2026 北京东城高三二模

英　　语

2026.5

本试卷共 11 页，共 100 分。考试时长 90 分钟。考生务必在答题卡指定区域作答，在试卷上作答无效。考试结束后，将本试卷和答题卡一并交回。

第一部分　知识运用（共两节，30 分）

第一节（共 10 小题；每小题 1.5 分，共 15 分）

阅读下面短文，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

In high school, I was the girl with the overstuffed backpack, which was filled with items I thought I might need but never ___1___ used: extra notebooks, a pack of markers, a first-aid kit, water bottles, and even a change of clothes. I was convinced that being ___2___ meant being weighed down.

I arrived on the college campus with the same oversized backpack, and it wasn't long before the physical harm became impossible to ___3___. My shoulders and back ached constantly, and I even ___4___ social events because I didn't want to carry that heavy bag around.

I knew I needed to make a change and decided to adopt the "One Bag Rule": everything I needed for the day had to fit into a small, lightweight backpack. At first, it was ___5___. I stared at piles of "essential" items, trying to decide what to leave behind. Finally, I replaced my heavy reference books with a single notebook. I donated my extra water bottles and kept just one. I even learned to live without a first-aid kit, ___6___ that the campus health center was never too far away.

The ___7___ period was tough, but the rewards were immediate. My back pain disappeared within weeks. I moved faster through the campus. I returned to social events because my bag was no longer a ___8___ — it was a convenience. But the biggest change was mental. When I stopped carrying around a bag full of "what-ifs", I started living more ___9___, I no longer felt the need to prepare for every possible disaster. That sense of ___10___ welled into every area of my life, giving me space to focus on what truly matters.

1. A. gradually　B. merely　C. precisely　D. actually

2. A. prepared　B. settled　C. stuffed　D. needed

3. A. reduce　B. suffer　C. cure　D. ignore

4. A. delayed　B. ruined　C. skipped　D. filmed

5. A. unfair　B. painful　C. disappointing　D. useless

6. A. testing B. trusting C. explaining D. showing

7. A. reflection B. recovery C. adjustment D. hesitation

8. A. burden B. failure C. choice D. habit

9. A. on the go B. in the moment C. by faith D. to the full

10. A. connection B. gratitude C. responsibility D. freedom

第二节（共 10 小题；每小题 1.5 分，共 15 分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。请在答题卡指定区域作答。

A

I was having the time of my life with the incredible fifth-grade class this year. They were full of love and creativity. One day, a student raised her hand and asked if I ___11___ (realize) I was wearing two different shoes. Laughter filled the room and I felt my cheeks burn with embarrassment. The next gesture is ___12___ I will never forget: the students proceeded to trade shoes with each other to match my crazy situation. ___13___ (magical), my mismatched shoes turned out to be the coolest trend in the classroom.

B

Evan Budz, a 15-year-old from Canada, won first place at the 36th EU Contest for Young Scientists with his autonomous bionic sea turtle robot. He ___14___ (inspire)when he observed the movement of real turtles during a camping trip. His design enables smoother movement through water, ___15___ (reduce) impact on the delicate underwater ecosystems. ___16___ an AI-powered computer vision system, the robot monitors coral health and aids underwater surveys and coral reef protection. Budz's innovation shows young people's remarkable capability ___17___ (tackle) complex technical and environmental challenges.

C

Although each social science focuses on a different aspect of human life, they have much in common. Each builds a body of knowledge ___18___ content consists of general laws, principles, and generalizations describing how facts, trends, and observations are related. Some students believe that the social sciences are somehow ___19___ (scientific) than the physical and life sciences, but social scientists use the same methods that all scientists do: observation, experimentation, testing of scientific theories, and reporting on the results of experiments. If you decide to major in a social science, you should expect to conduct your own research and keep yourself ___20___ (equip) with related information.

