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> Vocabulary

1 Write down the words according to their definitions. The first letter of each word is given for your reference.

- 1 a _____ *v.* to expect that sth. will happen and do sth. to prepare for it or prevent it
- 2 s _____ *a.* done as part of a military, business, or political plan
- 3 o _____ *v.* to come from a particular place or person, or to begin during a particular period
- 4 a _____ *v.* to officially warn sb. of a problem or danger
- 5 s _____ *n.* sth. valuable that you give up in order to achieve sth. else, or the act of giving it up

2 Match the words in Column A with the words that have the similar meaning to them in Column B.

Column A	Column B
1 stamina	a similarity
2 grief	b discover
3 resemblance	c sorrow
4 forecast	d endurance
5 detect	e predict

3 Complete the sentences with the words given below. Change the form if necessary.

analyze

fierce

fitness

destructive

standardize

- 1 There is no doubt that physical activity is an important factor in maintaining _____.
- 2 George Beers was famous for his contributions to _____ the lacrosse (长曲棍球) game with a set of rules.
- 3 Hurricane Katrina is one of the most _____ natural disasters in the history of the U.S.
- 4 Many athletes are facing _____ competition nowadays, which spurs them to train hard.
- 5 The information can be used to _____ how natural disasters happen in real time.

4 Complete the sentences with proper prepositions or adverbs.

- 1 With the help of AI, experts can better interpret an ocean _____ data and make more accurate predictions about heat waves.
- 2 According to research, dust storms can be caused by a lack of rainfall coupled _____ poor land management practices.
- 3 Major tsunamis do not happen often, but when they do, they can take a heavy toll _____ life and property.
- 4 It's time to consider taking _____ a position that challenges you and pushes you out of your comfort zone.
- 5 A heat wave is when there are unusually high temperatures for a long time and sometimes it can lead _____ droughts.

5 Add the prefix "un-" to the words given below. Then complete the sentences with the words thus formed.

structured

well

naturally

settled

matched

ease

- 1 The young player's outstanding ball control at speed is just about _____.
- 2 Except when he is _____, he spends about 40 minutes a day jogging.
- 3 After the earthquake, most of the government officials were dealing with the _____ situation.
- 4 It is reported that walking _____ fast can dramatically increase the level of exhaustion, and may cause injury.
- 5 A serious drought raised public _____ about food prices, climate change, and water management.
- 6 Some educators have emphasized the educational value of play and made efforts to restore _____ playtime in early childhood.

> Structure and banked cloze

1 Combine the two sentences in each group using a *while*-clause.

- 1 Science and technology have made man's life easier. The potential of science and technology has never been wholly controllable.

- 2 The weather in the area is changing quickly. Scientists have found the way to predict the weather.

- 3 Football is a high-impact sport and involves a risk of injury. The benefits of football to your fitness far outweigh its risks.

- 4 Stress and anxiety share similar emotional and physical symptoms. Stress and anxiety have very different origins.

- 5 Climate change is a global issue. The effects of climate change are not the same around the world.

2 Combine the sentence beginnings in Column A with the endings in Column B to form complete sentences.

Column A

- 1 Due to cultural differences, ...
.....
- 2 What restores consumer confidence ...
.....
- 3 Although people have taken measures to improve network security, ...
.....
- 4 Not only can knowledge help you conquer fear, ...
.....
- 5 Football, better known as soccer in the U.S. and Canada, ...
.....

Column B

- a ... is that there is a sharp fall in unemployment.
.....
- b ... but it can also bring you real power.
.....
- c ... is one of the most popular sports in the world.
.....
- d ... threats to privacy still persist.
.....
- e ... international students may experience culture shock.
.....

3 Fill in the blanks with suitable words given below. You may not use any of the words more than once.

publicity traits endurance toughest crazy
anticipate routes contest recognized participate

Mountain bike racing is very common nowadays. It's really fun, but it's also a great challenge for those who 1) _____ in the race. And for some people it means a real 2) _____ for awards since the sport has been encouraged by some local authorities. The events are almost always held in beautiful places with 3) _____ available exclusively for the events. Mountain bikers are 4) _____ about the beautiful scenery along the roads.

