

2017年广东省深圳市中考模拟冲刺（一）试题英语

一、将划线部分选择意思相近的选项。（8分）

1. —With the help of my friends, I finally made it!

—Congratulations! You're really amazing.

- A. failed
- B. succeeded
- C. developed

解析：动词辨析。句意：——在我朋友的帮助下，我最终成功了！——祝贺你！你真厉害。make it 意为“成功”，A.失败； B.成功； C.发展，研发。故选 B。

答案：B

2. —Why did the cat jump suddenly?

—Oh, it saw a mouse.

- A. excitedly and loudly
- B. quickly and quietly
- C. quickly and unexpectedly

解析：考查副词词义。句意：为什么猫突然跳起来？——哦，它看见了一只老鼠。suddenly 意为“突然”，A.兴奋且大声的； B.快速而静静地； C.快速且不可预料地，故选 C。

答案：C

3. —Do you think he can deal with the difficult problem?

—Yes, I am sure he will find a good method to solve it.

- A. idea
- B. opinion
- C. way

解析：考查名词词义。句意：——你认为他能解决这个难题吗？——是的，我确信他会找到好方法解决的。method 意为“方法”，A.想法； B.观点，看法； C.方法。故选 C。

答案：C

4. —Remember to switch off the TV before you go to sleep.

—OK, I will.

- A. turn off
- B. open up
- C. take off

解析：考查动词短语词义。句意：——记得在睡觉前关电视。——好的。switch off=turn off 意为“关掉”，B.开辟； C.脱下，起飞。故选 A。

答案：A

5. —The old photos remind me of my best friends.

—Then, who are they?

- A. make me worry about
- B. make me look at

C. make me think of

解析：考查短语辨析。句意：——这张旧照片使我想起了我最好的朋友。——那么，他们是谁？remind=make sb. think of 意为“使……想起”，A.使我担心；B.使我看，故选C。

答案：C

6. —What is your secret to success?

—Keep my dream all the time and never give it up.

A. At the same time

B. in a way

C. All the way

解析：考查短语词义。句意：——你成功的秘密是什么？——一直坚持梦想并且永不放弃。all the time=all the way=always 意为“总是，一直”，A.同时；B.在某种程度上。故选C。

答案：C

7. —Do you have classes the whole morning?

—No, we will have a break from 9:40 a.m. to 10:10 a.m.

A. have a rest

B. have a walk

C. have a picnic

解析：考查短语词义。句意：——你整早有课吗？——不，我们从9:40到10:10休息。have a break=have a rest 意为“休息一下”，B.散步；C.去野餐。故选A。

答案：A

8. —The new iPhone 6S looks so nice. Do you plan to buy one?

—I can't afford to buy it because it is so expensive.

A. I am not willing to

B. I don't have enough money to

C. I am forced to

解析：考查短语辨析。句意：——这部新的 iPhone6s 看起来很漂亮，你打算买一部吗？——我买不起，因为它太贵了。can't afford to=don't have enough money to 意为“没钱去做……”，A.我不愿意；C.我被强迫去……。故选B。

答案：B

二、根据句子意思，从下面每小题的 A、B、C 三个选项中选出恰当的词语完成句子。

(7分)

9. To study in a foreign country is to study_____.

A. together

B. abroad

C. alone

解析：考查副词词义。句意：在一个外国学习就是在……学习。A.一起；B.在国外；C.独自，结合句意选B。

答案：B

10. If a girl is _____, she is liked or enjoyed by a large number of people.

- A. popular
- B. common
- C. helpful

解析：考查形容词词义。句意：如果一个女孩……，她就是被很多人喜爱。A.受欢迎的； B.普通的； C.有帮助的。故选 A。

答案：A

11. —Can you tell me how to build up a strong body?

—You should take _____ exercise, I think.

- A. short
- B. regular
- C. fast

解析：考查单词词义。句意：——你能告诉我怎么样练就一个强壮的身体吗？——我认为你应该参加……运动。A.短的； B.有规律的； C.快地。结合句意选 B。

答案：B

12. — What do you think of my speech?

—It is too long. People will get _____.

- A. bored
- B. excited
- C. surprised

解析：考查形容词词义。句意：——你觉得我的演讲怎么样？——太长了，人们会……。A.无聊的； B.兴奋的； C.惊讶的。故选 A。

答案：A

13. — You should be on time tomorrow. There is no _____ for being late again.

