2026 北京房山高三（上）期末

英　　语

本试卷共 10 页，满分 100 分，考试时长 90 分钟。考生务必将答案填涂或书写在答题卡上，在试卷上作答无效。考试结束后，将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。

The true warmth of life often arrives in the simplest ways. One morning, a freezing rain had transformed my car windows into frosted glass. As I set about dealing with it, I __1__ a small note tucked against the driver’s side window. Pressed beneath a thin layer of ice, the handwriting remained __2__: “This is ice, not snow. Slow starts, gentle turns, and early brakes.” It was __3__ by the elderly gentleman next door.

A sudden warmth cut through the morning chill, more comforting than any winter coat. Those simple instructions touched me more deeply than any elaborate gesture could. These weren’t merely driving __4__—they felt like a quiet voice whispering, “Someone __5__ whether you arrive safely.”

I carefully peeled the note from the glass, preserving it like a __6__ letter. Through those honest words, memories of a different era came flooding back—a time when community meant something deeper than casual greetings. I could almost __7__ neighborhoods where families knew each other by name, where snow was __8__ swept from an elder’s walk before dawn, and where parents watched not only their own children, but everyone’s.

That kind of connection shouldn’t just live in memory. Now the sweet tradition continues in my own kitchen, where the feeling of __9__ fills the air. When I bake cookies, I make some extra. When the scent of butter and sugar fills the house, I wrap the cookies in a clean cloth and carry them next door. The smile that greets me—the one that reaches his eyes—feels like a silent conversation between old friends. And in that exchange, winter feels a little less cold, reminding me that even the smallest acts of __10__ can melt the frost around our hearts.

1.A. left	B. spotted	C. drafted	D. completed
2.A. messy	B. bright	C. clear	D. formal
3.A. signed	B. printed	C. discovered	D. recognized
4.A. lessons	B. tips	C. exercises	D. warnings
5.A. cares	B. knows	C. decides	D. wonders
6.A. secret	B. familiar	C. cheerful	D. precious
7.A. accept	B. build	C. picture	D. observe
8.A. calmly	B. quietly	C. occasionally	D. randomly
9.A. admiration	B. confidence	C. satisfaction	D. gratitude
10.A. trust	B. courage	C. kindness	D. gentleness

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

Qian Xuesen was experienced in rocketry and __11__ (make) great contributions to his field. He played a key role in China’s missile and aviation programmes, __12__ (help) fast - track the development by decades. He overcame harsh conditions and dedicated much of his life to his work. Up to now, with his expertise in science, perseverance, integrity, and innovation, he __13__ (motivate) generations of scientific researchers.

B

The fully upgraded 2025 version of the classic dance drama Legend on the Silk Road __14__ (perform) during the 8th Silk Road (Dunhuang) International Cultural Expo on Sept 20 at the Dunhuang Grand Theater. __15__ (inspire) by the art of the Dunhuang Murals, this updated production captivated audiences with its exquisite choreography, immersive storytelling, and advanced stage technology. The performance __16__ (vivid) recounts a story of friendship between ancient China and Persia, celebrating cultural exchange and harmony along the Silk Road.

C

Conservation photography, __17__ aims to advocate for wildlife and our planet’s natural ecosystems, is a form of nature photography. It is a great way to use your photography skills __18__ (create) a story and make a statement about a critical topic of interest in today’s society: the impact of humanity __19__ our environment. Environmental conservation organizations, photojournalists, those involved in environmental policy, and even private __20__ (citizen) are all able to affect change through conservation photography.

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

Ready to try School Support volunteering in Ecuador? International Volunteer HQ’s School Support Volunteer Program in Quito is designed to provide learning support to students who need extra help at school.

Your Role and Impact

In classrooms all over the world, there are students who require additional support. Those who may be new, have learning difficulties or are struggling with a particular topic or issue will be better able to handle these challenges with the close attention, helping hand and encouragement of a volunteer.