第二部分　阅读理解（共两节，38 分）

第一节（共 14 小题；每小题 2 分，共 28 分）

阅读下列短文，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

A



If you're moving in or moving out of your student accommodation, you might need a helping hand. Whether you're having new purchases delivered to your dormitory, or searching for some place out of campus to store your things, BoxIt is always here to help.

We store suitcases, cycles, sacks and stacks of other stuff in our secure sites. If you need packing materials, tell us and we'll send them to you. You can upload photos of the things in each box to your own BoxIt account to remind yourself what is where, and then download our app to monitor your belongings as they move.

When you're ready, book the delivery of your boxes online. Just let us know what you need to be stored and we'll send one of our staff to pick your things up, but remember that if the address we are delivering your boxes to is farther than 25 miles from where we picked them up, there is an additional charge. Collections are free from Monday to Friday if we collect between 8 a.m. and 8 p.m.

Don't leave any empty space in your box — this makes your box weaker and may damage the things inside, and not filling the box also means you need more boxes so it costs you more. And don't put too much into your box — keep it under 25 kilos in weight.

If you pack the following items in your boxes, we can't be responsible for any damage to your things when we're moving them:

·Knives and sharp objects

·Musical instruments in soft cases

·Food

·Antiques

·Pets or any other living creatures

·Mirrors or large glass items

Make sure the driver can easily get into your place and that you are at your address for the full duration of the collection time.

21. To have items delivered by BoxIt, one needs to _____.

A. order online　　B. download its app

C. buy boxes from BoxIt　　D. send photos of the stuff to BoxIt

22. Customers are advised to _____.

A. fill the box up　　B. prepare extra boxes

C. wrap up sharp objects　　D. book service on weekends

23. What can we learn about BoxIt?

A. It will check the items in the boxes.

B. Its delivery supports remote tracking.

C. Its service is intended for university staff.

D. It can collect items in the absence of the owner.

B

I had no idea it was possible to sweat so heavily without engaging in any physical activity. I wasn't standing at the open door of a plane thousands of feet in the air, ready to jump out into the wild, blue sky. Rather, I was simply sitting on my bed, wearing my most comfortable clothes, and waiting to hit the "Enter classroom" button on my computer. I had signed up for an online language lesson with a Portuguese language tutor. For the past few months, I had been studying the language and I knew video chat was the next best option.

As I clicked the button, a friendly face popped up on the screen in front of me. At that moment, my mind froze. Feeling my nervousness, my tutor said something I still remember today, "Learning a new language is like showing your weakness to the world. It can be uncomfortable." The ice was officially broken. As I've progressed along on my language journey, I often think back to her insight.

She is right. We take as a given the power to express ourselves freely, and when that power is taken away, we are brought to a place of weakness. Yet if we keep pushing forward despite this weakness, we will unlock a wealth of valuable gains.

My three-year-old son has big feelings but has insufficient vocabulary to properly express himself. When I started learning Portuguese, I realized how difficult it must be for him to be understood in the adult world around him. I'm a better parent now.

When my husband and I finally visited Portugal and ordered food in Portuguese at a small shop, the server thanked us for taking time to learn their language. Learning Portuguese taught me that attempting to learn someone else's language shows respect not only for their homeland but for the people themselves.

Taking on the challenge of Portuguese has also awakened a fire within me. If you had told me a year ago that I would be taking a writing course, competing in competitions at my gym, or learning about car maintenance, I truly wouldn't have believed it. Now I deeply believe that challenging yourself can be rewarding in ways you will never

know unless you attempt it.

24. What was the author doing in Paragraph 1?

A. Working out at home. B. Taking an entrance exam.

C. Preparing herself for a class. D. Signing up for a language club.

25. Hearing the tutor's words, the author felt _____.

A. shocked B. defensive C. concerned D. relieved

26. After learning Portuguese, the author _____.

A. showed competitive advantages B. started to try Portuguese cuisine

C. developed a passion for travelling D. became an understanding mother

27. What can we learn from the passage?

A. It is never too late to learn something new.

B. Taking on challenges may bring perfection.

C. Leaving the comfort zone offers new visions of life.

D. Language learning helps clear up misunderstandings.

C

Two summers ago, in the blue waters off the coast of a small Caribbean island; a sperm whale named Rounder began to give birth. Eleven members of her family slowly gathered around to support her, coming from miles away in their home waters. They called to one another in Morse code-like clicks as they waited for the baby to arrive and in the hours that followed, when they held the baby above water so that she could breathe.