—OK, I will.

- A. excuse
- B. need
- C. time

解析：考查名词词义。句意：——你明天要准时到。没有……再次迟到了。——好的。A.借口； B.需要； C.时间。结合句意选 A。

答案：A

14. — Which club should I join?

— _____, you should find what your interest is.

- A. What's more
- B. Above all
- C. In the end

解析：考查短语词义。句意：——我应该加入哪个俱乐部？——……，你应该找到你的兴趣所在。A.而且； B.最重要的是； C.最后。结合句意选 B。

答案：B

15. —Why don't you go on a picnic with us this Sunday?

—_____

A. I don't agree with you.

B. I'll be free then.

C. That sounds good.

解析：考查情景交际。句意：——这周日为什么不和我们一起去野餐呢？——……。

A.我不赞同你。B.我那时会有空的。C.听起来不错。结合句意可知选C。

答案：C

三、完形填空。（10分）

What is the best way to get away from the stress and pressure of our daily lives? Go on vacation! Vacations can 16 us a chance to have a rest and can also help us to spend more time with our 17 ones. Whatever you do for your vacation, you need to plan 18.

The first thing you need to do for a 19 vacation is to find out where to spend it. Different people have different 20 of relaxing. Some might like to stay at home for a week; others might like to climb mountains. Try to find a place where you can 21 the most.

The second thing to decide is how much 22 you plan to spend on your trip. If you always 23 money, you won't be able to enjoy your holiday. Spending 24 money than you can afford to go on a vacation will only make you feel 25, so make a useful plan that will allow you to spend your holiday well.

A vacation can help you to feel relaxed and get away from the busy world around you. It's very helpful to your health, so make sure you plan your vacation properly!

16.

A. offer

B. Allow

C. borrow

17.

A. small

B. worried

C. loved

18.

A. brightly

B. carefully

C. slowly

19.

A. busy

B. perfect

C. cheap

20.

A. feelings

B. ways

C. work

21.
A. relax
B. study
C. work
22.
A. time
B. information
C. money
23.
A. think about
B. talk about
C. learn about
24.
A. less
B. more
C. A little
25.
A. happy
B. excited
C. worried

解析：16. offer 意为“提供，给予”，allow“允许”，borrow“借来”，结合句意可知是假期可以给我们一个休息的机会，故选 A。

17. 结合句意可知是帮助我们花更多的时间和爱的人一起度过，故选 C。

18. brightly 意为“明亮地，有希望地”，carefully 意为“细心地，仔细地”，slowly 意为“慢慢地”，结合句意可知计划假期的时候要仔细，故选 B。

19. 句意：为了……的假期，你需要做的第一件事就是找出在哪里度过。busy 意为“忙碌的”，perfect 意为“完美的”，cheap 意为“便宜的”，结合句意可知选 B。

20. 句意：不同的人有不同的放松……。feeling 意为“感觉”，way 意为“方法，方式”，work 意为“工作”，结合句意可知选 B。

21. 句意：找一个你最能……的地方。relax 意为“放松”，study 意为“学习”，work 意为“工作”，结合句意选 A。

22. 句意：第二件事情就是计划好你决定在你的旅行中花多少……。结合下文可知是花多少钱，故选 C。

23. 句意：如果你总是……钱，你就享受不到假期。think about 意为“考虑”，talk about 意为“谈论”，learn about 意为“了解”，结合句意选 A。

24. 句意：花比你能提供的……的钱去度假只会让你感觉……。结合后面的句意可知是花超出你能力的钱会让你忧虑，故选 B。

25. 根据第 24 小题的句意可知选 C。

答案：16. A 17. C 18. B 19. B 20. B 21. A 22. C 23. A 24. B 25. C

四、阅读理解。（40 分）

阅读下列短文，从下面每题的 A、B、C、D 四个选项中选出最佳答案。

The following shows a typical day in Darwin's middle and later years. During that time, he developed a strict routine that seldom changed, even when guests were present.