As a School Support volunteer, you will travel to different schools and centers around Quito to help small groups or individual students, often outside of school hours. Your duties can vary, but typically include:

4. Tutoring students in specific subjects.

5. Helping with homework assignments.

6. Providing encouragement and support.

7. Boosting students' confidence and self - esteem.

Your Growth and Rewards

While volunteering on the School Support project in Quito, you'll be adding value to the local community, while also developing personally and professionally by:

21. Promoting your communication skills.

22. Practicing and improving your Spanish.

23. Discovering the ancient city of Quito.

24. Gaining experience in an educational support role.

25. Immersing yourself fully in the Ecuadorian culture.

Requirements

Volunteers need to be 18 years or over to participate in this project. All applicants must speak English and have at least an intermediate (B1) level of Spanish. Sufficient volunteer travel insurance is also required.

Previous experience is not required, but a background in education or childcare would be beneficial. Please note that this project runs from October to May each year. If you don't meet this requirement, you're welcome to explore an alternative project in Ecuador.

21. In the program, School Support volunteers will mainly _____.

A. assign students extra homework

B. discover the ancient city of Quito

C. instruct students in certain subjects

D. improve local teachers' communication skills

22. Which is a requirement for the applicants?

A. Having previous voluntary education experience.

B. Being able to participate throughout the year.

C. Having enough volunteer travel insurance.

D. Speaking English at an intermediate level.

23. What is the author's purpose in writing this passage?

A. To present a new lifestyle for volunteers.

B. To encourage people to join the program.

C. To share a personal experience of volunteering.

D. To introduce the rewards for working in Ecuador.

B

Just minutes after Tina and Mike McCasland met their newborn son, they were told that their baby boy, Cody, was born prematurely with a rare birth condition. He wasn't breathing on his own, and his legs had formed without tibias or knees. But not only did the tough little boy survive his first day of life, but he also eventually got to go home

with his parents.

He grew stronger in the following months and made it through a double leg amputation (截肢) at just over a year old. Tina and Mike celebrated another milestone when Cody began walking with his first prosthesis (假肢) after his physical therapy.

Since then, Cody has continued to amaze everyone around him. He faces every challenge with a bright, happy smile, and doesn't seem to know what the word "can't" means. In fact, from a young age, he took up racing—thanks to the incredible help and generosity of a local children's hospital, which provided him with expensive prosthetics, at no cost to his family.

But Cody has always been one to give back. He acts as a spokesman for the hospital by sharing his story and even visits injured service members in the hospital to give them renewed hope and a more positive outlook regarding their futures.

The little boy has been making headlines since he was six, even appearing on some chat shows, sharing his love of running, swimming, handcycling, and talking to as many people as he can.

"Cody has really done everything that they said he wouldn't do," Mike said. "He wasn't supposed to be able to walk; well, he walks—he runs. He wasn't supposed to be able to talk as he had only one vocal chord; yet, he just goes on forever."

At almost 18 years old, Cody continued to beat the odds while his dreams reached even further. He competed in various athletic events around the country and hoped to swim in the Paralympics. And, after more than two dozen surgeries in his life, he wanted to become an anesthesiologist.

"I want to work at the hospital, in the operating room," he explained. "I want to help people feel better." "Some people might say I have a disability," Cody said. "But really, I have an ability."

24. Shortly after Cody was born, he _____.

A. had to stay in hospital for leg amputation

B. received immediate physical therapy

C. was found physically disabled

D was given a lung test at once

25. How does Cody repay the hospital's generous help?

A. By empowering patients with a positive spirit.

B. By appearing on TV to share his love for sports.

C. By providing advice to injured service members.

D. By raising funds for other patients at the hospital.

26. Approaching 18 years old, Cody _____

A. was famous for competing in the Paralympics

B. became a doctor despite facing many challenges

C. started his racing career after appearing on chat shows

D. competed as an athlete in different events across the country

27. According to the passage, which words can best describe Cody?

A. Modest and sympathetic.　　B. Caring and strong - willed.

C. Grateful and cooperative.　　D. Intelligent and warm - hearted.

C

I've always been unwilling to be pressed into bench - pressing. Lifting weights, unlike aerobic (有氧的) exercise, seemed the province of serious athletes looking to improve performance or men seeking to build significant muscle mass. Instead, I walk several miles every day and do yoga regularly.

