

保密★启用前

准考证号 _____ 姓名 _____

(在此卷上答题无效)

厦门市 2026 届高中毕业班适应性练习

英 语

2026.5

本试卷共 12 页，考试时间 120 分钟，总分 150 分。

注意事项：

1. 答卷前，考生务必将自己的姓名、准考证号填写在答题纸上。
2. 回答选择题时，选出每小题答案后，用铅笔把答题纸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，将答案写在答题纸上，写在本试卷上无效。
3. 考试结束后，将本试卷和答题纸一并交回。

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纸上。

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。每段对话播放两遍。

1. Which club will Kate join?

- A. Home-organization. B. Gardening. C. Pet care.

2. What will the man do first on Saturday?

- A. Help his grandpa. B. Make recovery plans. C. Visit his cousin.

3. How will the speakers probably get to the museum?

- A. By bus. B. By taxi. C. By bicycle.

4. What amazed the man?

- A. The music. B. The seats. C. The hall.

5. What is next to the bookstore?

A. A police stand.

B. A bank.

C. A post office.

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題, 从題中所给的 A、B、C 三个选项中选择最佳选项。听每段录音前, 你将有时间阅读各个小題, 每小題 5 秒钟; 听完后, 每小題都有 5 秒钟的作答时间。每段录音播放两遍。

听下面的录音, 回答第 6 和第 7 小題。

6. What is the woman's concern about AI?

A. The overuse of the computer.

B. The loss of students' creativity.

C. The inefficiency of learning.

7. What does the man think of AI?

A. It is more than a tool.

B. It should be used wisely.

C. It will stop developing.

听下面的录音, 回答第 8 至 10 小題。

8. What are the speakers mainly talking about?

A. Where to clean a wound.

B. How to stop bleeding.

C. Whether to see a doctor.

9. Why is the man unwilling to go to hospital?

A. He has to wait for hours.

B. The wound is small.

C. The cut has been treated.

10. How does the woman sound?

A. Caring.

B. Impatient.

C. Puzzled.

听下面的录音，回答第 11 至 13 小题。

11. What is Plant Nanny intended to do?

- A. Remind people to drink water.
- B. Keep plants in good shape.
- C. Encourage outdoor activities.

12. What does a user do after each drink?

- A. Tap the screen.
- B. Grow a plant.
- C. Measure the weight.

13. What is the woman's attitude to the app?

- A. Critical.
- B. Uncertain.
- C. Favorable.

听下面的录音，回答第 14 至 16 小题。

14. What is the probable relationship between the speakers?

- A. Boss and secretary.
- B. Gallery planner and artist.
- C. Information assistant and visitor.

15. When is Moreton Art Gallery closed?

- A. On Tuesdays.
- B. On Saturdays.
- C. On Sundays.

16. How much are the tickets for a couple?

- A. £5.50.
- B. £7.50.
- C. £11.00.

听下面的录音，回答第 17 至 20 小题。

17. What do we know about the Lord Howe Island stick insect?

- A. It has a very strong backbone.
- B. It lives on mainland Australia.
- C. It was once thought to be extinct.

18. What happened in 1975?

- A. Two zoos worked together.
- B. The Frozen Zoo was set up.
- C. A new way was found.

19. Who is the speaker?

- A. A collector.
- B. A reporter.
- C. A zookeeper.

20. Why does the speaker give the talk?

- A. To recommend a wildlife zoo.
- B. To share a scientific discovery.
- C. To introduce a conservation effort.

22. How much should you pay at least if you want to help health workers?
A. \$100. B. \$70. C. \$152. D. \$438.
23. What do the gifts listed mainly focus on?
A. Newborn survival. B. Facility construction.
C. Water monitoring. D. Disease prevention.

B

Throwing oneself in native plants may not seem like a recipe for success as a social media influencer. But meet Kyle Lybarger.

It all started with what Lybarger now recognizes as a terrible mistake. About a decade ago, he was managing a private forest where the owner let him hunt. The land included an open area, where he decided to plant food for wildlife. He sprayed (喷洒) it with herbicide (除草剂), put down seeds and cut down some trees to let in more light. In the dry, shallow soil, the seeds didn't take. But around the edges of the area, where he hadn't sprayed or seeded, the additional sunlight released a beautiful surprise. "I came back up the next summer and it was just like color everywhere, really crazy-looking plants," says Lybarger. "I feel like I should know what this plant is."

