2026 北京高考真题

英　　语

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。

Ivy and Mia were best friends. But as they grew older, there was a shift.

Mia shone easily in after-school activities. She was a talented singer and won the ___1___ of all. The teachers praised her, and friends gathered around her, requesting her to sing. Ivy felt ___2___. Mia, however, didn't know it and went her way as usual.

Ivy recognised a(n) ___3___ feeling when Mia was applauded, and an ache in the heart when she compared herself with Mia. Jealousy (嫉妒) grew silently in her heart, like a shadow.

One day, Mia came to Ivy and told her excitedly, "I've been selected for the inter-school competition!" Ivy ___4___ a smile. "That's great" was all she said. That evening, she sat in her room, staring into space. Why her? Why not me? Such thoughts filled her mind.

She started ___5___ Mia. Their conversations became short. Having noticed this, Mia asked Ivy, "Did I hurt you? You seem to be ___6___." Ivy hesitated, and then admitted how she felt. Mia was surprised but smiled gently. "Do you know?" she said, "I've always admired you. I might be able to get attention ___7___, but you have the strength for steady growth. We're not competing. We're just different."

Over time, the ___8___ faded (消退). Ivy finally realised: Jealousy doesn't come from the success of others — it comes when we forget our own ___9___. And once that takes root, there's no need to _____10_____.

1. A. credibility	B. admiration	C. sympathy	D. confidence
2. A. taken in	B. picked on	C. left out	D. turned down
3. A. contented	B. refreshing	C. unsettled	D. inclusive
4. A. radiated	B. forced	C. expected	D. witnessed
5. A. avoiding	B. accepting	C. forgiving	D. frightening
6. A. guilty	B. shocked	C. distant	D. confused
7. A. fearlessly	B. desperately	C. hesitantly	D. effortlessly
8. A. hope	B. shadow	C. bond	D. light
9. A. worth	B. limit	C. past	D. fault

10. A. control　　B. comment　　C. confirm　　D. compare

第二节(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。

My dad and I were at a grocery store last evening. When the cashier rang everything up, my dad reached for his wallet and froze. He ____11____ (forget) to take it. I remember the ____12____ (embarrass) on his face. The cashier had scanned all the items and there were a couple of people ____13____ (wait) behind us. Unexpectedly, a man ____14____ (step) forward, handed his card to the cashier and said, “Let me help.”

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 family member is returning from a year-long trip, and you are meeting her at the airport. When you see her walking towards you, you feel a deep sense of connection well up ____15____ you. Sound familiar? You may not know the term, but that feeling is “kama muta”, a recently ____16____ (name) emotion that marks some of the most important moments in our life. By mindfully seeking out opportunities ____17____ (stimulate) this feeling, you could fill your life with greater meaning.

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。

Universities ____18____ (design) along the three unities of French classical tragedy (悲剧): time, action, and place. Students meet at the university campus (*unity of place*) for classes (*unity of action*) during their 20s (*unity of time*). So far, this model ____19____ (produce) well-known universities, but it is now challenged by the digitalisation of society, which allows everybody ____20____ is connected to the Internet to access learning resources.

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

Volunteers Wanted

·Age 18 — 50

·Duration: 1 — 12 weeks

·You'll get airport pickup, accommodation with breakfast, free-time activities

About the Programme

UPCYCLING is a programme that intends to reduce waste. By reimagining items that might otherwise end up in landfills (垃圾场), UPCYCLING not only helps conserve natural resources but also encourages innovation and environmental awareness.

We welcome volunteers to help transform reclaimed materials into objects with new and creative purposes.

What to Expect

Furniture Restoration: take an active role in transforming reclaimed furniture and materials into useful items, giving them a new life;

Creative Workshops: learn basic repairs and artistic redesign of old furniture, while sharing knowledge and ideas with fellow volunteers,

Social & Environmental Action: help address social and environmental challenges through creativity and cooperation.

Community Services: support communities by providing upcycled goods to those in need and help promote projects through social platforms to widen outreach.

A Typical Day

You will work on a morning, afternoon or evening shift at your project site for 3 to 5 hours per day, Monday to Friday.

Schedule	
8:00 — 10:00 a.m.	Breakfast at the hotel
10:00 a.m.	Work at the project sites, or enjoy your free time

Free-time Activities

In your free time, you can explore the city, have language classes, surf or choose your favourite from among the following.

