

2026 届高中毕业班模拟测试

英 语

2026.3

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，考生务必将自己的准考证号、姓名填写在答题纸上。
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，将答题纸交回。

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。每段录音播放两遍。

1. What will the man probably do next?

- A. Open the window.
- B. Check the street outside.
- C. Turn on the air conditioner.

2. When will the man arrive at the office?

- A. At 2:00 pm.
- B. At 3:30 pm.
- C. At 4:00 pm.

3. What confused the man about the film?

- A. The acting.
- B. The music.
- C. The plot.

4. What is the woman doing?

- A. Sending a notice.                      B. Collecting a package.                      C. Labelling a locker.

5. What are the speakers talking about?

- A. The flight update.                      B. The travel destination.                      C. The weather forecast.

**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。

听下面的录音, 回答第 6 和第 7 小题。

6. What will the speakers probably buy for their mother?

- A. A silk scarf.                      B. A gardening book.                      C. A coffee machine.

7. Why does Alice agree to the man's idea?

- A. The item is on sale.  
B. The mall has free delivery.  
C. The cost will be shared.

听下面的录音, 回答第 8 至第 10 小题。

8. What does the man say about Jingzhe?

- A. It is a time to celebrate insects.  
B. It marks the start of farming.  
C. It brings the first summer rain.

9. Why do farmers traditionally eat pears on Jingzhe?

- A. To hope for pest-free crops.  
B. To stay active at work.  
C. To remember Su Shi.

10. Where does the conversation probably take place?

- A. In a farm field.                      B. In a classroom.                      C. In a fruit shop.

听下面的录音, 回答第 11 至第 13 小题。

11. What is the probable relationship between the speakers?

- A. Former classmates.                      B. Brother and sister.                      C. Coach and player.

12. What did Eddie do last semester?

- A. He joined a band.
- B. He practiced basketball.
- C. He went to a swimming club.

13. Who is Louis?

- A. Sarah's brother.
- B. Jason's cousin.
- C. Jessica's teammate.

听下面的录音，回答第 14 至第 17 小题。

14. What is the focus of the exhibition?

- A. Space mission items.
- B. Science fiction films.
- C. Life in space.

15. How do the visitors mainly understand the charts?

- A. Through simple brochures.
- B. Under experts' guidance.
- C. Via interactive screens.

16. What does the man say about the exhibits?

- A. They are well taken care of.
- B. They are shown electronically.
- C. They are of the same shape.

17. How does the exhibition sound to Emily?

- A. It is appealing.
- B. It is educational.
- C. It is relaxing.

听下面的录音，回答第 18 至第 20 小题。

18. What gave the technique its name?

- A. A cooking method.
- B. A kitchen tool.
- C. An Italian city.

19. What should people do after four "Pomodoros"?

- A. Set a 25-minute timer.
- B. Have a longer rest.
- C. Start a new task.

20. Who is the method suitable for?

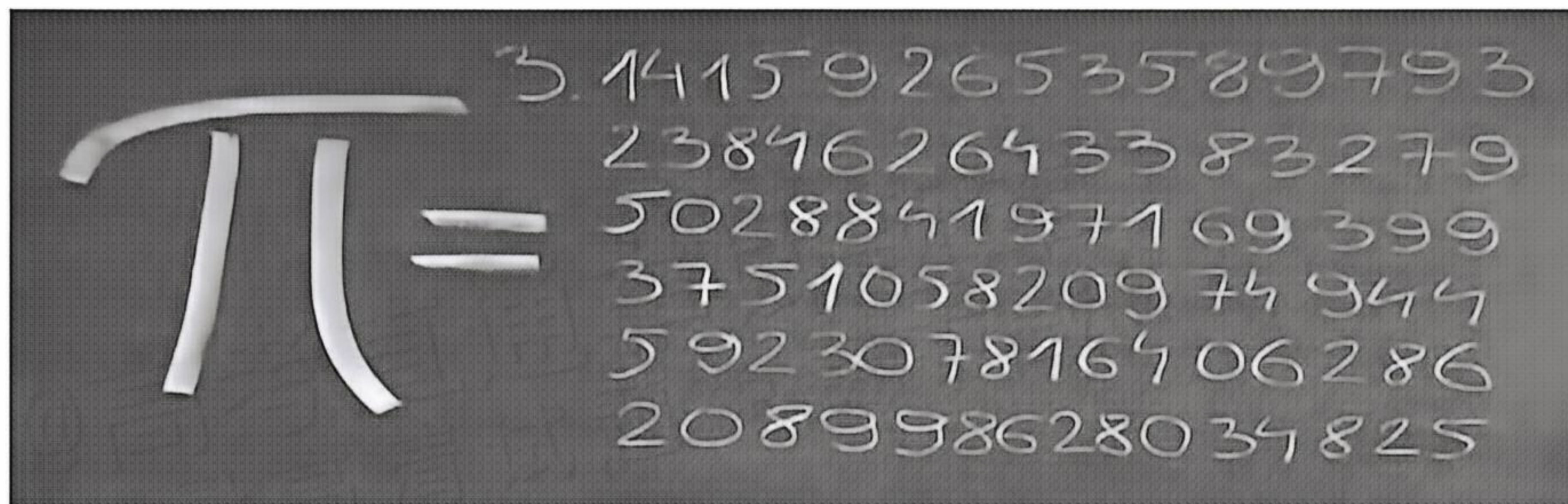
- A. People with tight schedules.
- B. People with sleep problems.
- C. People with poor concentration.

