

# 高三年级

# 英语

考试时间 120 分钟，满分 150 分

## 注意事项：

1. 答题前，考生务必在答题卡上将自己的姓名、座位号和考籍号用 0.5 毫米黑色签字笔填写清楚，考生考试条形码由监考老师粘贴在答题卡上的“贴条形码区”。
2. 选择题使用 2B 铅笔填涂在答题卡上对应题目标号的位置上，如需改动，用橡皮擦干净后再填涂其它答案；非选择题用 0.5 毫米黑色签字笔在答题卡的对应区域内作答，超出答题区域答题的答案无效；在草稿纸上、试卷上答题无效。
3. 考试结束后由监考老师将答题卡收回。

## 第一部分 听力（共两节，满分 30 分）

做题时，先将答案标在试卷上。听力部分结束前，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

### 第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话读两遍。

1. What did the man do yesterday?

- A. He reported the news.
- B. He cleaned the classroom.
- C. He attended the science fair.

2. When will the meeting be held?

- A. On Monday.
- B. On Tuesday.
- C. On Wednesday.

3. Why does the man prefer the city library?

- A. It's full of new books.
- B. It's less crowded.
- C. It's much closer.

4. What is the probable relationship between the speakers?

- A. Classmates.
- B. Husband and wife.
- C. Doctor and patient.

5. What does the woman suggest?

- A. Bringing the cost down.
- B. Changing the schedule.
- C. Dropping out of the project.

### 第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听下面一段对话，回答第 6 和第 7 两个小题。

6. How does the man sound?

- A. Excited.
- B. Confused.
- C. Uncertain.

7. What impressed the man most about the movie?

- A. The visual effects.                      B. The theme.                      C. The length.

听下面一段对话，回答第 8 至第 10 三个小题。

8. What inspired Sarah to be a marathon runner?

- A. A club's invitation.                      B. A marathon race.                      C. Her family's advice.

9. What is Sarah's greatest challenge?

- A. Physical injury.                      B. Bad weather.                      C. Mental struggle.

10. What gets Sarah through the hard times?

- A. Her love for the sport.                      B. Her friends' support.                      C. Her coach's praise.

听下面一段对话，回答第 11 至第 13 三个小题。

11. Where are the speakers?

- A. In a restaurant.                      B. At a convenience store.                      C. At a shopping mall.

12. What does the man think of salad dressing?

- A. It's great.                      B. It's cheap.                      C. It's unhealthy.

13. Which of the following does the woman choose?

- A. Water.                      B. A double burger.                      C. Fat-free yogurt.

听下面一段对话，回答第 14 至第 16 三个小题。

14. What troubles the man now?

- A. Time shortage.                      B. Topic choice.                      C. Report reading.

15. What is Jenny's paper about?

- A. Kids' growth.                      B. AI in education.                      C. Self-thinking measures.

16. What does the man suggest including?

- A. Concrete examples.                      B. The pros and cons.                      C. Various topics.

听下面一段独白，回答第 17 至第 20 四个小题。

17. Who is the woman?

- A. A school teacher.                      B. A famous expert.                      C. A radio host.

18. What is the main topic of the speech?

- A. The growth of father-and-baby rooms in malls.  
B. The way to balance work and parenting.  
C. The history of mother-and-baby rooms.

19. What is the purpose of setting up father-and-baby rooms?

- A. To build more new facilities.  
B. To involve dads in childcare.  
C. To replace mother-and-baby rooms.

20. What is our society moving toward according to the expert?

- A. Fewer parenting facilities.  
B. Fathers taking full charge.  
C. Balanced joint parenting.

**第二部分 阅读理解（共两节，满分 50 分）****第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）**

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项。

**A****Best Places to Travel in 2026 for Memory-Making Adventures****Brussels**

Best for: Europe's biggest new art museum, flower highlights, great food.

Brussels is often overlooked, but 2026 is your year to visit. In November, the Kanal-Centre Pompidou opens in a converted Citroën garage, becoming the largest new museum in Europe. This sister museum to Paris's Centre Pompidou will showcase contemporary works. In August, the biennial Flower Carpet transforms the historic Grand Place into an amazing sea of flowers. Don't miss the Magritte Museum, the space-age Atomium, and countless waffle and chocolate stops.

