

2026 届高中毕业班适应性练习题库

2026. 05

高三英语

(试卷满分: 150 分, 考试时间: 120 分钟)

★稳扎稳打 金榜题名★

注意事项:

1. 答题前, 考生须在试题卷、答题卡规定的位置填写自己的准考证号、姓名。考生应认真核对答题卡上粘贴的条形码的“准考证号、姓名”与考生本人准考证号、姓名是否一致。
2. 回答选择题时, 选出每小题答案后, 用铅笔把答题卡上对应题目的答案标号涂黑。如需改动, 用橡皮擦干净后, 再选涂其他答案标号。回答非选择题时, 将答案写在答题卡上。写在本试卷上无效。
3. 考试结束后, 考生须将试题卷和答题卡一并交回。

第一部分 听力 (共两节, 满分 30 分)

做题时, 先将答案标在试卷上。录音内容结束后, 你将有两分钟的时间将试卷上的答案转涂到答题卡上。

第一节 (共 5 小题; 每小题 1.5 分, 满分 7.5 分)

听下面 5 段录音, 每段录音后有一个小题。从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段录音后, 你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. What is the woman doing?
A. Visiting the city. B. Giving directions. C. Looking for a bookstore.
2. What will Rob do tonight?
A. Watch a movie. B. Submit a report. C. Work overtime.
3. What does the man think of the tour?
A. It was too rushed. B. It was wrongly guided. C. It was well scheduled.
4. Why will the man leave early?
A. He feels unwell. B. He dislikes the training. C. He has an appointment.
5. Which is the focus of the conversation?
A. A weekend plan. B. A street performance. C. A neighbourhood event.

第二节 (共 15 小题; 每小题 1.5 分, 满分 22.5 分)

听下面 5 段录音, 每段录音后有几个小题, 从题中所给的 A、B、C 三个选项中选出最佳选项。听每段录音前, 你将有时间阅读各个小题, 每小题 5 秒钟。听完后, 每小题都有 5 秒钟的作答时间, 每段录音播放两遍。

听第 6 段录音, 回答第 6、7 题。

6. What does the woman want to do for Mr. Bidwell?

- A. Explain the product prices.
- B. Walk him through the factory.
- C. Run the production process.

7. What is Mr. Bidwell reminded to do?

- A. Wear a protective hat.
- B. Deal with his injury.
- C. Keep to time limit.

听第 7 段录音, 回答第 8 至 10 题。

8. Where did the man go last weekend?

- A. To a city park.
- B. To an art gallery.
- C. To a photography studio.

9. What is the theme of the exhibition?

- A. Modern paintings.
- B. Fashion design.
- C. City photography.

10. What can best describe the exhibition?

- A. Inspiring.
- B. Realistic.
- C. Traditional.

听第 8 段录音, 回答第 11 至 13 题。

11. What did Sophia call Andrew for?

- A. Lecture attendance.
- B. Holiday schedule.
- C. Financial support.

12. How does Sophia feel about Andrew's explanation?

- A. Concerned.
- B. Annoyed.
- C. Regretful.

13. What will the finance department do tomorrow?

- A. Fund a kids' trip.
- B. Cancel their work.
- C. Skip the lecture.

听第 9 段录音，回答第 14 至 17 题。

14. What is the woman probably?
- A. A programme presenter.
 - B. A short story writer.
 - C. A book seller.
15. What helps Greg's writing?
- A. A special pen.
 - B. Noise-free surrounding.
 - C. Separation from home.
16. What is new about Greg's next book?
- A. Its target readership.
 - B. Its writing location.
 - C. Its detailed description.
17. What is the topic of Greg's next book?
- A. Factory life.
 - B. Farming experience.
 - C. History study.

听第 10 段录音，回答第 18 至 20 题。

18. When was the Run-Well charity established?
- A. In 1987.
 - B. In 1992.
 - C. In 1997.
19. What are the participants required to do?
- A. Train as a group.
 - B. Register individually.
 - C. Bring food and drinks.
20. Who will make a final speech?
- A. The major sponsor.
 - B. Head of Run-Well.
 - C. The Minister of Health.

第二部分 阅读（共两节，满分 50 分）

第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中选出最佳选项。

A

If you're interested in pushing yourself academically while experiencing college life, our Summer Programs for Pre-College students (SPP) can be ideal for you. In the programs, you will be able to make friends with fellow students, engage in social activities around the city and on campus, and experience pre-college summer study at one of the world's top teaching and research universities.