 Riding  Hiking  Swimming

 Water Sports  Concert  Museum

21. The programme aims to _____

A. create new materials　　B. cut down on waste

C. set up social platforms　　D. promote language learning

22. The programme provides certain community members with _____.

A. free-time activities　　B. upcycled goods

C. hotel services　　D. airport pickups

23. What can volunteers do?

A. Schedule the projects.　　B. Organise creative workshops.

C. Design art classes.　　D. Participate in water sports.

B

After we had twins and became a family of five, my husband and I decided to move from London back to Yorkshire, to be closer to my parents. Around the same time, they sold their house and we decided to build them a bungalow (平房) in our garden. We moved them in with us until the build was complete.

Packing up my parents' house felt like a massive goodbye — that bedroom, those memories, the feeling of safety and shelter I always felt there. That evening, I sat in the living room watching TV, temporarily free of my own responsibilities, lost in nostalgia (留恋). Even though I'm a grown woman in my 40s with my own family, it felt scary not to have "home" to go back to.

On our final morning in the house, we took a break from the mind-bending, never-ending work of packing to sit down for that last breakfast. Mum voiced what we were all thinking: It was strange to see the place so empty. I worried that they'd begin to think they'd made a mistake.

"How do you feel?" I asked. There was a silence as Dad continued to drink his tea, and I held my breath.

"Well, it's pretty awesome, isn't it?" he replied.

I breathed a huge sigh of relief: I had expected sadness, maybe even doubt, but Dad was already looking to the future. His response had an impact on me.

Yes, it was a huge goodbye in so many ways, but it was also the start of something new — an adventure in multigenerational living. I realised this wasn't about loss at all, but about movement and trust. Hearing Dad's cheerfulness, I realised that what I'd been seeing as "the end of an era" was actually the start of a new one. Sitting at the table, making my mini sandwich, I realised I was ready for our next chapter.

24. After they had twins, the author and her husband decided to _____.

A. visit her parents

B. move back to Yorkshire

C. rent a house for the family

D. raise their children in London

25. During the breakfast, the author worried that _____.

A. she might lose her shelter in the future

B. there would be too much work in packing

C. her parents might regret selling their house

D. it would be hard to live a multigenerational life

26. How did the author feel after hearing her dad's response?

A. Uplifted.　　B. Puzzled.

C. Concerned.　　D. Honoured.

27. What does the story mainly tell us?

A. Silence is the best cure for nostalgia.

B. Distance makes the heart grow fonder.

C. Optimism lights the path for tomorrow.

D. Parenting sets the pace of a child's growth.

C

Smells are all around us. What we know as a scent (气味) is a collection of natural or artificial airborne chemicals released from objects. But smell is often overlooked and undervalued. So, as climate change and biodiversity loss threaten natural scents, many people may not even notice.

Whether or not we pay attention to the world's "scentscape", heat and pollution are causing it to shift. As temperatures rise, man-made substances release more scent molecules (分子), and biodiversity loss due to climate change threatens the plants that scent the environment. "If you go to a forest, you have a given environment and temperature. If that temperature goes a little bit high, the profile of the chemical components in the air changes," since temperature can affect the amount of smell-carrying gas particles (粒子) released from substances, explains John Smith, a chemical engineer. "And therefore, the perception of how the forest smells changes."

That effect extends beyond forests. Snow — already threatened by a warming climate — absorbs different chemicals from the atmosphere as temperatures rise, which changes its cold-clean scent. Warmer conditions can intensify smells, leading the snow to smell more unpleasant and potentially gather more pollutants.

Climate change is also quickening the loss of biodiversity, threatening to erase certain smells entirely. When plants disappear, their scents become more difficult to produce.

Some scents are linked to cultural heritage. A recent study reported that native communities in Peru noticed a change in the smell of the Amazon River due to industrial pollution. Over generations, communities became

desensitised to increasingly smelly rivers, a sign of broader ecosystem degradation. At the same time, in some Amazonian belief systems, declining water quality and the unpleasant smells will lead to the dispersal (消散) of the river's spiritual beings. The damage to the scentscape could result in harm to both health and spiritual practice.

