2026 北京顺义高三一模

英　　语

2026.3

本试卷共 12 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。

I stared into the mirror, obsessed over the face glaring back at me. "If I didn't have this scar (伤疤)," I whispered, "maybe people would like me more."

Because of the scar on my face, I often felt lonely and __1__. Going to school every day caused __2__ in my chest — I had to face stares and questionings. Years of being laughed at __3__ all my confidence. I constantly sought __4__ from others, which led me to fall in with the wrong crowd.

Deep inside, I knew I was on the wrong path and needed a change — leave my fears behind and be free to be me without the need to please and fit in.

__5__, in middle school, my life took a turn.

I started to hang out with uplifting friends, who accepted me without __6__, teaching me how to love myself. Ms. Lewis, my social-studies teacher, also inspired me to be the __7__ I wanted to see in the world and invited me to give a class speech.

In front of the class, my legs __8__ like trees in a storm, but as I spoke, I forgot my nervousness. For the first time, I didn't feel like the "girl with a scar" — I felt brave and confident. After my speech, Ms. Lewis smiled, "Your voice __9__. Never be afraid to be different."

At that moment, everything changed. I no longer stared into the mirror wishing I was normal. Instead, I saw myself as the mirror for those who feel different to see: our difference is our __10__.

1. A. impatient	B. unaccepted	C. impolite	D. uninterested
2. A. regret	B. anger	C. tightness	D. emptiness
3. A. hid	B. tested	C. stole	D. challenged
4. A. feedback	B. forgiveness	C. advice	D. approval
5. A. Thankfully	B. Gradually	C. Apparently	D. Generally
6. A. purpose	B. complaint	C. judgment	D. fear
7. A. harbor	B. change	C. bond	D. guide
8. A. froze	B. stood	C. bent	D. shook
9. A. matters	B. rises	C. breaks	D. flattens
10. A. hope	B. luck	C. faith	D. power

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

On April 19, 2025, in Beijing, 20 humanoid robots set off __11__ the starting line, kicking off the world's first humanoid robot half marathon. __12__ (dress) in an orange vest (背心), Tien Kung led the group. After 2 hours and 40 minutes, the race reached its defining moment as Tien Kung stormed __13__ (powerful) across the finish line. That breakthrough signaled a historic step toward integrating robots into our daily lives.

B

After decades of building furniture, Gary Rogowski has penned two books on woodworking and become a master at it. This mastery is not an accident but the result of experience, which __14__ (gain) through daily practice until the skill was in his bones. He then started a woodworking school, __15__ the lessons learned over a lifetime are passed on. He believes that __16__ (work) with our hands is valuable, as it can offer us a different sense of accomplishment.

C

Over the past century, we have treated space as a dumping (倾倒) ground, much like we once treated land and oceans. Our single-use satellites __17__ (become) permanent rubbish if they die. With pieces of space rubbish increasingly falling back to Earth and threatening lives, space __18__ (send) us a clear signal now. __19__ we shift to recyclable satellites and work to build a healthier relationship with space, we will face even __20__ (bad) challenges.

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 spend hours on the road in the United States, staying connected isn't just convenient but also essential. A reliable Bluetooth headset helps you take calls safely and clearly even on noisy highways. Not every headset will be a great fit for you. Here's what to consider before you buy:

1. Noise Cancellation

Road noise from wind, engine and heavy traffic often disturbs call badly. Look for headsets with proven noise cancellation to keep your calls clear on busy highways.

2. Comfort and Fit

A headset should be comfortable enough for long-term wear. In-ear models can cause discomfort or slip out on uneven roads, while over-the-ear or open-ear designs are good alternatives. Most importantly, drivers in some states are only allowed to cover one ear while driving, so it's advisable to choose a single-ear headset or one that can switch to two-ear mode for non-driving use.

3. Battery Life and Build Quality

Long battery life means fewer interruptions. Aim for at least 20 hours of talk time per charge. Some higher-end headsets can run even longer. Durability matters too. Choose a headset built with tough, sweat-resistant materials that

can handle daily knocks and drops.

4. Reliable Connectivity

A weak connection can cut calls short at the worst moments. Go for Bluetooth 5.0 or newer for a stronger signal. Multipoint connectivity is another plus, allowing you to link your headset to both your phone and another device, like a GPS or tablet, at the same time.

5. Range

Think about how far you need your headset to work without losing connection. Open deck trailers (拖车) typically allow for a clearer signal, while box trailers can require longer reach to maintain a clear connection. A headset with an extended reach will ensure your call doesn't get dropped when you walk to the back of your trailer.