The first Mountain Bike World Championships officially 5) _____ by the Union Cycliste Internationale took place in 1990. A World Cup was set up the following year. With increasing media coverage, mountain bike racing has gained wide 6) _____ since then. In 1996, it became an Olympic sport.

Every year the race seems to offer more choices to mountain bikers. Not only has the number of events increased, but so has the variety. Some mountain bike races are like marathon events to test participants' 7) _____. As bikers often have to cover long distances in a mountainous area, they are perhaps one of the 8) _____ races. Despite the danger, more extreme types of mountain biking are gaining popularity worldwide.

> Grammar

1 Choose the correct way to complete each of the sentences.

- 1 —I used to go out for a walk after supper.
—_____.
- A So I did B So did I
- 2 Not until all the demands had been turned down, _____ to go on strike.
- A did they decide B they decided
- 3 No sooner _____ to the station _____ the train left.
- A had I got; than B I had got; when
- 4 On the east side of the pyramid _____.
- A the building stands B stands the building
- 5 —Here _____! Where is Xiao Liu?
—There _____.
- A come the bus; is he B comes the bus; he is

2 Correct the sentences.

- 1 Here your letter is.

- 2 Never I have seen such a performance.

- 3 Only in this way, you can learn English well.

- 4 Not until I began to work, I realized how much time I had wasted.

- 5 —Do you know Tom?

—No, I don't know. Nor I care to meet him.

> Translation

1 Translate the sentences into Chinese.

1 Tens of thousands of people have been rehearsing for the opening ceremony in the new stadium.

2 Although they have many assignments and much housework to complete, they manage to find the time to participate in sports and recreational activities.

3 You have to stay alert when biking in the city center, since the traffic is busy and road conditions are unpredictable.

2 Translate the Chinese paragraph into English with the help of the words given in brackets.

为推动数字经济发展, 中国出台并实施了一系列政策。目前的数据显示, 随着科技的进步, 中国数字经济规模快速增长, 数字经济已成为驱动中国高质量发展的新引擎。(implement, current, data, advancement)

> Reading comprehension

Passage 1

The history of basketball

It was one winter's day in 1891. Inside a gymnasium at Springfield College (then known as the International YMCA Training School) was a group of restless college students. The young men had to be there; they were required to participate in indoor activities to burn off the energy that had been building up since their football season ended. The gymnasium class offered them some activities, but these were pale substitutes for the more thrilling games of football and lacrosse they played in warmer seasons.

The instructor of this class was James Naismith, a graduate student. After graduating from Presbyterian College with a theology degree, Naismith embraced his love of athletics and headed to Springfield to study physical education — at that time, a relatively new and unknown academic discipline — under Luther Halsey Gulick, superintendent of physical education at the College.

As Naismith, a second-year graduate student who had been named to the teaching faculty, looked at his class, his mind flashed to the summer session of 1891, when Gulick introduced a new course in the psychology of play. In class discussions, Gulick had stressed the need for a new indoor game, one that would be interesting, easy to learn, and easy to play in the winter. No one in the class had followed up on Gulick's challenge to invent such a game. But now, faced with the end of the fall sports season and students who were fed up with the mandatory and dull gymnasium work, Naismith had a new motivation.

Two instructors had already tried and failed to devise activities that would interest the young men. The faculty had met to discuss what was becoming a persistent problem with the students' unrestrained energy and disinterest in the mandatory work.

During the meeting, Naismith said that the trouble was not with the men, but with the system that was being used. He felt that the kind of work needed to motivate and inspire the young men should be of a recreative nature, something that would appeal to their play instincts.

Before the end of the faculty meeting, Gulick dropped the problem in Naismith's lap. "Naismith," he said. "I want you to take that class and see what you can do with it."

So Naismith went to work. He was charged with creating a game that was easy to understand, yet complex enough to be interesting. It had to be playable indoors or on any kind of ground, and by a large number of players all at once. It should provide plenty of exercise, yet without the roughness of football, soccer, or rugby since those would threaten bruises and broken bones if played in a confined space.