Even though we have other valuable things endangered by climate change, like food access, there is also an element of cultural identity, cultural survival, and history. If we don't look at it, we lose all the richness behind it.

28. The author mentions snow in order to _____.

A. illustrate a point

B. contrast approaches

C. classify objects

D. define a concept

29. What can we learn from this passage?

A. Biodiversity tends to be overlooked.

B. Snow is intensified by a warming climate.

C. Forest smell is likely to be changed by perception.

D. Disappearance of the Earth's smells can be a cultural loss.

30. What is implied in this passage?

A. Loss of smells can lead to natural disasters.

B. Damages of scentscapes can be artificially repaired.

C. Scents of the missing plants are preserved in the atmosphere.

D. Smell changes of forest and snow share a common underlying cause.

D

The 21st century has created a whole range of new types of professionals that we have never had before — or if not quite new, at least newly repackaged. The world has always had influential people, for instance, but only now do we have "Influencer". Similarly, the corporate world has certainly known its fair share of disruption, yet it is only in the last couple of decades that the "Disruptor" has become a recognisable figure in the way we talk about big business.

In an earlier era, the Disruptor would have been called an Innovator. Yet while an Innovator creates something new, the Disruptor is defined as much by what they destroy as by what they create. The Disruptor forces change; the clean-up is somebody else's problem. It's an attitude best summed up as "Move fast and break things."

Back in 1929, G. K. Chesterton identified the core problem with moving fast and breaking things through a thought experiment. Imagine there is a fence along a road. Suppose it's been there a long time, and was put there for some purpose. But that purpose is lost over time. To us, now, the fence seems to be nothing but an impediment. Why not remove it?

When faced with such a fence, Chesterton thinks the fact that we can't see the point of the fence is why we should not tear it down. Some fences keep foxes out of henhouses, for instance. If you think you can do without the fence because you've never seen a fox, consider if the existence of the fence is precisely why you've never seen one.

Importantly, Chesterton is not saying that things can never be reformed. His is a preventive principle rather than an outright prohibition. We could rephrase it like this: understand the wisdom in past decisions before you reject them. If we're too impetuous, we can end up tearing out things we don't yet realise we rely upon. But uncritical devotion to the "way things are done" can also deny us the possibility of better days.

What is required, then, is not the fearlessness of the Disruptor, but the humility (谦卑) to stop and ask questions and to know that our own perspective is neither unique nor comprehensive. Disruption can be a force for good. It can also just leave a big mess. We need the ability to work out which messes are worth avoiding — because however impressively fast you move, some things can't be easily unbroken.

31. Regarding Chesterton's principle, the author is _____.

A. supportive　　B. doubtful

C. conflicted　　D. disappointed

32. What does the word "impetuous" underlined in Paragraph 5 most probably mean?

A. Short-sighted.　　B. Narrow-minded.

C. Hot-headed.　　D. Old-fashioned.

33. What can we infer from this passage about the Disruptor?

A. They may clear up other people's mess.

B. They are in favour of the preventive principle.

C. They preserve more traditions than they break.

D. They may create more problems than they solve.

34. What does the author intend to tell us?

A. Humility should be a driving force for human progress.

B. Innovation should move forward the wheel of tradition.

C. Reform should draw from the wellspring of past wisdom.

D. Disruption should be given priority in social development.

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。

Most of us have experienced both how good it can feel and how hard it can be to do the right thing. Helping strangers can leave you with a deep sense of satisfaction, but you've likely also felt the stress of showing up for others when you're already stretched thin. These ordinary moments speak to a philosophical puzzle: Are moral people happier? ____35____ Others might reason that moral behavior often requires self-sacrifice.

____36____ Past studies clearly show that people feel good when they perform acts of kindness for others. But researchers had not directly examined if moral character, broadly speaking, is linked to well-being. So my team conducted a set of studies to take this challenge seriously.

In one of our studies, undergraduate students reported on their own well-being, rating their happiness as well as their sense of how meaningful their life is. ____37____ Then these close others, such as friends and family members, rated the participant's moral character using our questionnaire (调查问卷), which asked how much that person had the various characteristics identified as most morally relevant. ____38____

Doing the right thing isn't always easy. ____39____ But our findings indicate that, in general, there's no trade-off between morality and well-being. Instead, people with stronger moral character tend to experience greater meaning in life and happiness. This suggests that moments of moral effort may be part of a life that, taken as a whole, feels more satisfying.