Academic life

SPP invites highly motivated teenagers from 87 countries to join its summer programmes for high school students, helping you adapt to college life and academics, take on new challenges and explore potential majors. You can take college courses on campus or online, earn up to eight college credits through in-depth STEM research, or attend stimulating noncredit seminars combining lectures, discussions and experiential learning.

Campus / Residence life

Engaging in college life is an exciting experience. Whether living on campus or commuting (通学), you'll get to know college and city life well. On-campus students stay in double rooms with 24-hour security and university staff ensuring safety. Resident assistants offer guidance and organise various activities from comedy shows to field trips.

You'll balance hard work with social and fun activities, plus time for your own campus adventures. Email us at sppoffice@mail.edu.

21. What does SPP aim to do?

- A. Prepare students for college.
- B. Select outstanding students.
- C. Develop students' sociability.
- D. Involve students in studies.

22. How can participants get credits?

- A. By taking college courses.
- B. By adapting to college life.
- C. By in-depth discussions.
- D. By intensive research.

23. What can we learn about Campus / Residence life?

- A. Living on campus is a must.
- B. Single rooms are provided.
- C. Colourful activities are available.
- D. Participants organise field trips.

B

In the Changbai Mountain region of Northeast China, winter is a test of endurance (忍耐力). As temperatures drop to $-30\text{ }^{\circ}\text{C}$, the Toudao Songhuajiang Railway Bridge stands as a silent guardian. Its No. 9 pier (栈桥), 110 meters high, is the tallest high-speed rail pier in the region. High above the frozen valley, a group of young men moves orderly through the dark. They are bridge inspectors, also known as the youngest “bridge guardians” on the line.

The seven-member team, most of them born after 2000, is responsible for the maintenance of the Shenyang-Baihe High-speed Railway, which shortens travel times and boosts the local ice-and-snow economy. For these young workers, however, the line is measured not in time but in responsibility. Having been involved since the construction, they have successfully shifted from builders to guardians of the route.

Their work often requires midnight shifts. Jiang Hongyu, a 24-year-old core member, has become expert at high-altitude operations. “I was afraid of heights at first,” Jiang says. “But high-speed rail safety allows for no distractions. Once you do it enough, you stop being afraid.” Carrying safety ropes and tools, the team inspects the bridge section by section, listening for odd sounds that might signal hidden problems. To them, even a millimeter-scale irregularity must be recorded.

Beyond safety, the team also protects the environment. They maintain a special sound barrier on the Yuanchi Railway Bridge, which minimises noise to protect the habitat of the Chinese merganser, a rare duck. This work combines endurance with technology. Drones are used to scan towering piers, revealing hairline cracks (裂缝) that are nearly impossible to spot with the eye.

By day, they scale piers; by night, they watch over sound barriers. Their work remains largely unseen by the passengers travelling across the valley. Yet, every careful tap is part of a quiet discipline. These “post-00s” workers are guarding the line with patience and precision, ensuring that every journey is a safe one.

24. What does the author highlight by mentioning the height of the No. 9 pier?

- A. Extreme weather.
- B. Tough working conditions.
- C. Construction achievements.
- D. Economic significance.

25. What can best describe Jiang’s work?

- A. Unstable.
- B. Seasonal.
- C. Demanding.
- D. Stress-free.

26. How do inspectors guarantee the safety of the bridge?

- A. They conduct midnight tests by sound analysis.
- B. They combine human checks with drone tech.
- C. They measure parts with special instruments.
- D. They engage in improving the design of piers.

27. What is the author’s attitude toward the “post-00s” workers?

- A. Critical.
- B. Unbiased.
- C. Sympathetic.
- D. Respectable.

C

The “eureka moment” — that sudden breakthrough insight — is celebrated as the peak of innovation. Yet this story is incomplete: while the initial idea provides crucial energy, it guarantees neither success nor continued forward drive.

Most innovations unfold over time. Ancient Greek scientist Archimedes still had to develop the mathematics and practical tools after his bath-time insight — a process demanding persistence and toughness. Initial inspiration alone cannot sustain long-term progress. We need moments that renew our belief and drive along the way.