Scientists are developing innovations in recording and analyzing their communications that could someday make it possible to understand at least some of what whales say to each other in this extraordinary moment. David Gruber, president of Project CTI — Cetacean (鲸类) Translation Initiative, has gathered dozens of linguists, biologists, roboticists, and experts in artificial intelligence to document the lives and communications of sperm whales. Gruber's team is working to develop a translation tool, which would transform sperm whale sounds into human words. One result of the research might be a world in which-humans "undeniably understand" these creatures' experience from their own perspectives, and this might breathe new life into whale conservation.

Consider, for instance, the problem of ocean noise pollution. Massive marine mammals such as sperm whales depend on highly-specialized echolocation systems to search for food and navigate the vast, lightless zones of the ocean and their highly-developed cerebral neural systems support near-constant communication with companions in their social groups. Thus, sound constitutes an irreplaceable and life-sustaining sensory core for them. Growing human noise — oil and gas exploration, construction, and most of all, ship engine noise — is a clear harm, disturbing

the basic activities of sperm whale life.

While the evidence of harm is obvious, current laws are far from functional. Existing regulations (法规) provide a legal framework for preventing harm, but noise-related harm is mostly ignored. This is exactly where the breakthrough lies. What if whales were documented not only struggling to make themselves heard above the noise, but actually talking about it? Were a sperm whale heard voicing the pain caused by ship engine noise, its words would likely carry more weight in a court of law than do human descriptions of the problem. Being able to present the whales' own statement, so to speak, might lead to action being taken.

The pursuit to find and translate complex animal communication should not reduce the worth of creatures who don't appear to have those capacities. We may simply fail to appreciate their intelligence; and the lack of rich communication does not make any life less special. But it would still be incredible, and perhaps transformative, to know what sperm whales say — and this could be seen as an entry point, a beginning rather than a destination, on the journey to appreciating all creatures.

28. What is the main goal of Project CTI?

A. To promote cetacean interactions.

B. To build a bridge to sperm whales' thoughts.

C. To call for regulations to protect sperm whales.

D. To secure a safer habitat for endangered whales.

29. The author uses the question underlined in Paragraph 4 to _____.

A. express a doubt　　B. defend a viewpoint

C. question an assumption　　D. introduce a possibility

30. What can we conclude from this passage?

A. Research on animals should be conducted with care.

B. Understanding whales is a start to unlock their potential.

C. Whales' own accounts may help reduce harm from humans.

D. The lack of noise-related laws is due to common misconceptions.

D

A few years ago, I wrote a piece in which I declared that biography, if not quite dead, was in very poor condition. I was concerned that for far too long, it had been criticized that biographies were poorly written and just listed facts from birth to death. I even hesitated before telling people I was a biographer: it felt tantamount to admitting that I was a journalist incapable of original thought.

But it turns out to be otherwise. It was more that I hadn't been looking for it hard enough or in quite the right

places. Last weekend, the University of East Anglia hosted a conference at which the masters of biography. took its pulse and gave the encouraging conclusion. What has happened, these experts explained, is that biography has changed its shape. This shift has come from a growing sense that biography as it used to be done was not getting us close to the experience it was trying to describe. We all know that life isn't actually comprised of a stately march through the decades in which loose ends, false trails and those periods where nothing much happens are tidied away out of sight. Mostly our lives feel shapeless, coming into focus only when a particular occasion makes us feel, for a few minutes at least, fully ourselves.

