

第二章

完形填空周周练

进度表

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						
WEEK 6						
WEEK 7						
WEEK 8						
WEEK 9						
WEEK 10						
WEEK 11						
WEEK 12						
WEEK 13						
WEEK 14						
WEEK 15						
WEEK 16						
WEEK 17						
WEEK 18						
WEEK 19						
WEEK 20						

练习说明

每周包含 6 篇完形填空训练，同学们可以每完成一篇，就在进度表相应的格子里打“√”，记录自己的完成情况。同时要记得在周日进行复习总结哟！

WEEK 1



DAY 1 搬家前的断舍离 (2025 年新高考 I 卷)

One August afternoon, I sat in my kitchen staring at a glass vase that hadn't seen daylight since my wedding.

My husband and I had just sold our house and we were busy 1. _____ the beloved home our family had spent 23 years filling up. We had decided on key items for the 2. _____ we were moving to in town, donated what we could, and rented a place to 3. _____ our supposedly important objects. That left a house still 4. _____ with things that, while not particularly 5. _____, didn't belong in a landfill (垃圾填埋场).

I took a picture of the vase and posted it online for \$10. A couple of messages came in, one wanting additional 6. _____, another asking for a price cut. As our 7. _____ day drew near, I settled on a new price (\$0) and reposted it. The 8. _____: "I hate this vase. Maybe you won't." In an instant, a woman raced into my house and left happily with the vase.

9. _____, I posted more. My daily posts and the 10. _____ I received became a precious ray of light in the chaos of my house. Each exchange provided a chance to 11. _____ the landfill and to please another person I might not otherwise have 12. _____.

I sit in my apartment today, loving each of the 13. _____ that share our small space. I take 14. _____ in knowing that, somewhere nearby, someone is 15. _____ something that couldn't come with us.

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|---------------------|-------------------|-----------------|-----------------|
| 1. A. painting over | B. looking around | C. emptying out | D. pulling down |
| 2. A. hotel | B. office | C. cottage | D. apartment |
| 3. A. store | B. display | C. sell | D. repair |
| 4. A. covered | B. decorated | C. stuffed | D. equipped |
| 5. A. conventional | B. valuable | C. complicated | D. tolerable |
| 6. A. fees | B. photos | C. receipts | D. models |
| 7. A. move | B. pay | C. market | D. work |
| 8. A. warning | B. request | C. description | D. reply |
| 9. A. Confused | B. Interested | C. Disappointed | D. Encouraged |
| 10. A. visits | B. reports | C. advice | D. money |
| 11. A. remove | B. spare | C. find | D. check |
| 12. A. investigated | B. recognized | C. encountered | D. recommended |

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|---------------------|-----------------|------------------|----------------|
| 13. A. giveaways | B. posts | C. contributions | D. belongings |
| 14. A. joy | B. part | C. care | D. time |
| 15. A. anticipating | B. appreciating | C. delivering | D. withdrawing |

(主题语境: 人与自我—生活与学习—健康的生活方式)

DAY 2 珠宝店的惊心大劫案

Jaythan Gilder thought he had a perfect plan. The 32-year-old walked into a Tiffany & Co. store in Florida, 1. _____ claiming to represent a professional athlete. His 2. _____ talk convinced employees to show him some of the store's most valuable 3. _____. Among them were two pairs of 4. _____ diamond earrings worth a staggering (令人震惊的) \$769,500.

However, his charm quickly turned into 5. _____ intent. The moment the employees looked away, Gilder snatched (夺取) the earrings and bolted (逃跑) out of the store. As he 6. _____, he also attempted to steal a diamond ring, but it 7. _____ from his grasp and fell onto the floor.

The police were on his trail almost immediately. Later that day, officers 8. _____ Gilder, but instead of surrendering (屈服), he made a 9. _____ move—he began swallowing the stolen earrings. Witnesses watched 10. _____ as he gulped (大口吞咽) down the valuable items in an attempt to hide the 11. _____.

Following his arrest, police 12. _____ an X-ray scan, revealing foreign 13. _____ in his stomach, strongly suspected to be the 14. _____ jewelry. However, authorities have not confirmed whether they have recovered the items.

Now, he faces serious charges, including grand theft and robbery with a mask. If convicted, his latest crime might prove to be the most expensive 15. _____ of his life.

