

英语学科寒假作业（复习） Day 4 （练习时长：40 分钟）

姓名： 完成评价：

一、核心知识的归纳总结和梳理模块

附加疑问句的一般结构

组成	例句
肯定式陈述部分 + 否定附加疑问部分	You like TF boys, don't you? She likes playing basketball, doesn't she?
否定式陈述部分 + 肯定附加疑问部分	It's not a real machine, is it? She wasn't a good teacher, was she?
含有否定词的陈述部分 + 肯定附加疑问部分	She hardly does Chinese exercises, does she? Nobody knew the true reason, did it?
祈使句 + 附加疑问部分	Don't swimming here, will you? Come here and sit down, will you? Let's do some housework, shall we? Let us do some housework, will you?

【名师点津】

1. 陈述部分含有 never、hardly、seldom、no、nothing、nobody、neither、few、little 等表示否定或半否定意义的词时，附加疑问部分用肯定形式。

Nothing will change his discussion, will it?

He seldom came here, did he?

2. 陈述部分用了带否定前缀或后缀的词时，仍看做肯定，附加疑问部分用否定形式。

He dislikes music, doesn't he?

附加疑问句的回答

标准公式：—肯定句，否定附加疑问句？

—Yes, 主语 + 助动词. (是 + 肯定回答); No, 主语 + 助动词否定. (不 + 否定回答)

标准公式：—否定句，肯定附加疑问句？

—Yes, 主语 + 助动词. (不 + 肯定回答); No, 主语 + 助动词否定. (不 + 否定回答)

附加疑问句的主语

1. 当陈述部分的主语是表示物的不定代词 something、anything、nothing、everything 时，附加疑问部分的主语用 it.
2. 当陈述部分的主语是表示人的不定代词 everyone、everybody、anyone、anybody、no one、someone、somebody 时，附加疑问部分的主语常用 they.
3. 当陈述部分的主语含指示代词 this、that、those、these 时，附加疑问部分的主语用相应的人称代词，即 this、that 对应用 it，those、these 对应用 they.
4. 当陈述部分的主语是指人的 one 时，附加疑问部分的主语用 one 或 you.

二、练习模块

一、补全句子

1. 他必须捐出奖金的 5%，是吗？

He has to donate 5 percent of the prize, _____?

2. Let's visit the ancient tomb this morning, _____? (附加疑问句)
3. Every one of the team is content with the performance today, _____? (附加疑问句)
4. The statue has stood there for thirty years, _____? (附加疑问句)
5. The children find it hard to get used to the new life, _____? (改为附加疑问句)
6. 房子前曾经有一棵高树,是吗?
There used to be a tall tree in front of the house, _____?
7. 会议一切顺利,是不是?
Everything goes well at the meeting, _____?
8. 那个学生一定很用功, 是不是?
The student must be working very hard, _____?
9. 她准是乘飞机来的, 是吗?
She must have arrived by air, _____?
10. 你一定是史密斯先生,是吗?
You must be Mr. Smith, _____?

二、单句语法填空

用所给词的适当形式填空。

1. He was _____ (injure) badly in the accident, so we rushed him to the hospital immediately.
2. Of all the subjects English is my _____ (strong) .
3. Could you work _____ the problem?
4. She pretends _____ (do) her homework whenever her mother comes in.
5. Compared _____ last year, the price of beef has increased.
6. Whatever she says will make no _____ (different) to our arrangements.
7. He liked _____(jog) when he was young.
8. Susan never _____ (cheat) in her exams, because she laid great stress on proper behavior.
9. They were _____ (determine) to drive the enemy out of their land.
10. I feel _____(honor) to be here to share with you my opinions.

三、阅读理解

This must be universally acknowledged: Exercise is good for your body. The question of how much exercise is best, though, is open to debate. The answer often depends on your goals. For heart health, sessions four to five times weekly might be ideal. For mental health? As *The Independent* reports, scientists believe there's a pretty specific prescription (处方): Exercising for 45 minutes three to five times a week.

The data comes from a new and expansive observational study published in *The Lancet Psychiatry* and conducted by researchers at Yale and the University of Oxford. The study examined 1.2 million subjects who filled out the Behavioral Risk Factor Surveillance Survey at two-year intervals (间隔) between 2011 and 2015. Subjects who didn't exercise at all had an average of three-and-a-half days per month when they felt mentally unwell—stressed, depressed, or otherwise burdened by emotional problems—while those who exercised regularly reported an average of just two days.