7:00 a.m.	Rose and took a short walk.
7:45 a.m.	Breakfast alone.
8:00 a.m.-9:30 a.m.	Worked in his study; he considered this his best working time.
9:30 a.m.-10:30 a.m.	Went to the drawing-room and read his letters, followed by reading aloud of family letters.
10:30 a.m.-12:00 noon	Returned to his study to work.
12:00 noon	Walked, starting with a visit to the greenhouse, the number of times depending on his health, usually alone or with a dog.
12:45 p.m.	Lunch with the whole family. It was his main meal of the day After lunch, he read The Times and answered his letters.
3:00 p.m.	Rested in his bedroom on the sofa, smoked a cigarette, and listened to a novel read by his wife.
4:30 p.m.-5:30 p.m.	Worked in his study, clearing up matters of the day.
6:00 p.m.	Rested again in the bedroom with his wife reading aloud.
7:30 p.m.	Had high tea when the family dined. If no guests were present, he played two games of backgammon(西洋棋)with his wife, usually followed by reading to himself.
10:00 p.m.	Left the drawing-room and usually in bed by 10:30, but slept badly.

26. When was the best time to work according to Darwin?

- A. 8:00 a.m. - 9:30 a.m.
- B. 9:30 a.m. - 10:30 a.m.
- C. 10:30 a.m. - 12:15 p.m.
- D. 4:30 p.m. - 5:30 p.m.

27. Whom did he usually visit the greenhouse with?

- A. His wife.
- B. His friend.
- C. His father.
- D. His dog.

28. What were the things he did most in the daytime?

- A. Walking and sleeping.
- B. Working and reading.
- C. Working and playing games.
- D. Eating and writing letters.

29. What can we know from the passage?

- A. Darwin didn't have good sleeps in his later years.
- B. Darwin had lunch alone every day.
- C. Darwin didn't like having tea.
- D. Darwin only had a meal a day.

解析：26.细节理解题。从表格中 he considered this his best working time 可知他认为最好的工作时段是 8:00 a.m. - 9:30 a.m.，故选 A。

27.细节理解题。从 Walked, starting with a visit to the greenhouse, the number of times depending on his health, usually alone or with a dog. 可知答案选 D。

28.细节计算题。从表格中可知他白天做的最多的是工作与阅读，故选 B。

29.细节判断题。从 Left the drawing-room and usually in bed by 10:30, but slept badly.可知他睡得不好，故选 A。

答案：26. A 27. D 28. B 29. A

B

He's always the first to arrive at school in the morning and the last to leave. He's always asked to answer the teachers' questions and he's always in first place in his class and in the whole school.

Aron Anderson is in a class of his own — in fact, he's the only pupil in his school. The ten-year-old boy studies in this farthest primary school in Britain. Whether he likes it or not, Aron gets the most attention of his teachers all the time.

During the school day, he has two classrooms, a music room and a library all to himself. And between classes and after school, he has the whole playground with its slides (滑梯), swings and basketball court.

One problem, of course, is that although he loves football, he has no other friends to play with. He also becomes one of the most expensively educated children in the UK.

Aron's father Ewan is a 43-year-old fisherman who sometimes spends days at the sea. His mother Denise works in the island shop. She is also a firefighter.

The island used to have a senior high school and a farm, but they were both closed with many families leaving. "I just wish we could go back ten years. There were lots of children and the older children used to help the younger ones at school," Aron's mother said.

30. What cannot Aron do in his school?

- A. Always win first prize in exams.
- B. Always get to school earliest.
- C. Play football with his friends.
- D. Get the most attention from teachers.

31. What do you think of Aron when he studies in his school?

- A. He must be tired.
- B. He must be happy.
- C. He must be relaxed.
- D. He must be lonely.

32. Why is Aron one of the most expensively educated children in the UK?

- A. Because he comes from a rich family in the UK.
- B. Because his whole school only serves him.
- C. Because he always uses expensive things at school.
- D. Because his school is among the richest ones in the UK.

33. What can we infer(推断) from the passage?

- A. Aron dislikes his school and all his teachers.
- B. Aron's mother misses the old days on the island.
- C. Aron's parents both work on a farm of the island.
- D. There are many different families around Aron's home.

解析：30.细节理解题。从 One problem, of course, is that although he loves football, he has no other friends to play with.可知没有朋友和他踢足球，故选 C。

31.细节理解题。从文中可知整个学校就他一个学生，没有同龄的人和他玩，所以可以猜测他很孤独，故选 D。

32.细节理解题。从文中可知整个学校的资源都服务于他一个人，所以他成了受教育最昂贵的学生，故选 B。

33.细节判断题。从“I just wish we could go back ten years. There were lots of children and the older children used to help the younger ones at school,” Aron's mother said. 可知他妈妈很想念岛上过去的日子，故选 B。

答案：30. C 31. D 32. B 33. B

C

At the midnight, thunder was crashing and the rain was pouring. Suddenly my father rushed into my room. “Adam! Adam! Get up! We’re flooding!” he shouted and shook me by the shoulders. That woke me up! I ran downstairs to the basement(地下室). It was like a swimming pool. My mother and I immediately started to pick up things and take them upstairs. I had no shoes on, so my feet felt quite cold.