This is where the “videmus moment” proves vital. Coined by Swedish author Fredrik Haren from the Latin “we see,” it describes the instant someone else truly grasps your idea and says, “Oh, I see!” That recognition makes innovators feel they are no longer alone. Research shows that supportive peer (同伴) feedback strengthens creative self-belief and sustains idea generation over time, providing a second wave of confidence and drive.

Haren considers the videmus moment as significant as the eureka moment, creating “two peaks” of creative energy rather than just one. He illustrates the videmus moment with a gardening metaphor he calls “idealing” — a mix of “idea” and “seedling (幼苗)”. While an idea’s potential is initially visible only to its planter, like a seed hidden in soil, the moment it emerges and others see it, its possibility expands collectively. This shift from private to shared insight is key for innovation.

Such moments, however, aren’t guaranteed. To invite them, we may need to take intentional action. First, share ideas with the right people — those who understand the field and whose feedback you trust. Second, treat confusion as useful feedback; refine your idea for clarity. Third, communicate simply, allowing others to ask questions rather than flooding them with details. Cultivating (营造) an environment where constructive feedback is welcomed can significantly increase the likelihood of experiencing these validating exchanges.

When seeking feedback, watch out for artificial validation. True videmus moments arise not from close friends and family, but when someone unconnected truly recognizes your idea’s value. These moments of being truly seen often become life’s most meaningful highlights.

28. What does the example of Archimedes serve as?

- A. Support for an argument.
- B. Historical comparison.
- C. Challenge to tradition.
- D. Theoretical background.

29. What is the key result of a “videmus moment”?

- A. The idea gets protected.
- B. The innovator feels seen and motivated.
- C. A right partner is found.
- D. The work gains public attention.

30. What does the underlined word “validating” in paragraph 5 mean?

- A. Harmonious.
- B. Complex.
- C. Shallow.
- D. Appreciative.

31. What is the main purpose of the text?

- A. To compare two creative stages.
- B. To discuss a need for recognition.
- C. To present a way to keep creating.
- D. To explain how to seek feedbacks.

D

Researchers have found evidence of a huge underground cave on the moon that is accessible from the surface, making the spot a favourable location to build a future lunar base.

The cave appears reachable from an open pit (深坑) in the Mare Tranquillitatis, where the Apollo 11 astronauts Neil Armstrong and Buzz Aldrin first set foot on the moon. Analysis of data revealed that the Mare Tranquillitatis pit leads to a cave 45 metres wide and up to 80 metres long, about 150 metres beneath the surface. Lorenzo Bruzzone, of the University of Trento in Italy, said the cave was “probably an empty lava (熔岩) tube”, adding that such features could serve as human habitats in the future as they were “a natural shelter against the tough lunar environment”.

Many pits spotted by lunar orbiters are thought to be “skylights” that connect to underground caves and giant underground tunnels. Such caves could form the basis for a base or an emergency shelter because the temperature is relatively stable inside and astronauts would be naturally sheltered from harmful space rays, solar radiation and micrometeorites (微陨石). The caves may contain water ice. “The main advantage of caves is that they make available the main structural parts of a possible human base without requiring complex construction activities,” said Leonardo Carrer, the study’s first author.

Space agencies are wondering how to assess the structural stability of caves and strengthen their walls and ceilings. Habitats may also need monitoring systems to warn of earth movement and have separate areas for astronauts to withdraw to, should sections of their cave collapse. “Lunar cave systems have been proposed as great places to site future manned bases,” said Katherine Joy, a professor in Earth sciences. “However, we currently know very little about the underground structures below these pit entrances.”

Robert Wagner, a researcher at Arizona State University, said one of the biggest challenges would be access. “It’s certainly possible to get in and out, but it will take a significant amount of construction of support systems.”

32. Which aspect of the cave do the researchers value most in the beginning?

- A. Its size. B. Its accessibility. C. Its location. D. Its depth.

33. Why is the lunar cave good for a future base?

- A. It offers shelter and basic structure.
B. It contains large amounts of water ice.
C. It makes building new tunnels easier.
D. It is located near the Apollo 11 landing site.

34. What does Wagner stress about the cave?
- A. Its walls and ceilings need strengthening. B. Its entry requires engineering efforts.
 C. Little is known about its inner parts. D. It lacks a life support system.
35. What can be a suitable title for the text?
- A. A Shelter Built in a Moon Cave B. Plans for a Moon Cave Base
 C. The Discovery of a Moon Cave D. The Hidden World of Lunar Caves

第二节（共5小题；每小题2.5分，满分12.5分）

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Many students have started to use AI-powered chatbots as study helpers. They ask the tool to explain grammar points, generate example sentences or even solve math problems. Some simply copy and paste the answers into their homework. 36 Because of this habit, their own thinking skills become weaker over time.