6. Add-on Features

Voice controls, quick charging, and easily accessible mute (静音) buttons bring convenience. Some headsets also include "hear-through" modes, so you stay aware of what's happening around you.

21. According to this passage, an ideal Bluetooth headset is _____.

A. an in-ear model for a secure fit

B. an open-ear model for sound quality

C. a model with Bluetooth 5.0 and GPS

D. a model with long talk time per charge

22. Why does a box-trailer require a headset with extended range?

A. To connect to more devices.　　B. To ensure a clear signal.

C. To avoid calls being cut off.　　D. To improve voice controls.

23. What is the purpose of this passage?

A. To advertise a Bluetooth headset.

B. To explain how a Bluetooth headset works.

C. To compare different brands of Bluetooth headsets.

D. To offer tips on how to choose a Bluetooth headset.

B

When my eldest son Luke turned 13, our relationship hit the rocks. The kind-mannered and well-spoken boy became argumentative, moody, and distant. He would shout at the smallest thing, and my attempts to comfort or advise him always fell flat — more often than not, he'd mumble (嘟哝) angrily and storm out of the room. Even when he struggled with math homework, he refused my help, pushing me away.

I was stuck in anxiety, watching our connection weaken. With his 15th birthday approaching, as a father, I knew I had to find a way to bridge the gap before it widened.

My first breakthrough came after talking to a psychologist, who advised me to set aside my own agenda and focus on Luke's world. One evening, I found him watching kids playing video games online — something I'd never understood. Instead of urging him to study, I sat down and asked about the videos. Though hesitant at first, Luke slowly opened up, explaining the rules and his favorite players. That 10-minute chat felt like a small victory; by showing genuine interest in his world, I'd softened the wall between us.

I also tried to create a "safe space" for Luke to talk. Instead of forcing talks at mealtimes or in the car — places where teens feel trapped into lectures — I set up "parenting office hours". If Luke wants to talk, he knows where to

find me. The key is to set my work aside and shift my attention. He controls the timing and the length of those interactions, which goes a long way towards making those moments safe.

The biggest test came last spring. We signed Luke up for a rowing program, but three days before the first session, he refused to go. I'd just finished a stressful workday, and my first response was to insist he honor the agreement. Our argument intensified quickly, with Luke growing more emotional by the minute. Then I remembered some advice on mindfulness — staying present with an open heart. I tried to manage my feelings and learned that his hesitation was rooted in social anxiety. Eventually, he tried rowing and loved it, and the experience was all the more enjoyable for him because he overcame his anxiety to do it. But had I not sorted myself out first, I might never have got him there.

24. What pushed the author to bridge the gap between him and Luke?

A. Luke's upcoming 15th birthday.

B. His concern over the fading bond.

C. Luke's poor academic performance.

D. A psychologist's criticism on his parenting.

25. Why did the author set up "parenting office hours"?

A. To share his feelings with Luke openly.

B. To lecture Luke about his behavior.

C. To give Luke more freedom to talk.

D. To balance his own work and life.

26. Luke's experience with the rowing program was _____.

A. rewarding B. smooth C. stressful D. disappointing

27. What can we learn from this passage?

A. Like father, like son.

B. Action speaks louder than words.

C. Understanding is the key to harmony.

D. A good beginning makes a good ending.

C

More than 50 years ago, Jane Goodall amazed the scientific community by reporting that chimpanzees were using tools to fish for insects. This observation was astonishing, as scientists believed tool-making was a uniquely human feature. Today, the evidence that many other species learn from each other and have cultural ways of behaving is vast. A recent special issue highlights evidence from whales to wallabies (沙袋鼠), showing learning from others is wide spread across the animal kingdom.

For many species, culturally transmitted (传承的) behaviour can be mission-critical: an important way to share survival skills or to adapt to changing environments. In conservation, these insights are starting to reshape practice, from reintroductions to managing conflicts between humans and wildlife over habitat use. Meanwhile, the idea of "longevity conservation" is gaining attention as researchers show that some of the longest-living animals have not only developed extraordinary genetic adaptations to cope with an extended lifetime, but some are also the keepers of ecological knowledge shared culturally between generations. The emerging view is that some of these older individuals can hold knowledge critical to adapting to unstable environments.

Our evolving understanding also requires us to rethink what we mean by “world heritage”. If whales and birds can have cultural traditions too, should we treat the loss of their song or feeding techniques as seriously as we treat the loss of a human memorial? This will be a stretch for many, but not for all of us.

Many Indigenous (土著的) communities have long understood that other species share knowledge. Bottle nose dolphins that help fishers in Brazil are an example of relationships that could only occur when humans are listening deeply to nature. Perhaps the most important challenge that looking beyond human cultures presents is to the idea of human exceptionalism. The more we learn about other species’ cultures, the harder it is to deny that we are surrounded by a planet full of “others”, who have values and emotions.

