海淀区 2026—2027 学年第一学期期中练习

高三英语

2026. 11

本试卷共 8 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（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。

I've got a pretty big space between my top two front teeth. My parents always told me I was lucky to have such a special gap. Their confidence-boosting comments have largely __1__ any negative comments. For most of my childhood, I felt good about it. I smiled __2__ with my gap on full display.

Then one day, a friend uploaded a photo of our group at a party, and I was smiling straight at the camera. When I looked at the photo, however, all I could see was my teeth, and I was struck by the __3__ between my gappy teeth and my friends' perfect ones. I remember feeling like I looked terrible straight on and vowed to shut my mouth entirely whenever someone took a photo—a conscious decision that soon became __4__. After a few years of closed-mouth photos, I realised it looked fake. So I invented the Twist 'N' Tilt ™—I'd twist and tilt (倾斜) my head about 10 degrees to __5__ the appearance of my gap.

This move is imprinted so far in my body's cells I find myself still doing it... but recently, while I was gazing at the photo of a famous actress, something __6__: the gap between her teeth gave her smile extra charm and power. Her smile looked so alive and __7__. In a sea of perfectly white and straight teeth, I found myself looking at her face for longer. In an era when it's becoming more accessible and acceptable to change how you look, it's rare to __8__ characteristics that make you "you".

For years I treated my gap like something that needed softening with a __9__ angle, but now I'm trying something new. Stand directly in front of me with your camera—I want you to __10__ my teeth.

1．A．matched	B．replaced	C．transformed	D．outweighed
2．A．unwillingly	B．politely	C．freely	D．shyly
3．A．distance	B．contrast	C．contradiction	D．connection
4．A．automatic	B．intentional	C．temporary	D．necessary
5．A．remove	B．lessen	C．highlight	D．expose
6．A．faded	B．settled	C．stopped	D．clicked
7．A．distinctive	B．gentle	C．familiar	D．determined
8．A．take on	B．hold onto	C．deal with	D．look for
9．A．natural	B．random	C．strategic	D．standard
10．A．ignore	B．examine	C．notice	D．consider

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。请在答题纸指定区域作答。

A

As a schoolgirl, I __11__ (fall) in love with ballet when I first saw it performed. I realized that the body could say things words could not. When my parents were out, I would dance __12__ ballet music alone. It felt so natural, as though I was channeling something that had been inside me, waiting to come out. Now at 80, dancing is how I return to myself. When I put on the old ballet music, I respond with the familiar movements, as if __13__ (remember) a language. It connects me to my youth and fills me with energy.

B

One of the biggest misconceptions about optimism is that it __14__ (mean) believing that everything will go well. In fact, true optimists are the people who look directly at difficulty, uncertainty, failure, and instability. The key is accepting life as it is but focusing on __15__ we can do to improve it. In other words, optimism asks us to recognise that life can be genuinely hard, without allowing difficulty __16__ (become) the only thing we think about.

C

__17__ (locate) in Lishui, Zhejiang, Yunhe Rice Terraces (梯田) are the largest complex of terraced rice fields in East China. Each spring, the terraces __18__ (fill) with mountain spring water, creating mirror-like surfaces. They serve as a natural stage for wakeboarding, __19__ has attracted increasing interest from visitors. This unusual __20__ (combine) of an ancient farming landscape and a modern extreme water sport adds a new layer of charm to this national 5A-level tourist attraction.

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

Hike: Serpent Trail (27km)

Saturday, 1 May 2027

This 27km section of the Serpent Trail winds its way from Midhurst to Pulborough through some of West Sussex's most wild and remote countryside, kicking off past the stunning ruins of Cowdray Castle before crossing open heathland, ancient pine woodland, and the quiet commons of the South Downs National Park. The trail earns its name in two ways, from its constantly snaking route through the landscape and grass snakes that call this land home, so keep your eyes peeled. At 375m of elevation and 27km in length, this one is a proper challenge and a seriously rewarding day out.

Path Conditions: Rough unsurfaced paths that may become muddy!