So learning how to use AI wisely has become a new study skill. Instead of letting it write full essays for you, treat it as a learning partner. 37 That way, you are more likely to stay active in the learning process instead of becoming lazy.

The first step is to be clear about what you need. Vague (含糊的) requests like “teach me chemistry” or “explain this whole unit” are hard for any tool to answer well. 38 And tell it what kind of help you want, such as explanation, practice or revision. In this way, the AI knows what to focus on and can give more helpful replies.

39 Just like a human instructor, AI can make mistakes or misunderstand the question. When you receive an answer, compare it with your textbook, class notes or reliable websites, and mark the parts you are unsure about. When you do this regularly, you gradually train yourself to judge information instead of copying it blindly.

AI can also support active practice, not just passive explanation. Many tools can respond in real time and adjust to your level. Choose one and you can ask it to be your debate opponent, an examiner for a speaking test or a “picky” editor for your writing. 40

- A. Don't see it as a work partner.
 B. They even don't read them carefully.
 C. Consider it to be a thinking companion.
 D. Some even share their personal data with AI tools.
 E. Next, don't believe every answer you see on the screen.
 F. Start by telling the tool which subject you're working on.
 G. Thus, you turn a quiet screen into an interactive learning partner.

第三部分 语言运用 (共两节, 满分 30 分)

第一节 (共 15 小题; 每小题 1 分, 满分 15 分)

阅读下面短文, 从各题所给的 A、B、C 和 D 四个选项中选出可以填入空白处的最佳选项。

Rebecca remembers the first time she was upset by hundreds of roses. It was after a wedding reception last year as she was cleaning up the room. "Nobody had 41 what to do with all the flowers. We collected as many as we could, but there were so many 42. Throwing roses into rubbish bags made me feel 43," she said.

Late last year, Rebecca and her friend Laura Ruth were both celebrating their mothers' 70th birthdays when they began talking about the 44 flowers that they received. The flowers were a 45, but made them think about floral (花卉的) 46 all over the country. They 47 a nonprofit, Friendly City Florals, to 48 donated flowers. "We'll take them off your hands," Rebecca said 49.

Rebecca and Laura now spend several days a week 50, freshening, and delivering flowers to senior care homes, hospitals, and schools. The flowers are always 51 at the Community Retirement Centre. "It gives our residents 52 and purpose. Seeing the flowers brightens their day," the manager said.

Rebecca and Laura are not the first to 53 flowers: a Virginia doctor donates flowers to her patients in recovery. But they hope the 54 catches on more nationwide. "If our flowers give one person a few moments of 55 on a difficult day, it's all worthwhile," Rebecca said.

- | | | | |
|--------------------|-----------------|-----------------|-----------------|
| 41. A. figured out | B. argued about | C. agreed on | D. brought up |
| 42. A. left | B. withdrawn | C. rejected | D. renewed |
| 43. A. ignored | B. awful | C. uneventful | D. thrilled |
| 44. A. artificial | B. common | C. weathered | D. beautiful |
| 45. A. burden | B. requirement | C. comfort | D. memory |
| 46. A. trade | B. waste | C. industry | D. decoration |
| 47. A. assessed | B. inquired | C. started | D. recommended |
| 48. A. spare | B. grow | C. abandon | D. recycle |
| 49. A. casually | B. proudly | C. secretly | D. generously |
| 50. A. picking up | B. giving away | C. cutting down | D. thinning out |
| 51. A. fresh | B. essential | C. welcome | D. available |
| 52. A. delight | B. tension | C. empathy | D. luxury |
| 53. A. purchase | B. classify | C. admire | D. repurpose |
| 54. A. policy | B. idea | C. trend | D. custom |
| 55. A. freedom | B. doubt | C. happiness | D. reflection |

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

阅读下面短文, 在空白处填入 1 个适当的单词或括号内单词的正确形式。

Located at a key crossroads of the ancient Silk Road, Dunhuang is much more than a desert oasis (绿洲). It is a lasting witness to 56 (century) of cross-cultural communication. Back in its golden age, it was a busy centre 57 merchants and travellers from East and West gathered, sharing goods and ideas.