It took more than 50 years from Goodall’s report for conservation bodies to debate the importance of non-human cultures. In the intervening decades, we have begun to chip away at the false belief of human exceptionalism. We already live among a diversity of other cultural life forms. Truly absorbing this knowledge might just encourage the far-reaching shift we need if we are to meet our responsibilities as guardians of this rich bio-cultural diversity.

28. What can we learn from this passage?

A. Genetic adaptations rely on knowledge sharing.

B. Using tools is a unique feature for chimpanzees.

C. Long-lived animals transmit knowledge across generations.

D. Changing environments hold back the cultural transmission.

29. How does the author feel about the possibility of the loss of animal cultures?

A. Puzzled. B. Concerned. C. Doubtful. D. Hopeless.

30. What does the author mainly convey by mentioning Indigenous communities?

A. The recognition of animal cultures is long-standing.

B. The protection of animal cultures is challenging.

C. Animals have extraordinary intelligence.

D. Animals are great partners to humans.

31. What is implied in this passage?

A. Conservation bodies question the value of animal cultures.

B. Knowledge holds the power to restore biodiversity.

C. Human false beliefs are easy to change.

D. We need a real cultural awakening.

D

Novelist Virginia Woolf, like all writers, faced the challenge when preparing to write or speak: How do you draw out from the swirl (漩涡) of your thoughts a worthy insight? What kind of catch can you get to reward your audience? Her approach was to engage herself in <u>incubation</u>. Taking a cue (暗示) from her approach may help you when you’re stuck for words.

According to the latest controlled studies, a period of downtime develops creative ideas. Why? The theory is that wandering brains are not wandering at all. They are busy with thought development — linking each thought to associated ones, restructuring how your mind represents thoughts, weakening the hold on your attention of irrelevant thoughts, and more. The benefits of wandering show up in a study published in 2025. Researchers asked people to take 10 minutes to write a fictional story based on a cue. Before people began writing, the researchers divided people

into groups. They asked one group to take a break to let their minds wander. They gave another group no break at all. The cue gave plenty of room for creativity. But the people in the mind-wandering group turned in the most creative stories. They exhibited more diverse flow in thinking and, interestingly, higher ratings of creativity. The effect was slight but significant.

The experiment also showed something else: Staying too busy puts you at a disadvantage. The people asked to take a "busy" break — spending 10 minutes on a spot-the-difference task — were less than half as likely to gain the problem-solving insight as the wandering group. Apparently, engaging in this kind of break while occupying working memory is self-defeating.

If this approach works, what form works best? Many scientists theorize that sleep offers the biggest return. When people had to solve matchstick problems, in which they were challenged to rearrange a set of sticks, they did a lot better after they got a nap (小睡). However, not all experiments show that sleeping on a problem works so neatly. The benefit may depend on both the stage of sleep you fall into and the kind of problem you need to solve.

Overall, if you need an insight, channel Virginia Woolf: Drop your line into the swirl of your unconscious. When you feel a pull, while napping or not, grab it. What began as a flash of an idea may well have grown into something truly remarkable.

32. What does the word "incubation" underlined in Paragraph 1 most probably mean?

A. A state of deep focus.　　B. A time of restful waiting.

C. A period of hard thinking.　　D. A moment of sudden insight.

33. What can we learn from this passage?

A. The brain stops working when the mind wanders.

B. "Busy" breaks help people solve problems.

C. Deep insight is what novelists need most.

D. Sleep might help with problem-solving.

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

A. How to Catch a Brilliant Idea　　B. How to Keep a Wandering Mind

C. How to Sleep Your Way to Insight　　D. How to Train Your Brain to Wander

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。

Organic agriculture is often thought of as green and good for nature. Conventional agriculture, in contrast, is cast as big and bad. __35__

A widespread shift to organic would leave billions hungry, researchers predict. __36__ Organic output is typically 25 percent lower than conventional farming output. Switching all the world to organic would mean turning 24 percent more natural habitats into agricultural land to meet future demands, doing more harm than good to nature.

Researchers who conclude that organic agriculture could not feed the globe's growing population also recognize that conventional agriculture can't carry on as it is, either. __37__ In experiments, they are testing integrated approaches that combine the green touch of organic farming with a small amount of chemical fertilizer and strictly targeted chemical treatments applied when needed — an approach known as low-input agriculture.