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|-----------------|----------------|-------------|---------------|
| 1. A. nervously | B. confidently | C. quietly | D. angrily |
| 2. A. smooth | B. easy | C. hard | D. strange |
| 3. A. furniture | B. equipment | C. jewelry | D. clothing |
| 4. A. ordinary | B. plain | C. fake | D. delicate |
| 5. A. criminal | B. innocent | C. legal | D. honest |
| 6. A. stayed | B. walked | C. fled | D. returned |
| 7. A. slipped | B. melted | C. grew | D. placed |
| 8. A. released | B. harmed | C. missed | D. cornered |
| 9. A. calm | B. desperate | C. hopeful | D. relaxed |
| 10. A. in shock | B. in joy | C. in anger | D. in silence |
| 11. A. story | B. theory | C. evidence | D. rumor |

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|-----------------|------------|------------|--------------|
| 12. A. canceled | B. ignored | C. delayed | D. conducted |
| 13. A. objects | B. tools | C. stores | D. chips |
| 14. A. broken | B. stolen | C. written | D. returned |
| 15. A. cake | B. meal | C. coffee | D. drink |

(主题语境: 人与社会—社会与文化—法律常识与法治意识)

DAY 3 雪山七日生死救援

Lovisa, a 48-year-old passionate photographer, had gone into the Snowy Mountains of New South Wales to 1. _____ pictures of her beloved wild horses. Kosciuszko National Park was her peaceful retreat, a place she knew well. But on October 15, when she was last seen 2. _____ her rental car through the park, Lovisa unknowingly stepped into a struggle for 3. _____.

Her car, 4. _____ found by police near the Kiandra Courthouse, sat untouched for six days, sparking concern. On October 21, the rental company 5. _____ the NSW Police that the car hadn't been returned on time, triggering a(n) 6. _____ search. Over 30 people, including park rangers, police teams, and local 7. _____, searched the rough terrain (地带). They faced thick scrub (灌木丛) where it was hard to see more than a few meters and cold nights with 8. _____ close to freezing.

For almost a week, searchers pushed through Kosciuszko's 9. _____ landscape, comparing it to "finding a needle in a haystack (干草堆)." Just as hope was 10. _____, an officer from the National Parks and Wildlife Service spotted Lovisa walking near the Nungar Creek Trail. She was dehydrated (脱水的), had twisted her ankle, and said she had been bitten by a snake four days earlier.

Lovisa was quickly 11. _____ to the local hospital, where she received timely 12. _____ treatment. Fortunately, her condition stabilized, and there was no 13. _____ to her life. The doctors ensured she would make a full 14. _____, bringing great relief to her family and friends who had been anxiously 15. _____ the news.

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|-------------------|--------------------|----------------|----------------|
| 1. A. find | B. take | C. see | D. receive |
| 2. A. driving | B. renting | C. washing | D. fixing |
| 3. A. competition | B. existence | C. survival | D. performance |
| 4. A. frequently | B. temporarily | C. immediately | D. eventually |
| 5. A. advised | B. informed | C. misled | D. educated |
| 6. A. mild | B. small | C. light | D. intense |
| 7. A. volunteers | B. students | C. outsiders | D. travelers |
| 8. A. height | B. temperature | C. distance | D. weight |
| 9. A. pleasant | B. straightforward | C. simple | D. challenging |

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|--------------------|----------------|-------------------|----------------|
| 10. A. exchanging | B. increasing | C. fading | D. shifting |
| 11. A. transported | B. led | C. abandoned | D. delayed |
| 12. A. emotional | B. mental | C. medical | D. financial |
| 13. A. danger | B. opportunity | C. benefit | D. interest |
| 14. A. journey | B. recovery | C. exploration | D. celebration |
| 15. A. replying to | B. making up | C. thinking about | D. waiting for |

(主题语境: 人与自我—做人与做事—优秀品行)

DAY 4 少年偷窃的代价

I'll be honest—I shoplifted (在商店偷窃) as a teenager. Mascara, eyeliner (睫毛膏和眼线) ... I was 13 or 14 and doing it for no good reason. I wasn't 1. _____, I wasn't making a statement. I just wasn't thinking—not about the girls working the shop floor, not about consequences. Only myself.

So when I began making *Meet the Shoplifters*, a 2. _____ exploring the rise in retail theft across the UK, I knew I couldn't tell this story without owning my 3. _____. It would've felt disingenuous (不真诚的).

I spent eight months speaking with 4. _____, retail staff, and industry experts. Shoplifting today is unlike anything we've seen before—the numbers are soaring (猛增). And with that rise comes an 5. _____ in violence and abuse toward staff. It's not a victimless 6. _____. Someone always pays the price.