Merchant teams loaded with silk, spices and porcelain (瓷器) would rest here before continuing their long journeys, leaving signs of their cultures in every corner of the city. Its most 58 (prize) heritage lies in the Mogao Caves, where delicate sculptures and bright paintings create 59 special cultural picture with influences from different regions.

Today, Dunhuang connects its long history with modern technology 60 (share) its treasures with the world. Using digital tools like high-definition scans and virtual tours, people from all over the world can explore the caves' wonders 61 harming the delicate art, and what is equally impressive is how the city balances 62 (tour) development with environmental protection.

A smart sand control system, which uses physical barriers, grass planting and scientific monitoring, 63 (protect) the Mogao Caves from sand damage, keeping these great works safe for future generations. Local guides also play a key role, teaching tourists to respect the site's rules and appreciate its value beyond its beauty. Visitors are 64 (genuine) touched by Dunhuang's success in keeping its history alive while 65 (care) for nature.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

上周六你们年级开展了一次“小而美”乡村研学活动，包括探寻古厝文化、体验田园采摘、学习传统工艺等。你校英文报正在征集同学们的研学体验和优化建议，请你写一篇短文投稿。

注意：

- (1) 写作词数应为 80 个左右；
- (2) 请按如下格式在答题卡的相应位置作答。

A “Small But Beautiful” Rural Study Tour

第二节（满分 25 分）

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

I had been saving money for a new camera lens (镜头). Every dollar I earned from my part-time job was put into a glass jar on my desk. Photography was more than a hobby for me — it was how I saw the world. But my father, a local factory repairman, never understood it. “It’s too expensive and impractical,” he would say, wiping grease (油脂) off his hands.

My mother supported me quietly instead. She would leave photography magazines on my bed from time to time. As I saved money day by day, I finally had enough to order the lens online a week before my birthday. Yet on my birthday, my father gave me a worn camera bag. I forced a smile, but felt disappointed — he didn’t know which lens I wanted.

Later, my mother found me sitting in my room, staring at the wall. After a quiet moment, she touched the old bag gently. “He tries,” she said gently. “Not in the way you hope, but he does.” Her words made me doubt my anger. I pretended not to care, yet felt a little guilty. When my lens arrived, somehow, I felt nothing but emptiness.

That night, I was looking through a photographers’ forum (论坛) when a post caught my eye: “The best photo I ever took was of my father’s hands.” It showed a wonderful picture of rough,

scarred hands, just like my father's, worn out from long factory work. Moved deeply, I thought of my mother's words. Suddenly, I realised that I had only wanted my father to understand my passion, but I had never tried to understand him — not his tiredness, nor his silent care for me in his own way.

I looked at the light in the garage and remembered my mother's words. It was unfair to ask for his understanding while ignoring his world. I had waited passively. Now, it was my turn to try.

注意：

1. 续写词数应为 150 左右；
2. 请按如下格式在答题卡的相应位置作答。

I got up, took my camera, and walked into the garage.

Early the next morning, my father saw the photo on the kitchen table.

2026 届高中毕业班适应性练习

英语试题参考答案及评分标准

第一部分 听力 (共两节, 满分 30 分)

1—5 BCAAC 6—10 BABCB 11—15 ABCAB 16—20 AABCC

第二部分 阅读 (共两节, 满分 50 分)

第一节 (共 15 小题; 每小题 2.5 分, 满分 37.5 分)

21—25 ADCBC 26—30 BDABD 31—35 CBABC

第二节 (共 5 小题; 每小题 2.5 分, 满分 12.5 分)

36—40 BCFEG

第三部分 语言运用 (共两节, 满分 30 分)

第一节 (共 15 小题; 每小题 1 分, 满分 15 分)

41—45 AABDC 46—50 BCDDBA 51—55 CADBC

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

56. centuries 57. where 58. prized 59. a 60.

to share

61. without 62. tourism 63. protects 64. genuinely 65. caring

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

【作答示例】

One possible version:

A "Small But Beautiful" Rural Study Tour

Last Saturday, our grade explored a beautiful village. Nature and culture there pleased us greatly.

We traced the carved beams of ancient houses, picked strawberries heavy with dew, and tried making rice cakes — pressing, shaping, and steaming with clumsy but happy hands. The sweet smell filled the room, but we were given only 20 minutes. Most left with half-finished cakes.

