2025 北京通州高三一模

英　　语

2025 年 4 月

本试卷共 10 页，共 100 分。考试时长 90 分钟。考生务必将答案答在答题卡上，在试卷上作答无效。考试结束后，请将答题卡交回。

第一部分：知识运用（共两节，30 分）

第一节 完形填空（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。

By my early 40s, I had exhausted all the hobbies that were supposed to make me feel better about entering middle age. And then, at the height of my low-grade desperation, I decided to ____1____ for a ballet class.

"But you're not very ____2____," my husband gently reminded me. He wasn't wrong. I nearly injured myself when I tried to stretch my leg. Also, I could see how I didn't exactly look like promising ballerina material. But I was determined to give it a try, because I needed confirmation that my body was capable of movement and grace.

Although I'd expected my classes to be physically ____3____ and my leg muscles to ache, I hadn't ____4____ that the experience in the ballet studio would bring a certain joy, and my teacher's command to "take up more space" would ____5____ my way of being in the world.

When I ____6____ about my lack of grace in the simple act of pointing and extending my foot to the side, my teacher reminded me that ballet isn't about ____7____. Rather, he said, it's about ____8____ to be better. As a writer who polishes sentences all day with the hope that they will approximate the beautiful, perfect construct in her mind, this felt like the best, most valuable writing advice I'd ever received.

If anything, ballet is forcing me to ____9____ my relationship with my body. Instead of noticing only the beginning of older age approaching me, I now focus on what my body is capable of, appreciate the small changes, and I've learned to stand with more ____10____. As for the imperfections? They're part of being alive.

1. A. make up	B. sign up	C. take up	D. stand up
2. A. flexible	B. strong	C. energetic	D. slim
3. A. relaxing	B. inspiring	C. demanding	D. rewarding
4. A. forgotten	B. ignored	C. realized	D. anticipated
5. A. change	B. maintain	C. challenge	D. limit
6. A. argued	B. cared	C. complained	D. dreamed
7. A. effort	B. courage	C. passion	D. perfection
8. A. appearing	B. struggling	C. pretending	D. promising
9. A. recall	B. recover	C. rethink	D. restrict
10. A. confidence	B. experience	C. strength	D. excitement

第二节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

A

阅读下面短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

As the world is becoming more digital, the importance of information security cannot be ignored. Currently, many countries ____11____ (take) measures to protect their online systems. For example, governments are investing heavily in advanced technologies ____12____ (prevent) cyberattacks. At the same time, individuals ____13____ (encourage) to improve their awareness of online safety. The ____14____ (grow) number of cyber threats has made it essential for everyone to stay alert. By working together, we can create a safer digital environment for all.

B

阅读下面短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

In Ne Zha 2, Ne Zha is a brave and kind hero. ____15____ (know) for his strong will and fiery spirit, he faces many challenges but never gives up. Ne Zha deeply cares for his friends and family, always ready to protect them. His journey shows how he grows ____16____ a true hero. Through his actions, Ne Zha teaches us about courage, loyalty, and the importance of fighting for ____17____ is right. His story is both exciting and inspiring, making him a character everyone can admire.

C

阅读下面短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

In China, it is said that the egg can be set upright on the first day of the Start of Spring. It is believed that if someone can make the egg stand on that day, he ____18____ (have) good luck in the future. According to astronomers and physicists, setting the egg upright has nothing to do with time, but with mechanics. The most important thing is to shift the egg's center of gravity to the ____19____ (low) part of the egg. In this way, the trick is holding the egg until the yolk (蛋黄) sinks as much as possible. For this, people should choose an egg of 4-5 days ____20____ yolk tends to sink down.

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

From the nature of dark matter and dark energy to the origins of the universe itself, scientists are tackling with questions that challenge our fundamental understanding of reality. Join 4 world-leading experts from astronomy, astrophysics and cosmology (宇宙学) as they reveal the latest research about our universe.