After he posted photos of the flowers on Facebook, an expert pointed out some rare and endangered species. Lybarger realized that he had killed off an area with a wild seed bank of countless species that were ideal for attracting wildlife, all in order to plant two or three species that weren't part of the native ecosystem.

Lybarger, a forester by training, found a mission: to save these native species. In a state where more than 90% of the land is privately owned, that has meant knocking on doors to speak with landowners who are unknowing hosts to rare plants. One morning last spring found Lybarger chatting with Pat Eaton, who has a spot of endangered glade cress growing on her family's property. A few miles away, Lybarger pointed out another endangered species that his social media followers had been instrumental in protecting.

Lybarger thinks his biggest contribution comes through education on social media, influencing people to grow the native plants that best support declining pollinators (传粉昆虫) and other insects. "One person, one yard, one-tenth of an acre can make a bigger difference than you think," he says.

24. What was Lybarger's mistake?
A. He mixed seeds up. B. He removed the soil.
C. He posted photos online. D. He killed native species.
25. Why did Lybarger visit landowners?
A. To purchase their properties. B. To protect private land plants.
C. To teach planting skills. D. To seek hunting permission.

26. What does Lybarger do through social media?

- A. Keep track of his daily work.
- B. Build up his reputation.
- C. Educate people about local plants.
- D. Offer professional training.

27. What is the text about?

- A. A forester's mission shift.
- B. A herbicide spraying method.
- C. Endangered plant species.
- D. Tips for becoming an influencer.

C

A huge and beautifully preserved set of fossils (化石) discovered in China has cast doubt on the idea that complex life dramatically flourished during a rapid burst of evolution known as the Cambrian (寒武纪) explosion. This event, extending from roughly 541 million to 513 million years ago, is when most of the animal groups alive today are thought to have first appeared.

In the previous period, known as the Ediacaran, it was thought that life was much less complex. But that is contradicted by the new fossil find in Yunnan province, known as the Jiangchuan biota, which includes more than 700 fossils dating from 554 to 537 million years ago.

"The discovery shows that Cambrian-type animal communities did not appear suddenly, but already had clear foundations and transitional forms by the end of the Ediacaran," says Gaorong Li at Yunnan University in Kunming, China, who led the team behind the discovery.

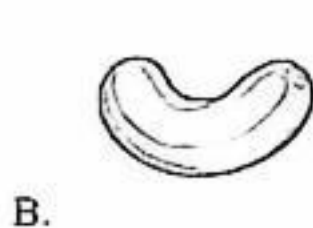
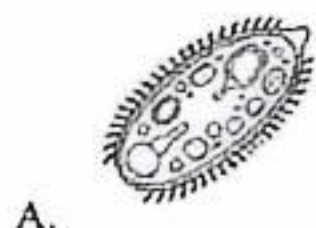
The researchers found a range of creatures, of which only a few examples have been found before. Some of the fossils have been identified as cambroemids (寒武歧须虫类), which weren't known to exist before the Cambrian. The most common fossil the team found is an animal that fixed itself to the sea bed at one end and had a tube-like structure that could be extended outward at the other end.

These animals already possess key features seen in modern animals, but the way these structures are combined is unlike that of most animals living today. In other words, although their overall appearance is strange, they still possess the basic body parts seen in modern animals. "Although these fossils suggest certain animal groups were present prior to the Cambrian period, they don't invalidate the idea of the Cambrian explosion," says Joe Moysiuk at Manitoba Museum in Winnipeg, Canada. "Rather, they enable us to better determine the likely timing of this evolutionary explosion."

28. What does the underlined word "flourished" in paragraph 1 mean?

- A. Gathered around.
- B. Died out.
- C. Sprang up.
- D. Slowed down.

29. Which picture can illustrate the animal in paragraph 4?



30. What can we learn about the discovery?
- A. It pushes back the origin of complex life.
 - B. It overturns the idea of the Cambrian explosion.
 - C. It explains the formation of animal fossils.
 - D. It denies modern features of early life.

31. What is the text?

- A. A literature review.
- B. A travel brochure.
- C. A news report.
- D. A science fiction.