A truly immersive experience needs time. I suggest extending hands-on sessions to at least an hour. Also, a guide sheet explaining activity history would help us learn while we do.

1. 本题总分为 15 分, 按 5 个档次给分。
2. 评分时, 先根据文章的内容和语言初步确定其所属档次, 然后以该档次的要求来衡量, 确定或调整档次, 最后给分。
3. 词数少于 60 和多于 100 的, 酌情扣分。
4. 评分时应注意的主要内容为: 内容要点、应用词汇和语法结构的丰富性和准确性及上下文的连贯性。
5. 拼写与标点符号是语言准确性的一个方面, 评分时, 应视其对交际的影响程度予以考虑。英、美拼写及词汇用法均可接受。
6. 如书写较差以致影响交际, 可将分数降低一个档次。

二、内容要点

1. 研学体验;

2. 优化建议。

【说明】内容要点可用不同方式表达；应紧扣主题，可适当发挥。

三、各档次的给分范围和要求

第五档 13~15分	完全完成了试题规定的任务。 —覆盖所有内容要点。 —应用了较多的语法结构和词汇。 —语法结构或词汇方面有些许错误，但为尽力使用较复杂结构或较高级词汇所致；具备较强的语言运用能力。 —有效地使用了语句间的连接成分，使全文结构紧凑。 完全达到了预期的写作目的。
第四档 10~12分	完全完成了试题规定的任务。 —虽漏掉1、2个次重点，但覆盖所有主要内容。 —应用的语法结构和词汇能满足任务的要求。 —语法结构或词汇方面应用基本准确，些许错误主要是因尝试较复杂语法结构或词汇所致。 —应用简单的语句间连接成分，使全文结构紧凑。 达到了预期的写作目的。
第三档 7~9分	基本完成了试题规定的任务。 —虽漏掉一些内容，但覆盖所有主要内容。 —应用的语法结构和词汇能满足任务的要求。 —有一些语法结构和词汇方面的错误，但不影响理解。 —应用简单的语句间连接成分，使全文内容连贯。 整体而言，基本达到了预期的写作目的。
第二档 4~6分	未适当完成试题规定的任务。 —漏掉或未描述清楚一些主要内容，写了一些无关内容。 —语法结构单调，词汇项目有限。 —有一些语法结构或词汇方面的错误，影响了对写作内容的理解。 —较少使用语句间的连接成分，内容缺少连贯性。 信息未能清楚地传达给读者。
第一档 1~3分	未完成试题规定的任务。 —明显遗漏主要内容，写了一些无关内容，原因可能是未理解试题要求。 —语法结构单调、词汇项目有限。 —较多语法结构或词汇方面的错误，影响对写作内容的理解。 —缺乏语句间的连接成分，内容不连贯。 信息未能传达给读者。
0分	未能传达给读者任何信息：内容太少，无法评判；写的内容均与所要求内容无关或所写内容无法看清。

第二节 (满分 25 分)

【作答示例】

One possible version:

I got up, took my camera, and walked into the garage. My father was fixing a machine part attentively. I lifted my camera. Through the lens, I saw his rough hands lined deeply,

covered with oil. I thought of how these hands had worked tirelessly to give me a better life. My heart felt tight. I clicked repeatedly and left silently. Back in my room, I chose a photo of his oily hand holding a tool, with warm light falling on his wrist. I printed it and put it in a frame.

Early the next morning, my father saw the photo on the kitchen table. He stopped, his cup in hand, and looked at it for long. Then he reached out and touched the picture slowly, as if touching a memory. I walked over and told him I had taken it the night before. He looked at me softly, placing a heavy hand on my shoulder. "You see things," he said. Then he added, "Maybe you can show me how the camera works someday." Morning light filled the room. I felt a warmth no camera could ever capture.