Studies show that low-input integrated farming is successful for both output and the environment. After an eight-

year experiment, scientists reported promising results from multi-year crop rotation (轮作) systems. Crops were switched every two to four years and assessed for output. Output rose as the number of rotations increased. __38__ The potential harm to freshwater ecosystems from weed killer was 99.9 percent lower in the low-input corn plots than in the conventional corn plots.

__39__ Organic farming is important on local scales, but the world won't ever be fed by just organic. A more realistic goal is to expand organic farmland while putting the rest on a more sustainable footing. For now, research is advancing by deepening our understanding of what eco-friendly farming really means.

A. This strategy also had environmental benefits.

B. So scientists are doubling down on the middle road.

C. Organic fields are an experimental ground for boosting profits.

D. None of this means that people should stop buying organic produce.

E. Therefore, some crops grow better than others under organic conditions.

F. Yet scientists are finding that organic farming is not as green as it seems.

G. Specifically, output is the one crucial feature where organic farming falls short.

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 most of us turn our minds to self-improvement, we assume that we need to put pleasure on pause until we've reached our goal. Yet the latest research suggests that this may be the worst way to approach our personal goals. Put simply, we are far more likely to succeed if the process offers immediate satisfaction as well as rewards in the future.

These insights arise from self-determination theory, which sets out a range of motivation. On one side you have intrinsic (内在的) drives, which are the things you're drawn to do for their own sake, because they're fun, engaging or give you pleasure. On the other, there are extrinsic (外在的) drives — things that you know you should do, often because of a longer-term benefit.

For a study published in 2025, Kaitlin Woolley and colleagues surveyed 2,000 people about their goals for the year ahead. The researchers then kept track of the participants' progress over the following 12 months. At every stage of the study, the level of intrinsic drive was the best predictor of them staying the course, while their extrinsic motivations had no effect.

Intrinsic and extrinsic drives do not have to be at odds, of course. You may initially choose to get fit because your doctor has told you to, but you can then look for the most enjoyable ways to do it. You just need to think a bit more creatively about how to build in the exercise.

If you're struggling to find a way of making your new habit fun, you might choose to combine it with another activity that provides more immediate satisfaction. You can apply the same principle to anything you want to do. Armed with this strategy, you'll be well on your way to reaching your goal this year.

40. What are intrinsic drives?

41. What is the result of the study in the passage?

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

➤ ***Intrinsic and extrinsic drives are often in conflict, so you need to think creatively about how to make use of them.***

43. Do you rely more on intrinsic or extrinsic drives to reach your goal? Give an example. (***In about 40 words)***

第二节（20 分）

假设你是红星中学高三学生李华。你校上周举办了劳动实践周活动。你的外国好友 Jim 对此很感兴趣，发来邮件询问活动情况。请你用英文给他回复，内容包括：

1．活动内容；

2．你的收获。

提示词：劳动实践周　Labor　Practice　Week

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,

LiHua

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. B 2. C 3. C 4. D 5. A 6. C 7. B 8.D 9. A 10. D

第二节 （共 10 小题；每小题 1.5 分，共 15 分）

11. from 12. Dressed 13. powerfully 14. was gained 15. where

16. working 17. will become 18. is sending 19. Unless 20. worse

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. D 22. C 23. D 24. B 25. C 26. A 27. C 28. C 29. B 30. A 31. D 32. B 33. D 34. A

第二节(共 5 小题；每小题 2 分，共 10 分)

35. F 36. G 37. B 38. A 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. Intrinsic drives /They are the things you're drawn to do for their own sake, because they're fun, engaging or give you pleasure.

41. At every stage of the study, the level of intrinsic drive was the best predictor of participants staying the course, while their extrinsic motivations had no effect.

42. *Intrinsic and extrinsic drives are often **in conflict**, so you need to think creatively about making use of them.*

Intrinsic and extrinsic drives do not have to be at odds/in conflict. You might choose to combine them and you'll be well on your way to reaching your goal. (如何做)

43. Possible answers:

I often combine intrinsic and extrinsic motivation when working toward a goal. For example, when I set out to improve my English grades, I look for enjoyable ways to practice, like watching English movies or listening to songs, which turns learning into something I genuinely look forward to. (48)

第二节（20 分）

Dear Jim,

I'm glad to know you're interested in the Labor Practice Week we held last week. Here are some details.

Over the week, we took part in various activities, such as planting trees on campus, cleaning up the nearby community park, and learning basic gardening skills from a local farmer. He showed us how to prepare the soil, press in the seeds and water plants without damaging the roots. It's tiring but rewarding.

These hands-on tasks helped us realize the value of labor and the importance of teamwork. Through these experiences, I came to understand that every small effort counts in making our environment better.

Hope this gives you a clear picture. Looking forward to hearing from you.

Yours,

Li Hua (117)