**Fort Worth**

Best for: World Cup action, Juneteenth Museum, Universal Kids Resort.

AT&T Stadium will host nine FIFA World Cup matches in summer 2026. The National Juneteenth Museum opens in Fort Worth's Historic Southside, and the Universal Kids Resort in nearby Frisco will feature seven themed lands, including Shrek's Swamp and Jurassic World Adventure Camp.

**Milan**

Best for: Winter Olympics, fashion and style.

Milan hosts the 2026 Winter Olympics in February. Beyond the games, visitors can explore the historic Galleria Vittorio Emanuele II, the magnificent Duomo Cathedral, and Leonardo da Vinci's The Last Supper. Art exhibits featuring Cézanne and Renoir will be on display at Palazzo Reale throughout 2026.

**Greenville**

Best for: Foodies, delicious dining, outdoor activities and art lovers.

Greenville has become a top food destination in the American South. Michelin awarded a star to local restaurant Scoundrel. Falls Park offers beautiful trails along the Reedy River. The city also has a lively arts scene, with galleries and cultural festivals throughout the year. With its growing food scene and outdoor attractions, this South Carolina gem offers something for every traveler.

21. Which place features a new art museum in 2026?

- A. Brussels.                      B. Fort Worth.                      C. Milan.                      D. Greenville.

22. What can visitors do in Fort Worth?

- A. Explore an old art museum.  
B. Visit a children's theme park.  
C. Watch a major sporting event.  
D. Compete in World Cup matches.

23. What do Milan and Greenville have in common?

- A. They will host major sporting events.  
B. They are known for their food scenes.  
C. They can offer art-related experiences.  
D. They will feature new museum openings.

## B

If you think you're too out of shape, or too old to achieve any physical goal, take it from Luise Easton, 87: You may be capable of more than you think. Easton has competed in triathlons (铁人三项) near and far from her home in Cleveland. "When I was 80, I won in Denmark," she says. She also won a medal in Ibiza in 2023.

Staying athletic as you age presents challenges. Like most Americans over 60, Easton has chronic health conditions — including heart issues. Five years ago, she feared her athletic days were behind her when she felt short of breath during workouts. She saw a sports cardiologist at the Cleveland Clinic. Doctors found her heart wasn't pumping as efficiently as it should, and she had abnormal rhythms. Easton took medications to help regulate her heartbeat, but her doctors also wanted to help her stay active. Dr. Tamanna Singh, a sports cardiologist, helped adjust her training plan, incorporating more recovery time and adjusting intensity.

Easton's shortness of breath was a wake-up call. Rather than assume it would go away, she got medical attention.

Though heart disease is the top cause of death in the U.S., a new Cleveland Clinic survey finds 1 in 4 adults don't realize they are at risk. But Dr. Victoria Maizes, an integrative medicine expert, says there's good news: "Close to 80% of heart disease is preventable through lifestyle changes." Small changes to daily habits — diet, exercise, stress management — can make a difference.

Easton says she knows she can't compete forever. "I'm 87 now, so as I age, everything I do is a little harder." But she's adjusted her expectations. "Now, instead of running, I walk. But there are no rules that say you can't walk." She may be slower, but she's still in the race.

24. Why does the author begin with Easton?
- A. To show everyone can win medals.
  - B. To encourage people to think more.
  - C. To advertise triathlon competitions.
  - D. To prove age is no barrier to success.
25. What does the underlined word "incorporating" in paragraph 2 mean?
- A. Avoiding.
  - B. Adding.
  - C. Ignoring.
  - D. Removing.
26. What can be inferred from Dr. Maizes's words?
- A. Heart disease is hard to prevent.
  - B. People know little about heart risks.
  - C. Lifestyle changes reduce heart risks.
  - D. Doctors make daily habits different.
27. What can we learn about Easton from the last paragraph?
- A. She expects the change of rules.
  - B. She has decided to quit walking.
  - C. She keeps racing in her own way.
  - D. She feels sad about getting older.

