

华中师大一附中 2026 届高三年级五月适应性考试

英 语

时间：120 分钟 满分:150 分 出题人：高三英语组

考生注意：

1.答题前，请务必将自己的姓名、准考证号用黑色字迹的签字笔或钢笔分别填写在试题卷和答题纸规定的位置上。

2.答题时，请按照答题纸上“注意事项”的要求，在答题纸相应的位置上规范作答，在本试题卷上的作答一律无效。

第一部分 听力（共两节，满分 30 分）

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话读两遍。

1. Why was the man absent from the wedding?
A. He was too busy. B. He had the flu. C. He got food poisoning.
2. What will the speakers do for Mother's Day?
A. Organize a party. B. Have a picnic with family. C. Give their mother material gifts.
3. Where are the speakers?
A. In a zoo. B. At school. C. In a museum.
4. What are the speakers mainly talking about?
A. APE class. B. A skiing trip. C. A football match.
5. How much money did Three Wishes raise in the first month?
A. Over \$50,000. B. Over \$100,000. C. Over \$150,000.

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. What causes the beach party to be postponed?
A. The tight schedule. B. The terrible weather. C. Some friends' absence.
7. What will the speakers do next?
A. Invite new friends. B. Do some grocery shopping. C. Inform their friends of the delay.

听第 7 段录音，回答第 8 至 10 题。

8. Why does the man make the call?
A. To change a flight. B. To cancel his booking. C. To make an appointment.

9. In which city will the man transfer?
A. Hawaii. B. Berlin. C. Las Vegas.
10. When will the man fly to Berlin?
A. At 7:00 a.m. B. At 9:00 a.m. C. At 11:00 p.m.

听第 8 段录音，回答第 11 至 13 题。

11. What influence did Silent Spring have?
A. It discovered a new chemical element.
B. It drove American officials into action.
C. It aroused people's environmental awareness.
12. When was the first Earth Day held?
A. In 1970. B. In 1969. C. In 1962.
13. What moved Nelson to create Earth Day?
A. The shortage of oil and gas.
B. The students' antiwar movement.
C. The severe damage to sea creatures.

听第 9 段录音，回答第 14 至 16 题。

14. What is the man doing?
A. Hosting a program. B. Chairing a meeting. C. Conducting a job interview.
15. What does Anna say about Homework X?
A. It has best tutors. B. It is convenient. C. It is expensive.
16. What does Anna hope to do in the future?
A. Get some funding. B. Develop lots of apps. C. Provide more services.

听第 10 段录音，回答第 17 至 20 题。

17. What is the purpose of Fresher's Week?
A. To familiarize students with each other.
B. To introduce the course projects.
C. To organize some paid events.
18. Who holds the majority of the events during Freshers' Week?
A. The Students' Union. B. The university officials. C. A professional tea.
19. What can new students do besides attending Freshers' Week?
A. Work part-time. B. Explore local sights. C. Visit their teachers.
20. What does the speaker remind the students to do?
A. Set goals in the university. B. Stay energetic and refreshed. C. Meet lecturers in advance.

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）

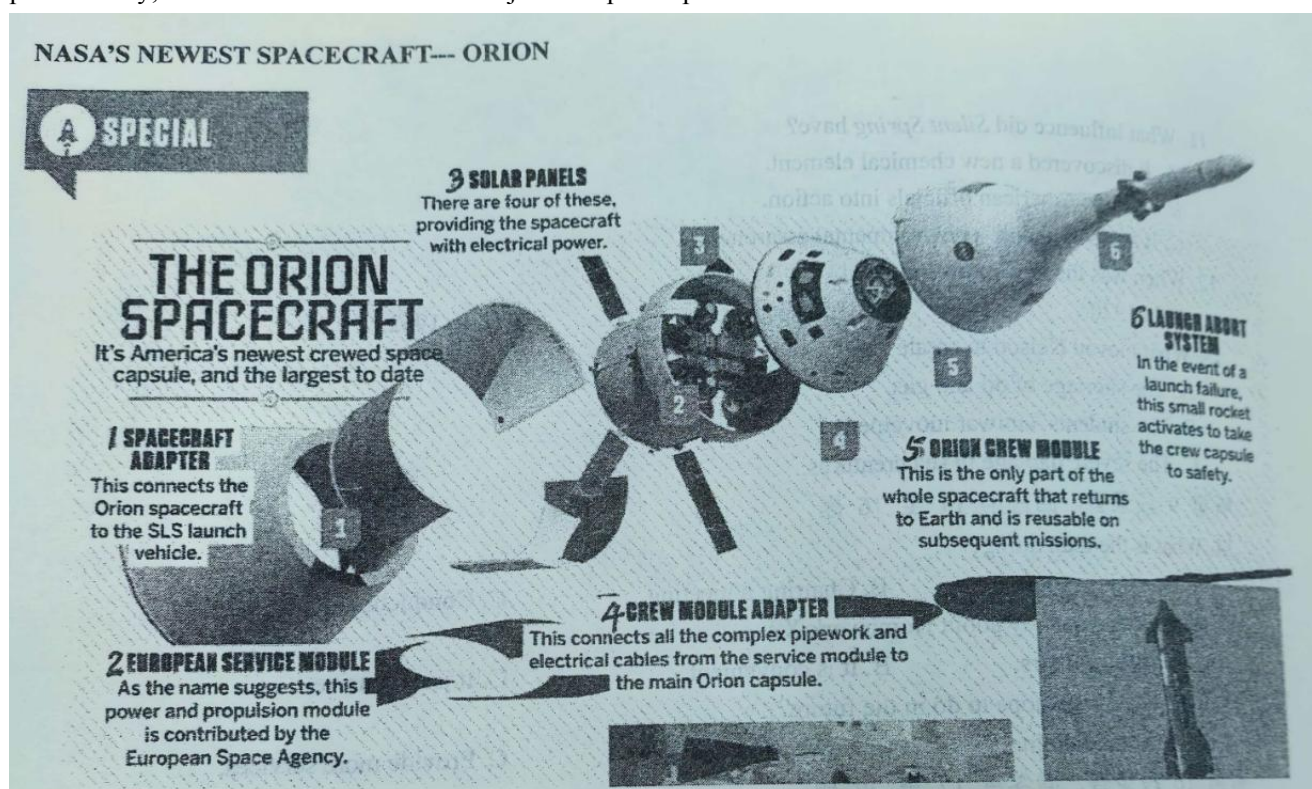
阅读下列短文，从每题所给的 A、B、C、D 四个选项中选出最佳选项。并在答题卡上将该项涂黑。

