2026 北京门头沟高三一模

英　　语

2026.3

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，将答题卡交回。

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。

My dad found her at work when I was eight. She was a stray, homeless and __1__. He opened up the door to his pickup and she jumped in. Her tail wagged all the way. I was still at school when Dad brought her home. I had always wanted a dog. My parents had said I could have one when I was __2__ enough to look after others. Well, I guess they __3__ the time was right.

I hopped off the bus, not knowing what awaited me inside. I walked through the door, and to my __4__, a puppy with a red bow greeted me with a kiss. A very special friendship was __5__. Now she needed a name. My brother said, “She doesn’t wag her tail back and forth; she wags it in circles. She’s squirrely.” Thus my puppy got her name—Squirrely.

For eleven years, we were the best of friends. But as she grew older, she __6__ a very severe disease. My parents knew what needed to be done, but they let me make this difficult decision myself. When medicine no longer __7__ her pain and she could barely walk, I realized it was time to let her go. I carried her into the vet’s office and placed her gently on the table. She leaned forward and softly licked my hand, as if telling me to be __8__. Then the vet asked before giving the final shot, “Are you sure?” With a heavy heart and tear-filled eyes, I nodded yes. The final shot was given. My eyes fixed upon her wagging tail. A matter of seconds and it stopped. I wrapped her up, carried her out and __9__ her in the field where she loved to chase rabbits.

Many years later, I visited her grave. A single wild flower grew there, swaying gently in the breeze—in a __10__, just like Squirrely’s tail used to do. At that moment, I knew my special friend would always be with me.

1. A. calm	B. energetic	C. excited	D. starving
2. A. creative	B. busy	C. responsible	D. curious
3. A. figured out	B. bore out	C. spelled out	D. pointed out
4. A. surprise	B. fear	C. regret	D. sorrow
5. A. lost	B. born	C. tested	D. forgotten
6. A. prevented	B. cured	C. developed	D. examined
7. A. doubled	B. eased	C. recorded	D. increased
8. A. quiet	B. brave	C. patient	D. determined
9. A. hid	B. kept	C. abandoned	D. buried
10. A. circle	B. direction	C. pattern	D. line

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

Moving to a new school is a challenging experience, and for James, there was no exception. The first few days, he felt uncertain about __11__ he could connect with others. He participated in different meetings and expressed his own ideas freely. By the time he attended his fifth virtual class, he __12__ (begin) to appreciate the flexibility it offered. Now, he says that __13__ (overcome) the initial anxiety was a valuable lesson in self-growth.

B

Each spring, a magical morning concert __14__ (perform) by birds around the world. This phenomenon, known as the dawn chorus, peaks during the early breeding season. Scientists have found that the __15__ (cool) and calmer morning air allows their songs to travel over long distances. The main purposes of this concentrated singing are to attract potential mates and to defend their territories. __16__ (preserve) this wonder for the future, we must recognize our shared role in protecting these natural habitats.

C

When VR first __17__ (appear) in flight simulators in 1929, it was seen as a ground-breaking technology and was once expected to revolutionize education. However, it has proven less effective for abstract knowledge __18__ can be taught just as well traditionally. Instead, VR shines in teaching procedural skills, requiring step-by-step practice. It also excels in social settings—for example, helping __19__ (individual) practice public speaking or nonverbal communication. Thus, the true value of VR lies not in replacing teachers, but in enhancing how society trains professionals __20__ its complex needs.

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

February may be short on days, but it has a long list of new books.

***A New History of Race,* by Andrew S. Curran**

In this new history, Curran, offers a fascinating reassessment of that heady era of Western philosophy: how its towering thinkers came to invent the very idea of race as we know it today, and how that biological division of humanity came to be passed down, quite misleadingly, as some sort of permanent truth.

***A Journey into Consciousness*, by Michael Pollan**

Few journalists have spent as much time as Pollan thinking about the kinds of stuff we put into our bodies. In *The Omnivore's Dilemma*, Pollan has considered food intensively from every angle as well as substances such as caffeine and mind-altering plants. Now, Pollan is training his focus on thinking itself. His new book explores our understanding of what it means to, well, *understand*—a concept that's crucial to our notion of what it means to be human.