D

Curiously, I have been speaking with experts in AI lately. These people are absorbed in building powerful technological tools, but they want to keep their humanity. They've got me thinking. If creativity and innovation are accelerating (加速) faster than ever, what ensures they serve the greater good? A recent psychological study suggests one direction: wisdom.

According to neuropsychiatrist Dilip Jeste, features of wisdom include prosocial attitudes, self-awareness and reflection, emotional stability, and balancing decisiveness with uncertainty. These are not features we normally associate with innovation. But new research suggests they may shape whether creativity benefits others or not.

Researchers found that wisdom functions as a moral compass for creativity. Across two studies, creativity did not reliably predict prosocial behavior on its own. In one experiment, highly creative participants who scored lower in wisdom were less willing to help another person in a moral-emergency situation. Among participants higher in wisdom, creativity was instead associated with more socially mindful responses. One way to think of the implications here is that creativity generates possibilities, but wisdom helps determine which possibilities serve others rather than ourselves alone.

There is a concern that human thinking can become more "computationalized" – more procedural, efficiency-driven, and emotionally cold. The more we interact with computational systems, the easier it becomes to treat human problems as technical problems.

How do we develop wisdom then? Ironically (讽刺地), the answer may lie in a field often under attack: the humanities. Daniela Amodei, cofounder of Anthropic, recently suggested that studying the humanities may become more important than ever in an AI-driven world. When hiring, she said the company looks for people with strong communication skills, empathy, curiosity, and the ability to understand human behavior, capacities often developed through the humanities. Literature, philosophy, and history expose us to moral dilemmas (困境) and human complexity.

Socrates said, "Wisdom begins in wonder." Wisdom may be one of the deeper expressions of wonder – the capacity to reflect, and consider how our actions affect others. In an age of acceleration, that capacity keeps our humanness fully alive.

32. Why does the author mention AI experts in paragraph 1?
- A. To present a fact.
 - B. To lead into a topic.
 - C. To clarify a concept.
 - D. To explain a phenomenon.
33. What is the role of wisdom in creativity?
- A. It generates novel ideas.
 - B. It predicts social emergencies.
 - C. It ensures personal reflection.
 - D. It guides moral direction.
34. Which statement will Daniela Amodei probably agree with?
- A. Humanistic disciplines are crucial.
 - B. Employees with AI skills are favored.
 - C. AI innovation needs new perspectives.
 - D. Technology is a byproduct of humanity.
35. What can be a suitable title for the text?
- A. Are Humanities More Valuable Than AI Skills?
 - B. Is Wisdom Harder to Learn Than Creativity?
 - C. Are Moral Dilemmas the Test of Creativity?
 - D. Is Creativity Enough in the Age of AI?

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。

In the spring of 2022, after a depressing 58-loss season, the Oklahoma City Thunder sat near the bottom of the NBA standings. 36 In just three seasons it rocketed from the bottom to the top of the league. How does a team improve so quickly? That question isn't just about basketball. It's about how any group can learn, adapt, and succeed in an age of accelerated change.

During the past few years, my colleagues and I have been investigating a question: What do the best teams do differently? 37 And we collected detailed data on how their teams set priorities, make decisions, and cooperate. To identify members of high-performing teams, we had workers rate their team's effectiveness and industry performance. Those rated highest were called "superteams"

38 Superteams share three key strengths. Firstly, they get more done by managing time, energy, and attention more efficiently. Secondly, their members actively make one another better. Thirdly, they're constantly building new skills and improving over time.

It is that last strength that the Thunder has clearly mastered. 39 It's part of a pattern that has defined the organization since it moved to Oklahoma City in 2008. After its arrival, the team entered a full rebuild, putting long-term progress before instant results. Yet in just four seasons it reached the NBA Finals, in 2012.

The Thunder's story is a reminder that success grows from the pursuit of improvement, the decisive leaders who spot and solve problems, and the motivated teams that cooperate well. Those are the habits that turn good teams into superteams. 40

- A. But something remarkable happened.
- B. They work together towards the same goal.
- C. Its rapid rise over the past few years is not an accident.
- D. We found that superteam leaders are more likely to support employees.
- E. Any team can develop them, whether in basketball, business, or beyond.
- F. To find out, we surveyed over 6,000 knowledge workers across various industries.
- G. Among those superteams, the secret to high performance looked remarkably similar.