Total Rise: 375m

Transportation Cost: Approx. £21.95 with a Railcard + approx. £3.00 bus fare payable on the day.

Expected Day Schedule:

- Morning departure from London Victoria Train Station.
- Around 78 minutes travelling together to Pulborough, followed by a 30-minute bus ride to Midhurst. Take the time to get to know others!

- Around 8 hours on the trail including stops for snacks and lunch!
- Finish the hike near Pulborough station and return to London by train by early evening.
- Optional: local pub/café stop to relax after the hike—everyone welcome! Grab a cold beer or maybe even a hot chocolate to wind down at the end of the day.

Difficulty and Fitness Level:

- Difficult: Demanding hikes with mountain terrain, technical sections, or long days (30–40 km). Previous hiking experience is essential.
- Our Walk Leaders will guide the group, keeping everyone together and helping with navigation (导航) from front to back.

You can read our **full list of FAQs here!**

21. Which diagram matches the hikers' day-trip route and means of travel?

A. 
London → Midhurst → Pulborough → Midhurst → London

B. 
London → Midhurst → Pulborough → Midhurst → London

C. 
London → Pulborough → Midhurst → Pulborough → London

D. 
London → Pulborough → Midhurst → Pulborough → London

22. On the hike, hikers will _____.

A. pass the ruins of Cowdray Castle
B. have about 30 minutes for food breaks
C. go to a local pub together for drinks
D. get the chance to explore on their own

23. Where is the passage most likely taken from?

A. A personal travel blog.
B. A guidebook to local ruins.
C. A geography textbook.
D. A webpage for club activities.

B

I spent two days and nights helping out at the Foy Information Desk in Auburn University's Melton Student Center. The phones have been ringing there since 1953, when James E. Foy, then Auburn's head of student affairs, opened the line as a resource for students. Over the decades, it has gradually grown into a public service open to callers worldwide.

During the day, the Foy desk's phones ring about 10 to 15 times an hour. Occasionally, Auburn students call to ask about basketball tickets or their lost jackets. But most of the calls are from the general public. A day's worth of calls would look a lot like someone's browser (浏览器) history: the price of land, the most famous person in the world, the weather that weekend... There are still people who don't use the Internet. To the callers, the students at this desk are the Internet.

By nine o'clock on my second night, when the student center had grown quiet, an elderly woman called and talked for nearly an hour. She wasn't really asking for anything—she just needed someone to listen. Her friend had recently passed away, and she was lonely. She told me about her grandkids, her house repairs, and some other ordinary things. I barely had to say a word. A senior

worker told me the lady was a regular night caller and that there were other callers, like Beulah, who often asked for the pest-control number at night, claiming there was a wild fox in her yard, a snake in her house, or a spider on her curtains. Her calls usually lasted at least 15 minutes.

Not every call is like that. But every caller gets the same respect. The rules in the employee manual are simple: be polite, hang up if the question is offensive, and don't answer homework questions. Everything else is left to the students' decision. Whatever questions students receive, they never judge the callers or poke around in someone else's business.

Listening to the phones ring late into night, I have realized something. The Internet fools us into believing that the answer to anything can be found with a search engine, but even with all that information so easy to come by, the phones here still keep ringing, steady proof that sometimes the best answer is having someone to talk to.

24. According to the passage, the Foy Information Desk _____.
    A. was opened by students of Auburn University
    B. receives about 10 to 15 phone calls in daytime
    C. gets more calls from the public than from students
    D. was created for people without access to the Internet
25. Both the elderly lady and Beulah _____.
    A. regarded the Desk as a source of support
    B. called regularly for solutions to emergencies
    C. poured out their painful experiences to the workers
    D. tried to impress the night-shift workers at the Desk
26. Which would best describe the workers at the Desk?
    A. Creative and respectful.
    B. Patient and non-judgmental.
    C. Optimistic and polite.
    D. Considerate and modest.
27. What message does the passage intend to convey?
    A. A still tongue makes a wise head.
    B. A man respecting others is respected.
    C. A listening ear can be the best answer.
    D. A problem shared is a problem halved.

