

Unit 4 Growing up

【A 卷（基础专练）】

一、根据首字母提示填写单词（10分）

1. The next day, Peter went soccer practice with c_____ in his heart.
2. Nora opened the box. To her s_____, it was a gold watch inside.
3. We don't have umbrellas. We have to wait u_____ the rain stops.
4. I believe most people around the world love p_____ and hate wars.
5. We found it much easier to s_____ if we work together towards the same goal.
6. It's shocking and u_____ that the students in the US have invented a new way of powering the underwater camera—with ocean sounds.
7. Yuan Longping's d_____ made the whole country very sad.
8. She had to f_____ herself to stand her ground when she heard someone approaching.
9. The best way to relax is t_____ exercise. It's good for the mind and the body.
10. We value the t_____ we spend with our family and friends in our everyday lives.

二、用所给单词适当形式填空（10分）

11. Dale _____ (look for) his schoolbag when you called him yesterday afternoon.
12. Teenagers often like something that seems _____ (usual). Because they want to look different.
13. To their _____ (surprised), the boy came on time.
14. Some people don't like the fruit _____ (simple) because of smell.
15. It caused the _____ (die) of all my plants.
16. I felt a great sense of _____ when I reached the top of the mountain. (achieve)
17. Look! A deer is _____ beside the road and eating grass. (stand)
18. Students are _____ by their teachers to develop the habit of doubting. (courage)
19. All that _____ (matter) is that you are safe. Take care!
20. We can write down our _____ (think) and feelings in our diaries.

三、单项选择（10分）

21. Jim has read lots of books and he is full of _____.
A. courage B. knowledge C. health D. challenge
22. The Year of the Rabbit is coming. People will celebrate it _____ having a big dinner with their family.
A. for B. by C. with D. through

23. The plane _____ on the ground for two more hours because of the bad weather.
A. moved B. remained C. shook
24. — Mom, when shall I watch *the Sister Riding the Wind and Waves Seasons 4* (《乘风破浪的姐姐》第四季)?
— You _____ it until your homework _____.
A. will watch; does B. won't watch; is done C. don't watch; will be done
25. After years of war, the people in Syria are thirsty for _____.
A. price B. course C. peace
26. I can _____ work out these math problems. They are really difficult.
A. quickly B. hardly C. simply D. gradually
27. Alice watched TV the whole afternoon _____ to kill the boring time.
A. simply B. suddenly C. differently D. quickly
28. —I just can't decide who to join in the English Speech Contest on behalf of our class.
—I strongly _____ you yourself for it, since you are second to none in English.
A. suggest B. advise C. hope D. make
29. —When will the boy come to understand his mother's effort?
—Sooner or later. It's just a matter of _____.
A. rule B. time C. fact D. case
30. _____ her family's support, she couldn't have won the Best Actress.
A. From B. Without C. Through D. On

四、完形填空 (10 分)

通读下面短文，掌握其大意，然后从所给的 A、B、C、D 四个选项中选出最佳选项。

On February 13, 2023, Wu Yibing _____ 31 _____ history, beating John Isner in an exciting three-set final at the Dallas Open (达拉斯公开赛) to become the first Chinese player to win an ATP (职业网球联合会) title.

Wu Yibing was _____ 32 _____ to a tennis court for the first time at just five. Firstly, Wu was encouraged by his parents to play tennis as a way to lose _____ 33 _____, but his talent was discovered by the provincial junior team soon. In 2017, Wu became _____ 34 _____ after winning the US Open boys' tournament at 18 to become the first Chinese to win a major junior title. In 2018, Wu _____ 35 _____ his first ATP Challenger title in Shanghai. However, Wu was forced to be away from the ATP Tour for about three years because of _____ 36 _____ injuries (伤) to his elbow, lower back, shoulder and wrist.

He made his _____ 37 _____ last year and won three ATP Challenger titles before qualifying for (有.....的资格) the US Open. "Looking back, I feel like I wouldn't have been here if I haven't had the ups and downs over the

past few years. I take all the _____ 38 _____ as the wealth that helps me improve now,” said Wu. “Of course there were also a lot of _____ 39 _____ whether I could make it, because I had surgery (手术) and the recovery (恢复) wasn’t going well. Today’s success is a reward (回报) for all the hard _____ 40 _____. And thanks to everyone who has supported me all the way.”