Things got worse every minute. Within the next hour, we had moved everything that we could to the first floor. The computer, big-screen television and heavy boxes filled with our most valuable things were taken to safety. However, our piano, sofa, washing machine and water heater were all still down there — being destroyed. There was nothing we could do.

That was the hardest part. Knowing that your home is being destroyed is bad enough, but realizing that you can’t do anything to stop it feels even worse. Water had come in our front door. Rescue boats were floating in our streets. Mother told me to pack an overnight(通宵, 前夜) bag of clothes and valuables and get ready to leave.

When it was finally safe to walk outside, all the people in the neighborhood gathered at the street corner. People became friends, and friends became like family. People comforted each other. We learnt later that the National Weather Service had declared(宣布) the storm a flash flood.

I really have learnt something from this flood, I’ve learnt what destruction is. I have learnt what safety means. I know in the future, when I watch people’s lives affected(影响) by natural disasters, I can understand them. I will show my great pity on them and I will do what I can to help them.

34. Where were the valuable things placed before?

- A. In the basement.
- B. In the bedroom.
- C. On the first floor.
- D. In the living room.

35. What does the underlined word “gathered” mean?

- A. Stayed calm.
- B. Ran quickly.
- C. Walked alone.
- D. Got together.

36. What does the writer mainly want to tell us?

- A. His family.

- B. A flood.
- C. The National Weather Service.
- D. A broken house.

37. How will the writer probably feel if he sees people who meet disasters?

- A. Frightened.
- B. Uncomfortable.
- C. Sympathetic(同情的).
- D. Angry.

解析：34.细节理解题。从 I ran downstairs to the basement (地下室). It was like a swimming pool. My mother and I immediately started to pick up things and take them upstairs.可知以前东西被放置到地下室，故选 A。

35.词义推测题。从 People became friends, and friends became like family 可知人们聚在了街角，互相安慰，故选 D。

36.细节理解题。从 I really have learnt something from this flood 可知作者主要想告诉我们洪灾发生后的事，故选 B。

37.细节理解题。从 I will show my great pity on them and I will do what I can to help them. 可知作者对受灾人群是持同情心理的，故选 C。

答案：34. A 35. D 36. B 37. C

D

I am a professor of sports and exercise so I often deal with nervousness in my research with sports people. Actually, most people experience nervousness at some time or another.

If you are feeling nervous, my advice is to first find the causes. (38) Make a list of those things that are making you nervous and work out which ones you can do something about. Focus all of your efforts on managing the causes that you can control.

Most people cannot tell the difference between controllable and uncontrollable causes, so things they can't control become a big reason for nervousness. Dealing with this is very important if people want to keep a healthy mind.

Simply try to accept the uncontrollable causes of nervousness. You might be worried about the weather on a big day, an accident or an attack on the train, or perhaps just things that other people are doing at work. The results may be very important but there is still no use worrying because you can't control any of these things. Accept that you can't control everything. Once you understand this, it becomes easier not to worry.

If a situation, such as swimming, is causing you to be nervous, try to face it as often as possible so that you can get used to it.

It can often help to think about yourself doing the thing that makes you nervous, and then close your eyes and imagine it going well. Imagine how the flight or job interview is going to happen so that you can get used to it. This will help you understand that the thing you worry about most is probably not going to happen.

38. What should you do first if you are feeling nervous?

- A. Have a good rest.
- B. Talk about it with others.
- C. Try to find the causes that make you nervous.
- D. Stop thinking about the things that make you nervous.

39. Why does the writer think there is no use worrying about some causes of nervousness?

- A. Because most of them are not very important.
- B. Because they are not the real causes of the problem.
- C. Because they cannot be controlled by people.
- D. Because it's better to deal with one cause at a time.

40. If swimming makes you nervous, what should you do according to the writer?

- A. Go swimming often to get used to it.
- B. Avoid going to the swimming pool.
- C. Find a good swimming teacher.
- D. Imagine watching others swim.