At this Instant Expert, you'll:

* Learn about the most recent breakthroughs in cosmology.

* Discover how scientists are using cutting-edge technology, such as the James Webb Space Telescope, to explore the universe.

* Explore cosmic problems such as dark matter and the special implications of general relativity.

* Gain insights into the future of cosmology and its potential impact on humanity.

Information about Talks:

	*TALK 1: Exploring the universe with the first light* Unlock the secrets of the Universe's origins and discover groundbreaking projects shaping the future of cosmology.
	*TALK 2: What will gravitational waves teach us about find amental physics?* Explore how powerful new gravitational wave detectors and simulations will reveal new insights into gravity, dark matter, and unknown physics.
	*TALK 3: Unlocking the secrets of the Universe with the James Webb Space Telescope* Explore how the James Webb Space Telescope is revolutionizing our understanding of the early universe, from the birth of the first galaxies and stars to the formation of black holes.
	*TALK 4: Creating a virtual research assistant to survey the skies* Discover how an Al-powered research assistant is innovating astronomy by automating data processing and prioritizing key events for more efficient research.

Additional Notes:

We require the name of each person attending — please ensure this is provided at the time of booking. If you need to change the name of an attendee, please notify us as soon as possible: live@newscientist.com.

Tickets are non-transferable to any other New Scientist event, but we can scan tickets from a print-out, or off the screen of a phone or smartwatch.

For further information, please visit newscientist.com/cosmosevent.

21. The key focus of the Instant Expert event is _____ .

A. teaching astronomy to teens and beginners

B. revealing the latest research about our universe

C. discussing the impact of cosmology on daily life

D. debating the existence of dark matter and dark energy

22. Which Talk features the efficiency-enhancing device?

A. Talk 1 B. Talk 2 C. Talk 3 D. Talk 4

23. According to the Additional Notes, tickets can be _____.

A. accepted in digital form B. given to any other person

C. transferred to another event D. booked without a name provided

B



A teacher in New York decided to honor each of her seniors in high school by telling them the difference they each made to her and the class. She presented each of them with a blue ribbon imprinted with gold letters which read, "Who I Am Makes a Difference". Afterwards the teacher gave each of the students three more ribbons and instructed them to spread this recognition to ceremony.

One of the boys in the class honored a junior executive in a nearby company for helping him with his career

planning and later that day the junior executive went to see his boss, who had been noted as being kind of a bad tempered fellow. He told his boss that he deeply admired him for being a creative genius. Then the junior executive placed the blue ribbon on his boss's jacket.

That night the boss came home to his 14-year-old son and sat him down. He said, "The most incredible thing happened to me today. I was in my office and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine. He thinks I'm a creative genius. Then he put the blue ribbon that says 'Who I Am Makes A Difference' on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor. As I was driving home tonight, I started thinking about whom I would honor with this ribbon and I thought about you, I want to honor you."

"My days are really stressful and when I come home, I don't pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school and for your bedroom being a mess, but somehow tonight, I just wanted to let you know that you do make a difference to me. Besides your mother, you are the most important person in my life. You're a great kid and I love you!"

The astonished boy started to sob and sob, and he couldn't stop crying. His whole body shook. After a long silence, he looked up at his father and said through his tears, "Thank you, Dad. This blue ribbon means more to me than anything. I love you too."

24. The teacher gave each student three more ribbons in order to _____.

A. honor their good behavior in class

B. pass on the act of acknowledgment

C. show her appreciation for their help

D. prepare for the graduation ceremony

25. What can we infer about the boss before receiving the blue ribbon?

A. He was attentive but strict to his son.

B. He had great skills in career planning.

C. He was well-known as a creative genius.

D. He prioritized work over family responsibilities.

26. On hearing his father's words, the boy felt _____.

A. relieved of long-held insecurities

B. confused by the sudden attention

C. indifferent to his father's apology

D. upset about being ignored before

27. The story mainly tells us that _____.

A. teachers have great influences on students

B. it is important to express gratitude to others

C. everyone needs to be recognized and appreciated

D. parents should pay more attention to their children

C

In an era dominated by rapid technological advancements and the increasing demand for STEM (Science, Technology, Engineering, and Mathematics) skills, the value of liberal arts education is under scrutiny. However, recent discussions and research suggest that liberal arts education remains not only relevant but essential for addressing the complex challenges of the modern world.

Liberal arts education is often defined as a multidisciplinary approach to learning. One of the key arguments in

favor of liberal arts education is its role in fostering well-rounded individuals capable of navigating a rapidly changing job market. While STEM degrees often lead to higher starting salaries and more immediate job opportunities, liberal arts graduates tend to exhibit greater adaptability and versatility (多才多艺) over time. Moreover, liberal arts provide a foundation for understanding the complexities of human society and culture. In a globalized world, the ability to navigate diverse perspectives and engage with different cultures is increasingly important. The study of history, literature, and philosophy helps students develop empathy and a deeper understanding of the world around them, which is crucial in a globalized workforce where cross-cultural communication is the norm.

Another significant aspect of liberal arts education is its role in fostering ethical and responsible citizens. In a world where technology can have profound impacts on society, the humanities provide a framework for understanding the ethical implications of new developments. For example, philosophers and ethicists are crucial in addressing moral questions surrounding artificial intelligence and data privacy.

The integration of liberal arts and STEM education has also gained recognition in recent years. The STEAM (STEM+Arts) movement emphasizes the importance of combining technical skills with creativity, critical thinking, and ethical reasoning. By incorporating liberal arts into STEM education, students can develop a more well-rounded skill set that prepares them to address complex, real-world problems.

Despite the challenges posed by the digital age, liberal arts education continues to play a vital role in shaping adaptable, ethical, and culturally competent individuals. As Jeffrey Scheuer notes, “It’s the thinking, it’s the critical thinking that I argue is the common thread, really the trunk on which all of these different disciplines grow.”

28. What does the phrase “under scrutiny” underlined in Paragraph 1 probably mean?

A. Being widely praised and encouraged.

B. Being overestimated and highly stressed.

C. Facing careful examination and questioning.

D. Receiving complete support without challenge.

29. What is the key advantage of liberal arts graduates compared to STEM graduates?

A. More flexible and diverse capabilities,

B. Specialized technical training for specific industries.

C. Expertise in ethical artificial intelligence development.

D. Higher starting salaries and immediate job opportunities.

30. Why does the author mention philosophers and ethicists in Paragraph 3?

A. To point out their lack of technical skills.

B. To support the mentioned idea specifically.

C. To highlight their involvement in designing AI systems.

D. To show the crucial roles of philosophy and ethics in libera arts.

31. Which of the followings would be the most suitable title for the passage?

A. The Decline of Liberal Arts Education

B. The Integration of Liberal Arts and STEM

C. The Adaptability of Liberal Arts Graduates

D. The Value of Liberal Arts in the Digital Age

D

Time isn’t nearly as unchangeable as it first seems. Ask any scientists and they’ll likely entertain you with

incredible descriptions of a gravity's effect on space-time (i. e. the more massive an object is, the slower time appears to travel around it). Some scientists even wonder if entire zones of the universe experience time at different rates. However, the perception of the speed at which time passes can also vary within our minds. Steve Taylor, a psychologist at Leeds Beckett University, is exploring this field in a new book called Time Expansion Experiences.

Taylor's interest in these altered temporal (时间的) moments — which he calls "time expansion experiences," or TEEs — began when he and his wife were involved in a car crash back in 2014. "Everything went into slow motion", Taylor describes. "I felt as though I had a lot of time to observe the whole scene and to try to regain control of the car. I was surprised by how much detail I could perceive."

In the following decade, Taylor began investigating how and why these moments of ultra-slowness appear. He analyzed 96 instances as TEEs and found that roughly half of them occurred during accidents, while others took place during sporting events or in meditation (冥想)。

In a new article, Taylor explained how some of the leading theories behind these time altering states don't quite grasp the entire range of the experiences. One theory believes these moments are the result of the release of noradrenaline — basically the body's emergency response — but this doesn't explain the mental time expansion of people during moments of intense meditation or concentration.

"Another theory is that TEEs aren't real experiences, but illusions (幻觉) of memory. In emergency situations, our awareness becomes sharp, so that we take in more perceptions than normal," Taylor wrote. "These perceptions become encoded in our memories, so that when we recall the emergency situation, the extra memories create the impression that time passed slowly."

However, Taylor's findings from people who've experienced TEEs indicate that they were able to process thoughts and information much faster than what would be possible under normal circumstances. Instead, Taylor advocates for an idea that these events shift the human mind into an altered state of consciousness. In these moments, we step outside our normal consciousness into what Taylor calls a different "time-world." "The sudden shock of an accident may disrupt our normal psychological processes, causing a sudden shift in consciousness", Taylor wrote.

32. Why does the author mention a car accident?

A. To stress the importance of time perception.

B. To introduce Steve Taylor's research method.

C. To describe a typical time expansion experience.

D. To explain the cause of Taylor's interest in TEEs.

33. What can we learn from the leading theories behind the time altering states?

A. TEEs are imaginations based on incorrect memories.

B. Noradrenaline release doesn't explain accident TEEs.

C. People tend to perceive things better in emergency situations.

D. TEEs relates to the flow of time between gravity and space-time.

34. According to Taylor, which of the followings is most likely to be a time expansion experience?

A. A hiker recalls a mountain fall with details years later.

B. A student feels time flies while playing games for hours.

C. A firefighter sharply senses fire spreading during a rescue.

D. A person is attending a meeting, discussing everyday tasks.

第二节 七选五（共 5 小题；每小题 2 分，共 10 分）

The Hedgehog's Dilemma is a concept that explores the tension between the desire for close relationships and the risk of emotional harm. Schopenhauer, a German philosopher, used the metaphor of hedgehogs seeking warmth on a cold winter day: they crowd together for comfort but soon feel the pain of each other's quills(刺). They separate, only to feel the cold again, eventually finding a suitable distance that allows warmth without pain. ____35____.

So that's the theory, but what does this look like in our everyday lives? ____36____ But should we let these experiences block us from letting our guard down in the future? Schopenhauer's advice would probably be "yes". ____37____. For example, a review, which analyzed 148 studies involving 308,849 participants, found that individuals with strong social connections have a 50% increased like hood of survival. Additionally, the National Institute on Aging reports that the health risks of long-term isolation (隔离) are equivalent to smoking 15 cigarettes a day.

____38____ Psychological therapist Hilary Sanders explains chat behaviors like isolation or anger can serve as survival strategies during childhood. While these defenses may provide short-term protection, they can block meaningful connections if they persist.

In conclusion, the natural longing for connection drives us to seek out meaningful relationships, even when we know that weakness can lead to emotional pain. Yes, there are risks in exposing our true selves and emotions, but unlike hedgehogs, humans don't come with the quills built in. ____39____ So when we learn to lower our defences for safe people, there's a chance we actually can have it all — the warmth of genuine relationships without the fear of being hurt.

A. However, modern research offers a different perspective.

B. This metaphor shows the importance of adaptability in nature.

C. Most of the defensive reactions originate from early experiences.

D. These experiences can make it difficult to trust others in the future.

E. Many people share stories of emotional pain from close relationships.

F. This reflects humans' struggle to balance closeness and self-protection.

G. We have the capacity to choose whom we trust and how we protect our selves.

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）

阅读下面的短文和问题，根据短文内容，在相应题号后的横线上写下相关信息，完成对该问题的回答。答语要结构正确，书写工整，字迹清楚。

In the quiet town of Bishop Stortford, there exists a unique Victorian shop called the Poetry Pharmacy(药房). What appears to be a regular pharmacy from the outside is actually filled with books and literary gifts inside. The founder, Deborah Alma, a poet herself, set up this magical place to bring poetry closer to people, where poems are prescribed to comfort the soul.

Deborah originally started doing poetry prescriptions part-time, using an old ambulance that she was driving around the country. She became known as "the emergency poet", recommending poems to people at various events like literary festivals.

After a few years, Deborah started getting tired of working outside, and she was looking for a change. "I've

been aware of a place for sale on and off for years. I went there, and looked through the windows — you can see all these dusty shelves of an old hardware store which looked like an old pharmacy. And I said to my husband, 'Can you imagine all my pill bottles on those shelves? We could have a poetry pharmacy here!'"

Inside Deborah's poetry pharmacy, there is a café, a library, and a few rooms — one of which gives home to Deborah's one-on-one consultations. These consultations are designed similarly to conventional therapy session is people are asked to share their feelings and worries to get the right poems prescribed for them. "I ask what they would like to be prescribed poems for — and it may be something quite light, or it can be quite a profound thing; like grief or heartbreak or lack of self-confidence or anxiety about their future. And having listened to them, I give them the gift of a poem. These poems are all very resolved — they are all full of hope or optimism."

40. What's the purpose for Deborah Alma to set up the Poetry Pharmacy?

_____

41. What made Deborah to have the idea of establishing the Poetry Pharmacy?

_____

42. Decide which part of the following statement is wrong. Underline it and explain why.

During the consultations, people share their feelings and worries, so that Deborah can provide conventional prescriptions for them.

_____

43. What other way(s) can you think of to comfort the soul of others?

(In about 40 words)

_____

第二节（20 分）

44. 假设你是红星中学高三学生李华，你准备参加学校下周举办的校园"科技创意大赛"（Technology Innovation Competition），请给你的外国朋友 Jim 写一封邮件，内容包括：

1. 说明举办大赛的目的；
2. 介绍你的创意作品；
3. 征求改进建议。

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 完形填空（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。

【答案】1. B　2. A　3. C　4. D　5. A　6. C　7. D　8. B　9. C　10. A

第二节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

【答案】11. are taking　12. to prevent　13. are encouraged　14. growing

【答案】15. known　16. into　17. what

【答案】18. will have　19. lowest　20. whose

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）

【答案】21. B　22. D　23. A

【答案】24. B　25. D　26. A　27. C

【答案】28. C　29. A　30. B　31. D

【答案】32. D　33. C　34. C

第二节 七选五（共 5 小题；每小题 2 分，共 10 分）

【答案】35. F　36. E　37. A　38. C　39. G

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）

【答案】40. Deborah Alma set up the Poetry Pharmacy to bring poetry closer to people, where poems are prescribed to comfort the soul.

41. Seeing the dusty shelves of an old hardware store which looked like an old pharmacy.

42. *During the consultations, people open up about their problems, so that Deborah can provide conventional prescriptions for them.*

According to the passage, people are asked to share their feelings and worries to get the right poems prescribed for them. So, "*During the consultation, people share their feelings and worries, so that they can get the right poems for them.*"

43. Listening carefully when others talk and giving sincere advice can also comfort their souls.

第二节（20 分）

44.【答案】Dear Jim,

How is everything going? I'm writing to share exciting news with you. Our school is going to hold a Technology Innovation Competition next week. The aim of this event is to inspire students' creativity, encourage hands-on learning about technology, and help us apply theoretical knowledge to real-world problems.

I plan to present a “Smart Schoolbag”. It has built-in sensors that can detect the weight of books and remind students if they’ve forgotten any essential items. Additionally, it’s equipped with a GPS tracker to ensure safety and an eco-friendly charging system using solar energy.

However, I still think there’s room for improvement. I’m not sure whether the design is user-friendly enough or if the functions are practical. I’d really appreciate it if you could offer me some suggestions.

Looking forward to your reply.

Yours,

Li Hua