***I Give You My Silence*, by Mario Vargas Llosa**

"Each book, for me, has been an adventure," Vargas Llosa told NPR after he won the 2010 Nobel Prize in Literature. Perhaps it's fitting that the fruit of his final adventure, *I Give You My Silence*, reaches English-

language readers only after his death last year at age 89. Vargas Llosa's last novel centers a professor seeking the soul of his country in music. Published in Spanish in 2023, the book is now being brought to English readers by way of Adrian Nathan West, who also translated 2021's *Harsh Times*.

21. What do we know about Andrew S. Curran's book?

A. It argues that race is a biological truth of humans.

B. It focuses on the lifestyle of the towering thinkers.

C. It studies how the idea of race was created and spread.

D. It highly praises Western philosophers' important ideas.

22. Which book focuses on the exploration of human thinking?

A. *A Journey into Consciousness.*

B. *The Omnivore's Dilemma.*

C. *A New History of Race.*

D. *I Give You My Silence.*

23. Where could you probably read the article?

A. In a novel.　　B. In a travel guide.

C. In a research paper.　　D. In a book review section.

B

Several years ago, I went through a bad period. I was beaten down by loneliness and marriage problems, and our house was constantly going through construction. To top it all off, my illness became so severe that I spent a life-threatening week in the hospital, part of the time in an unconscious state.

After an amazing escape from death, it became clear to me: My number should have been called, but I was still here. There must be a reason. I needed to set my life on a better track. But what could I do? The only thing I had control over was my response to situations. Instead of letting all the failures beat me up, I could celebrate the good things. But how? I'd always enjoyed photography, but in the mess of life, I had pushed it aside. I brought my camera back out and decided to capture one special moment every day with a photo. By the end of the year, I would have 365 good memories recorded. In the end, there were plenty of days when I didn't get a photo, but many days when I did. And as I looked through the growing number of pictures, new thought patterns began to emerge. I had proof of joyful moments. The photos helped draw me out of a well of negativity. My problems were real, but they weren't everything. I had been so focused on things not working and not happening in the correct order and time that I forgot how many good things were occurring all around me.

There were still times when the days felt hopeless, but I gradually picked up on signs of lightheartedness, like golden threads（线） woven through a plain cloth. And the more I looked for them, the more common they seemed to become.

Now, our house is almost fixed, our marriage is going strong, and I'm working toward the career I used to dream about but didn't pursue. The daily photos didn't make that all happen, but they did give me a bright light to focus on when all other things were dark.

24. What made the author decide to change her life?

A. Her success in photography.

B. The improvement of her marriage.

C. The completion of house construction.

D. Her unexpected survival from a serious illness.

25. What was the direct effect of the author's daily photo project on her?

A. It helped shift her focus from negativity.

B. It required her to capture beautiful photos.

C. It immediately solved her marriage problems.

D. It turned her into a professional photographer.

26. Which word can best describe the author?

A. Creative. B. Flexible. C. Dependable. D. Ambitious.

27. What can we learn from the passage?

A. Many hands make light work.

B. Every cloud has a silver lining.

C. Constant dropping wears the stone.

D. A picture is worth a thousand words.

C

Whether it's donuts, burgers, or ice creams, there are always some people willing to line up for hours to get a taste of the latest food. What these people might not realize, however, is that those treats are even more psychologically rewarding after they've waited hours in line. But why do we enjoy things more when we've had to suffer for them? It's a question that's puzzled neuroscientists for decades, but research published in Nature is throwing light on this phenomenon.

This kind of sunk-cost fallacy (沉没成本谬误) is the tendency to persist with a failing course of action due to prior investments of time, money or effort. It isn't just a common trap in the business world, it also spreads all over the animal world. Organisms from ants to human beings tend to value those things they had to work for more than those that came easily. It seems counterintuitive (有悖常理的) from an evolutionary view—after all, why would we be hard-wired to put more suffering on ourselves?

The answer, according to Shnei, involves our familiar friend dopamine(多巴胺). In an earlier study, Shnei and his colleagues discovered that mice that received a reward after overcoming a challenge released more dopamine compared to those that didn't suffer for their treat. Now, they've added a new piece to the puzzle: according to their latest research, dopamine's role as a satisfaction signal is even more difficult to understand than previously thought. The bigger the effort, the more dopamine is released, which in turn makes the reward seem more valuable, explaining the satisfaction we feel after finally getting our hands on that donut we've been waiting in line for.