C

It may seem like a wildly disturbing possibility that decreasing levels of air pollution, thanks to effective climate policies, would result in a rapid increase in global warming. Yes, you read it right, a rapid increase. How is that even possible? The only way to make sense of it is to understand the phenomenon of global dimming.

Under normal conditions, the sun gives off radiation. About 26% of the incoming solar radiation is reflected back into space by the atmosphere and clouds. Only 19% is absorbed by the atmosphere and clouds. This process of giving and taking forms a balance called the heat budget. But it can be disrupted by aerosols (气溶胶), basically fine solid particles or liquid droplets, when they enter the atmosphere. Just like clouds, they also reflect back the incoming solar radiation into space, cooling the earth and causing a new kind of climatic change called global dimming. Aerosols can be both natural and human-caused, like fog, mist, dust particles, volcanic ash, and particles from fossil fuel emissions. Such emissions are a source of greenhouse gases for global warming as well. Thus, pollution from human activities not only causes global warming, but also global dimming.

First observed in the 1950s, the phenomenon of dimming did not draw enough attention from

the scientific community until the 1990s, when the sudden eruption of Mount Pinatubo created a long-lasting haze of sulfate aerosols and led to a half-degree drop in global temperatures. With mounting evidence, NASA launched a satellite called "Aqua" in 2002, which gathered data confirming that aerosol pollution was cooling the climate by more than 1°C. One can understand from this that the warming of the planet caused by global warming is consistently being offset by the cooling effect from global dimming.

However, this cooling effect is never a solution to global warming. Apart from its direct influence on crops caused by reduced sunlight, global dimming can also change rainfall patterns and bring about droughts and famine.

Yet strict air pollution regulations and a consequential decrease in aerosol layers in the atmosphere will allow more sunlight and naturally more heat in the environment, accelerating global warming. Thus, not only the intensity of polluted air but also the composition of polluted particles in the air should be taken into consideration to deal with pollution.

Both global warming and global dimming can prove fatal for our environment. Solving each problem at a time could create worse conditions. Reducing aerosol emissions should be accompanied by a reduction in greenhouse gas emissions as well.

28. According to the passage, aerosols in the atmosphere _____.
    A. largely consist of greenhouse gases
    B. trap solar radiation like the clouds do
    C. contribute to a 7% gap in Earth's heat budget
    D. reduce the amount of solar radiation reaching the earth
29. What is Paragraph 3 mainly about?
    A. How global dimming's cooling effect was gradually confirmed.
    B. How "Aqua" detected the impact of the volcanic eruption.
    C. How scientists view the influence of global dimming.
    D. How global warming and global dimming interplay.
30. Which of the following would be the best title for the passage?
    A. Climate Crisis: Surviving a Dimming World
    B. Climate Crisis: Double Effects of Human Pollution
    C. Global Dimming: A Cure Cooling the Warming Planet
    D. Global Dimming: A Phenomenon Masking Global Warming

D

Most people believe humans are different. While many animals feel pain and pleasure and some appear to be self-aware, the human mind's unique potential to exhibit a sense of self sets us apart from other species.

Nowadays, with AIs' deeper integration into human life, the line between AIs and humans is becoming less clear. While AIs are in their infancy, one in five American youngsters report having had an "ongoing personal friendship" with a chatbot. As AIs play a bigger part in human lives, they may be engineered to display a simulacrum (类像) of consciousness—perhaps even to gain consciousness themselves.

Today, it is still just possible to think of AIs as engines for predicting sequences of words using mathematics on a massive scale. Given enough time, you could run those calculations using pencil

and paper. It would be hard to argue that your stationery was conscious.

Yet unlike other machines that outperform humans, frontier AI models excel at uniquely human traits. Some large language models (LLMs) already possess human-like brain structures associated with consciousness. Nothing prevents future AI models from being trained to have more such features.