一、评分原则

1. 本题总分为 25 分，按五个档次进行评分。
2. 评分时，主要从内容、语言表达和篇章结构三个方面考查，具体为：
 - (1) 续写内容的质量、续写的完整性以及与原文情境的融洽度。
 - (2) 所使用词汇和语法结构的准确性、恰当性和多样性。
 - (3) 上下文的衔接和全文的连贯性。
3. 评分时，应先根据作答的整体情况确定其所属的档次，然后以该档次的要求来综合衡量，确定或调整档次，最后给分。
4. 评分时还应注意：
 - (1) 词数少于 120 的，酌情扣分。
 - (2) 单词拼写和标点符号是写作规范的重要方面，评分时应视其对交际的影响程度予以考虑，英美拼写及词汇用法均可接受。
 - (3) 书写较差以致影响交际的，酌情扣分。

二、各档次的给分范围和要求

第五档	—创造了丰富、合理的内容，富有逻辑性，续写完整，与原文情境融合度高。
(21~25分)	—使用了多样且恰当的词汇和语法结构，可能有个别小错，但完全不影响理解。 —有效地使用了语句间衔接手段，全文结构清晰，意义连贯。
第四档	—创造了比较丰富、合理的内容，比较富有逻辑性，续写比较完整，与原文情境融合度比较高。
(16~20分)	—使用了比较多样且恰当的词汇和语法结构，可能有个别小错，但完全不影响理解。 —比较有效地使用了语句间衔接手段，全文结构清晰，意义连贯。
第三档	—创造了基本合理的内容，有一定的逻辑性，续写基本完整，与原文情境相关。
(11~15分)	—使用了简单的词汇和语法结构，有一些错误和不恰当之处，但基本不影响理解。 —基本有效地使用了语句间的衔接手段，全文结构基本清晰，意义基本连贯。
第二档	—未能创造合理的内容，全文逻辑性较差，续写不完整，与原文相关度不

(6~10分)	高。 —使用了较少词汇和语法结构，有较多错误，影响理解。 —很少使用语句间的衔接手段，结构不够清晰，意义不够连贯。
第一档	—未能创造合理的内容，全文逻辑性差，续写不完整，与原文情境无关。
(1~5分)	—未能使用合适的词汇和语法结构，有很多错误，影响理解。 —未能使用语句间的衔接手段，结构不清晰，意义不连贯。
0分	—未能传达给读者任何信息：内容太少，无法评判；写的内容均与所要求内容无关或所写内容无法看清。

备选试题参考答案

七选五

36—40 GFEBD

完形填空

41—45 DCBAB 46—50 DACAD 51—55 BCADC

语法填空

56. floating 57. has been passed 58. To adapt 59. globally 60. monthly
61. like 62. a 63. consumption 64. where 65.
varieties

写作 第一节

Dear David,

I hope this email finds you well. Since the museum in my city is holding an Online Digital Exhibition highlighting the Dragon Boat Festival, I'm writing to highly recommend it to you.

The display offers a fascinating insight into the festival's history, rice dumpling making and dragon boat races with vivid 3D images and interactive AI. By clicking and personalized instructions, you can have access to 3D displays, VR experiences and interactive games which will instantly transport you to the festive atmosphere.

Personally, the showcase is a real must-see. If interested, you will definitely enjoy traditional Chinese culture through high-tech fun!

Yours,
Li Hua

写作 第二节 1

We quickly divided up the work based on our strengths. Jack, being the strongest, first cleared away the snow and discarded packaging, turning the yard into an area for large parcels. He then moved all oversized items out of the crowded indoor space. Alice, outgoing and attentive, stayed at the counter to receive customers, checking their tracking numbers, guiding them to pick up packages, and patiently answering their questions. As the tallest, I used my height to sort parcels in order, ensuring every pick-up number was

visible for quick lookup. We soon fell into a smooth, efficient workflow.

Teamwork finally paid off. By late afternoon, the station took on a brand-new look: shelves were neatly organized, passages fully cleared, and the once chaotic noise replaced by quiet order. Most remarkably, most red “Overdue” orders were updated to green “Done” status. “Fantastic job, kids!” Mr. Lee exclaimed in surprise. Exhausted but proud, we exchanged high-fives, a strong sense of achievement welling up inside us. At the moment we felt the point of career experience: the pure fulfillment of helping others, the true power of teamwork, and the dignity of every ordinary job.

写作 第二节 2

It was a great day when the new playground was finally ready. The whole town turned out to celebrate, with kids laughing loudly as they ran to the brand-new slides, swings and climbing frames, their eyes sparkling with excitement. Everyone gathered around Mrs. Thompson, cheering and clapping for her. She stood there with tears of joy in her eyes, holding a bunch of flowers, quietly smiling at the lively scene — all her hard work and persistence had finally paid off, turning a shabby lot into a warm paradise for the whole community.