Although research into resistance training is still catching up to that on aerobic exercise, there's growing evidence that muscle - strengthening routines provide a host of physical and cognitive advantages, some of which can't be achieved through aerobic workouts alone.

All exercise is a form of physical stress. Done correctly, it creates better fitness by making the body adapt to that stress and become stronger. Like aerobic exercise, resistance training increases heart rate and makes the lungs work more to keep the additional blood flow filled with oxygen.

In 2022, an analysis of several studies found that muscle - strengthening exercises were associated with a 10 to 17 percent lower risk of all - cause mortality than those who didn't. And the same year, exercise scientist Gorzelitz and her colleagues used data on nearly 100,000 older

Americans to show that those who did both aerobic and resistance training had the lowest risk of death in the entire group. Weightlifting, by itself, also reduced the risk of death from all causes as well as from cardiovascular disease specifically. These activities keep us healthier as we live our lives.

We lose 3 to 8 percent of our muscle mass every decade after the age of 30 and more after age 60. But muscle strengthening allows us to push back against the aging process and build lean body mass. Resistance training also builds better bones—muscles pull on bones, and in response, bones add new cells and get stronger, increasing bone mineral density.

Some of the resistance to resistance training is because it is more complex than aerobic exercise. With aerobic activities, a step is a step, whether you walk, run or hike, and those steps are easily tracked. “But resistance training includes far more variables”, says physiologist William Kraemer. People need to choose which parts of the body to work and in what order, which equipment to use, what intensity to work at, and how often to rest.

Any form of resistance training will do—pulling on strong elastic bands, push - ups, free weights or weight machines—so long as it puts strain on your muscles. Experts advise that people start small so as not to get hurt. Aim for the recommended minimum of two sessions per week, although for some people more frequent, shorter sessions might be more sustainable.

It's important to increase weight and intensity over time, a concept known as progressive resistance. “If you keep doing the same thing over and over again, no adaptations occur,” Kraemer says.

28. The author mentions his unwillingness to do bench - pressing to _____

A. introduce a topic　　B. give a suggestion　　C. highlight a problem　　D. evaluate a statement

29. What can we learn from this passage?

A. Exercise creates better fitness by avoiding physical stress.

B. Resistance training outweighs aerobic exercise in delaying aging.

C. Managing weight can be achieved mainly by building better bones.

D. Resistance training paired with aerobic exercise produces better health outcomes.

30. It is implied in this passage that we should _____

A. avoid complex exercise routines due to their potential for injury

B. adapt our exercise routines to our personal condition and progress

C. follow a fixed and simple exercise routine to achieve expected effects

D. prioritize more frequent and shorter sessions to build a sustainable routine

31. Which of the following would be the best title for the passage?

A. The Underrated Benefits of Resistance Training　　B. Weightlifting: Overlooked or Overvalued?

C. Resistance Training: Complex or Simple?　　D. The Unlocked Mystery of Weightlifting

D

Space is, for the most part, a vast, impersonal vacuum. But the part of it that includes our small region of the universe is a human - influenced environment upon which society depends. In a series of discussions over the past year, we have examined how we on Earth are more easily affected by cosmic phenomena than ever before, how humans are changing the orbital ecosystem—and how the world needs to respond.

Space dangers have always threatened this planet, even if those living here were not aware of them. Some smaller asteroids (小行星) are in some ways more threatening. Scientists have started launching space - based telescopes to track dangerous asteroids and testing methods to steer asteroids away from Earth.

