

四川省眉山市彭山区第一中学2021-2022年高二10月月考英语免费试卷带答案和解析

1.

We all know that regular exercise is vitally important for both a healthy mind and body. Research has shown that just five minutes of exercise in a “green space” can help people to keep mentally healthy. Let’s take a look at some ways to get close to nature and make them a part of your regular exercise routine.

Get on your bike

Cycling is a cheap, easy and fun way to get some good exercise in the outdoors. Try leaving your car at home and cycling to work one day, if that’s possible. Or get the family together and go on a weekend bike ride. Check out the local cycle paths before you go, and plan a safe route. Make sure you take some healthy snacks with you to keep your energy levels up.

Try some outdoor yoga

Practising yoga can be great for reducing anxiety and aiding relaxation, so why not take your yoga mat and try out some asanas (yoga postures) in the open air? Yoga is great for stretching tight muscles and increasing flexibility as well as improving mobility, control and breathing. Why not finish your practice with some quiet meditation to further calm the mind?

Go running

Instead of spending hours on the treadmill (跑步机), grab a friend and go off for a jog around your local park, or some nature trails. If you are used to running on a treadmill, you may find it harder at first, so make sure you have some good, supportive running shoes. You could also find out where your nearest Parkrun is. They are open to everyone, free, and are safe and easy to take part in.

【1】If you want to cycle with your family, you’d better \_\_\_\_\_.

- A. have a healthy body
- B. check the bikes carefully
- C. learn some survival skills
- D. make good preparations for it

【2】What’s the advantage of outdoor yoga according to the text?

- A. Getting closer to nature.
- B. Feeling relaxed or peaceful.
- C. Keeping active and energetic.
- D. Having no effect on people’s bodies.

【3】What problem do some people have if they want to run around their local park?

- A. It takes them some time to get used to it.
- B. It needs some patience to continue.
- C. It makes them lose interest in running.
- D. It leads them to fall behind their friends.

2.

There were smiling children all the way. Clearly they knew at what time the train passed their homes and they made it their business to stand along the railway, wave to complete strangers and cheer them up as they rushed towards Penang. Often whole families stood outside their homes and waved and smiled as if those on the trains were their favorite relatives. This is the simple village people of Malaysia. I was