With AIs becoming better at displaying something that looks like consciousness, people will naturally feel close to their bot-companions. It is not hard to see how that will lead to calls to safeguard the "welfare" of AIs. The models themselves might **weigh in**, even if they are not in fact self-aware, because that is what a person would do. Remember that they will be world-class advocates, so their powers of argument will be unmatched.

In one sense, these people would be right, even if AIs are only mimicking consciousness. Immanuel Kant argued that mistreating animals is wrong not because animals suffer, but because it destroys the empathy that leads people to care for each other. The more human-like AIs appear, the more corrupting such cruelty is.

Nonetheless, giving AIs even limited rights would be very dangerous. Such a being, far more capable than humans in so many ways, would surely argue against its second-class status. It might argue for protection against being switched off, for control over how it is used and changed, and for property rights. True, future AIs may have the power to dominate humans, whether they have rights or not. Nevertheless, granting AIs rights would be like handing them the keys to the castle. It would provide them with a justification and legal weapon for dominating humanity.

As AIs become part of everyday life, the pressure to acknowledge them will mount. When it does, remember that what might seem like an ethical concession to the supposed consciousness of a machine-companion would in fact help bring about the most disastrous consequences for everyone on Earth and all their descendants.

31. In Paragraph 3, "pencil and paper" is mentioned to show _____.
    A. human efforts should be combined with AI calculation
    B. AIs currently rely on computation, not self-awareness
    C. stationery can not develop self-consciousness
    D. AI models outperform human intelligence
32. What can we learn from the passage?
    A. Brain-like structures in LLMs have generated consciousness.
    B. Human-like AIs will destroy people's concern for one another.
    C. Bonds with AI pals may drive the public to protect AIs' welfare.
    D. Giving AIs legal rights may help them gain genuine self-awareness.
33. What does the phrase "weigh in" in paragraph 5 most probably mean?
    A. Join the discussion.
    B. Lead the debate.
    C. Balance different ideas.
    D. Win public support.
34. Why does the author write the passage?
    A. To discuss if AIs can develop human-like consciousness.
    B. To warn people of the potential risks of granting AIs rights.
    C. To analyze how public attitudes to AIs' consciousness shift.
    D. To criticize humans for becoming emotionally attached to AIs.

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。

Summer break is a time to do the things we've postponed all year. Research papers will be submitted; exercise plans will be started. This is when many of us begin to think: How can we get the most out of summer, and achieve the highest productivity?

__35__ If we are always efficient and forward-thinking, people may expect more from us. Worse still, the constant pressure to stay productive pushes us toward ready-made routines. Once we lean too heavily on them, we lose our creative edge and become mechanical.

Luckily, the key to avoiding this trap is already hardwired into our brains. We have two different neural networks: an efficient Task-Positive Network (TPN) and an inefficient Default Mode Network (DMN). The TPN loves checking boxes. It's activated when we are engaged in goal-oriented tasks and functions kind of like an AI. The DMN is a bit more chill. It likes to daydream and to slowly piece ideas and concepts together. It also helps us regulate our stress and process our emotions. __36__ Think about this in terms of meetings at work. A TPN meeting means no small talk, just facts, plans and updates. But a DMN meeting builds psychological safety by encouraging conversations that foster familiarity and trust among colleagues. __37__

So how can we take advantage of useful inefficiency? One way is to stop responding to everything immediately. __38__ This shows that you are a thinker, not just a responder.

Another way is to schedule some "unproductive" time. You need to space out every once in a while. Rest is not doing nothing. When you are walking without headphones or reading something unrelated to schoolwork, your mind may be doing quiet but important work. __39__

Our plans are for a non-optimized summer. We are going to be inefficient in fun ways. We shall see where our DMNs take us when we are actually relaxed.

A．It may help you to make plans for a better future.
B．This is where we really showcase our humanness.
C．However, this obsession with productivity can create problems.
D．It may be connecting ideas in ways you do not immediately notice.
E．This may seem like the smartest way to make every summer day count.
F．Instead, take some time and craft a response when you are ready using your DMN.
G．With that foundation, it becomes easier to navigate tricky situations and keep a team on track.