Much time and thought went into this new creation. It became an adaptation of many games of that time, including American rugby, English rugby, lacrosse, soccer, and something called duck on a rock. Duck on a rock used a ball and a goal that could not be rushed. It necessitated a goal with a horizontal

opening high enough so that the ball would have to be tossed into it, rather than thrown into it.

Naismith approached the school janitor (看门人), hoping he could find two, 18-inch square boxes to use as goals. The janitor came back with two peach baskets instead. Naismith then nailed them to the lower rail of the gymnasium balcony, one at each end. A man was stationed at each end of the balcony to pick the ball from the basket and put it back into play. It wasn't until a few years later that the bottoms of those peach baskets were cut to let the ball fall loose.

Naismith drew up the 13 original rules, which described the method of moving the ball and what constituted a foul. A referee was appointed. The game would be divided into two, 15-minute halves with a five-minute resting period in between. Naismith's secretary typed up the rules and tacked them on the bulletin board. A short time later, the gym class met, and the teams were chosen with three centers, three forwards, and three guards per side. Two of the centers met at mid-court, Naismith tossed the ball, and the game of "basket ball" was born.

Word of the new game spread like wildfire. It was an instant success and was introduced to other high schools and colleges in a relatively short period of time.

Read the passage and choose words from it to complete the summary. The first letter of each missing word is given for your reference.

James Naismith was a graduate student teaching physical education at the International YMCA Training School, now known as Springfield College, when students were required to 1) p_____ in indoor activities during the colder months. The usual winter athletic activities weren't nearly as 2) t_____ as the games of football and lacrosse, which were played during the warmer seasons.

Under the direction of Luther Halsey Gulick, Naismith was 3) c_____ with creating an indoor game that would be simple to understand but 4) c_____ enough to be interesting. The game had to be playable indoors, and it had to accommodate several players at once. The game also needed to provide plenty of exercise for the students, yet without the 5) r_____ of football, soccer, or rugby, because more severe injuries would be caused in a confined space.

In his attempt to think up a new game, Naismith 6) d_____ inspiration from many games, including rugby, lacrosse, soccer, and duck on a rock. He planned to place the goal high above the players' heads with a 7) h_____ opening. To score goals, a ball would have to be 8) t_____ into the goal.

For this purpose, Naismith asked a janitor to find a pair of boxes, but the janitor brought him peach baskets 9) i_____. Naismith named this new game "basket ball" and wrote the 13 original rules, describing how to move the ball and what 10) c_____ a foul. The game was an immediate success and was introduced to other high schools and colleges in a short time.

Global warming solutions

The evidence that humans are causing climate change, with drastic consequences for life on the planet, is overwhelming, but what to do about it remains controversial. Economics, sociology, and politics are all important factors in planning for the future.

A global conversation that began with concern over warming has now turned to the broader term climate change, preferred by scientists to describe the complex shifts now affecting our planet's weather and climate systems. Climate change includes not only rising average temperatures but also extreme weather events, shifting wildlife populations and habitats, rising seas, and a range of other impacts. All of these changes are emerging as humans continue to add heat-trapping greenhouse gases to the atmosphere.

Countries around the world acknowledged the imperative to act on climate change with the Paris Agreement in 2015, making pledges to reduce greenhouse gas pollution. The Intergovernmental Panel on Climate Change (IPCC), which synthesizes the scientific consensus (共识) on the issue, has set a goal of keeping warming under 2 degrees Celsius and pursuing an even lower warming cap of 1.5 degrees Celsius.

Both of those targets are in jeopardy (陷入险境). Major countries are already falling behind on their pledges, according to a UN report. Previous research suggests that even if countries do meet their pledges to reduce emissions, those commitments won't be enough to stop severe warming.