31. A. took B. wrote C. made D. learned
32. A. brought B. left C. canceled D. disappeared
33. A. heart B. weight C. face D. courage
34. A. shy B. strange C. surprised D. famous
35. A. won B. refused C. talked D. shook
36. A. light B. spare C. crazy D. serious
37. A. visit B. excuse C. return D. end
38. A. seasons B. secrets C. difficulties D. suggestions
39. A. doubts B. gates C. lists D. rulers
40. A. advice B. work C. silence D. sadness

五、阅读理解 (20分)

A

What can you achieve in five days? Learn a dance? Read a book? Or go on a road trip? What about winning four gold medals? You may think it is impossible, but a teenage girl has done just that!

Last October, at the 2022 ISSF World Championships in Cairo, Egypt, Pang Yuqian won four gold medals in the 50-meter rifle (步枪) events in five days. It was her first international competition, but Pang, an 18-year-old high school student from Sichuan, made quite a debut (首次亮相).

It is widely known that a lot of things are required of a player in shooting sports, and one of them is concentration. “She is little, thin and quiet, but she will put all her attention on the rifle as long as she holds it in her hands.” Pang’s coach said. What’s more, she is strict with herself and often asks her coach for advice even though she is a natural for the sport. Before winning the four medals, she practiced really hard. Now, thanks to years of training, Pang is already a world-class shooter.

After winning the four gold medals, Pang kept telling her parents to keep a low profile (保持低调) and asked them not to post anything about her or her achievements on WeChat Moments, but her mom didn’t listen. She shared the story of her daughter online anyway, but who can blame (责怪) her? After all, not everyone can achieve in a lifetime what Pang has already achieved as a teenager.

Pang shot for the moon and got it. What a great role model to us! Come on, everyone, let’s make big plans

and dream big dreams. Even if we miss the moon, we'll still land among the stars!

根据短文内容，选择最佳答案。

41. What does the writer think of winning four gold medals in five days?

- A. Normal. B. Unbelievable. C. Easy. D. Interesting.

42. Which is the right order of the following facts?

- ①Pang practiced hard before the competition.
②Pang won four gold medals in the 50-meter rifle events.
③Pang told her parents not to post anything about her on the Internet.
④Pang's mom shared Pang's achievements online.

- A. ②①③④ B. ①②③④ C. ①②④③ D. ②①④③

43. What does the underlined word "concentration" in Paragraph 3 mean in Chinese?

- A. 毅力 B. 坚持 C. 专注 D. 活力

44. Why did Pang's mom want to share Pang's story with others?

- A. Because she wanted to show off.
B. Because she was proud of her daughter and wanted to share her happiness.
C. Because she wanted her daughter to become better.
D. Because she wanted others to praise her daughter.

45. Which is the best title of the passage?

- A. An Important Shooting Experience. B. Four Gold Medals.
C. A Debut in an International Competition. D. She Shot the Moon.

B

Having won two golds, US-born freestyle skier Eileen Gu (Gu Ailing) has been the most-talked-about athlete at the Beijing 2022 Winter Olympic Games.

Gu is a symbol of energy, courage, skill, beauty and success, and perhaps best suited to inspire the new generation to take up winter sports. She has a dream: inspiring millions of young Chinese women to take up the extreme sport of skiing.

Although the decision in 2019 to represent (代表) China instead of the United States at the Winter Games has caused different types of discussions in the two countries, Gu said: "Through skiing, I hope to bring people closer together, improve common understanding, create communication, and develop friendships between nations."

Besides, she showed us the Olympic Motto: "Faster, Higher, Stronger-Together" to win the gold medal in the women's freestyle skiing big air competition on February 8th. Heading into her third run of the final, and needing

a unique skill to win the gold medal with French skier Tess Ledeux ahead of her, Gu didn't take her mom's advice of playing safe, went with a four and a half rotations (圈). The brave move earned her the gold, "Even if I didn't make it, I felt it would send a message out to the world and hopefully encourage more girls to break their own boundaries (界限)." Gu said.