Other space - based dangers emerged as people became more dependent on electronics vulnerable to space weather—releases of radiation and magnetized particles from the sun that can frazzle power systems, satellites, radios, GPS devices and other crucial modern - day infrastructure. Scientists can predict space weather, giving people hours or even days of warning to strengthen infrastructure.

Then there are the problems humans are creating themselves. Junk that we've put into orbit surrounds the planet, and the number of things up there is rising rapidly. Even tiny pieces of debris can harm satellites that provide critical services on Earth's surface—and, in the process, possibly create yet more debris that could threaten other objects in orbit.

Also dramatic, but something everyone can help address, is light pollution. Humans are making the sky brighter from below, through the use of increasingly intense lighting, and from above, via satellites and space debris reflecting sunlight back to Earth. One study found that humans have made the sky 10 percent brighter per year over the past decade. "Skyglow" disrupts people's circadian rhythms and harms their sleep and their mental and physical health.

Government should fund planetary defenses against asteroids and space weather. These systems can include space - based observatories to map asteroids and study the sun, tests of asteroid - moving techniques, and hardened electronic infrastructure resistant to solar ejections. Furthermore, countries and companies that exploit space must commit to reducing pollution.

As humans struggle to preserve the ground we walk on or the air we breathe, governments all over the world also need to take care of the zone far above our heads. Those who spend their lives studying space increasingly understand the urgency—and what to do about it. Acting, however, is often the hardest part.

32. What does the word "frazzle" underlined in Paragraph 3 most probably mean?

A. Maintain.　　B. Improve.　　C. Regulate.　　D. Damage.

33. What is Paragraph 5 mainly about?

A. The possible ways to reduce light pollution.

B. The scientific measurements of sky brightness.

C. The primary causes and effects of light pollution.

D. The effects of artificial light on human mental and physical health.

34. As for protecting space environment, the author is _____

A curious　　B. concerned　　C. optimistic.　　D. surprised

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。

As the world changes in the digital age, so does the role of our public libraries __35__ They are transforming into community hubs that foster learning, creativity, and social interaction. Read below to learn more about this fascinating evolution.

Libraries are increasingly serving as community hubs, offering spaces for locals to gather, learn, and connect. They host a wide range of activities, such as coding workshops, book clubs, resume writing classes, and even yoga sessions. __36__

In today’s digital era, libraries are reinventing themselves as digital resource centers. __37__ These resources are especially crucial for those who cannot afford personal subscriptions and need reliable sources of information for research, work, or personal learning.

__38__ These areas are equipped with tools and equipment, such as 3D printers, sewing machines, and woodworking tools. These spaces provide the community with opportunities to learn new skills, collaborate on projects, and bring their creative ideas to life.

Libraries are also emerging as preservers of local culture and history. They collect and digitize local artifacts, photographs, and oral histories, making these resources accessible to the public. This role emphasizes the library’s importance in preserving a community’s cultural heritage.

In the digital age, libraries play a crucial role in promoting digital literacy __39__ By doing so, libraries empower individuals to participate fully in today’s digital society.

By embracing digital transformation and expanding their services, libraries are proving that they are more relevant than ever in today’s rapidly changing world. It is an exciting time to rediscover and rethink the role of libraries in our society.

A. The concept of libraries as makerspaces is a recent trend.

B. Some libraries have digital collections on specific topics.

C. Libraries continually serve as quiet spaces for students and remote workers.

D. These activities help foster a sense of community and belonging among them.

E. They provide training on using digital tools and finding reliable information online.

F. They offer free access to e - books, digital magazines and subscription - based online databases.

G. The rise of e - books and online resources means libraries are no longer just homes for books.

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。

Deforestation harms the planet and humans in many ways. Trees play a major role in the global effort to slow the pace of climate change, preserve wildlife, and support people. Yet deforestation continues, threatening these goals.