Addressing climate change will require many solutions — there's no magic bullet. Yet nearly all of these solutions exist today, and many of them depend on humans changing the way we behave, shifting the way we make and consume energy. The required changes span technologies, behaviors, and policies that encourage less waste and smarter use of our resources. For example, improvements in energy efficiency and vehicle fuel economy, increases in wind and solar power, biofuels from organic waste, setting a price on carbon, and protecting forests are all potent ways to reduce the amount of carbon dioxide and other gases trapping heat on the planet.

Scientists are also working on ways to sustainably produce hydrogen (氢), most of which is currently derived from natural gas, to feed zero-emission fuel cells for transportation and electricity. Other efforts are aimed at building better batteries to store renewable energy, engineering a smarter electric grid, and capturing carbon dioxide from power plants and other sources with the goal of storing it underground or turning it into valuable products such as gasoline.

While stopping new greenhouse gas emissions is critical, scientists have also emphasized that we need to extract existing carbon dioxide from the atmosphere. More fanciful ideas for cooling the planet — so-called “geoengineering” schemes such as spraying sunlight-reflecting aerosols into the air or blocking the sun with a giant space mirror — have largely been dismissed because they may pose more environmental risks than proven benefits.

But planting trees, restoring seagrasses, and boosting the use of agricultural cover crops could help

clean up significant amounts of carbon dioxide. Restoring forests already chopped down in Brazil, for example, could draw about 1.5 billion metric tons of carbon dioxide out of the air, and a recent study estimates the world's forests and farms could store 2.5 gigatons. Those are relatively modest numbers given historic carbon emissions of 2.2 trillion metric tons, but every contribution is needed to change the world's current trajectory (发展轨迹).

Communities around the world are already recognizing that adaptation must also be part of the response to climate change. From flood-prone coastal towns to regions facing increased droughts and fires, a new wave of initiatives focuses on boosting resilience. Those include managing or preventing land erosion, building microgrids and other energy systems built to withstand disruptions, and designing buildings with rising sea levels in mind.

Recently, some bold and comprehensive yet simple plans for reversing our current course have been proposed. The ideas vary, but the message is consistent: We already have many of the tools needed to address climate change. Some of the concepts are broad ones that governments and businesses must implement, but many other ideas involve changes that anyone can make — eating less meat, for example, or rethinking your modes of transportation.

Read the passage and decide whether the statements are true (T) or false (F).

- 1 Climate change includes rising average temperatures, extreme weather events, rising seas, shifting wildlife populations and habitats as well as a range of other impacts.
- 2 Synthesizing the scientific agreement on cutting greenhouse gas pollution, IPCC has set a goal of keeping warming under 2 degrees Celsius.
- 3 Many of the solutions to climate change depend on changes in the way we behave and the way we produce and consume energy.
- 4 Scientists hold that there is no need to extract existing carbon dioxide from the atmosphere.
- 5 Adaptation is already recognized as part of the response to climate change and a new wave of measures focuses on improving weather forecasts.

Passage 3

Martial arts

A Traditionally, the Chinese love sports and consider sports as an essential method for keeping fit as well as for entertainment. People also relate sports to an enhanced insight into life. As a country with diverse cultural traditions passed down from one generation to another over a long history, China has developed a variety of sports, including archery, *cuju* (traditional football), equestrianism (马术), martial

arts, and acrobatics. Among these, martial arts may be said to be the “superb” skill of China.