All in all, Gu's brave and friendly image has inspired not only Chinese women but also women around the world.

46. In which part of a magazine can we probably read this passage?

- A. Science. B. Travel. C. Sports. D. Culture.

47. Why did Gu Ailing decide to represent China at the Winter Games?

- A. She was born in China. B. She expected to win golds.
C. She planned to leave America. D. She wanted to develop friendships between nations.

48. What can we know about Gu Ailing's personality according to the passage?

- A. Brave, energetic and friendly. B. Proud, humorous and honest.
C. Careful, quiet and hard-working. D. Confident, strict and romantic.

49. Which of the following best shows the structure of the passage?

- A. ①//②③④⑤ B. ①②③④//⑤
C. ①//②③④//⑤ D. ①②//③//④⑤

50. What would be the best title for the passage?

- A. An Amazing Sport B. Gu Ailing and Her Dream
C. Share Friendship and Kindness D. Try to Challenge Yourself

六、阅读填表 (10分)

根据短文内容，完成下列表格。每空一词

Sports do us good in many respect. It goes without saying that taking exercise can build up our physical strength. There are many popular sports, here we will introduce some of them to you.

The World's Crazy Sport: Soccer

Game in which two 11-member teams try to get a ball into the other team's goal, using any part of the body except the hands and arms. Only the goalkeeper, when standing within the penalty area in front of the goal, may use hands and arms. The game's first uniform set of rules was put in place in 1863, when England's Football Association was created. Professional leagues began appearing in the 1880s, first in England and then in other countries. The Federation International de Football Association (FIFA) was founded in 1904, and has hosted the World Cup every four years since 1930. Football has been included in the Olympic Games since 1908. Now

played on all continents in over 150 nations, with over 40 million registered players, it is the world's most popular ball game.

The World's Fastest Racket Sport: Badminton

As far back as the 5th century BC, the Chinese were playing a Ti Jian Zi, or shuttle-kicking a game played with the feet. The shuttlecock (毽子) was there, but it remains unclear if it led to the game of battledore (毽球) that appeared about five centuries later in China, Japan, India and Greece. The battledores were the early forms of today's rackets.

Badminton was contested as a demonstration sport during the 1972 Olympic Games in Munich. Men and women compete at the Olympics in both singles and doubles. It is recorded that the fastest speed of badminton is 332 kilometres per hour which is made by Chinese double men's players Fu Huaifeng.

A Small Ball Creates a stir: Table Tennis

Table tennis developed in the late 19th century, although it is still unclear where it started. In January, 1926, five nations-Austria, England, Germany, Hungary, and Sweden-met to form the International Table Tennis Federation. The World Championships began in the same year.

The sport is widely practiced throughout the world. Table tennis made its Olympic first appearance as a full medal sport during the Olympic Games in Seoul. It was never competed at the Olympics as a demonstration sport. Since the late 1950s, the Chinese have been by far the greatest country in table tennis.

There are four table tennis events on the Olympics programme: singles and doubles for men and women. The mixed doubles event is not held at the Olympics, but it has been an event at the World Championships since 1926.

___ 51 ___ Popular Sports	
___ 52 ___ of the sports	Some details about the sports
Soccer	Only the goalkeeper may touch the ball ___ 53 ___ their hands and arms. England's Football Association was ___ 54 ___ in 1863. It is the most popular of the ball games around the ___ 55 ___.
Badminton	It remains unclear ___ 56 ___ shuttlecock led to the game of battledore or not. Men and women compete at the Olympics in both singles and ___ 57 ___. Fu Huaifeng keeps the ___ 58 ___ of the fastest speed of badminton.