I spoke to Dips, a cosmetics (化妆品) store worker in Manchester. She told me things are getting worse every year. I saw CCTV footage of 7. _____ abuse, physical threats, even weapons. It's 8. _____ worrying. But I also met people 9. _____ out of desperation—mums who just want to 10. _____ their children. One woman stole bread and milk, and she felt terribly 11. _____.

It's 12. _____—some think it's a rebellion against big corporations, but others are just ashamed. What 13. _____ me is how some don't even view it as a crime and social media doesn't help, with people sharing “tips” and glamorizing (美化的) 14. _____. What I've learned? Shoplifting isn't just statistics. It's lives. And we need to take it 15. _____.

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|-------------------|----------------|------------|-------------|
| 1. A. in time | B. in case | C. in need | D. in turn |
| 2. A. documentary | B. comedy | C. fantasy | D. thriller |
| 3. A. preference | B. future | C. past | D. passion |
| 4. A. cashiers | B. shoplifters | C. dealers | D. auditors |
| 5. A. increase | B. decline | C. pause | D. split |
| 6. A. joke | B. crime | C. gift | D. task |

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|----------------|----------------|----------------|----------------|
| 7. A. local | B. moral | C. verbal | D. domestic |
| 8. A. rarely | B. deeply | C. openly | D. mildly |
| 9. A. stealing | B. lending | C. trading | D. saving |
| 10. A. bathe | B. feed | C. dress | D. teach |
| 11. A. guilty | B. sleepy | C. noisy | D. windy |
| 12. A. simple | B. complicated | C. comfortable | D. visible |
| 13. A. drew | B. struck | C. touched | D. entertained |
| 14. A. theft | B. faith | C. value | D. depth |
| 15. A. roughly | B. nearly | C. lately | D. seriously |

(主题语境: 人与自然—历史社会与文化—社会热点问题)

DAY 5 74岁信天翁再当妈

On November 27, 2024, Wisdom, the world's oldest known wild bird, made headlines once again by 1. _____ an egg at the remarkable age of 74 on Midway Atoll National Wildlife Refuge. This is her first egg in four years, 2. _____ special joy to scientists and wildlife conservationists.

The US Fish & Wildlife Service (USFWS) shared the news with 3. _____, posting on social media, "She did it again!" Wisdom was seen with her new 4. _____ and the egg, continuing to defy the odds (战胜困难). A touching video 5. _____ by USFWS showed Wisdom rubbing her head against her partner before he settled to incubate (孵化) the egg.

Biologist Jon Plissner expressed 6. _____ that the egg will hatch, and that Wisdom is healthy enough to raise another 7. _____. Throughout her lifetime, Wisdom has laid up to 60 eggs and 8. _____ around 30 chicks. First noted in 1956 by ornithologist (鸟类学家) Chandler Robbins, Wisdom has interested biologists for 9. _____.

Laysan albatrosses (信天翁) usually live between 12 and 40 years, but many die from eating plastic waste. Wisdom's longevity (长寿) continues to fascinate 10. _____, who are eager to understand how she manages to live such a 11. _____ life while still reproducing (繁殖).

Every year, millions of albatrosses return to Midway Atoll to 12. _____. Despite her 13. _____, Wisdom still flies thousands of miles to 14. _____ her young, inspiring hope and admiration for global 15. _____ efforts.

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|-------------------|------------------|---------------|--------------|
| 1. A. laying | B. lying | C. playing | D. wanting |
| 2. A. singing | B. ringing | C. swinging | D. bringing |
| 3. A. achievement | B. entertainment | C. excitement | D. agreement |
| 4. A. match | B. mate | C. tool | D. route |

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|---------------------|----------------|--------------|--------------|
| 5. A. mailed | B. noted | C. posted | D. deleted |
| 6. A. optimism | B. wealth | C. freedom | D. ignorance |
| 7. A. cock | B. chick | C. egg | D. hen |
| 8. A. built | B. funded | C. raised | D. trained |
| 9. A. months | B. weeks | C. years | D. decades |
| 10. A. researchers | B. teachers | C. students | D. workers |
| 11. A. strange | B. long | C. short | D. risky |
| 12. A. build | B. occupy | C. nest | D. explore |
| 13. A. age | B. appearance | C. weight | D. height |
| 14. A. look into | B. take over | C. care for | D. give up |
| 15. A. conservation | B. destruction | C. invention | D. tradition |

(主题语境: 人与自然—环境保护—人与动植物)

DAY 6 万米高空紧急备降

I was halfway through my 1. _____ from Gran Canaria to Bournemouth, drinking coffee and flipping through a novel, when the cabin speaker rang. “If there is a medically-trained 2. _____ on board, please make yourself known immediately.”