## 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、D 四个选项中选出最佳选项。

A



#### Do fun activities on Pi Day

Pi Day is marked every year on March 14 by scientists, mathematicians, and schools. Pi is a never-ending number or ratio (比率). The first three digits of pi are 3.14, which is why the holiday is celebrated on March 14. In 2009, the US House of Representatives established it as National Pi Day. Here's how to celebrate that day and more.

#### Play pi games

You can challenge yourself to see how many digits of pi you can memorize. The first 16 digits, which NASA engineers use to make accurate calculations, are 3.141592653589793. You could also play a beanbag game. Draw a large circle on the ground in chalk and label it with the first few numbers of pi: 3, 1, and 4. Toss (投掷) beanbags and try to land them on the digits of pi in order, starting with 3.

#### Have a feast

Get into the spirit of Pi Day with a special meal that features round objects. For example, you might have bagels, doughnuts, pancakes, pizza, tortillas, or burgers. Another way to celebrate Pi Day is to bake a pie to share with family and friends.

#### Pi in everyday life

Humans have used pi to build, explore, and advance technology.

**Architecture** Engineers use pi to ensure safety and stability when designing curved bridges and tunnels and in design elements like arches and round columns.

**Space exploration** Scientists use pi to map the surface area of planets, keep the wheels of rovers (探测器) on Mars turning, and measure craters on moons.

**Navigation** Global positioning systems (GPS), like you might find in apps that give directions, use pi to calculate specific locations on Earth.

21. Why is March 14 celebrated as Pi Day?

- A. To mark the passage of a 2009 bill.
- B. To reflect the never-ending ratio of 3/14.
- C. To correspond to the starting numbers of pi.
- D. To honor the birth of a great mathematician.

22. Which activity mainly challenges your memory?
- A. Calculating the area of a chalk circle.
  - B. Reciting a long string of pi's numbers.
  - C. Tracking the landing order of beanbags.
  - D. Selecting round-shaped food for a meal.
23. Which is an application of pi in everyday life?
- A. Measuring the weight of Mars rovers.
  - B. Adjusting GPS positioning in location apps.
  - C. Improving the structural soundness of bridges.
  - D. Increasing the load-bearing strength of columns.

### B

Hanley-Dafoe's third offering, following *Stress Wisely*, makes an inspiring case for the power of hope. Drawing on her experience as an educator and wellness scholar "to cultivate (培养) a hope practice," Hanley-Dafoe roots her argument in the deep effect that a lack of hope — or hopelessness — can have on people, describing that state as like "being trapped in a room without doors or windows."

Her perspective is not limited to the "internal battle" of the individual; she demonstrates the urgent role that hope plays in society, "offering us purpose when things fall apart." Hope is tied, here, to resiliency (韧性), which is "about growing, learning, and unlearning how to show up" — all hopeful acts. Hanley-Dafoe guides readers to move from "understanding hope to embodying it" with the framework of her four-element "hope blocks" model, an original, intuitive (直觉的) "battle board to help you continuously show up with hope."

Hanley-Dafoe never shies away from the pressing issues that can arouse hopelessness, such as the climate crisis, and she demonstrates how hope has always fueled movements for change. However, at times she seems to dare readers to turn away from her hope, as in a story about encouraging a child's dream of playing in the NBA. That moment proves complex, especially when another child complains, "If that kid's dream comes true, mine won't." Hanley-Dafoe builds this into a revealing lesson: in a world damaged by the lack of resources and an "us-vs-them mentality," many believe that "if something good happened to someone else, there won't be any good left over for others."

Written with grace and power, *I Hope So* encourages readers to grow past such desperate beliefs. Hanley-Dafoe writes with heartening insight about resiliency and offers clear, flexible guidance for finding ways to be more hopeful. What makes the book stand out, though, is its original thinking and an infectious spirit of — what else? — Hope.