Table Tennis	<p>The world Championships began in <u> 59 </u>.</p> <p>There are four table tennis events on the Olympics programme.</p> <p>China has more skilled players than the other <u> 60 </u> at present.</p>
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七、短文首字母填空

根据短文内容及首字母提示，填写所缺单词。

阅读下面短文，根据短文内容及首字母提示，在空白处填入一个适当的单词。

What does the power of example mean to the young? Superstar snowboarder Su Yiming may be a best person to give the a 61 . He won China's first Olympic gold medal in the men's snowboard Big Air during the Beijing Winter Olympics. He not only bagged two medals but also b 62 his own idol (偶像) in the same competition. He also encouraged many young Chinese Paralympians (残奥运动员) to go after their dreams in the f 63 Winter Paralympics.

He became a young idol overnight for millions after his impressive performance at Beijing 2022 Winter Olympics. What does he think about his i 64 on young people? And how will the young people plan their futures?

China Daily talked with Su recently. Su said he also paid a 65 to the Beijing Winter Paralympics and he watched n 66 all the competitions. He had the great respect for all the Paralympians. "Their perseverance (毅力) is an i 67 for me and I hope they will achieve more and more in the future," he said.

Su believed that all can d 68 on their continuous efforts, "Just believe in yourself and our dream will be r 69 one day."

He knew many people look up to him as a m 70 , so he can't stop his steps. He is eyeing on Grand Slam (大满贯) and hoping for an offer from his dream university.

八、书面表达 (20 分)

近年来，我国的冰雪运动发展很快。北京冬奥会让我们了解了更多优秀的冰雪运动员。请你根据提示介绍中国滑雪运动员苏翊鸣。

提示词：a skier (滑雪运动员), a student, an actor, hard-working, brave, energetic, want to go to Tsinghua university

要求：词数不少于 70 词，且不得出现真实姓名和地名。

Su Yiming is one of my favorite sports stars.

Unit 4 Growing up

【A 卷（基础专练）】

一、根据首字母提示填写单词（10分）

1. The next day, Peter went soccer practice with c_____ in his heart.

【答案】(c)ourage

【详解】句意：第二天，彼得怀着勇气去参加足球训练。根据“Peter went soccer practice with...in his heart.”可知，此处表示怀着勇气参加足球赛，courage“勇气”符合题意，名词作宾语，故填(c)ourage。

2. Nora opened the box. To her s_____, it was a gold watch inside.

【答案】(s)urprise

【详解】句意：诺拉打开盒子。令她吃惊的是，里面是一块金表。根据首字母可知，此处是固定短语 to one's surprise“令某人惊讶的是”，故填(s)urprise。

3. We don't have umbrellas. We have to wait u_____ the rain stops.

【答案】(u)ntil

【详解】句意：我们没有雨伞。我们不得不等到雨停下为止。根据“We don't have umbrellas.”可知没有雨伞，要一直等到雨停，until“直到”，引导时间状语从句。故填(u)ntil。

4. I believe most people around the world love p_____ and hate wars.

【答案】(p)eace

【详解】句意：我相信世界上大多数人都热爱和平，憎恨战争。根据“love ... and hate wars”及首字母可知，此处指热爱和平；peace“和平”，符合语境。故填(p)eace。

5. We found it much easier to s_____ if we work together towards the same goal.

【答案】(s)ucceed

【详解】句意：我们发现，如果我们朝着同一个目标共同努力，成功会容易得多。根据“We found it much easier to ... if we work together towards the same goal.”及首字母可知，如果朝着同一目标努力，成功会更容易；succeed“成功”，动词；空前的“to”为不定式符号，此处要用动词原形。故填(s)ucceed。

6. It's shocking and u_____ that the students in the US have invented a new way of powering the underwater camera—with ocean sounds.

【答案】(u)nsual

【详解】句意：美国的学生们发明了一种新的方式来为水下摄像机供电，这让人震惊和不寻常。根据“It's shocking and u...that the students in the US have invented a new way of powering the underwater camera—with ocean

sounds.”可知，学生们可以有这种发明是不寻常的，unusual“不寻常的”符合语境，在句中作表语。故填 (u)nusual。

7. Yuan Longping's d_____ made the whole country very sad.

【答案】(d)earth

【详解】句意：袁隆平的死使整个国家都很悲伤。根据“made the whole country very sad”及首字母提示可知，空处应填名词“死亡”，英文表达为 death。故填(d)earth。