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, 从每题所给的 A、B、C、D 四个选项中选出可以填入空白处的最佳选项。

Last week, my son started kindergarten. The school had so many 41 – a library, an art room, shelves of learning materials. But as he marked this milestone, I had 42 emotions. I was excited for him, yet I couldn't help but 43 my first day in my home country of Uganda. It was a very 44 experience.

As a kid, I 45 with my uncle's family in another county, where school options were better. On the first day, my cousin 46 the long miles to school with me. I began my 47 in a classroom with a dirt floor and no ceiling. Every morning we had to sweep the classroom. It taught me to take care of the space around me, to be 48, even with very little. Yet I dreamed of one day going to school 49 nothing but curiosity.

When I was 19, my dream 50. With the support of a generous Floridian couple, I stepped foot into Tallahassee Community College. I remembered that first semester, 51 as I walked the campus, marveling (感到惊奇) at the library, the technology and the insightful professors.

Watching my son step into kindergarten felt like witnessing the 52 I'd carried for years – one I wish every child could one day live. I knew every mile I'd walked, 53 or metaphorically, led to this. I also remembered those who made this 54. It was their act of kindness that 55 a future I once thought impossible.

- | | | | |
|---------------------|------------------|------------------|-----------------|
| 41. A. resources | B. devices | C. opportunities | D. buildings |
| 42. A. conflicting | B. strange | C. similar | D. mixed |
| 43. A. record | B. spend | C. save | D. recall |
| 44. A. pleasant | B. different | C. inspiring | D. regretful |
| 45. A. lived | B. traveled | C. played | D. worked |
| 46. A. explored | B. walked | C. enjoyed | D. counted |
| 47. A. adventure | B. research | C. performance | D. education |
| 48. A. grateful | B. hopeful | C. responsible | D. satisfied |
| 49. A. expressing | B. offering | C. carrying | D. learning |
| 50. A. slipped away | B. came true | C. turned sour | D. started off |
| 51. A. wide-eyed | B. light-hearted | C. absent-minded | D. tight-lipped |
| 52. A. weight | B. promise | C. dream | D. potential |
| 53. A. literally | B. generally | C. frankly | D. strictly |
| 54. A. simple | B. clear | C. special | D. possible |
| 55. A. defined | B. renewed | C. unlocked | D. predicted |

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。

When a Spanish netizen posted a photo of herself wearing a pink, silk jacket, it quickly caught on. The 56 (fashion) sportswear, which features a straight-button front, drew many praises, 57 people curious about the designer. This reflects a rising trend in Western fashion, 58 Chinese features such as the Mandarin collar (立领), frog buttons and symmetrical (对称的) fronts are appearing.

"New Chinese Style" is not new in China. It emerged at the start of the 21st century, gained strength around 2015, and 59 (be) on an upward trend since 2021. The term has no precise 60 (define), but can be seen as combining traditional Chinese elements with modern design language. Compared with traditional clothing, "New Chinese Style" emphasizes simplicity and practicality for everyday wear. The style goes for more accessible materials, making the clothing easier 61 (wear) daily.

"New Chinese Style" reflects a shift in mindset among Chinese people – they are moving from 62 (view) merely as subjects of aesthetic (美学的) appreciation to becoming creators of their own aesthetic language. Yang Jie, 63 associate professor at the Beijing Institute of Fashion Technology, said that Western luxury brands have long explored Chinese elements. "It's not 64 (simple) a fashion trend," Yang said. "It speaks to changes in the global landscape. As China's influence continues to grow, Chinese culture is becoming more visible 65 recognized around the world."

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

假定你是李华, 英国笔友 Chris 对你校近期举办的科技节很感兴趣, 发来邮件询问相关情况。请你给他回复, 内容包括:

- (1) 一项特色科创活动;
- (2) 个人感想。

注意:

- (1) 写作词数应为 80 个左右;
- (2) 请在答题纸的相应位置作答。

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。

Tom was the boy who never got called on. In class, he pressed himself against the chair, hoping to be invisible. When the teacher asked a question, his eyes dropped to the desk. Reading was worse. Words on a page seemed to swim away from him. He would stare at a sentence for minutes, his throat tight. His classmates turned pages with ease. He got stuck on the first page, struggling with every word.