41. What is the main purpose of this passage?

- A. To introduce the writer's sports experience.
- B. To give advice on how to deal with nervousness.
- C. To help people forget their fears.
- D. To explain the dangers of nervousness.

解析：38. 细节理解题。从 If you are feeling nervous, my advice is to first find the causes. 可知选 C。

39. 细节理解题。从 The results may be very important but there is still no use worrying because you can't control any of these things. 可知选 C。

40. 细节理解题。从 try to face it as often as possible so that you can get used to it. 可知选 A。

41. 主旨概括题。文章主要讲述了如何处理紧张，故选 B。

答案：38. C 39. C 40. A 41. B

E

A report by UNEP 联合国环境规划署 (United Nations Environment Programme) says that by 2050, the world's population is expected to reach 9.6 billion and feeding us all will require at least 60% more food than we have ever produced before. What's more, if we can't find out a way to do with it, food shortages(短缺) could be a big problem.

A main purpose of the report is to make people be aware of the importance of this challenge. In the past, food production increase relied on the practices like cutting down trees, using chemicals and wasting water. Today we understand the environmental price of those techniques.

"The question now is how to produce much more food and at the same time avoid all the environmental problems that we had in the past," Searchinger, a famous scientist said.

We need to develop new ways to produce food. We can no longer cut down trees. Instead, we'll have to protect water and land, and reduce air pollution.

The report also mentions the importance of reducing food loss and waste. According to the United Nations, the waste adds up to one-third of all the food we produce — an amount that could feed an additional 2 billion people.

The report also suggests that we make changes in our diet. "You have to eat more efficiently (有效地)," said Searchinger, "and above all that means eating less meat, and especially reducing the growth of beef." That's because raising cows is an inefficient way of producing food. Of all the energy that goes onto feeding cows, only about 1% is converted(转换) into food for people.

42. What will happen if we can't find a way to produce more food?

- A. We will have fewer cows.
- B. The environment will be worse.
- C. We can't have enough land to live on.
- D. Some people can't get enough food.

43. Which of the following can replace(替代) the underlined part?

- A. Cutting down trees.
- B. Using chemicals.
- C. Wasting water.
- D. The damage to environment.

44. Which of the following statements is TRUE?

- A. By 2050, we can produce at least 60% more food than before.
- B. The problems of food and environment need to be faced in the future.
- C. Traditional ways such as using chemicals are still needed to increase food production.
- D. The report advises us to eat more meat to solve the environmental problem.

45. What is the main idea of the passage?

- A. What people should do to protect our planet.
- B. How to reduce the population.
- C. How we can feed 9.6 billion people in the future.
- D. Food waste is a serious problem in our world.

解析：42.细节理解题。从 What's more, if we can't find out a way to do with it, food shortages (短缺) could be a big problem.可知如果找不到解决生产更多食物的办法，有些人就会得不到足够的食物，故选 D。

43.细节理解题。划线部分的句意是：我们都明白这些技术带来的环境的代价。这些技术指的是上一局的砍伐树木，使用化学药品以及浪费水。所以划线部分指的是对环境的损害，故选 D。

44.细节判断题。从 The question now is how to produce much more food and at the same time avoid all the environmental problems that we had in the past 可知我们现在目前的问题是如何生产更多的食物以及避免环境污染问题，故选 B。

45.主旨概括题。短文主要围绕随着人口的增加，如何解决未来的食物产量问题，故选 C。

答案：42. D 43. D 44. B 45. C

五、语法填空。(20分)

用所给单词的适当形式填空，未提供单词的根据上下文填入适当的词。

Once upon a time, a big lion lived in a zoo. One day, he 46. _____(be) very hungry. When Bill, the keeper, gave 47. _____ his dinner, he ate it up quickly. Quite by mistake he ate up the keeper too. 48. _____it was time for lunch, Bill did not show up. The other keepers sat down to eat, still wondering 49. _____ young Bill was not there. 50. _____(sudden) there came a loud sound from the Lion House. They went 51. _____(see) what was the matter. There they saw the big lion 52. _____(lie) on the ground. He looked 53. _____(big) than before. The keepers looked at one another and all of them said at once, "Of course! The big lion has eaten poor Bill." They got two 54. _____ (bottle) of medicine quickly, and then they made the big lion sleep for 55. _____operation(手术). They cut up the front of his belly(肚子).Bill jumped out from it, looking quite all right.