The study found that having three to five 45-minute sessions a week was best for reducing the reported instances of feeling stressed or depressed. Exercising for longer periods—some subjects reported over 90 minutes in the gym—was associated with a drop-off in mental health

benefits. Subjects who spent three hours at a time exercising actually reported an increase in depressive symptoms (症状).

Researchers also found that the kind of exercise undertaken made a difference. While all varieties helped, people who participated in team sports promoting social interaction and gym classes like cycling described greater self-satisfaction with mental health.

Because the study involved self-reported outcomes and exercise wasn't monitored, it's possible that the participants could have misinterpreted the volume of exercise performed. The study, however, makes a convincing case for a popular notion: If exercise were a pill, doctors everywhere would be prescribing it.

1. What decides the ideal amount of exercise for an individual according to the text?

- A. His exercise routine.
- B. His physical condition.
- C. What sports he prefers.
- D. What he expects to improve.

2. How did the subjects participate in the study?

- A. By filling out a survey.
- B. By attending gym classes.
- C. By interviewing researchers.
- D. By reading about health benefits.

3. What effect was demonstrated by exercising for over 90 minutes?

- A. No change in mental health.
- B. Improved mental health benefits.
- C. A drop-off in mental health benefits.
- D. Increased physical health benefits.

4. What limitation of the study was mentioned in the text?

- A. Exercise process wasn't monitored.
- B. Only one type of exercise was studied.
- C. The study did not include any real subjects.
- D. Subjects could have misreported exercise amounts.

四、七选五

Five Ways to Stay Fit Over the Holidays

The holiday season is here. Here are my 5 tips for you to stay fit over the holidays:

Keep It Fun

Keep your workouts fun and exciting! _____ 1 _____, but don't try and start an 8-week program right before the holidays, which may make you feel overwhelmed.

_____ 2 _____

What days do the holidays you celebrate fall on this year? Will you be home or away? Will you have company, and on what days and times? Once you answer all these questions, you can figure out how much time you can commit to each week and how long of a workout you have time for.

Schedule It

The best way to stick to a plan is to schedule the days and exact times, and set a reminder. 3, so you can always see it. Or you can take time each morning to write in a journal and cross things off as you go along!

Be Flexible

4. You may have to move your workouts around! Be flexible with changing days or times, and just know this may happen. Find a balance between being accountable and going easy on yourself when things don't go according to plan.

Move Throughout the Day

Exercise should never be limited to that 30 minutes each day. It benefits you a lot to set a daily step goal on your smartwatch, phone, or pedometer and try and move every hour. Take the stairs when possible. Walk instead of driving. 5.

- A. Find time available
- B. Things may come up unexpectedly
- C. Focus on some programs full of challenge
- D. Do the thing you love or try something new
- E. It helps to list what you have done on a whiteboard
- F. In this way, you can save more time to do what you're fond of
- G. You can even take your coffee in a to-go cup for a walk out in nature

五、语法填空

阅读下面材料，在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

Far from the ocean waves, Yang Siqi grew up in the mountains of Southwest China. Yet, 1 15-year-old athlete is set to make history as the nation's first female surfer 2 (participate) in the Olympic Games this summer.

Born in Liangshan, Sichuan province, Yang 3 (initial) wanted to try taekwondo as her first sport, but her uncle sent her to learn sailing. It didn't take long, however, 4 she fell in love with surfing.

Her transition from sailing to surfing marked the beginning of a 5 (promise) career. In 2019, she made her international debut (首次亮相), and then in 2023, she made an outstanding performance at the 2023 World Surfing Games (WSG), 6 she ranked 31st out of a field of over 130 surfers, failing to gain an Olympic ticket but earning praise from the International Surfing Association (ISA).“7 (compete) in her first WSG in September 2022, Yang made impressive improvements in surfing in just eight months,” read a piece 8 (publish) on the ISA website.

But for Yang, the only 9 (recognize) that counted was qualification for Paris. “I never gave up,” she said. “I knew it was very difficult, but I had confidence in myself.” Her hard work 10 (pay) off. By earning the Olympic berth (泊位), she made history for China.