## C

A new artificial intelligence (AI) model developed by the Chinese company behind social media rocked Hollywood this week — not just because of what it can do, but what it could mean for creative industries. Created by tech giant ByteDance, Seedance 2.0 can generate cinema-quality video, complete with sound effects and dialogue, from just a few written prompts (提示词). Many of the clips said to have been made using Seedance, and featuring popular characters like Spider-Man and Deadpool, became popular.

“For the first time, this doesn’t just look good for AI — it looks like real film production.” says Jan-Willem Blom from creative studio Videostate.

Western AI video models have made progress in processing user instructions to make amazing images, he adds, but Seedance seems to have tied everything together. Like other AI tools—Midjourney and OpenAI’s Sora—Seedance can create videos from short text prompts. In some cases just one prompt seems to be producing high-quality videos. It is particularly impressive because it combines text, visuals and audio in a single system, AI ethics researcher Margaret Mitchell says.

Seedance’s impact is being measured by an unlikely test: how well it generates a clip of Will Smith eating spaghetti. Not only can Seedance create a remarkably life-like version of the star eating a plate of pasta, it has also created popular videos of Smith battling a spaghetti monster — and it looks and feels like a big-budget movie.

Many industry experts and filmmakers believe Seedance is a new chapter in the development of video-generating technology. The complex action sequences it is producing look more realistic than its competitors, says David Kwok, who runs a Singapore-based animation studio called Tiny Island Productions. “It almost feels like having a cinematographer or director of photography specialising in action films assisting you.”

However, Seedance has run into trouble over copyright (版权) issues, a growing challenge in the age of AI. Experts warn that AI companies are prioritising technology over people as they make more powerful tools and use data without paying for it.

28. What does the author highlight about Seedance in paragraph 1?

- A. Its focus on social media.
- B. Its competition with Hollywood.
- C. Its ability to generate hot figures.
- D. Its influence on creative industries.

29. How does Seedance differ from Western AI video models?

- A. It integrates multi-media elements.
- B. It creates single amazing images.
- C. It processes instructions faster.
- D. It needs many text prompts.

30. Why is Will Smith mentioned in the text?

- A. To highlight his cooperation.
- B. To prove he is a famous actor.
- C. To show his love for spaghetti.
- D. To test Seedance’s performance.

31. What do experts think of Seedance?

- A. It will replace human workers.
- B. It needs proper data payment.
- C. It lacks some creative designs.
- D. It weakens action scene effects.

## D

Ocean acidity (酸度) is one of the key markers of Earth's health, because if it tips too far towards acidic, then the results can be disastrous — and a new study suggests the world's waters are now entering this danger zone.

A team of scientists from the US and UK looked at what's known as the planetary boundary for ocean acidification, defined as a 20 percent drop in average surface aragonite saturation — that's the calcium carbonate material that many marine organisms use for shells and skeletons.

Combining computer models with the latest field measurements, the researchers found that globally, the oceans were either very close to or beyond the boundary. Around 60 percent of deeper waters have gone beyond it, and 40 percent of surface waters.

Given the damage already recorded, the team suggests the boundary should actually be set at a 10 percent drop in aragonite saturation — a level the ocean as a whole went past at the turn of the millennium. "Looking across different areas of the world, the polar regions show the biggest changes in ocean acidification at the surface," says biological oceanographer Helen Findlay from Plymouth Marine Laboratory (PML) in the UK.

While ocean acidification is not something you'll immediately notice as you gaze out across the sea from the shoreline, it has a profound effect. It damages coral reefs, makes waters inhospitable (不适于居住的) for shell-building creatures, and kills off or weakens other marine life. That then has a knock-on effect on the rest of the ecosystem.

This acidification happens when carbon dioxide is absorbed by the ocean and reacts with water, and so the more greenhouse gases saturate the atmosphere, the more acidic the world's waters are going to become.

The researchers behind this latest study want to see a rapid response to the dangers, with targeted action taken in the areas most vulnerable (易受伤害的) to acidification — as well as protective measures for those areas that haven't been as badly affected so far.

