

《高考英语真题七选五10（含答案解析）》

2022年新高考I卷

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Fitness Magazine recently ran an article titled “ Five Reasons to Thank Your Workout Partner. ” One reason was: “ You ’ ll actually show up if you know someone is waiting for you at the gym, ” while another read: “ ___36___ ” With a workout partner, you will increase your training effort as there is a subtle (微妙) competition.

So, how do you find a workout partner?

First of all, decide what you want from that person. ___37___ Or do you just want to be physically fit, able to move with strength and flexibility? Think about the exercises you would like to do with your workout partner.

You might think about posting what you are looking for on social media but it probably won ’ t result in a useful response. ___38___ If you plan on working out in a gym, that person must belong to the same gym.

My partner posted her request on the notice board of a local park. Her notice included what kind of training she wanted to do, how many days a week and how many hours she wanted to spend on each session, and her age. It also listed her favorite sports and activities, and provided her phone number. ___39___

You and your partner will probably have different skills. ___40___ Over time both of you will benefit — your partner will be able to lift more weights and you will become more physically fit. The core (核心) of your relationship is that you will always be there to help each other.

- A. Your first meeting may be a little awkward.
- B. A workout partner usually needs to live close by.
- C. You ’ ll work harder if you train with someone else.
- D. Do you want to be a better athlete in your favorite sport?
- E. How can you write a good “ seeking training partner ” notice?

F. Just accept your differences and learn to work with each other.

G. Any notice for a training partner should include such information.

答案解析：

36. C 解析：根据前一句提到的“如果你知道有人在健身房等你，你实际上会去”，以及本段最后一句提到的“和锻炼伙伴一起，你会增加你的训练努力，因为有一种微妙的竞争”，可以推断出空缺处应该是关于有伙伴时会更加努力锻炼的原因。选项C "如果你和别人一起训练，你会更加努力"符合上下文。

37. D 解析：本段首句提到首先要决定你想要从那个人那里得到什么，选项D "你想要在你喜欢的运动中成为一个更好的运动员吗?"是对这个问题的直接回答，符合语境。

38. B 解析：本段首句提到在社交媒体上发布你想要的内容可能不会得到有用的回应，选项B "锻炼伙伴通常需要住在附近"给出了原因，即如果计划在健身房锻炼，那个人必须属于同一个健身房，这与上下文逻辑相符。

39. G 解析：前一句提到伙伴在公园布告板上发布了她的要求，并详细列出了想要进行的训练类型、每周天数、每次训练时间、年龄、最喜欢的运动和活动，以及电话号码。选项G "寻找训练伙伴的任何通知都应该包含这样的信息"是对这一做法的总结，因此符合语境。

40. F 解析：本段首句提到你和你的伙伴可能有不同的技能，选项F "接受你们的不同，学会一起工作"是对如何处理这种差异的建议，与上下文主题相符。