But why does this happen in the first place? Shnei has some ideas: in an environment with limited resources, where rewards are often hard to come by, it makes sense to prioritize those that require more effort. Because dopamine strengthens the behavior, it may be that we're hard-wired to value things more when we've suffered for them—even if that suffering was entirely unnecessary.

The next time you're waiting in line for a donut, just remember: it might not be the snack that's worth the wait—it's your brain playing tricks on you.

28. According to the passage, which of the following is an example of the "sunk-cost fallacy"?

A. Choosing a cheaper but less tasty restaurant.

B. Sitting through an expensive but terrible movie.

C. Buying a new phone since the old one is out of style.

D. Taking a taxi instead of waiting for a never-coming bus.

29. What can we learn from the passage?

A. More effort leads to greater reward value.

B. Dopamine has no connection with the effort.

C. Mice do not experience the sunk-cost fallacy.

D. Mice prefer easy rewards over hard-earned ones.

30. What does the author think of waiting in line for a snack?

A. The snack's taste brings real satisfaction.

B. The waiting process is of great importance.

C. The tasty snack is well worth the long wait.

D. The satisfaction comes from one's brain reaction.

D

A new study suggests that the people who reach the top of their fields typically were all involved in multiple disciplines when they were young. Young prodigies (奇才)—the teenage sports stars, the high schoolers bursting into the chess ranks, the kids making scientific discoveries—are usually not the same as late bloomers who reach the pinnacle of their fields in adulthood, according to a new study. And the two groups begin their journeys in very different ways.

The study, published on Thursday in the journal Science, found that achievement in youth typically starts with a focus on one thing: A pianist plays no other instrument; a swimmer stays in the pool. But the people who achieve the most later in life typically start with less singular intensity, engaging across multiple disciplines, and less early success.

"When comparing performers across the highest levels of achievement," the researchers wrote, "the evidence suggests that eventual peak performance is negatively associated with early performance." There are exceptions, of course, those rising stars who end up exploring the outer limits of human capacity. Just look at Simone Biles or Mozart, whose exceptional abilities were evident in childhood.

They found that people who reach the pinnacle of their own field—whether athletes, scientists or artists—typically plied (从事) a variety of disciplines in childhood and advanced more slowly, and their eventual field was never a narrow focus from the start. Aaron Clifton, a professor at the Karolinska Institute, noted: "Across very different disciplines, very different profiles, very different skills and very different ages of peak performance, the rate of development of the best performers is very similar."

The patterns were visible between the most leading performers and the people just below them; think Nobel winners and those who were awarded by national-level prize. Both groups are high-achieving, but the people who reach the absolute peak—the Nobel laureates—generally showed the more gradual progression with a later, slower but multidisciplinary start. "There's something hopeful here for those of us who were not child prodigies," said Dean Keith Simonton, an emeritus professor of psychology at the University of California, Davis.

But the study also has its limitations. The research focused on fields where performance can be measured clearly—sports, music and science. It may not apply to other areas, like business or politics. The researchers were also, importantly, studying the extremes: the very best of the best. These are not random people; they are the ones

stuck with their chosen activity.

31. What does the underlined word “pinnacle” in Paragraph 1 mostly mean?

A. The new height.　　B. The severe issue.

C. The highest point.　　D. The point of failure.

32. What can we learn from the research in the passage?

A. Adult achievers have great early success.

B. Prodigies have higher success than adult achievers.

C. Prodigies focus on multiple disciplines in their early age.

D. Adult achievers have broad exploration when they’re young.

33. What’s the relationship between early performance and eventual peak performance?

A. They are a little associated.

B. They are negatively correlated.

C. The correlation varies by profession.

D. There is no correlation between them.

34. What is the main purpose of the passage?

A. To highlight the study’s limitations.

B. To compare sports and science careers.

C. To introduce a new study on peak achievers.

D. To criticize the pursuit of early achievements.

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。

Over the summer, Ohio State University announced a new initiative promising to “integrate AI education into the core of every undergraduate curriculum.” Similar initiatives are being rolled out at other universities. __35__

Based on the available evidence, the skills that future graduates will most need in the AI era are precisely those that are likely to be weakened by inserting AI into the educational process.