32. What do we know about ocean acidity?

- A. It has no planetary boundary.
- B. It is safe for marine organisms.
- C. It shows Earth's health condition.
- D. It improves water surface greatly.

33. What does the new boundary suggestion imply?

- A. The original boundary was too strict.
- B. The damage was worse than thought.
- C. Acidification has stopped increasing.
- D. Polar regions are clearly less affected.

34. What does the author say about ocean acidification?

- A. It harms marine ecosystem deeply.
- B. It affects surface waters the most.
- C. It lessens greenhouse gases greatly.
- D. It benefits shell-building creatures.

35. What can be a suitable title for the text?

- A. Polar Regions Face Worst Acidification
- B. Marine Life Suffers from Acidic Waters
- C. Greenhouse Gases Threaten Ocean Health
- D. Ocean Acidification Reaches Danger Levels

## 第二节（共5小题；每小题2.5分，满分12.5分）

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

### Best Ways to Build Unbreakable Confidence

Many people struggle with low self-esteem (自尊) due to factors like childhood experiences, health issues, job loss, or feeling out of control. 36, but the most important step is to recognize them. If you do suffer from a lack of confidence, identifying that as the problem will set you on the road to a solution. Here are some ways to build confidence and create a better you.

● Write down your goals and how to achieve them. When you write down your goals in life, you must also include a means of achieving that goal. You will be laying down the road you will follow to that goal. 37. Remember that luck does not play a part in you achieving your goals.

● 38. For many people, going up to someone they do not know and speaking to them is a really scary thing to do. If you are at a meeting or conference where there are people you don't know, make a point of approaching one and opening a conversation.

● Try new things often. Being in a boring routine can be incredibly confidence-sapping. Every now and then break out of the routine and try something new. Don't just limit this to going somewhere different on holiday, although that is good. 39.

● Seek the company of successful people. All around you are people who are not motivated to achieve much. 40. Also, there will be those who see life differently and take a "can do" attitude. Try to create a circle of friends and acquaintances that are "can do" types.

- A. Talk to strangers
- B. Keep your goals under your control
- C. Competing with others is a great motivator
- D. Try to find an activity where you can learn a skill
- E. These issues can result in mental health problems
- F. They will often feel there is no point in doing things
- G. The most important thing is to forgive those who hurt you

## 第三部分 语言知识运用（共两节，满分30分）

### 第一节（共15小题；每小题1分，满分15分）

阅读下面短文，从短文后各题所给的A、B、C和D四个选项中，选出可以填入空白处的最佳选项。

When I was thirteen, I discovered I could draw better than most kids my age. A teacher 41 my sketch (素描), and suddenly 42 became my world. I filled notebooks with drawings, 43 becoming a great artist.

Feeling 44, I signed up for a summer art workshop. The first day, I walked in proudly with my collection of drawings. Then I 45 her — a girl my age creating a portrait that looked alive. I felt my own work 46 seemed simple.

Still motivated, I practiced harder. I spent hours on a 47 landscape, my best work yet. But the next week, a boy 48 a piece in minutes that made mine look rough. Worse, the instructor spent seconds on my 49 but ten minutes discussing his technique.

That night, I almost 50. I stared at my pencils and thought, “What’s the point? I’ll never be that good.” I missed the next two classes.

But something unexpected happened. I 51 myself doodling (涂鸦) on some used paper — just for 52, with no pressure. A simple bird, then a silly cartoon. And I 53: I missed creating, not competing.

I’ve learned since then that others’ 54 can inspire or discourage, but neither 55 when it is compared to the quiet joy of making something myself. My art doesn’t have to be the best — it just has to be mine.