Mr. Kirui, the school principal, noticed. Instead of leaving him to sink, he did something small. After school one day, he found Tom sitting alone by the library window, running his fingers over the table. "Come with me," he said quietly. "No pressure."

The library smelled of old paper and dust. Sunlight streamed through the blinds. Mr. Kirui pulled out a pile of thin books – picture books, early readers, stories with big letters and white space. Tom's face burned. "These are for little kids," he mumbled (嘟囔), staring at his shoes. "Trust me," Mr. Kirui said. "Start here."

Tom opened the first one. His finger traced (追踪) the lines. He read aloud, slowly, tripping over easy words. Mr. Kirui never corrected him. He just leaned back and listened. Day after day, after class they sat in the same corner – the one by the window where the light fell soft. Tom's voice grew steadier. He started to ask questions about the stories. He borrowed books without being asked. One afternoon, Mr. Kirui watched him read a full page without stopping. The boy didn't even notice the principal's smile.

A week later, the school announced a Read Out Loud Competition, where students could choose their own reading materials. "Any volunteer?" The teacher asked. Hands shot up. Tom's heart raced. His hand lifted slightly and then fell back to his lap.

注意:

- (1) 续写词数应为 150 个左右;
- (2) 请按如下格式在答题纸的相应位置作答。

After class, Tom found Mr. Kirui in the library.

On competition day, Tom stepped onto the stage with a thin book.

厦门市2024届高三毕业班第三次适应性练习英语学科试题答案

第一部分 听力 (共两节, 满分30分)

1-5 BACAD 6-10 BDCAA 11-15 AACCA 16-20 CCBDA

第二部分 阅读理解 (共两节, 满分40分)

第一节 (共15小题, 每小题2.5分, 满分37.5分)

1-5 CABD 6-10 BDC 11-15 CCB 16-20 BDCAD

第二节 (共5小题, 每小题2.5分, 满分12.5分)

21-25 AFDCE

第三部分 语言知识运用 (共两节, 满分30分)

第一节 (共15小题, 每小题1分, 满分15分)

1-15 ADDBA 16-20 BDCCE 21-25 ACADA

第二节 (共10小题, 每小题1.5分, 满分15分)

26. (substance) 27. with 28. when 29. has been 30. definition 31. as well 32. being viewed 33. as 34. simply 35.

第四部分 写作 (共两节, 满分40分)

第一节 (满分15分)

Possible Version 1

Dear Chen,

I'm glad that you are interested in our school's Science and Technology Festival. I'm thrilled to share some activities with you.

The festival features a variety of activities, ranging from science lectures to innovation competitions. The most interesting part was the drone racing competition. Participants operated small sports drones through obstacle courses at high speed, showing the charm of the technology.

Yours,

Li Hua

Possible Version 2

Dear Chen,

I'm glad to hear that you! Our Science and Technology Festival was a great success, and I'm eager to share some highlights.

One centerpiece was the 3D Printing Workshop. We transformed imaginative sketches into digital models or prototypes, and then watched the printer magic process to bring them to life layer by layer.

This hands-on experience was incredibly rewarding. It not only boosted my spatial thinking but also reinforced my belief in learning by doing.

Hope this helps.

Yours,

Li Hua

第二节 (满分25分)

One Possible Version

The classic 3D model of the Great Wall is the object. Master Li has shown his expertise and his wish to see his three-

right. "But they'll laugh at my thin book." No whisperer. Mr. Kuroi patted his shoulder proudly. "Just read it well. That's enough." Encouraged by the principal's warm words, Tom finally signed up. Every afternoon, he returned to the school corner, reading the same paper aloud repeatedly. With Mr. Kuroi listening quietly nearby, some of the darky boys gradually grew firm, ready for the stage.

On a certain day, Tom stepped onto the stage with a thin book. Facing the crowd, he swallowed hard. He began with a trembling whisper, but soon his voice steadied. Absorbed in the familiar story, Tom turned the pages with ease, the words no longer swimming away. Finishing the last sentence without a single pause, he met derisive applause in the audience. Mr. Kuroi nodded with a proud smile. Standing in the spotlight, Tom realized the once-mumble boy had finally stepped out of the shadows, full of true confidence.