Students must be able to ask AI questions, critically analyze its written responses, identify possible weaknesses or inaccuracies, and integrate new information with existing knowledge. Each of these skills comes from years of sustained educational development. __36__ “I find that careful use of AI helps me at work, but that is because I completed my education decades ago and have been actively studying ever since,” the sociologist Gabriel Rossman has written. “My accumulated knowledge gives me inspiration for new research questions and techniques.”

Will the AI-integrated education develop these skills? __37__ For example, a team of scientists at MIT recently divided subjects into three groups and asked them to write a number of short essays over the course of several months. The first group used ChatGPT to assist its writing, the second used Google Search, and the third used no technology. They found that the subjects that used ChatGPT produced vague, poorly reasoned essays and showed the lowest levels of brain activity. __38__ Other studies have found a negative correlation between AI use and cognitive abilities.

__39__ The most responsible way for colleges to prepare students for the future is to teach AI skills only after building a solid foundation of basic cognitive (认知的) ability and advanced disciplinary knowledge.

A. This is how innovation happens.

B. These findings raise serious doubts about the push.

C. A growing body of research suggests that it will not.

D. We should engage in cautious and reasoned thinking.

E. Some experts argue for a complete ban on AI in educational settings.

F. But such policies represent a dangerously rapid and uninformed response to the technology.

G. They tended to compose their work simply by cutting and pasting (粘贴) material from other sources.

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。

When I was in high school, I dreamed of joining the school's debate team. I admired how debaters expressed their views logically and confidently, and I hoped to become someone who could speak up bravely in public. However, I was a shy girl who dared not even answer questions in class, let alone argue with others in a formal debate.

I summoned up my courage to try out for the debate team. Unfortunately, I froze on stage, forgot my prepared speech, and ran off in embarrassment. My classmates tried to comfort me, but I felt so defeated that I decided to give up my dream. I thought persistence (坚持) was meaningless when I lacked the natural talent.

My teacher noticed my low spirits and shared her own story with me. She told me she had failed three times before passing her teacher qualification exam, but she never stopped practicing her teaching skills. Her words inspired me to rethink the meaning of persistence—it's not about never failing, but about getting up after failure.

I started to practice every day. I read debate articles to learn logical expressions, recorded myself speaking to correct my tone, and asked my teacher and classmates for feedback. At first, I still made mistakes and felt frustrated, but I refused to quit this time.

The next year, I attended the audition again. This time, I stayed calm, expressed my views clearly, and responded to the judges' questions smoothly. I was finally admitted to the debate team. Later, we even won the second prize in the city's high school debate competition.

Looking back, I realized that persistence is not blind perseverance. It requires courage to face failures, willingness to improve, and the wisdom to accept help. Only by combining persistence with practical efforts can we turn our dreams into reality.

40. Why did the author want to join the debate team?

41. What effect did the teacher's words have on the author?

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

- ***True persistence means having courage to face failures, taking action to improve and refusing others' help.***

43. Please share one of your own experiences about the application of persistence in your daily life. ***(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 想策划一场中国传统文化体验活动，他发来邮件询问你的建议。请你用英文给他回复，内容包括：

1. 提出的建议；

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

（请务必将作文写在答题卡指定区域内）

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．C　　3．A　　4．A　　5．B

6．C　　7．B　　8．B　　9．D　　10．A

第二节 （共 10 小题；每小题 1.5 分，共 15 分）

11. how/whether　12. had begun　13. overcoming

14. is performed　15. cooler　16. To preserve　17. appeared

18. that/which　19. individuals　20. for

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．C　　22．A　　23．D　　24．D　　25．A

26．B　　27．B　　28．B　　29．A　　30．D

31．C　　32．D　　33．B　　34．C

第二节（共 5 小题；每小题 2 分，共 10 分）

35．F　　36．A　　37．C　　38．G　　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. Because the author admired how debaters expressed their views logically and confidently, and she hoped to become someone who could speak up bravely in public.

/Because the author admired how debaters expressed their views logically and confidently.

/ Because the author hoped to become someone who could speak up bravely in public.

41. Her words inspired me to rethink the meaning of persistence—it's not about never failing, but about getting up after failure.