Deforestation is the purposeful clearing of forested land, leading to permanent land - use change. Most deforestation—permanent forest loss—is driven by farming, grazing of livestock, mining, drilling, and settlements, according to research from the World Resources Institute (WRI). Deforestation occurs all over the world, with Latin America, Southeast Asia, and Africa showing the largest amounts of permanent forest loss through agriculture.

The conversion of forests for farming and ranching is the main driver of deforestation globally. Mining, infrastructure development, and settlement also contribute. Forests are also cut as a result of urban sprawl, as land is developed for homes. In 2022, the Amazon saw record rates of deforestation, with an estimated 1.98 million hectares of forest cleared. According to a report, Colombia lost 113,608 hectares of forest in 2024, a 43 percent increase compared to the year before.

Deforestation directly threatens the survival of countless land species by destroying their habitats. It is also a key cause of soil erosion, which in turn degrades land, blocks waterways, contributes to flooding, and reduces agricultural productivity. The effects of deforestation extend far beyond the immediate area where the trees are cut down.

We need trees for a variety of reasons, not least of which is that they absorb the carbon dioxide we exhale and the heat - trapping greenhouse gases produced by human activity. As those gases enter the atmosphere, they accelerate climate change. In response, conservationists have taken action. However, the situation remains serious. A movement is underway to fight illegal mining and logging, preserve existing forests, and restore lost ecosystems through replanting and rewilding. We hope that through these combined efforts, we can save more forests and also reduce the environmental problems that come with deforestation.

40. According to the passage, what is "deforestation"?

41. What are two direct consequences of deforestation mentioned in the text?

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

▶ In order to fight climate change and protect forests, conservationists have taken action and have greatly improved the situation.

43. What can you do to help reduce deforestation? (In about 40 words)

第二节（20 分）

假设你是红星中学高三学生李华。你们班将于下个月开展以 “探访中华老字号” 为主题的研学活动。请你用英文给你们班的交换生 Jim 写一封电子邮件，邀请他参加，内容包括：

1. 活动内容；

2. 其他相关事项。

提示词：中华老字号 Chinese time - honored brands

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

第一节

1. B（1.5 分）

2. C（1.5 分）

3. A（1.5 分）

4. B（1.5 分）

5. A（1.5 分）

6. D（1.5 分）

7. C（1.5 分）

8. B（1.5 分）

9. D（1.5 分）

10. C（1.5 分）

第二节

11. made（1.5 分）

12. helping(1.5 分)

13. has motivated(1.5 分)

14. was performed(1.5 分)

15. Inspired(1.5 分)

16. vividly(1.5 分)

17. which（1.5 分）

18. to create(1.5 分)

19. on（1.5 分）

20. citizens(1.5 分)

第二部分 阅读理解

第一节

21. C（2 分）

22. C（2 分）

23. B（2 分）

24. C（2 分）

25. A（2 分）

26. D（2 分）

27. B（2 分）

28. A（2 分）

29. D（2 分）

30. B（2 分）

31. A（2 分）

32. D（2 分）

33. C（2 分）

34. B（2 分）

第二节

35. G（2 分）

36. D（2 分）

37. F（2 分）

38. A（2 分）

39. E（2 分）

第三部分 书面表达

第一节

40. Deforestation is the purposeful clearing of forested land, leading to permanent land use change.(2 分)

41. Threatening the survival of countless land species by destroying their habitats.(1 分)

Causing soil erosion.(1 分)

42. The false part is "have greatly improved the situation".(1 分)

Because the passage says "the situation remains serious".(2 分)

43. We can plant trees, support reforestation projects, and reduce paper waste.(5 分)

第二节

Dear Jim,

Our class will hold a research activity themed "Visiting Chinese Time honored Brands" next month. We'll visit some famous time honored brand stores. We can learn about their history, traditional techniques, and cultural connotations. We'll also have discussions and share our feelings. You can experience Chinese traditional culture closely.

Remember to wear comfortable shoes as we'll walk a lot. Looking forward to your joining.

Yours,

Li Hua （20 分）