解析：46.短文是一般过去时，故 be 动词用 was。

47.结合句意可知是给了他晚餐，此处应该是代词 him。

48.句意：……到点吃午餐了，Bill 没有出现。结合句意可知是连词 When。

49.句意：其他的管理员坐下来吃饭，仍然疑惑……小 Bill 没有来。结合句意可知是 Why。

50.句意：突然狮子房里传来了一声大叫。横线部分在此处作状语，故用副词 Suddenly，注意句首首字母大写。

51.句意：他们去看看发生什么事了。see 在此处是作非谓语动词表目的，故用不定式表示，答案是 to see。

52.句意：在那里，他们看见一只大狮子正躺在地上。see sb doing sth 意为“看见某人正做某事”，故填 lying。

53.由 than 可知是比较级，故填 bigger。

54.two 后面接可数名词复数，故填 bottles。

55.句意：为了作个手术，他们让狮子睡觉。结合句意可知用不定冠词，operation 是元音音素开头，故用 an。

答案：46. was 47. him 48. When 49. why 50. Suddenly 51. to see 52. lying 53. bigger 54. bottles 55. an

六、书面表达。（第 56 小题 15 分；第 57 小题 20 分）

56.假设你是 Emma，你的笔友 Josh 给你写了一封电子邮件，向你倾诉他在家里的一些烦恼。请根据提示，给 Josh 回一封电子邮件。先说说你的看法，再给出建议，并适当发挥。提示：

1.内容要点：

(1) 看法：在父母看来，我们仍是孩子；父母这样做是为了保护我们。

(2) 建议：给父母写信谈谈你的想法；主动帮你父母做些力所能及的事情。

2.回信应包括以上所有提示的信息，做到行文连贯，不要逐字翻译。

3.词数：不少于 80。开头和结尾已经写好，不计入总词数。

Dear Josh, Thanks for your e-mail. I have ever had the same experience. I even had a fight with my parents. But now, I understand them. I hope this helps!

解析：提纲作文。写作中可能用到的词汇有：

have ever had the same experience. 曾经有同样的经历

had a fight with 和……打架

grow up 成长

it's hard for our parents to do sth. 做某事对父母来讲很难
to them 对他们而言

it's hard for you to do sth. 做某事对你来讲很难

talk to your parents 跟你的父母聊天

tell your parents what you are thinking about 告诉父母你所想

understand you better 更加了解你

in your free time 在空闲时间
you'd better do sth. 你最好是做某事
had better to sth. 最好是做某事
had netter not do sth. 最好是不要做某事
do something you can 做些你能做的事
help your parents with some housework 帮父母做些家务
what's more 更多的是，进一步而言
describe your friends to your parents 向父母描述你的朋友

答案：

Thanks for your e-mail. I have ever had the same experience. I even had a fight with my parents. But now, I understand them. We are growing up, but often, it's hard for our parents to see this. To them, we are still children and they want to protect us.

Sometimes, it's hard for you to talk to your parents. Here's an idea: Write your mother and father a letter. In the letter, tell your parents what you are thinking about. Then maybe they will understand you better. After your parents read the letter, try to talk to them. In your free time, you'd better do something you can to help your parents. For example, you can help your parents with some housework.

What's more, you can describe your friends to your parents and tell them more about you and your life. I hope this helps!

Emma

57.深圳是一个“志愿者之城”，在这个城市的许多地方你都会看到身穿红马甲的志愿者的身影。在书成，有志愿者为顾客们指路；在十字路口，有志愿者维持交通秩序；在康复中心，有志愿者探访孩子和老人……请根据以下提示内容，介绍一下你或者你身边的朋友参加过的一次志愿者活动。

提示：

- ①参加了什么样的志愿者活动；
- ②参加这次志愿者活动的时间；
- ③做了些什么事情；
- ④参加这次志愿者活动的感受。

要求：

- ①80 词以上；
- ②条理清晰，意思连贯，语句通顺，标点正确，书写整洁。

解析：要求结合自身的实践或朋友的实践经历写一次志愿者活动，属于记叙文，首先要介绍参加志愿活动的种类，如为行人指路，维持交通秩序；或者去老人中心或医院看望老人和小孩；或者参加了一次保护环境的清洁行动等等，第二要写出事件的时间，第三是你在这次活动中做了什么，最后是从活动中你体会到了什么，如帮助他人的乐趣，或者更好的理解了哪方面的道理等等。前三点需要用一般过去时，最后一点可以用一般现在时。

答案：略。