- B When people talk of martial arts, or kung fu, they most immediately think of Bruce Lee, and his great accomplishments in boxing and swordplay, and his skill with knives and sticks. With his superb kung fu popularized throughout the world, he became the embodiment of Chinese martial arts. His dazzling three-section stick skills left a deep impression on audiences. Bruce Lee’s kung fu was deeply rooted in traditional Chinese martial arts.
- C In Chinese martial arts circles, Shaolin Temple enjoys great repute for its distinct style of martial arts — a precious feature of China’s cultural legacy. Shaolin Temple, located on Songshan Mountain in Henan Province, was first built at the end of the fifth century. Bodhidharma, a Buddhist master, came here in the sixth century, and through meditating by facing a wall for nine years developed Zen Buddhism (known as “Chan” in China), hence making the temple famous throughout the country. Later generations attributed the invention of Shaolin martial arts to him, saying that due to long periods of sitting, he created a set of movements to adjust the internal circulation of *qi*, or *chi*, and relax the body and mind. Shaolin martial arts have developed a variety of forms over the long years. Each claims its own unique skills. Shaolin Temple has had a far-reaching influence on Chinese martial arts.
- D In Shaolin boxing, there is one movement known as “One-Finger Zen”, considered one of the secrets of Shaolin. It is said that the key to this martial art lies in inner discipline, which condenses and focuses all one’s energy and strength onto one finger, so that the practitioner is able to stand upside down on that single finger, absolutely still.
- E Arhat boxing (罗汉拳) is one of the many types of boxing created by Shaolin Temple. It has been developed into several sets of movements, gaining far-reaching influence across the country. This set of boxing, exquisitely designed and easy for attack and defense, is powerful and unpredictable. It has long been regarded as “the best of the best” in Shaolin martial arts.
- F Shaolin martial arts stress training in the basics. Today, a visitor to Shaolin Temple can still see the shallow holes on the ground left by generations of martial arts practitioners in the One-Thousand-Buddha Hall. It is their sweat and wisdom that has carried on the splendid tradition of Shaolin martial arts.
- G Controlling mobility with stillness is one of the characteristics of Chinese martial arts. Dynamic Shaolin martial arts emphasize the combination of motion and stillness, as described in the words of a song: “Lie like a bow, stand like a pine tree, sit like a bell, and walk like the wind.”
- H The highest criterion for Shaolin martial arts is the oneness of movements and Zen Buddhism, through which one is able to achieve the goal of quietly practicing Buddhism. Before practicing martial arts, the practitioner must first sit in quietude on a rush cushion (蒲团), achieve calm, focus energy, and only then slowly stand up free of any worldly cares. Shaolin martial arts, described as “coming from emptiness or soullessness”, place emphasis on the training of the mind and on combining mobility with tranquility.
- I Defeating the strong with the soft is another important feature of Chinese martial arts. For example, Shaolin martial arts require a practitioner to jump, land, advance, retreat, turn aside, etc., in a straight line, with the purpose of collecting energy inside rather than of keeping the body steady;

and once in attack mode, one directly hits the vital parts of a rival at the fastest speed and with the greatest strength imaginable. Some people describe Shaolin martial arts as being “elegant like a cat, yet fierce like a tiger; walking like a dragon, moving like lightning, with a voice like thunder”.

J Generally speaking, Chinese martial arts are a type of defensive martial arts, where offensive attack is not its goal. The three purposes of Shaolin martial arts are to protect the temple, protect oneself, and keep fit, rather than to attack others. Resorting to force only when there is no alternative is one characteristic of Chinese martial arts, as well as a feature of military theories in China. One commandment of Shaolin Temple is the requirement to “hold morals in esteem, rather than force”, as evidenced by its incorporating the concept of “benevolence” in Confucianism and by its principle against brutal attack.

Read the passage and identify the paragraph from which each piece of the information is derived.

- _____ 1 Known as the best of Shaolin martial arts, Arhat boxing is powerful and unpredictable.
- _____ 2 The practitioners of Shaolin martial arts are required to practice in a straight line to collect energy inside.
- _____ 3 Traditionally, doing sports has brought the Chinese health, entertainment as well as insights into life.
- _____ 4 Being defensive rather than offensive is a common feature of Chinese martial arts and Chinese military theories.
- _____ 5 The shallow holes on the ground in Shaolin Temple tell people about the hard training of the practitioners day after day.
- _____ 6 The combination of motion and stillness in Shaolin martial arts is written in a song.
- _____ 7 Shaolin Temple with a profound impact on Chinese martial arts boasts its distinct style of martial arts.
- _____ 8 Standing upside down and still with just one finger supporting the body is a movement, whose core is inner discipline.
- _____ 9 Practitioners must keep calm, stay focused, and be free from worldly cares before practicing martial arts.
- _____ 10 Bruce Lee, who amazed the world with kung fu, was a typical symbol of Chinese martial arts.