Mrs. Thompson’s influence didn’t end with a new playground. Her kindness and perseverance ignited a spark of unity in the town. Neighbors who used to be distant started helping each other more often, organizing community clean-ups, small fundraisers for other public projects and regular family gatherings. The playground became more than a play area; it was a symbol of community love, reminding everyone that care and unity could turn small efforts into beautiful changes for the whole town.

2026 届高中毕业班适应性练习英语听力部分录音稿

Text 1

M: Excuse me. Could you tell me which way Dobson Bookstore is?

W: Yes. It’s that way. You go two blocks, and then turn left. It’s opposite the bank.

M: Thanks. I’ve only been here a few days, so I really don’t know my way around yet.

Text 2

W: Rob, do you want to catch the new sci-fi movie opening tonight?

M: Helen, I’ll give it a miss. I have a report due tomorrow, so I’ll work at the office till late.

Text 3

W: Did you enjoy the museum tour this afternoon?

M: Yes, but the tour guide was in such a hurry that we didn’t see many paintings.

W: Maybe you can go back on your own. You’ve got time. We aren’t leaving the city until next weekend.

Text 4

M: Do you mind if I leave the training early? I feel a bit under the weather.

W: Oh, I'm sorry to hear that. Why don't you see a doctor?

M: I'll fix an appointment on my way home.

Text 5

M: I saw posters around the neighbourhood. What's going on?

W: There is a community celebration coming up this weekend, including a street fair with art workshops and live performances.

Text 6

W: I always think it's a good idea for customers to see how we run our production process, so if you have time, Mr. Bidwell, I thought I'd show you around the factory.

M: How long will it take? If it's not more than half an hour, that should be fine.

W: Not long — about twenty minutes or so. I'm afraid I'll have to ask you to put on this hard hat. We can't risk you getting injured and going to the hospital.

M: No problem.

Text 7

W: Have you seen the new art exhibition at the city gallery?

M: Of course, yes. I went there last weekend. It was an interesting display of urban photography, showing what it feels like to live in different cities.

W: That sounds interesting! Did they have any interactive displays?

M: Actually, they did! There was one where you could virtually explore different cities using a touch screen. It really made you feel like you were walking through those streets.

Text 8

W: Hi, Andrew. This is Sophia from human resources. I'm calling about the lecture at the Plaza tomorrow. Is anyone from the finance department coming at all?

M: Hi, Sophia. I'm so sorry. We're on a tight schedule here with the winter holidays coming up. Would it be OK if we skipped this one?

W: Andrew, this is the third time in a row we'll have no one from finance in our professional development lectures. Everyone was complaining that the company had no career development program, and now that we have one, you all have excuses not to come.

M: But Christmas is three days away, and everyone here has small kids, so I cannot make them work long hours. Not this week. I'm really sorry, but we can't come to the lecture tomorrow.

Text 9

W: Greg, could you tell us about where and how you write?

M: Well, I write in a small room at the top of my house. There's no sound, no music, no traffic, and that's what I need to get a sense that my words are filling something. And I don't use a computer, just any kind of pen, because it's too bad to lose a special one. Plus, I look out of the window a lot.

W: Then how about your next book?

M: Well, it's a book for teenagers as I've never tried writing one before.

W: Please give some more details?

M: Well, it's set about a hundred years ago, just like the last one. And it's about children in the rural area, who are sent off from their farms to work in a plant at a young age, and the hard times they have there. Like all my historical novels, it's based on certain

real events and has a serious message, but there are some lighter moments too.

Text 10

Hello, everyone. As head of the Run-Well charity, I'm very pleased to have this opportunity to tell you something about it. Run-Well's founder, Mike Hughes, took up long-distance running in 1987. And five years later, he established the charity as we know it today. By 1997, the runs organised by the Run-Well charity were being filmed by local TV, and today they appear on national TV every year. All the funds collected by Run-Well go to supporting the health service.

Now, if you want to race, let me explain a couple of the basics. Races are run by teams, so you need to form and register a team. But that doesn't mean you have to train as a group. Please make sure you come along to the race with enough food and drink — we don't provide that, but you do need to keep yourself going for the 20 km route. The route goes through the town, then out through Highfield Park, concluding in the square. There are many different prizes, including the oldest runner, the youngest runner, and team with the most sponsorship. The major sponsor will hand out each prize to the winners, followed by a short speech by the Minister of Health.