGBE