2026 北京延庆高三一模

英　　语

2026.03

本试卷共 10 页，100 分。考试时长 90 分钟。考生务必将答案答在答题纸上，在试卷上作答无效。考试结束后，将本试卷和答题纸一并交回。

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，并在答题纸上将该项涂黑。

When growing up, Bonnie Blumberg knew her mother Janice Goldstein was creative and kind. Back in the 1960s and 1970s, Goldstein ____1____ to sew costumes for the entire class for her daughter's school plays — often working late into the night.

Tragedy struck in 2017: Goldstein suffered multiple strokes, ____2____ the use of her right side. Two years ago, while packing up her mother's house, Blumberg found three ____3____ knit sweaters, each at a different stage of being made. She knew exactly who they were for.

She brought them to a local knitting store to be finished, and was there advised to get in touch with Loose Ends. It is an organization that ____4____ people who have unfinished crafts left by loved ones with local crafters who can finish the work at no charge.

Loose Ends linked her up with Anna Minmier, a knitter with 20 years of experience, to ____5____ the project. "When I met Anna, all I could do was give her a big ____6____," Blumberg says, tearing up, "It's incredible how special this project is."

Minmier spent months working on the sweaters, calling it a privilege to be part of a story that ____7____ three generations together. It reminded her of her own grandmother, who'd had to stop knitting because of arthritis. "____8____, it feels a little selfish," Minmier says, laughing. "I get to do my hobby, use free materials, and challenge myself with new patterns."

Sadly, Goldstein passed away as the project neared ____9____. Minmier never got to witness Blumberg holding the sweaters and looking back with her mother. For Blumberg, these are more than just clothing: they're warm, cuddly pieces of her mother's love, brought to life by a stranger's ____10____.

1. A. volunteered	B. struggled	C. intended	D. pretended
2. A. wasting	B. losing	C. improving	D. strengthening
3. A. unwanted	B. affordable	C. identical	D. outstanding
4. A. compares	B. replaces	C. matches	D. balances
5. A. take over	B. cut in	C. look after	D. put aside
6. A. nod	B. wave	C. hug	D. hand
7. A. rules	B. ties	C. guides	D. inspires
8. A. Thankfully	B. Hopefully	C. Fortunately	D. Honestly

9. A. realization B. completion C. connection D. recognition

10. A. politeness B. braveness C. kindness D. gentleness

第二节 语法填空(共 10 小题;每小题 1.5 分，共 15 分)

A

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。



Unearthed from Wei & Jin Dynasties tomb No. 5 in Jiayuguan City, the painted brick with a messenger design is one of the most important ____11____(treasure) in Gansu Province Museum. 35cm long and 17cm wide, it has a messenger ____12____(ride) a horse with black headband on head and holding in left hand a writ and tally, which is an authenticating object (信物) when passing through customs passes and postal stations. It was designed as the symbol of China post and a commemorative stamp ____13____(release) on August 25, 1982 by China's Ministry of Posts and Telecommunications.

B

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。

He Jiaolong, a former deputy mayor of Zhaosu County in Xinjiang ____14____ dedicated herself to boosting local agriculture, became an internet celebrity. ____15____ (promote) her region's tourism and farm produce, she once rode a horse through heavy snow, a video of which went viral online in 2020. She ____16____ (successful) helped sell over 15 million yuan worth of local goods via livestreams, donating all rewards to public welfare causes. So far, her efforts ____17____ (transform) products like honey and crystal noodles into popular online goods, creating new opportunities for local farmers.

C

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。

The real threat isn't that AI is growing smarter but that we might stop using our intelligence. If we treat AI as an all-powerful adviser, we risk forgetting ____18____ to question, reason, and recognize. Fortunately, this fate is avoidable. The takeaway is simple: humans are still essential. As AI advances, our role evolves rather than fades. We need to spot when algorithms generate something strange, biased, or wrong — a task that ____19____ (highlight) humans' greatest strength. To guide and regulate AI effectively, we must expand our own knowledge base, ensuring the technology serves humanity ____20____ a responsible manner.

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，并在答题纸上将该项涂黑。

A

Volunteer with Us

You Can Make Our Great Places Better.

Join Volunteers-In-Parks (VIP) to support the National Park Service in preserving and protecting national parks, with flexible volunteer arrangements — you can take part for a day or year-round, individually or with friends and family, and choose spots close to home or dream destinations, as opportunities are offered nationwide.

What Can Volunteers Do?

The possibilities are as diverse as the national parks themselves. Here are some example volunteer activities:

◆Lead or support education and public-facing programs

◆Maintain or rebuild trails or historic buildings

◆Conduct research or monitor wildlife to preserve our natural resources

◆Help families make memories happen as a campground host

◆Support libraries, archives, and museums in parks to preserve our cultural resources

◆Educate train travelers on the natural and cultural heritage of a region through the Trails & Rails program

Find a Volunteer Opportunity

◆Visit Volunteer.gov to search opportunities by location, specific site or activity, or just browse freely.

◆Check the volunteer webpage of a specific park (find by state, click Get Involved then Volunteer), though not all parks have such pages.

◆Explore special programs like citizen science to find activities matching your interests.

◆Join single or multi-day volunteer events to try volunteering easily.

Become a Volunteer

Apply for an opportunity via Volunteer.gov, with offline Volunteer Service Application (OF301) in Mandarin and Spanish available if needed; a supervisor will then confirm your position and discuss duties, duration and schedule with you. Next, complete and sign pre-start paperwork with your supervisor and get your duty description. After finishing onboarding (including training and receiving necessary items), report your volunteer hours and accomplishments to your supervisor regularly.

Devote your spare time and make a big difference to national parks through VIP!

21. Which activity protects cultural resources?

A. Building trails or historic buildings.

B. Assisting libraries and archives in parks.

C. Monitoring wildlife for natural resources.

D. Teaching travelers regional cultural heritage.

22. What can we learn about volunteer procedures?

A. Application forms are only in one language.

B. Duties and time are discussed with supervisors.

C. Pre-start paperwork and random reports are required.

D. Onboarding includes training and professional skill tests.

23. What is the purpose of the passage?

A. To introduce main park volunteer tasks.

B. To offer detailed volunteer application steps.

C. To advocate participation in park volunteering.

D. To stress the importance of park resource protection.

B

As a kid, my identity was wrapped up in sports. I spent countless hours shooting hoops on my driveway, and then I got cut from the middle school basketball team, all three years.

I spent a decade playing soccer, but I didn't make the high school team. At that point, I shifted my focus to a new sport, diving. I was bad. I could hardly touch my toes without bending my knees, and I was afraid of heights.

But I was determined. I stayed at the pool until it was dark, and my coach kicked me out of practice. I knew that the seeds of greatness are planted in the daily grind, and eventually, my hard work paid off. By my senior year, I made the All-American list, and I qualified for the Junior Olympic Nationals. I was obsessed with diving. It was more than something I did, it became who I was.

But when I got to college, the sport I loved became something I started to fear. At that level, I could not beat more talented divers by outworking them. There was one question, though, that stopped me from rethinking. "If I'm not a diver, who am I?" In psychology, there's a term for this kind of failure to rethink — it's called "identity closure." It's when you settle prematurely (过早地) on a sense of who you are and close your mind to alternative selves.

After my freshman year of college, I rethought my identity. I realized that diving was a passion, not a purpose. My values were to grow and excel. I didn't have to be a diver to grow, excel and contribute.

Instead of foreclosing on one identity, we're better off trying on a range of possible selves. Retiring from diving freed me up to spend the summer doing psychology research and working as a diving coach. It also gave me time to concentrate on my silliest hobby, performing as a magician.

Ever since then, I put an annual reminder in my calendar to rethink. It's a checkup. Just as I go to the doctor for an annual checkup when nothing seems to be wrong, I can do the same thing in the important parts of my life. A career checkup to consider how my goals are shifting. A relationship checkup to re-examine my habits.

24. What made the author still decide to hold on when facing various challenges in sports?

A. His pressure from his coach.　　B. His talent in sports.

C. His obsession with diving.　　D. His definition of himself.

25. After the freshman year of college, the author decided to _____.

A. embrace more possible selves　　B. outwork more talented divers

C. give up diving-related things　　D. shift his focus to a new sport

26. According to the author, the retirement from diving was _____.

A. thrilling B. distracting C. regrettable D. worthwhile

27. What can you learn from the passage?

A. Failure is the mother of success.

B. Where there is a will, there is a way.

C. Self-reflection is the key to self-improvement.

D. Our value doesn't lie in what we do, but who we are.

C

Jonathan Reid was building a steady digital marketing career in 2019 when his partner sent a photo of a chalkboard: "Scissor makers wanted." A seemingly joking remark transformed an IT professional into an artisan.

Reid now works as a "putter-togetherer" at Ernest Wright, the last remaining manufacturer of traditional handmade scissors in Sheffield. Leaving tech — long seen as a path to high salaries and job security — for an almost-extinct craft seemed risky. But as artificial intelligence threatens once-stable roles, he feels "more secure in his job." "The human touch of crafts looks like an unexpectedly enduring career choice," he says, noting his industry's adaptive survival offers lessons for at-risk businesses.

Daniel Carpenter, executive director of Heritage Crafts, agrees: "AI is a big threat to a large part of the creative industry. We think craft is probably quite resilient to that." Data supports this optimism: the global handicrafts market, valued at $907bn last year, is forecast to hit $1.94tn by 2033. A Crafts Council survey found over 60% of respondents are upbeat about the sector, and the International Labour Organization ranks craft workers among the least AI-exposed professions.

In 20th-century Britain, automation and offshoring devastated trades like basket weaving, which fell from 14,000 UK professionals in 1891 to just 200 today. Yet second-generation basket maker Eddie Glew has "never been more positive": "Since I got into it, it's only gone one way, it's only gone upwards." He now works with interior designers who "are a lot more keen on telling my story," creating bespoke (量身定做的) pieces for projects like Alton Towers' Wicker Man rollercoaster.

London bookbinder Maria Ruzaikina caters to private collectors, using intricate gold tooling to help increase the value of rare books. "Many of my clients buy books as an alternative investment," she explains.

Craftspeople are also adapting digitally: Ernest Wright shares workshop stories on Instagram, while TikTok's BookTok trend boosts bookbinding interest. Carpenter says, "Traditional craftspeople who are really succeeding at the moment are those who are opening up their workshops to the world."

Challenges remain, however. Post-Brexit (英国脱欧后) bureaucracy and small customer bases burden businesses, with the median full-time craft income at £33,000 annually, but this represents just two-fifths of those surveyed, with many more reliant on an additional income. Heritage Crafts received 1,200 hardship fund applications last year, and its endangered list grew by 19 crafts since 2023.

Still, Reid remains hopeful. "The thing you have to do is something AI could never replicate," he says. "That's the very human aspect of this — and that's the community-building."

28. Why did Jonathan Reid choose to become a scissor maker?

A. He was tired of digital marketing. B. He saw crafts' human touch as career security.

C. His partner encouraged him to change careers. D. He wanted to preserve an endangered tradition.

29. What does the example of Eddie Glew illustrate?

A. Traditional crafts can adapt to modern demands.

B. Automation has contributed to traditional trades.

C. Young people are not interested in traditional crafts.

D. Basket weaving is no longer a practicable career option.

30. Which would be the best title for the passage?

A. Securing a Future: Why Crafts Beat Al Threats.

B. AI vs. Handicrafts: Can Traditional Industries survive?

C. The Endangered Artisan: Fighting for Survival in AI Era.

D. How Endangered Craft Industries Are Resisting the AI Jobs Threat?

D

Few people can better represent people's wonder at the natural world than Sir David Attenborough, a television presenter in his nineties. In recent years, Sir David has been campaigning passionately for an end to the plastic that his film crews find scattered across the planet. "The plastic in our oceans ought never to have got there in the first place," he said. "Much of it perhaps ought not to have even been manufactured at all." The first statement is reasonable, but the second is not — for it disregards the extraordinary benefits that plastics, and the industry which produces them, have provided both to humans and to the environment.

Although the drawbacks of the world's reliance on plastics are all too apparent, the benefits they provide, in the form of reducing waste and cost, are all too easily overlooked. While being lighter, more durable, and cheaper and easier to manufacture, plastics have made possible a range of new materials. These materials have become vital in everything from building to carmaking to consumer electronics.

Plastics have also eased the world's reliance on older materials, and on the living beings from which many of them came. There are perhaps 10m pianos in the world. If all their white keys were made of ivory, how many elephants would remain?

Just as the benefits of plastics are often unseen, however, so are some potential harms. The sight of plastic waste ruining beautiful natural areas and harming wildlife used to be one of the biggest complaints against plastics. Now concerns grow over what happens when they break up into microscopic fragments invisible to the naked eye. In the past decade such "microplastics" have been found in food chains, in human brains and even in the apparently untouched snow of Antarctica.

Being detectable does not make something dangerous. It might only show how good our instruments in use are. To tackle the pollution, the best approach is not to ban plastics, but to manage them more carefully. Better recycling technologies, now under development, are one part of the answer. The proportion of plastics which end up being recycled has doubled in the past two decades, but it is still only 9%. This is not because people do not care about the planet, but because recycling is harder and more costly than most people realise.

Greater use should therefore be made of landfill. When properly managed and well monitored, this is far less environmentally ruinous than often believed, and can be simpler and more effective than ineffective recycling. Incinerators (焚烧), which generate energy and capture carbon, though unpopular, are a useful option too. Regarding plastics, the benefits are very much greater than most people will allow — and so is the potential for managing the costs.

31. What does the underlined word "disregards" in paragraph 1 most probably mean?

A. Ignores. B. Emphasizes. C. Minimizes. D. Uncovers.

32. What can we learn about plastics from the passage?

A. Their main use is for packaging.

B. They contribute to wildlife protection.

C. Their potential harms are still unnoticed.

D. They are not dangerous for being detectable.

33. About plastic pollution management, the author is _____.

A. in favor of improved management

B. supportive of a complete ban on plastics

C. content that landfill is the effective solution

D. optimistic that recycling will solve the problem

34. What is the main idea of the passage?

A. Microplastics pose hidden threats to ecosystems and humans.

B. Plastics need urgent solutions for severe environmental harm.

C. The benefits of Plastic far outweigh drawbacks despite challenges.

D. Effective waste management is central to reducing plastic pollution.

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，并在答题纸上将该项涂黑。选项中有两项为多余选项。

Did you make any resolutions this new year? If you did, are you keeping to them? Well done if you are. Polling in America suggests half of new-year resolvers give up by the end of March. ____35____.

Habitual behaviour emerges in response to dopamine (多巴胺) being produced as a consequence of a certain action. Two brain systems are involved. One, in the basal ganglia (a set of structures deep in the brain's interior), responds automatically and predictably to certain stimuli. ____36____. This will include sub-habits such as "shower", "make coffee", "get dressed", "drive to office" and so on, each with their own triggering stimuli and dopamine reward.

____37____. Its dopamine reward comes from a deliberate action being successfully performed. This goal-directed system can override the stimulus-response one. For example, if the radio tells you of a traffic problem, the "drive to office" sub-routine will need conscious modification.

____38____. But permanent changes, such as either breaking an old habit or making a new one, are thought to require weakening the stimulus-driven system.

In practice, most proven approaches seem to operate on the stimulus-response side of the equation. Deliberate repetition trains the brain so that what was once goal-directed becomes automatic. In the case of driving to work, the incentive to do this is strong (you won't get paid otherwise). For things more easily abandoned, reinforcement with small rewards works similarly. ____39____. Moving house is known to help — though calling in the removal vans is a drastic approach to resolution-keeping.

In the end, though, when it comes to habit-formation, good old-fashioned willpower is the way forward. As the old joke has it, "How many psychoanalysts does it take to change a light bulb? Only one, but the light bulb has to really want to change."

A. Small rewards and a change of scenery can help.

B. Most habits form precisely because they are helpful.

C. The other brain system, which is goal-directed, is located in the cortex (皮层).

D. To break an unwanted habit, on the other hand, consider removing familiar stimuli.

E. For example, your morning alarm is a stimulus that activates your “getting up” habit.

F. For one-off modifications of habits, this arrangement of routine and override works well.

G. Studies confirm it takes months for a new behaviour to stick, regardless of when you start.

第三部分：书面表达(共两节，32 分)

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

阅读下面短文，根据题目要求用英文回答问题。

I used to secretly wish for a smooth, resisted life — no uphill climbs, just ease. “Why can’t things just flow?” I’d mutter to myself after a long day. But somewhere along the way, I noticed something uncomfortable: the times I tried to avoid the hard path, life actually got harder.

Take my early years in medicine. I hated anatomy class — it was dense, overwhelming, and I wanted to skim through. I told myself, “I’ll just figure it out later.” But my shortcut backfired — later exams turned into nightmares.

It took me years to realize: doing the difficult thing early often saves you from a lifetime of difficulty later. And I see it everywhere in daily life. That 30-minute workout you resist saves you from years of aching joints. The deep work you keep postpone levers you rushing at the last minute, stressed out. Life’s kind of a backwards puzzle like that.

I still struggle with this. Writing, for example. There are mornings I stare at a blank page and bargain with myself. “Maybe I’ll just write tomorrow when I’m more inspired.” But inspiration doesn’t magically arrive, it sneaks in after the hard part — after I’ve typed through the clumsy, messy beginnings. And when I finally lean into the discomfort, the writing flows. That’s the quiet magic of it: the hard thing isn’t just a wall — it’s also the doorway.

At its core, doing hard things is not about toughness — it’s about kindness to your future self. Next time I find myself resisting, I’ll remind myself: this hard thing isn’t here to punish me. It’s here to liberate me. And maybe, just maybe, that’s the closest way we get to an “easy” life.

40. What uncomfortable thing did the author notice?

_____

41. Why did the author say “Life’s kind of a backwards puzzle like that”?

_____

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

Doing the hard thing, which is about toughness, is the doorway.

_____

43. Have you ever done something hard that saved yourself from difficulty later? (**In about 40 words**)

_____

第二节(20 分)

44. 假设你是红星中学高三学生李华。你在国际青少年社区 International Teens Community 看到了一则以“我为家乡代言”为主题的英文讨论帖，请根据以下提示进行跟帖：

1.代言内容；

2.你的做法。

提示词：代言人 ambassador

注意：1.词数 100 左右；

2.开头已给出，不计入总词数。

Hi, global teens!

_____

_____

_____

_____

_____

_____

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_____

_____

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)

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

【解析】

【导语】本文是一篇记叙文。文章主要讲述了 Bonnie Blumberg 在母亲去世前发现她未完成的毛衣，通过 Loose Ends 组织找到 Anna Minmier 完成，这些毛衣成为母亲爱的象征。

【1 题详解】

考查动词词义辨析。句意：早在 20 世纪 60 年代和 70 年代，Goldstein 就主动为女儿学校戏剧的整个班级缝制服装，常常工作到深夜。A. volunteered 自愿做；B. struggled 挣扎；C. intended 打算；D. pretended 假装。根据前文“her mother Janice Goldstein was creative and kind”和后文“to sew costumes for the entire class for her daughter’s school plays — often working late into the night”可知，母亲 Janice Goldstein 很有创造力，也很善良，Goldstein 主动为女儿学校戏剧的整个班级缝制服装。故选 A。

【2 题详解】

考查动词词义辨析。句意：2017 年，悲剧发生了：Goldstein 多次中风，失去了右侧的使用能力。A. wasting 浪费；B. losing 失去；C. improving 改善；D. strengthening 加强。根据上文“Goldstein suffered multiple strokes”和下文“the use of her right side”可知，中风后应是失去身体一侧的功能，Goldstein 失去了右侧的使用能力。故选 B。

【3 题详解】

考查形容词词义辨析。句意：两年前，Blumberg 在整理母亲房子时，发现了三件精美的针织毛衣，每件都处于不同的制作阶段。A. unwanted 不需要的；B. affordable 负担得起的；C. identical 相同的；D. outstanding 出色的，精美的。根据下文“She knew exactly who they were for”可知，这些是母亲用心编织的毛衣，因此是出色的、精美的。故选 D。

【4 题详解】

考查动词词义辨析。句意：这是一个组织，将亲人留下的未完成的手工艺品与当地可以免费完成这些工作的手工艺者相匹配。A. compares 比较；B. replaces 取代；C. matches 匹配；D. balances 平衡。根据后文“people who have unfinished crafts left by loved ones with local crafters who can finish the work at no charge”可知，这个组织将未完成的手工艺品与当地完成这些工作的手工艺者相匹配。故选 C。

【5 题详解】

考查动词短语辨析。句意：Loose Ends 让她与有 20 年经验的针织工 Anna Minmier 联系，接手这个项目。A. take over 接管；B. cut in 插入；C. look after 照顾；D. put aside 搁置。根据上文“Loose Ends linked her up with Anna Minmier, a knitter with 20 years of experience”可知，这个组织让她与针织工 Anna Minmier 联系，为的是让 Anna Minmier 接手这个项目。故选 A。

【6 题详解】

考查名词词义辨析。句意：“当我见到 Anna 时，我能做的就是给她一个大大的拥抱，”Blumberg 说，热泪盈眶，“这个项目太特别了。”A. nod 点头；B. wave 挥手；C. hug 拥抱；D. hand 手。根据上文“When I met Anna, all I could do was give her a big”可知，见到 Anna 时，Blumberg 给了她一个大大的拥抱。故选 C。

【7 题详解】

考查动词词义辨析。句意：Minmier 花了几个月的时间织毛衣，她说能参与一个将三代人联系在一起的故事是一种荣幸。A. rules 统治；B. ties 联系；C. guides 指导；D. inspires 鼓舞。根据后文“three generations together”可知，这个项目将三代人联系在一起。故选 B。

【8 题详解】

考查副词词义辨析。句意：“说实话，这感觉有点自私，”Minmier 笑着说。A. Thankfully 感谢地；B. Hopefully 有希望地；C. Fortunately 幸运地；D. Honestly 诚实地。根据后文“it feels a little selfish”和“I get to do my hobby, use free materials, and challenge myself with new patterns.”可知，Minmier 觉得可以做自己的爱好，使用免费材料，用新的模式挑战自己。Minmier 觉得这感觉有点自私，Minmier 诚实地说出了自己的感受。故选 D。

【9 题详解】

考查名词词义辨析。句意：遗憾的是，Goldstein 在这个项目接近完成时去世了。A. realization 实现；B. completion 完成；C. connection 连接；D. recognition 识别。根据上文“Sadly, Goldstein passed away as the project neared”可知，这件事很遗憾，说明 Goldstein 在这个项目接近完成时去世了。故选 B。

【10 题详解】

考查名词词义辨析。句意：对 Blumberg 来说，这些不仅仅是衣服：它们是母亲爱的温暖、可爱的碎片，由一个陌生人的善良赋予了生命。A. politeness 礼貌；B. braveness 勇敢；C. kindness 善良；D. gentleness 温和。根据上文“they’re warm, cuddly pieces of her mother’s love, brought to life by a stranger’s”可知，毛衣是母亲爱的温暖、可爱的碎片，由一个陌生人的善良完成了母亲的作品。故选 C。

第二节 语法填空(共 10 小题;每小题 1.5 分，共 15 分)

【答案】11. treasures　12. riding　13. was released

【解析】

【导语】这是一篇说明文。嘉峪关魏晋墓出土的驿使图画像砖，是甘肃省博物馆重要文物。砖上绘骑马驿使，曾作为中国邮政标志，1982 年被印成纪念邮票发行。

【11 题详解】

考查名词的数。句意：这幅绘有信使图案的彩绘砖块是从嘉峪关市的五号魏晋时期墓葬中出土的，它是甘肃省博物馆最重要的藏品之一。此处为 one of+最高级+复数名词。故填 treasures。

【12 题详解】

考查非谓语动词。句意：长 35 厘米、宽 17 厘米，它上面有一位骑马的信使，其头上戴着黑色头巾，左手拿着一份文书和信物，这是在通过海关和驿站时用于认证的物品。句中已有谓语动词 has，空处应用非谓语动词，ride 和逻辑主语 messenger 是主动关系，用现在分词，作后置定语。故填 riding。

【13题详解】

考查时态语态。句意：它被设计为中国的邮政标志，并且中国邮电部于1982年8月25日发行了一枚相关的纪念邮票。主语a commemorative stamp与谓语构成被动关系，根据后文on August 25可知为一般过去时的被动语态，谓语用单数。故填was released。

【答案】14. who##that　15. To promote　16. successfully　17. have transformed

【解析】

【导语】本文是一篇说明文。文章主要介绍了新疆昭苏县原副县长何娇龙为推广当地旅游与农产品成网红，直播助农成果显著。

【14题详解】

考查定语从句。句意：何娇龙是新疆昭苏县的一位前副县长，她致力于推动当地农业发展，后来成为了网络红人。空格处引导定语从句，先行词是He Jiaolong，指人，在从句中作主语，所以用关系代词who或that引导定语从句。故填who/that。

【15题详解】

考查非谓语动词。句意：为了推广当地旅游业和农产品，她曾骑马穿越大雪，相关视频在2020年在网上迅速走红。此处表示目的，用动词不定式作目的状语。故填To promote。

【16题详解】

考查副词。句意：她通过直播成功销售了超过1500万元的当地商品，并将所有收益捐赠给了公益事业。修饰动词helped，要用副词形式。故填successfully。

【17题详解】

考查时态。句意：迄今为止，她的努力使诸如蜂蜜和水晶面条等产品成为了受欢迎的网络商品，为当地农民创造了新的机遇。根据So far可知，句子要用现在完成时。主语efforts是复数，所以助动词用have。故填have transformed。

【答案】18. how　19. highlights　20. in

【解析】

【导语】本文是一篇议论文。文章主要探讨了人工智能发展带来的影响。

【18题详解】

考查特殊疑问词。句意：如果我们把人工智能当作一个无所不能的顾问，我们就有可能忘记如何去质疑、推理和识别。此处为“特殊疑问词+不定式”作宾语，结合句意表示“如何”用how。故填how。

【19题详解】

考查动词时态和主谓一致。句意：我们需要发现算法何时产生奇怪、有偏见或错误的东西——这一任务凸显了人类最大的优势。此处为从句谓语，陈述客观事实，使用一般现在时，主语that指代a task，谓语动词使用第三人称单数形式。故填highlights。

【20题详解】

考查介词。句意：为了有效地引导和规范人工智能，我们必须扩大自己的知识基础，确保该技术以负责任的方式为人类服务。in a...manner为固定短语，意为“以……的方式”。故填in。

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. B　23. C

【解析】

【导语】本文是一篇应用文。文章主要介绍了参与国家公园志愿服务的项目，包括志愿者可以开展的活动、寻找志愿机会的方式、成为志愿者的流程等，旨在呼吁人们利用业余时间参与国家公园志愿服务，为保护国家公园做出贡献。

【21 题详解】

细节理解题。根据“What Can Volunteers Do?”部分中“Support libraries, archives, and museums in parks to preserve our cultural resources (支持公园内的图书馆、档案馆和博物馆，以保护我们的文化资源)”可知，协助公园内的图书馆和档案馆这项活动可以保护文化资源。故选 B 项。

【22 题详解】

细节理解题。根据“Become a Volunteer”部分中“Apply for an opportunity via Volunteer.gov, with offline Volunteer Service Application(OF301) in Mandarin and Spanish available if needed; a supervisor will then confirm your position and discuss duties, duration and schedule with you. (通过 Volunteer.gov 申请机会，如果需要，可提供中文和西班牙文的线下志愿服务申请表（OF301）；然后主管将确认你的职位，并与你讨论职责、期限和时间安排。)”可知，职责和时间安排是与主管讨论确定的。故选 B 项。

【23 题详解】

推理判断题。根据文章标题“Volunteer with Us (和我们一起做志愿者)”以及最后一段“Devote your spare time and make a big difference to national parks through VIP! (利用你的业余时间，通过 VIP 为国家公园做出巨大改变！)”可推知，文章的目的是倡导人们参与国家公园的志愿服务。故选 C 项。

【答案】24. D　25. A　26. D　27. C

【解析】

【导语】本文是一篇夹叙夹议文。主要讲述作者从沉迷跳水到重新思考自我身份，学会接纳多元自我、定期反思，从而实现自我成长的经历。

【24 题详解】

细节理解题。根据第四段中的“‘If I’m not a diver, who am I?” In psychology, there’s a term for this kind of failure to rethink — it’s called “identity closure.” It’s when you settle prematurely (过早地) on a sense of who you are and close your mind to alternative selves. (“如果我不是跳水运动员，我是谁？”在心理学中，这种无法重新思考的状态有一个术语——叫作“身份封闭”。即你过早地确定自我认知，拒绝接受其他可能的自我。)”可知，作者在面对运动中的各种挑战时仍坚持下去，是因为他对自我身份的定义。故选 D 项。

【25 题详解】

细节理解题。根据第六段中的“Instead of foreclosing on one identity, we’re better off trying on a range of possible selves. (与其固守一种身份，不如尝试多种可能的自我。)”可知，大学大一结束后，作者决定接纳更多可能的自我。故选 A 项。

【26题详解】

推理判断题。根据第六段中的“Retiring from diving freed me up to spend the summer doing psychology research and working as a diving coach. It also gave me time to concentrate on my silliest hobby, performing as a magician. (放弃跳水让我有时间在夏天做心理学研究、担任跳水教练，也让我有时间专注于我最傻气的爱好——当魔术师。)”可知，作者认为放弃跳水是值得的。故选D项。

【27题详解】

推理判断题。通读全文，尤其是最后一段中的“Ever since then, I put an annual reminder in my calendar to rethink. It’s a checkup. Just as I go to the doctor for an annual checkup when nothing seems to be wrong, I can do the same thing in the important parts of my life. (从那以后，我每年都会在日历上提醒自己重新思考。这是一次检查。就像我身体没毛病时也会去看医生做年度体检一样，我也会在生活中的重要方面做同样的事。)”可知，文章告诉我们自我反思是自我提升的关键。故选C项。

【答案】28. B　29. A　30. D

【解析】

【导语】这是一篇说明文。主要说明了乔纳森放弃数字营销转行做手工剪刀匠。传统手工艺因难以被AI替代更具职业安全感，市场前景向好。从业者积极适应现代需求，同时面临收入、政策等现实挑战。

【28题详解】

细节理解题。根据第二段“But as artificial intelligence threatens once-stable roles, he feels “more secure in his job.” “The human touch of crafts looks like an unexpectedly enduring career choice,” he says, noting his industry’s adaptive survival offers lessons for at-risk businesses.(但随着人工智能对那些原本稳定的工作岗位构成威胁，他却感到自己这份工作更有保障了。他说：“手工艺所具有的人情味看起来竟然是一个意外地经久不衰的职业选择。”他还指出，他所在行业的适应性生存能力为面临困境的企业提供了宝贵的经验教训)”可知，乔纳森·里德选择成为一名剪刀匠是因为他觉得手工艺中的人情味能保障职业的稳定性。故选B。

【29题详解】

细节理解题。根据第四段“In 20th-century Britain, automation and offshoring devastated trades like basket weaving, which fell from 14,000 UK professionals in 1891 to just 200 today. Yet second-generation basket maker Eddie Glew has “never been more positive”: “Since I got into it, it’s only gone one way, it’s only gone upwards.” He now works with interior designers who “are a lot more keen on telling my story,” creating bespoke (量身定做的) pieces for projects like Alton Towers’ Wicker Man rollercoaster.(在20世纪的英国，自动化和外包业务的兴起使诸如编织篮子这样的行业遭受重创，从业人数从1891年的14000人骤减至如今的仅200人。然而，第二代篮子制造商埃迪·格莱夫却“从未如此乐观过”：“自从我涉足这个行业以来，情况只是一直在向好的方向发展，一直在上升。”他现在与室内设计师合作，这些设计师“更热衷于讲述我的故事”，为像奥尔顿塔斯的柳条人过山车这样的项目打造定制的篮子)”可知，埃迪·格卢的例子说明传统工艺能够适应现代需求。故选A。

【30题详解】

主旨大意题。根据第二段“But as artificial intelligence threatens once-stable roles, he feels “more secure in his job.” “The human touch of crafts looks like an unexpectedly enduring career choice,” he says, noting his industry’s

adaptive survival offers lessons for at-risk businesses.(但随着人工智能对那些原本稳定的工作岗位构成威胁，他却感到自己这份工作更有保障了。他说：“手工艺所具有的人情味看起来竟然是一个意外地经久不衰的职业选择。”他还指出，他所在行业的适应性生存能力为面临困境的企业提供了宝贵的经验教训)”结合文章主要说明了乔纳森放弃数字营销转行做手工剪刀匠。传统手工艺因难以被 AI 替代更具职业安全感，市场前景向好。从业者积极适应现代需求，同时面临收入、政策等现实挑战可知，D 选项“濒危手工艺产业如何抵御人工智能带来的就业威胁？”最符合文章标题。故选 D。

【答案】31. A　32. B　33. A　34. C

【解析】

【导语】本文是一篇议论文。文章主要讨论了塑料的益处远大于弊端，并强调应更有效地管理塑料污染。

【31 题详解】

词句猜测题。根据第一段中“‘The plastic in our oceans ought never to have got there in the first place,’ he said. ‘Much of it perhaps ought not to have even been manufactured at all.’ The first statement is reasonable, but the second is not—for it disregards the extraordinary benefits that plastics, and the industry which produces them, have provided both to humans and to the environment.(他说：‘海洋里的塑料本就不该出现在那里。’‘其中很多塑料或许根本就不该被生产出来。’第一个说法是合理的，但第二个不是，因为它 disregards 了塑料及其生产行业给人类和环境带来的巨大好处。)”可知，第二个说法忽视了塑料及其生产行业给人类和环境带来的巨大好处，所以 disregards 意思是“忽视”。故选 A。

【32 题详解】

细节理解题。根据第三段“Plastics have also eased the world’s reliance on older materials, and on the living beings from which many of them came. There are perhaps 10m pianos in the world. If all their white keys were made of ivory, how many elephants would remain?(塑料也减轻了世界对旧材料以及许多材料来源的生物的依赖。世界上大约有 1000 万架钢琴。如果所有的白键都是用象牙做的，那还会剩下多少头大象呢？)”可知，塑料有助于保护野生动物。故选 B。

【33 题详解】

推理判断题。根据第五段中“To tackle the pollution, the best approach is not to ban plastics, but to manage them more carefully.(为了解决污染问题，最好的方法不是禁止使用塑料，而是更仔细地管理它们)”可知，作者支持改善管理来解决塑料污染问题。故选 A。

【34 题详解】

主旨大意题。通读全文，尤其是根据第一段中“The first statement is reasonable, but the second is not — for it disregards the extraordinary benefits that plastics, and the industry which produces them, have provided both to humans and to the environment.(第一个说法是合理的，但第二个不是，因为它忽视了塑料及其生产行业给人类和环境带来的巨大好处)”以及最后一段中“Regarding plastics, the benefits are very much greater than most people will allow — and so is the potential for managing the costs.(对于塑料来说，其好处远远超过大多数人所承认的，管理成本的可能性也是如此)”可知，文章主要讲述了尽管塑料存在污染问题，但其益处远超弊端，应加强管理而非禁用。故选 C。

第二节(共 5 小题;每小题 2 分，共 10 分)

【答案】35. G　36. E　37. C　38. F　39. D

【解析】

【导语】本文是一篇说明文。文章探讨新年决心难坚持的原因，介绍习惯形成机制及养成新习惯的方法。

【35题详解】

前文“Polling in America suggests half of new-year resolvers give up by the end of March. (美国的民意调查显示，一半立下新年决心的人在三月末就会放弃。)”提到新年决心难以坚持的普遍现象。后文“Habitual behaviour emerges in response to dopamine being produced as a consequence of a certain action. (习惯行为是作为某项行动的结果产生的多巴胺的反应而出现的。)”转而开始科学解释习惯的形成。G选项“Studies confirm it takes months for a new behaviour to stick, regardless of when you start. (研究证实，无论你何时开始，一个新行为都需要数月才能巩固。)”承接前文的“放弃”现象，并引出后文关于习惯形成所需时间的科学解释，逻辑衔接紧密。故选G项。

【36题详解】

前文“One, in the basal ganglia (a set of structures deep in the brain's interior), responds automatically and predictably to certain stimuli. (其中一个位于基底神经节（大脑内部深处的一组结构），会自动且有规律地对某些刺激做出反应。)”描述了第一个大脑系统的运作方式。E选项“For example, your morning alarm is a stimulus that activates your "getting up" habit (例如，你早上的闹钟就是一个激活你“起床”习惯的刺激。)”用 for example 对前文的抽象概念进行具体举例说明，使描述更清晰易懂。故选E项。

【37题详解】

前文介绍了第一个大脑系统（基底节，负责刺激-反应）。空处后文“Its dopamine reward comes from a deliberate action being successfully performed. (它的多巴胺奖励来自于成功执行一个有意识的动作。)”开始描述第二个系统的特征（有意识行为带来奖励）。C选项“The other brain system, which is goal-directed, is located in the cortex. (另一个大脑系统是目标导向的，位于皮层。)”承接前文，引出第二个系统，并点明其位置和性质，与后文对其“目标导向”特征的描述完美衔接。故选C项。

【38题详解】

前文“For example, if the radio tells you of a traffic problem, the "drive to office" sub-routine will need conscious modification. (例如，如果收音机播报交通问题，“开车上班”的子程序就需要有意识地修改。)”举例说明了目标导向系统如何临时覆盖习惯系统。后文“But permanent changes, such as either breaking an old habit or making a new one, are thought to require weakening the stimulus-driven system. (但永久性的改变，比如打破一个旧习惯或养成一个新习惯，被认为需要削弱刺激驱动系统。)”转而讨论永久性改变需要不同的机制。F选项“For one-off modifications of habits, this arrangement of routine and override works well. (对于习惯的一次性修改，这种常规程序与有意识覆盖的配合运作良好。)”中的“one-off modifications”精准概括了前文的临时调整例子，而“works well”与后文的“But”形成转折，引出永久改变的不同要求，起到了承上启下的作用。故选F项。

【39题详解】

前文“For things more easily abandoned, reinforcement with small rewards works similarly. (对于那些更容易放

弃的事情，用小奖励来强化也同样有效。)”提到了用正面奖励巩固新习惯的方法，暗示这是“建立新习惯”的策略。后文“Moving house is known to help — though calling in the removal vans is a drastic approach to resolution-keeping. (众所周知，搬家会有帮助——尽管叫来搬家的货车对于坚持决心来说是一种极端的做法。)”提到了改变环境（搬家）对坚持决心有帮助。D 选项“To break an unwanted habit, on the other hand, consider removing familiar stimuli. (另一方面，要打破一个不想要的习惯，可以考虑移除熟悉的刺激。)”中的“on the other hand”与上文形成转折对比，将话题从“建立新习惯”转向“打破旧习惯”，而“removing familiar stimuli”与后文的“搬家”这一改变环境、移除旧刺激的例子完美呼应。故选 D 项。

第三部分：书面表达(共两节，32 分)

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

【答案】40. (The author noticed that) The times he tried to avoid the hard path, life actually got harder.

41. Because doing the difficult thing early often saves you from a lifetime of difficulty later.

42. Doing the hard thing, which is about toughness, is the doorway.

改：①Doing the hard thing is not about toughness; ②it’s about kindness to your future self.

或者改：Doing the hard thing, ①which is not about toughness, ②but about kindness to your future self, is the doorway.

43. Have you ever done something hard that saved yourself from difficulty later? (In about 40 words)

Possible version 1:

Yes, I have. Last semester, I forced myself to study for a math exam every night instead of cramming at the last minute. Though it felt tiring then, I avoided the panic of last-minute memorization and scored well — early effort saved me from failure.