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|---------------------|-----------------|----------------|-------------------|
| 41. A. praised      | B. ignored      | C. returned    | D. studied        |
| 42. A. music        | B. art          | C. sports      | D. reading        |
| 43. A. approving of | B. dreaming of  | C. hearing of  | D. complaining of |
| 44. A. nervous      | B. sad          | C. confident   | D. tired          |
| 45. A. saw          | B. imagined     | C. had         | D. left           |
| 46. A. gradually    | B. continuously | C. eventually  | D. suddenly       |
| 47. A. rough        | B. brief        | C. detailed    | D. familiar       |
| 48. A. bought       | B. destroyed    | C. copied      | D. finished       |
| 49. A. drawing      | B. notebook     | C. composition | D. attitude       |
| 50. A. continued    | B. quit         | C. agreed      | D. succeeded      |
| 51. A. prevented    | B. remembered   | C. found       | D. pictured       |
| 52. A. practice     | B. work         | C. luck        | D. fun            |
| 53. A. forgot       | B. realized     | C. doubted     | D. pretended      |
| 54. A. talents      | B. failures     | C. fortunes    | D. silences       |
| 55. A. differs      | B. helps        | C. exists      | D. matters        |

## 第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

阅读下面短文, 在空白处填入 1 个适当的单词或括号内单词的正确形式。

The lion dance, brought to the first US Chinatowns in places like San Francisco and New York in the mid-1800s by Chinese immigrants from the south, has become 56 familiar part of Chinese New Year celebrations around the country after more than a hundred years.

Chinese people perform the lion dance, a longtime 57 (culture) tradition, during Spring Festival to bring good luck, prosperity and fortune while 58 (ward) off bad spirits and bad energy for the new year.

It’s a symbolic tradition 59 (root) in ancient stories, where the lion’s 60 (violent) and loud music scare away monsters like the mythical *Nian*, signifying victory over hardship and welcoming a fresh start.

There is no official data to indicate how many lion dance 61 (team) there are in the US, but it's undeniable that the lion dance 62 (be) everywhere in cities with a large Chinese community, such as San Francisco, Los Angeles and Houston, during Spring Festival celebrations 63 usually last 15 days.

Spring Festival has gained wider appeal, and the lion dance has been 64 (close) associated with the holiday, making it a must-have for public celebrations.

For many US cities, the Spring Festival celebration is not complete 65 lion dances.

#### 第四部分 写作（共两节，满分 40 分）

##### 第一节（满分 15 分）

你校英文报正在征集“建设绿色校园”（Building a Green Campus）的稿件。请你写一篇短文投稿，反映校园浪费问题，内容包括：

1. 描述浪费现状；
2. 提出解决建议。

注意：

1. 写作词数应为 80 个左右；
2. 请按如下格式在答题卡的相应位置作答。

#### Building a Green Campus

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##### 第二节（满分 25 分）

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

I had always been a shy boy, afraid of speaking in public. The thought of standing in front of a crowd made my palms sweat and my heart race. I avoided any situation that required me to express my opinions. In class, I sat quietly at the back, hoping the teacher wouldn't call my name. My lack of confidence held me back from making friends. However, what began as my greatest fear eventually became the catalyst (催化剂) for my personal growth.

I vividly remember that autumn afternoon many years ago. I was in the tenth grade, and our English teacher announced a storytelling competition. "Everyone must participate," she said firmly. "It's part of your grade." My stomach dropped. I imagined myself standing on stage alone, with hundreds of eyes watching me. My friends chatted excitedly about their stories, but I sat frozen in my seat, fearing the day.

As the competition approached, my anxiety grew. I practiced at home, speaking to my bedroom mirror, but my voice trembled and I forgot my lines. I considered pretending to be sick, but something inside me refused to give up. My mother noticed my struggle. One evening, she sat beside me and said, "Courage isn't about not being afraid. It's about being afraid and doing it anyway." Her words touched me deeply. I decided to face my fear.

The day of the competition arrived. I walked onto the stage with shaking legs, holding my paper tightly. The bright lights blinded me, and the silence was deafening. I opened my mouth, but no words came out. A wave of panic washed over me. I heard someone whispering. My face burned with embarrassment. Just as I was about to give up, I saw my mother in the back of the hall. She smiled and nodded gently, her eyes filled with encouragement.

注意：

1. 续写词数应为 150 个左右；
2. 请按如下格式在答题卡的相应位置作答。

Paragraph 1:

Taking a deep breath, I closed my eyes and recalled my practiced story. \_\_\_\_\_

Paragraph 2:

That day on stage changed my life forever. \_\_\_\_\_