8. She had to f_____ herself to stand her ground when she heard someone approaching.

【答案】(f)orce

【详解】句意：当她听到有人走近时，不得不强迫自己坚守阵地。根据“She had to...herself to stand her ground”并结合首字母 f 可知，设空处意为“强迫”，其英文表达为 force，动词，have to do“不得不做”，其后使用动词原形。故填(f)orce。

9. The best way to relax is t_____ exercise. It's good for the mind and the body.

【答案】(t)hrough

【详解】句意：最好的放松方式是锻炼。这对身心都有好处。根据“It's good for the mind and the body.”及所给的首字母可知，这里指通过锻炼的方式来放松，through 意为“通过”。故填(t)hrough。

10. We value the t_____ we spend with our family and friends in our everyday lives.

【答案】(t)ime

【详解】句意：在日常生活中，我们珍惜与家人和朋友共度的时光。根据“we spend with our family and friends in our everyday lives.”以及首字母可知是指与家人和朋友共度的时光。time“时间”，名词，故填(t)ime。

二、用所给单词适当形式填空（10分）

11. Dale _____ (look for) his schoolbag when you called him yesterday afternoon.

【答案】was looking for

【详解】句意：昨天下午当你给他打电话时，戴尔正在找他的书包。本句为 when 引导的时间状语从句，从句为一般过去时，主句表述在过去某一时刻正在发生的事情，要用过去进行时，其构成为 was/were doing，主语 Dale 是第三人称单数，be 动词用 was。故填 was looking for。

12. Teenagers often like something that seems _____ (usual). Because they want to look different.

【答案】unusual

【详解】句意：青少年通常喜欢看起来不寻常的东西。因为他们想看起来不一样。根据“Because they want to look different.”可知，此处表示的是青少年喜欢那些不同寻常的东西，usual“通常的”，其反义词是 unusual“不同寻常的”。故填 unusual。

13. To their _____ (surprised), the boy came on time.

【答案】surprise

【详解】句意：令他们惊讶的是，男孩准时来了。to one's surprise“令某人惊讶的是”，固定用法。故填 surprise。

14. Some people don't like the fruit _____ (simple) because of smell.

【答案】 simply

【详解】句意：有些人不喜欢这种水果仅仅是因为它的味道。此处句中作状语，用副词 simply 表示“仅仅”，故填 simply。

15. It caused the _____ (die) of all my plants.

【答案】 death

【详解】句意：它导致了我所有植物的死亡。根据 the 以及 of 可知，此空应填 die 的名词 death“死亡”，故填 death。

16. I felt a great sense of _____ when I reached the top of the mountain. (achieve)

【答案】 achievement

【详解】句意：当我到达山顶时，我感到一种巨大的成就感。a sense of 表示“……感”，固定短语，of 后跟名词形式，在句中作宾语；achieve“取得”，是动词，其对应的名词形式是 achievement“成就”，是可数名词；根据前面“a”可知，此处应用名词单数形式。故填 achievement。

17. Look! A deer is _____ beside the road and eating grass. (stand)

【答案】 standing

【详解】句意：看！一只鹿站在路边吃草。根据 Look 以及 is 可知，此处应填现在分词与 is 构成现在进行时结构，故填 standing。

18. Students are _____ by their teachers to develop the habit of doubting. (courage)

【答案】 encouraged

【详解】句意：他们的老师鼓励学生养成质疑的习惯。courage“勇气”，是名词，此处应填动词的过去分词和 are 构成一般现在时的被动语态，encourage“鼓励”的过去分词 encouraged 符合，故填 encouraged。

19. All that _____ (matter) is that you are safe. Take care!

【答案】 matters

【详解】句意：最重要的是你的安全。保重！此句是 that 引导的定语从句，matter 用第三人称单数。故填 matters。

20. We can write down our _____ (think) and feelings in our diaries.

【答案】 thoughts

【详解】句意：我们可以把我们的想法和感受写在日记里。根据横线前“our”和后面“and feelings”可知，此处需填“think”的名词形式“thought”，且 thought 为可数名词，故此处应填其复数形式，与后面 feelings 保持一致。故填 thoughts。

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/437034140112010010>