Possible version 2:

Yes, I have. I once practiced oral English for 40 minutes every night before the speaking test, repeating sentences and simulating dialogues even when I felt tired and wanted to give up. This tough daily practice polished my speaking skills a lot. In the test, I spoke fluently and confidently, avoiding the regret of poor preparation.

【解析】

【导语】这是一篇夹叙夹议文，作者结合自己的经历说明一个道理：越是刻意逃避困难，生活反而会变得更艰难，早早直面完成难事，往往能避免日后更长时间的困境。

【40 题详解】

考查细节理解。根据第一段中“But somewhere along the way, I noticed something uncomfortable: the times I tried to avoid the hard path, life actually got harder.(但后来我逐渐察觉到一些令人不安的现象：当我试图避开艰难的道路时，生活反而变得更艰难了)”可知，作者注意到他试图避开艰难之路的时候，生活反而变得更加艰难了，故答案是(The author noticed that) The times he tried to avoid the hard path, life actually got harder.

【41 题详解】

考查细节理解。根据第三段中“It took me years to realize: doing the difficult thing early often saves you from a lifetime of difficulty later.(我花了好几年才明白：尽早去做困难的事情往往能让你避免日后的一生都充满困难)”可知，尽早去做艰难之事往往能让你避免日后的一生都充满艰难困苦，所以作者说生活就像这样一个

逆向的谜题，故答案是 Because doing the difficult thing early often saves you from a lifetime of difficulty later.

【42 题详解】

考查细节理解。根据第四段中“That’s the quiet magic of it: the hard thing isn’t just a wall — it’s also the doorway.(这就是其中那无声的神奇之处：艰难之事并非仅仅是阻碍——它同时也是一个入口)”和最后一段中“At its core, doing hard things is not about toughness — it’s about kindness to your future self.(从本质上讲，做艰难之事并非意味着要变得强硬——而是要善待未来的自己)”可知，题干 ***“Doing the hard thing, which is about toughness, is the doorway.***(做关乎坚韧的艰难的事情是出路)”中“which is about toughness”说法错误，做艰难之事并非关乎坚韧；而是关乎对你未来自我的仁慈；或做艰难之事，并非关乎坚韧，而是关乎对你未来自我的仁慈，是一个入口。故答案是：改：①Doing the hard thing is not about toughness; ②it’s about kindness to your future self.或者改：Doing the hard thing, ①which is not about toughness, ②but about kindness to your future self, is the doorway.

【43 题详解】

考查开放题型。题干提问“你是否曾做过一件艰难的事情，从而避免了日后可能遇到的困难？”，回答合理即可，如：是的，我做过。上学期，我强迫自己每晚都专门用于准备数学考试，而不是在最后一刻临时抱佛脚。虽然当时感觉很累，但我避免了临阵磨枪式的记忆方式所带来的恐慌，并取得了不错的成绩——早做努力使我避免了失败。故答案是 Possible version 1:Yes, I have. Last semester, I forced myself to study for a math exam every night instead of cramming at the last minute. Though it felt tiring then, I avoided the panic of last-minute memorization and scored well — early effort saved me from failure.

Possible version 2:Yes, I have. I once practiced oral English for 40 minutes every night before the speaking test, repeating sentences and simulating dialogues even when I felt tired and wanted to give up. This tough daily practice polished my speaking skills a lot. In the test, I spoke fluently and confidently, avoiding the regret of poor preparation.

第二节(20 分)

44.【答案】例文

Possible version 1:

Hi, global teens! I’m Li Hua, a senior high school student from Hongxing Middle School, and I’m proud to serve as a “hometown ambassador” for my city, Hangzhou.

My hometown is most famous for the picturesque West Lake, the elegant Longjing tea culture, and its perfect blend of ancient water town charm and dynamic digital innovation. To share its beauty, I often post short English videos introducing local scenic spots, traditional snacks and intangible cultural heritage skills on the International Teens Community. I also organize online virtual tours for foreign friends during holidays, and send hand-painted postcards of Hangzhou landmarks to teenagers from different countries.

Welcome to explore Hangzhou’s beauty yourselves if you get the chance!

Possible version 2:

Hi, global teens! I’m Li Hua, and I’m delighted to be a fruit promotion ambassador for Zhangshanying Town, my hometown in Yanqing District, Beijing.

My hometown’s signature produce is Zhangshanying apples, which grow in the unique cool climate and fertile soil at the foot of the Yan Mountains. They have thin bright red skin, crisp juicy flesh, and a perfect balance of sweetness and sourness, even winning the national geographical indication product title. To help more people know

about them, I share short videos of the apple harvest season and taste tests on this community, and tell stories of local orchard farmers using eco-friendly planting methods. I also organize online group purchase activities for international students in Beijing every autumn, so they can try the fresh apples directly from the orchards.

I hope you'll get a chance to taste this delicious gift from my hometown someday!

【解析】

【导语】本篇书面表达属于应用文。要求考生以红星中学高三学生李华的身份，在国际青少年社区以“我为家乡代言”为主题进行英文跟帖，内容包括代言内容和具体做法。

【详解】1.词汇积累

担任：serve as → act as

著名的：famous → renowned

融合：blend → combination

活力的：dynamic→ energetic

2.句式拓展

简单句变复合句

原句：To share its beauty, I often post short English videos introducing local scenic spots, traditional snacks and intangible cultural heritage skills on the International Teens Community.

拓展句：To share its beauty, I often post short English videos which introduce local scenic spots, traditional snacks and intangible cultural heritage skills on the International Teens Community.

【点睛】【高分句型 1】To share its beauty, I often post short English videos introducing local scenic spots, traditional snacks and intangible cultural heritage skills on the International Teens Community.（运用了不定式作目的状语和现在分词作后置定语）

【高分句型 2】Welcome to explore Hangzhou's beauty yourselves if you get the chance!（运用了 if 引导的条件状语从句）