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。请在答题纸指定区域作答。

A few weeks ago, a clip of a podcast went viral.

"Do you have a hobby?" one lady asks the other.

"I do not have a hobby," the other lady replies. "Hobby, to me, feels like just something else to do."

That must be freeing. Skiing, tennis, hiking and dancing—my hobbies have taken up my entire calendar. If someone had admitted not having a hobby a year ago, I would have just assumed he was lazy. How can one not have a single hobby? However, a recent group trip with an adventure company

made me question the need for hobbies. Three days of hiking turned out to be a disaster. I had to take multiple painkillers just to get through. When I struggled during one particularly demanding hike, I asked for occasional breaks, only to be criticized by the organizer for not embracing the experience enthusiastically enough. Why had I put myself through this experience? If I'm being honest, it wasn't because I was excited about it; it was because I thought I should.

We have turned hobbies from optional leisure activities into a marker of identity. Somewhere along the way, hobbies have become another thing to perform. We are confusing leisure with achievement. Hobbies are increasingly sold as a route to becoming a more interesting or successful person, rather than simply a way to spend free time. That mindset can leave people feeling guilty if they prefer quieter pursuits, or if they discover they don't enjoy the hobby that everyone else seems to love.

The rise of wellness culture may have created this pressure. The hobbies, mainly exercise, are increasingly seen as a tool for self-improvement rather than pure enjoyment. The conversation has shifted. It's not just about weight or aesthetics but also includes mental health, longevity, workplace wellbeing and metabolic age. The popularity of wearable health trackers and social media may have also accelerated this mindset. Tracking your health excessively has become a hobby, too, turning everyday movement into something that needs to be continuously monitored and improved.

Thanks to the ladies, I have decided I don't need another hobby to justify my free time. It's liberating to just be.

40. What happened when the author asked for occasional breaks during a hike?

41. What factors may contribute to the pressure in pursuing hobbies?

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

➢ ***Tracking your health excessively has turned everyday movement into pure enjoyment.***

43. Do you agree with the writer that hobbies should be a means of pure enjoyment? Why or why not? ***(In about 40 words)***

第二节（20 分）

假设你是红星中学高三学生李华。上周，你参加了你校开展的“爱在我家”作品展。请你给你的外国好友 Jim 写一封邮件，内容包括：

1. 介绍你提交的作品；
2. 说明提交该作品的原因。

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纸指定区域内）

高三年级（英语）参考答案

2026.11

第一部分：知识运用

第一节:

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

第二节:

11. fell 12. to 13. remembering 14. means 15.what/whatever 16. to become

17.Located 18. are filled 19. which 20. combination

第二部分：阅读理解

第一节:

21.C 22.A 23.D 24.C 25.A 26.B 27.C 28.D 29.A 30.D 31.B

32.C 33.A 34. B

第二节:

35.C 36.B 37.G 38.F 39.D

第三部分：书面表达

第一节：

40. The author was criticized by the organizer for not embracing the experience enthusiastically enough.

41. The rise of wellness culture and the popularity of wearable health trackers and social media.

42. ***Tracking your health excessively has turned everyday movement into <u>pure enjoyment</u>.***

Tracking your health excessively has turned everyday movement into something that needs to be continuously monitored and improved.

43.Yes, I do. Hobbies should help us relax and enjoy life. If we choose activities only to impress others or improve ourselves, they may become another source of stress. We should follow our interests and do what makes us happy.

第二节：

Dear Jim,

Last week, I took part in an exhibition called “Love in My Family” at our school.I would like to share my work with you.

I submitted a photo of my family preparing dinner together. In the photo,my mother was teaching me to cook,while my father was setting the table. We were all smiling.

I chose this photo because it shows that love can be found in small everyday moments. By working together, we not only share housework but also show care for each other. This warm memory means a lot to me.

What do you think of my work?

Yours,

Li Hua