To better reveal the authentic, unscripted nature of a life, one new approach to biography employs the presenting of something small to tell a bigger story. Frances Wilson demonstrated how effective this can be in *How to Survive the Titanic*. She focuses on the moment when J Bruce Ismay, the ship's owner, jumped into a lifeboat meant for women and children, vividly charting a story about one man's lost honour. Another approach is to organise your story around objects that carried a particular emotional charge for the person you are writing about. In *The Real Jane Austen*, for instance, biographer Paula Byrne pulls out an East Indian shawl (披肩) and a carringe that figured in both Austen's personal experience and her fiction, and tells a new story around them. Other biographers have realised that their subject's non-eventful schooling or the long holidays by the sea can be cut down to a few short paragraphs so they can spend more time on the bits that matter.

These new ways of telling lives are not entirely driven by intellectual concerns. The pressures are commercial, too. People also have shorter attention spans, which means that those doorstop biographies of 400 pages can start to seem like an approaching threat rather than a delicious promise. But more and more interesting books are being published which deal with the lives of others. They may not announce themselves as "biographies", but that doesn't mean they aren't.

31. What does the word "tantamount" underlined in Paragraph 1 most probably mean?

A. Superior.　B. Similar.　C. Unusual.　D. Obvious.

32. Why does the author share his ideas on life in Paragraph 2?

A. To assess its significance to biography.

B. To justify the emerging trend in biography.

C. To emphasize the value of modern biography.

D. To argue for the authenticity of conventional biography.

33. As for the new approaches, the author would agree that _____.

A. they could be more engaging

B. they involve subjective descriptions

C. they might be easier for writers to handle

D. they help commercialize the publishing industry

34. What is the passage mainly about?

A. What biography is all about.

B. Whether biography should mirror life.

C. Why biography is anything but in decline.

D. Who defines the literary status of biography.

第二节（共 5 小题；每小题 2 分，共 10 分）

根据短文内容，从短文后的七个选项中选出能填入空白处的最佳选项，并在答题卡上将该项涂黑。选项中有两项为多余选项。

Picture. a table surrounded by curious minds, each desiring to uncover the mysteries of the universe, as they start a journey of intellectual exploration through the art of challenging questions. The scene summarizes the essence of intellectual questions. ___35___ They're the kind of questions that make you frown, scratch your head, and maybe even lose a little sleep.

___36___ For instance, as AI systems become increasingly complex, we're forced to deal with some pretty mind-bending questions, like "Will AI ever achieve true consciousness?" or "Could it one day surpass human intelligence?" Environmental sustainability presents another set of urgent scientific questions: "How can we balance economic growth with environmental protection? Could we engineer our way out of a climate disaster?" Similarly, space exploration has fascinated human for centuries. ___37___ We may wonder: "Could we one day settle on other planets?"

You might be wondering: "Why bother with all these heavy questions? Can't we just enjoy a nice, light conversation about the weather?" Well, sure, we could. But where's the fun in that?

Asking intellectual questions isn't just a way to sound smart at dinner parties. When we engage with intellectual questions, we're developing critical thinking skills, enhancing our ability to analyze complex issues, and broadening our understanding of the world. ___38___ And the benefits go beyond personal development. Engaging in intellectual questions can promote understanding. When we struggle with difficult questions together, we learn to appreciate different viewpoints, to challenge our own assumptions, and to find common ground even in disagreement. ___39___ Didn't many of the world's greatest discoveries and inventions start with someone asking "What if?" or "Why not?"

So next time you find yourself in a conversation, don't be afraid to dig a little deeper, to ask the big questions, and to challenge assumptions. Your brain and the world will thank you for it.

A. Intellectual questions arise accordingly.

B. It's like going to the gym, but for your brain.

C. Intellectual questions are not just surface-level inquiries.

D. Moreover, raising big questions drives innovation and progress.

E. In a world full of challenges, they are more important than ever.

F. As we explore further, the questions touch on the very fabric of our society.

G. The questions that unlock deep insights and meaningful connections lie in every corner.

第三部分　书面表达（共两节，32 分）

第一节（共 4 小题；第 40、41 题各 2 分，第 42 题 3 分，第 43 题 5 分，共 12 分）

阅读下面短文，根据题目要求用英文回答问题。请在答题卡指定区域作答。

Last month, I visited a well-known art museum in the city with my wife. As we stood before a priceless impressionist painting, I noticed something strange: nearly every teenager around us was not looking at the paintings. Their arms extended, and their eyes were fixed on the small screens of their cellphones. They were taking photos — dozens of them — framing the artwork and adjusting angles, all without pausing to actually see the painting itself.