My instincts kicked in. I pressed the call button. A flight attendant rushed over, her voice quiet but 3. _____. “A woman near the front may be having a heart attack. Can you help?” I followed her quickly. The woman was pale, sweating, and 4. _____ conscious. I checked her pulse. “This is serious,” I told the crew. “She needs urgent 5. _____. We have to get her on the ground.” The 6. _____ invited me to speak directly through the intercom (对讲机). “She may be having a myocardial infarction (心肌梗死),” I said. “I recommend immediate diversion (改道路线).”

Within 7. _____, we began a rapid descent (下降) toward Brest. I stayed with her, kneeling awkwardly in the narrow aisle, 8. _____ her vitals (生命指标). “Stay with me,” I whispered. “You’re doing great. We’re almost there.” The crew were incredible—calm, responsive, shielding (避开) her from the stares of 9. _____ passengers.

When we landed, French medical workers 10. _____ quickly and took over. I 11. _____, finally relieved. Back in my seat, someone quietly thanked me. I smiled, but inside, I was still 12. _____ every moment. It’s strange—after decades in 13. _____, I never imagined I’d be 14. _____ emergency care on a plane. No equipment, no team—just instincts, training, and hope. And that day, 15. _____, it was enough.

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|--------------|-----------|---------|---------|
| 1. A. voyage | B. flight | C. ride | D. hike |
|--------------|-----------|---------|---------|

2. A. passenger B. driver C. cyclist D. sailor
 3. A. steady B. loud C. urgent D. calm
 4. A. fully B. quickly C. firmly D. barely
 5. A. care B. repair C. training D. cleaning
 6. A. conductor B. waiter C. captain D. director
 7. A. seconds B. minutes C. hours D. days
 8. A. making B. adjusting C. changing D. monitoring
 9. A. curious B. relaxed C. annoyed D. bored
 10. A. landed B. stopped C. boarded D. parked
 11. A. moved forward B. stepped back C. turned down D. went up
 12. A. emailing B. copying C. replaying D. forgetting
 13. A. schools B. hospitals C. labs D. pharmacies
 14. A. performing B. observing C. avoiding D. delaying
 15. A. suddenly B. naturally C. strangely D. thankfully

(主题语境: 人与自我—做人与做事—公民义务与社会责任)

本周复盘表

日期	正确数	错误数	错误原因总结
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			

WEEK 2



DAY 1 65 岁健身奶奶的逆袭 (2025 年新高考 II 卷)

WEEK 2

Evelyn Donohue is a 65-year-old grandma. She only started to 1. _____ seven years ago after having a 2. _____ call. She'd been struggling with eating disorders and health issues, which 3. _____ led her to getting surgery. After that experience, she knew that she needed to make a 4. _____. Determined to turn her life around, Ms Donohue began to work out and follow a 5. _____ lifestyle, before discovering a 6. _____ for weightlifting.

Since setting out on the journey, the 7. _____ lover has not only managed to 8. _____ an impressive set of muscles—but also a huge following on social media.

The well-liked grandma regularly posts workout content, explaining there's no 9. _____ others can't look this good. She said it was all down to some key aspects.

“Hold on: Consider failure as a 10. _____ to success and never give up. Stick to your plan,” she said. “11. _____ others: Lift others up on your journey. Success is sweeter when 12. _____.” She previously explained that “you do not need to have an amazing body to exercise ... the 13. _____ to feel good, not look good.”

Ms Donohue used to be laughed at for being too old to work out, but she has proved the 14. _____ wrong in the best possible way and has indeed become an 15. _____ for many social media users.

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|--------------------|----------------|------------------|-------------------|
| 1. A. write | B. travel | C. exercise | D. recover |
| 2. A. goodwill | B. timeout | C. long-distance | D. wake-up |
| 3. A. normally | B. ultimately | C. suddenly | D. automatically |
| 4. A. change | B. fortune | C. wish | D. deal |
| 5. A. risky | B. traditional | C. comfortable | D. healthy |
| 6. A. demand | B. secret | C. passion | D. cure |
| 7. A. peace | B. fitness | C. fun | D. nature |
| 8. A. grow | B. control | C. activate | D. relax |
| 9. A. need | B. choice | C. reason | D. difference |
| 10. A. green light | B. road block | C. passing mark | D. stepping stone |
| 11. A. Help | B. Consult | C. Follow | D. Forgive |
| 12. A. accepted | B. shared | C. expected | D. celebrated |
| 13. A. goal | B. case | C. duty | D. cost |