/ Her words inspired me to rethink the meaning of persistence.

42. True persistence means having courage to face failures, taking action to improve and refusing others' help.

According to the passage, persistence is not blind perseverance. It requires courage to face failures, willingness to improve, and the wisdom to accept help.

43. 略

评分标准及细则

第一节（12 分）

【第 40 题】

二、 内容：意义符合原文，回答内容完整。**语言：**准确、连贯。参考答案中的三个答案均可。如准确性和连贯性欠佳，酌情扣分。

【第 41 题】

一、 **内容**：意义符合原文，回答内容完整。参考答案中的两个答案均可。

二、**语言**：准确、连贯。

如准确性和连贯性欠佳，酌情扣分。

【第 42 题】

一、划线标准

1. 划线完全正确，得 1 分。

2. 整句全划不得分。

二、 **内容**：解释符合原文意义。

三、 **语言**：准确、连贯；如准确性和连贯性欠佳，酌情扣分。

【第 43 题】

一、评分标准

分档		具体描述
一档	5 分	紧扣主题。语言准确、连贯，仅有个别错误。
二挡	3-4 分	贴近主题。在准确性和连贯性上，有少量语言错误，不影响理解。
三挡	1-2 分	和主题相关。语言上有大量错误，影响理解。
四挡	0 分	所表达内容和主题完全不相关。或者仅孤立地罗列出和主题相关的个别单词。

二、评分细则：

1. **内容**：内容意义上言之有理即可得分。

   1) 照抄原文某些段落，不得分。

   2) 所表达内容与题目要求无关，不得分。

2. **语言**：准确、连贯；如有错误，酌情扣分。

3. **字数要求**

   1) 如超过 50 字，扣 0.5 分。

   2) 如少于 30 字，扣 0.5 分。

第二节（20 分）

一、评分标准

分档	内容（8 分）	语言（8 分）	结构（8 分）
一档（6-8）	内容完整，详略得当。 表述与主题相关。	语言准确，基本无语言错误；句式多样。 语言表达基本得体。	条理清晰，结构合理。 衔接自然，行文连贯。
二档（3-5）	内容基本完整。 表述与主题基本相关。	语言有一些错误，但不影响理解；句式有一定变化。 语言表达不太得体。	条理基本清晰，结构基本合理。 有一定衔接手段，行文基本连贯。

三档 （0-2）	内容不完整。 表述与主题不太相关或完全无关。	语言有大量错误，影响理解。 语言表达不得体。	条理不清晰。 支离破碎。

分数计算：本题总分 20 分，采用分项评分方式，其中内容 8 分，语言 8 分，结构 4 分。

具体计算方法：总分(20 分) ＝内容(8 分)×1＋语言(8 分)×1＋结构(8 分) ×0.5

二、评分标准解读

1. 语言表达一定要自然,得体

2. 词数如果少于 80，或者明显多于 120，在内容维度酌情扣 1-2 分。

3. 评分时先判断作答内容与题目是否有关，若内容判为零分，语言与结构均为零分。

4. 内容完整包括①所给要点内容；②前后根据情景和交际需要表述的内容；③所表述内容详略得当，展开适度。

5. 语言准确包括语法（主谓一致、时态、数、人称、冠词、代词、介词等）、用词、拼写、大小写及标点符号等要素。英式、美式拼写均可接受。

6. 语言表达得体指语言表达恰当，考虑到了情景、交际对象和语体变化等因素

7. 结构既包括段落排布，也包括小句间、句间及段落间的衔接和连贯。其中衔接包括逻辑衔接、语法衔接和词汇衔接。

三、One possible version:

Dear Jim,

How is everything going? I'm delighted you plan to organize an event about Chinese traditional culture, and my suggestion is to hold an activity to experience tea culture.

Here's a detailed plan to ensure it is well-organized. First, you can invite an expert to introduce two typical types of tea, explaining their origins and health benefits. Then the expert will demonstrate the traditional steps of making tea and the participants will follow suit. Finally, you can arrange a tea-tasting session with traditional snacks. This combination of knowledge and hands-on practice will impress the participants, as it deepens their understanding of Chinese culture.

Hope my suggestion will help. Looking forward to your reply.

Yours,

Li Hua