This scene made me wonder: have we, as a generation, lost the ability to experience life directly? It seems that for many of us, an event is not real unless it is documented and shared on social media. We don't just go to a concert; we capture it to post online. We don't just watch a sunset; we film it for the social media platform.

I used to be one of those people. Last summer, I went to a music festival and spent the entire night holding my phone above my head, trying to record every song. When I got home, I was exhausted — and disappointed. My videos were shaky, the audio was terrible, and I couldn't remember a single note I had "watched" live. Worse, I had missed the chance to dance with my friends or feel the music in my bones. That night, I realized I had prioritized sharing the moment. over living it.

So, I have made a promise to myself: to put my phone down more often and be fully present in those times that make life meaningful. We need to look at the painting instead of photographing it, and dance to the music instead of recording it. Why let our phone cameras become a barrier between us and the world? After all, the best memories are not the ones we capture on camera — they are the ones we capture in our hearts.

40. What were the teenagers busy doing in the museum?

41. What did the author realize after the music festival?

42. Please decide which part is false in the following statement, then underline it and explain why.

➢ ***For the best memories, the author has decided to keep records of the meaningful moments.***

43. Do you agree that the cellphone camera has become a barrier between us and the world? Why or why not? (***In***

about 40 words)

第二节（20 分）

假设你是红星中学高三学生李华。你的外国好友 Jim 正在策划一次班级研学活动，就活动的主题来信征求你的建议。请你用英文给他回信，内容包括：

1. 你的建议；

2. 建议的理由。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear Jim,

_____

_____

_____

Yours,

Li Hua

参考答案

第一部分　知识运用(共两节，30 分)

第一节(共 10 小题：每小题 1.5 分，共 15 分)

1. D　　2. A　　3. D　　4. C　　5. B

6. B　　7. C　　8. A　　9. B　　10. D

第二节(共 10 小题：每小题 1.5 分，共 15 分)

11. had realized/ realized　　12. what　　13. Magically　　14. was inspired

15. reducing　　16. With　　17. to tackle　　18. whose

19. less scientific　　20. equipped

第二部分　阅读理解(共两节，38 分)

第一节(共 14 小题；每小题 2 分，共 28 分)

21. A　　22. A　　23. B　　24. C　　25. D

26. D　　27. C　　28. B　　29. D　　30. C

31. B　　32. B　　33. A　　34. C

第二节(共 5 小题；每小题 2 分，共 10 分)

35. C　　36. G　　37. A　　38. B　　39. D

第三部分　书面表达(共两节，32 分)

第一节(共 4 小题;第 40、41 题各 2 分,第 42 题 3 分,第 43 题 5 分,共 12 分)

40. They were busy taking photos of the artwork.

41. He had prioritized sharing the moment over living it.

42. For the best memories, the author has decided to keep records of the meaningful moments.

The author has decided to put his phone down more often and be fully present in those times that make life meaningful.

43. 略

第二节(20 分)

Dear Jim,

I'm glad to hear that you are planning a study tour for your class. I'd be happy to offer my suggestion for its possible theme.

Is “Exploring Local Culture” a good idea? You know, such a tour can help you learn more about local history and traditions, which enables young people to better understand where they came from and who they are. It'll inspire love for the place you live in and appreciation for the shared identity. In the meantime, this process offers a wonderful

chance for you to rediscover the beauty of local culture and may stimulate a strong desire to contribute to its preservation.

I believe this theme is both educational and meaningful. I hope my suggestion can be helpful.

Yours,

Li Hua