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24. What is the basis of Hanley-Dafoc's viewpoint?
- A. The successful publication of *Stress Wisely*.
  - B. The severe impact of lacking hope on people.
  - C. Her strong determination of battling hopelessness.
  - D. Her professional background in education and health.
25. What does Hanley-Dafoc's "hope blocks" model aim to do?
- A. Clarify the urgent role of hope in society.
  - B. Address the internal battle within every individual.
  - C. Explain the relationship between hope and resiliency.
  - D. Shift the focus from understanding hope to practicing it.
26. What does paragraph 3 imply about hope?
- A. It drives progress.
  - B. It faces challenges.
  - C. It ignores reality.
  - D. It favors the lucky.
27. What is the text?
- A. A book review.
  - B. A research paper.
  - C. A journal entry.
  - D. A news report.

### C

Getting the most out of going to galleries involves more than just showing up. While a casual approach — "I don't know much about art, but I know what I like" — might satisfy some, truly appreciating a painting requires a determination to go deeper.

Trust your eyes. The visual arts are not called the visual arts for nothing. Art is made to be looked at. And when your eyes decide whether they like something or not, they are drawing on the experience of a lifetime. So trust your eyes when they whisper their first impressions. Why do so many people love Van Gogh's *Sunflowers*? The moment you see them, they feel uplifting, joyous, and instantly pleasurable, reminding your eyes of the colour, mood and joy of a sunny day.

Your eyes may be the most important organ for looking at art, but the heart runs them a close second. When we look at a painting, we get somebody's message sent to us. One heart is trying to speak to another. Take *Daughters Chasing a Butterfly* by Thomas Gainsborough for example. The first thing to feel is, of course, the artist's love for his little girls. To my eyes, it's entirely unmissable. The two girls, their faces recorded with so much insider skills, are chasing a butterfly, which has landed on a prickly (有刺的) plant. When they try to grab it, they might get hurt. So a loving daddy hasn't just painted his love for his daughters. He has also painted — and this is where the heart comes in — his fears for them.

If you judge art by your own level of competence or understanding, you're looking at art through a blindfold. In Truner's *The Fighting Temeraire*, the old boat, bathed in an orange and purple





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。

For most of my life, I always treated taste as fixed. When I moved to London, I threw myself into work while my housemates were endlessly trying new things. My automatic “no” to anything that “wasn’t my thing” only kept me trapped in the same daily routine. That left me feeling flat and a little empty. I began to question whether my taste is fixed or could be trained. I once read that children need eight to fifteen tries to accept a new food. \_\_\_\_\_ 36 \_\_\_\_\_

I decided to start small. When a friend invited me to a book club, I resisted the instinct（本能）to dismiss it despite my longstanding dislike of reading and went anyway. \_\_\_\_\_ 37 \_\_\_\_\_ Now I spend mornings reading physical books instead of wandering aimlessly.

Then came music and performance — all things I had previously disregarded. \_\_\_\_\_ 38 \_\_\_\_\_ Gradually, I became fascinated by the unfamiliar rhythms and movements and felt proud of my survival in the end.

\_\_\_\_\_ 39 \_\_\_\_\_ However, I stopped saying no before I had even begun. Most recently, I tried out my local library’s chess club. I was easily 30 years younger than everyone else, but that didn’t matter. Sitting opposite people with wildly different life stories made me realize how rarely I speak with other generations. We talked about their past careers, local news and new chess moves. Interestingly, I felt more connected there than with people of my age.

Research suggests that engaging your curiosity in new activities can help protect against age-related cognitive（认知的）decline. \_\_\_\_\_ 40 \_\_\_\_\_ Getting outside my comfort zone now gives me a rush.

- A. Yet, I was eager for engagement.
- B. I didn’t love everything straight away.
- C. For me, it is far more than brain health.
- D. Initially, I was awkward and sometimes confused.
- E. As expected, new tastes rarely come without discomfort.
- F. To my surprise, I enjoyed the discussion and the people there.
- G. Why shouldn’t the same principle apply to social activities for adults?

### 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 四个选项中选出最佳选项。

The players on the Academy basketball team knew something was wrong. Their coach, Brendan King, who never 41 them on weekends, urged them back to the gym. They had won the championship the night before, yet now they felt somewhat 42.

"We actually lost to Apache 43-42," King announced. "The recordkeeper 43 the score." All fell silent. "But this doesn't 44 how proud I am of you and how hard we worked to get here." 45, it was a bitter pill for them to swallow. Within 20 minutes' debating, the whole team 46 to turn the trophy (奖杯) over to the rightful champions, Apache.

The game had been physical and 47. Scoring was back and forth until the fourth quarter, when Apache pulled away by 14 points. The Academy players, 48 to give up and fought back hard, hitting shot after shot. Ultimately, they hit a 3-point buzzer-beater (压哨球) to top Apache by a point. The players 49, but strangely King had a sinking feeling.

That night, he replayed the game tape carefully, counting every 50. His gut (直觉) was right: An Academy shot was mistakenly counted due to the recordkeeper's poor angle. The next morning, he 51 the basketball officials before addressing his 52.