A. Until recently, scientific evidence had been limited to one aspect of morality: kindness.

B. Despite various debates, there's no agreement on what it means to be morally good.

C. Standing up for someone who is being treated unfairly can feel uncomfortable.

D. Some might assume morality and happiness naturally go together.

E. They also gave us contact information for people who know them.

F. We found that those rated as more moral reported a stronger sense of well-being.

G. This might be in part because of the difficulties of defining and measuring kindness.

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。

"Winners never quit and quitters never win." It's a great expression of our admiration of courage and persistence (坚持). But as Aristotle observed over 2,000 years ago, actions pushed to their extreme turn into disasters.

There is a famous story about the Scottish king Robert the Bruce. Robert hid in a cave after his sixth defeat by the English, and there he watched a spider (蜘蛛) try to secure its web to the cave wall. The spider tried and failed six times before finally succeeding. Robert then decided to return to the fight, winning independence for the Scots

— on the seventh attempt.

King Robert's story offers a deep well of inspiration for those who most need it. But lately I've been thinking about a possibility the story ignores. What if the spider had been climbing the wrong corner of the cave?

There's a crucial difference between failing at the right thing and persisting at the wrong one. When we fail at the right thing, persistence makes sense. We learn, adjust, and try again. But when we persist with the wrong thing, every bit of effort takes us further from where we are meant to be.

Quitting is in fact necessary for growth. By ending something, we create space for something new to grow. We need to exit the things that don't work anymore to be able to enter the ones that make sense for who we are today.

We can imagine a different version of King Robert's story. In this story, the spider falls a seventh time. It stops on the stone floor — and then turns, moving slowly towards a different corner of the cave, where the wind is calmer and the flies more plentiful.

40. What is Aristotle's observation according to this passage?

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41. Why is quitting necessary for growth?

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

►***Failing at the right thing takes us further from where we are meant to be.***

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43. How can you apply the idea of "moving towards a different corner" to a real-life challenge?

(In about 40 words)

第二节(20 分)

44. 假设你是红星中学高三学生李华。你们学校上个月开展了"当运动遇见 AI"(When Sports Meet AI)的主题活动，你的外国好友 Jim 对此很感兴趣，发来邮件询问有关情况。请你用英文给他回复，内容包括:

1.活动内容;

2.你的收获。

注意:

1.词数 100 左右;

2.开头和结尾已给出，不计入总词数。

Dear Jim,

_____

_____

_____

_____

Yours,

Li Hua

参考答案

第一部分　知识运用(共两节，30 分)

第一节(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。

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

第二节(共 10 小题;每小题 1.5 分，共 15 分)

11. had forgotten　12. embarrassment　13. waiting　14. stepped

15. within##inside　16. named　17. to stimulate

18. are designed　19. has produced　20. who

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. B　22. B　23. D

24. B　25. C　26. A　27. C

28. A　29. D　30. D

31. A　32. C　33. D　34. C

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。

35. D　36. A　37. E　38. F　39. C

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. Actions pushed to their extreme turn into disasters.

41. Because quitting creates space for something new to grow and allows us to focus on what suits us now.

42. Failing at the right thing takes us further from where we are meant to be.

Persisting with the wrong thing takes us further from where we are meant to be

43. When I find myself stuck in a subject I've tried hard to improve but constantly fail, instead of pushing blindly, I will switch to a learning method that fits me better, or explore another field where my talents can truly shine.

第二节(20 分)

44.范文：

Dear Jim,

I’m thrilled to receive your email asking about our school’s “When Sports Meet AI” event held last month. It was a truly eye-opening experience that showed me how technology is revolutionizing the world of sports.

We got hands-on experience with AI-powered fitness devices that analyzed our basketball shots in real time and gave personalized tips to improve our accuracy. We also attended an engaging lecture on how AI helps professional athletes optimize their training and avoid career-threatening injuries.

For me, this activity completely transformed my perception of artificial intelligence. I used to associate AI with science fiction, but now I see it as a practical tool that can enhance every aspect of our daily lives, even something as simple as playing sports.

Yours,

Li Hua