With his team's support, King drove to Apache to 53 the trophy. "I know we didn't have to do this," King says. "But for us 54 means far more than a trophy. Apache earned their champion 55, and we earned ours here."

- |                    |               |               |                   |
|--------------------|---------------|---------------|-------------------|
| 41. A. contacted   | B. followed   | C. praised    | D. welcomed       |
| 42. A. relieved    | B. awkward    | C. excited    | D. nervous        |
| 43. A. disregarded | B. miscounted | C. disallowed | D. misinterpreted |
| 44. A. reflect on  | B. bring out  | C. take away  | D. make for       |
| 45. A. Still       | B. Moreover   | C. Instead    | D. Therefore      |
| 46. A. managed     | B. decided    | C. pretended  | D. struggled      |
| 47. A. balanced    | B. casual     | C. intense    | D. flexible       |
| 48. A. learned     | B. tended     | C. hesitated  | D. refused        |
| 49. A. sweated     | B. erupted    | C. nodded     | D. escaped        |
| 50. A. point       | B. shot       | C. touch      | D. pass           |
| 51. A. blamed      | B. questioned | C. alerted    | D. lectured       |
| 52. A. families    | B. assistants | C. fans       | D. players        |
| 53. A. exchange    | B. deliver    | C. reclaim    | D. display        |
| 54. A. integrity   | B. effort     | C. reputation | D. determination  |
| 55. A. on camera   | B. in sight   | C. on court   | D. in time        |

## 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。

An international large-scale scientific initiative, the Plant Planet Project, jointly 56 (launch) by the Chinese Academy of Agricultural Sciences (CAAS) and 49 domestic and international institutions, was 57 (official) presented in Beijing on Wednesday.

By integrating artificial intelligence algorithms (算法) and models, it aims to decode the genetic blueprints of major terrestrial plant lineages (陆生植物谱系) 58 map a complete tree of life for plants, addressing global challenges such as food security, biodiversity conservation, new drug discovery, and sustainable development.

According to Wang Li, a principal 59 (investigate) of the project and a researcher at the Shenzhen Institute of Agricultural Genomics of CAAS, plants 60 (evolve) into an extraordinary diversity of forms over billions of years. However, 61 (disconnect) and incomplete genomic (基因组的) data have left many key evolutionary relationships unresolved.

Wang said the initiative seeks to fill these gaps by sampling plant orders and families 62 currently lack reference genomes, fundamentally clarifying the evolutionary relationships and branching timelines among all major plant groups 63 (construct) a complete plant tree of life. Also, the Plant Planet Project 64 (expect) to enhance global ecological capacity for biodiversity conservation and carbon neutrality, while developing 65 new framework for international collaboration on major scientific challenges in plant science.

## 第四部分 写作 (共两节, 满分 40 分)

### 第一节 (满分 15 分)

假定你是学校 AI+英语学习项目组成员。你发现部分同学使用 AI 存在问题。请给外教 Mr. Evans 写一封邮件, 内容包括:

- (1) 简述问题;
- (2) 期待指导。

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。

Last year, I, a 19-year-old Canadian girl, arrived in Aix-en-Provence, France, for a year of studying abroad. I felt like an outsider and the biggest trouble was my poor French: Fast-paced daily talk often left me struggling to keep up, which was a constant source of anxiety.

Luckily, I soon found a perfect rental room through an ad. My landlady, Madame Dupont, a cheerful French woman, greeted me with a warm smile. She told me it was just her and her 7-year-old daughter Lila living in the house, and that her husband, Pierre, was a nurse in another city who worked permanent night shifts and was often tied up with his demanding schedule. She patiently introduced the family routine and the routes to my college. I felt at home immediately and signed the rental contract on the spot.

Madame Dupont was like family to me. She helped me practice my French every evening, taught me about French life, and even drove me to the supermarket. Lila was energetic and enthusiastic and always a joy to be around. Our friendship almost began on the first day I moved in. She knocked at my door politely, sat close to me and eagerly shared stories about her friends, her pets and everything interesting. We laughed a lot, which really lit up my days far from home. Sometimes, Lila was quiet, just whispering to me how she missed her dear dad. I tried to comfort her, and each heart-to-heart talk drew us closer together.

Lila would turn 8 that weekend and I overheard it at the dinner table. Moved by gratitude and affection, I got down to planning a surprise birthday party for her after learning she and her mom were going out that morning and wouldn't be back until noon.

The moment the door clicked shut, I slipped into the kitchen. With a heart full of excitement, I set my plan in motion. I laid out Lila's favorite plates on the table and arranged her favorite flowers, hoping to please my little friend as much as I could.

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。

Busy preparing for the party, I suddenly heard a man's voice, "Surprise!"

Two hours later, Pierre and I got everything ready.