A

Visit our lunar neighbour

Artemis II, the first crewed Artemis flight, marks a key step toward long-term return to the Moon and future missions to Mars. It lifted off at the agency's Kennedy Space Center in Florida at 6:35 p.m. April 1, carrying the first astronauts to travel to the Moon in more than half a century.

After launch, the crew stayed one day in high-Earth orbit to inspect spacecraft systems. The flight toward the Moon lasted roughly three days. The craft reached a farther distance from Earth than Apollo missions due to its higher lunar orbit. Lunar gravity swung Orion back home, with short engine burns adjusting its return path. Finally, it landed on the Pacific Ocean just as Apollo spacecraft did.



Orion is the exploration vehicle that will carry and sustain the crew on Artemis missions to the Moon and return them safely to Earth. Orion will be lifted off on NASA's SLS (Space Launch System) rocket, and is equipped with advanced systems for deep space travel such as life support, navigation, and emergency about capabilities.

THE FUTURE OF LUNAR EXPLORATION

It has long been a vision to establish a base on the lunar surface. Initially, this might be similar in scale, purpose and mode of operation to the International Space Station (ISS). The construction of such a Moon base remains a long-term goal of NASA's Artemis program - although probably not before the mid-2030s, when current plans envision the creation of a Foundational Surface Habitat' near the lunar south Pole. In a similar time frame, a group of countries - led by China and including Russia, South Africa, Belarus and others - have announced their intention to cooperate on an International Lunar Research Station (ILRS) of their own.

21. What do you know about Artemis II from the passage?

- A. It was the first crewed flight to the Moon.
- B. It flew farther from Earth than Apollo.
- C. Lunar gravity adjusted its return path.
- D. It landed on the Atlantic.

22. According to the picture, which part of Orion would activate in case of a launch failure?
- A. 1 spacecraft adapter.
- B. 4 crew module adapter.
- C. 5 Orion crew module.
- D. 6 launch abort system.
23. What can be learned from the last paragraph?
- A. The moon base will differ from the ISS in the beginning.
- B. The Artemis moon base will be built ahead of schedule.
- C. Several countries will work together to build ILRS
- D. The ISS will relocate to the lunar south pole.

B

The players on the girls basketball team at the Academy in Oklahoma City knew something wasn't right. Their coach, Brendan King, never contacted them on a Sunday. But on this Sunday, he said he needed them back at the gym. The score had been miscounted in last night's 44-43 win, he told them. Players were puzzled: What did this mean for the rest of their tournament? But within 20 minutes, the team decided there was only one thing left to do.

The district championship game against Apache was intense. Scoring was back and forth until the fourth quarter, when Apache pulled away by 14 points. After King called one last timeout, Academy played as if they had nothing to lose, sinking shot after shot to pull within a few points of Apache. Then, with two minutes left to go, the referee blew the whistle. There was a difference between scoreboard and scorebook. The scoreboard had Academy down by 4 points; the scorebook had them down by 2. League rules state that the score follows the scorebook. The scoreboard was updated to 43-41.

Play continued. Academy freshman Lily Payne hit a 3-point to top Apache by a point. Players cheered wildly. But King walked to the locker room with a sinking feeling.

That night, King watched the entire thing through, calculating every point. By his count, Academy had lost the game by a point. Just a minute before the referee stopped the game, an Academy shot went up and rolled around the rim(籃筐). The crowd roared, sure that it was bound to drop into the basket ...but then it didn't. Instead, it came down for a rebound. King suspects that the recordkeeper had a poor angle and thought it had gone in.

With his team's support, King made the 90-minute drive to Apache to deliver the trophy to its rightful champions. "He didn't have to do that." Apache coach Amy Meriwether told the Times. "Most coaches wouldn't have."

24. Why did King contact the players on Sunday?
- A. To inform them of the rest of their tournament. B. To admit his mistake in judging the final shot.
- C. To tell them about the incorrect game scores. D. To celebrate the victory with them.
25. What decided the final score?
- A. The written scorebook. B. The real-time scoreboard.
- C. Players' rough judgment. D. Audience's visual memory.
26. What was King's feeling when he walked to the locker room?
- A. Strong competitive desire. B. Wild joyful excitement.
- C. Deep angry complaint. D. Inner uneasy doubt.
27. What is the main theme of the story?
- A. Honesty matters above victory. B. Team spirit wins tough games.
- C. Fair rules guarantee matches. D. Sport skills decide success.

C

Chinese researchers have built an ocean carbon recycling system for capturing oceanic carbon dioxide and turning it into succinic acid, a chemical used to make biodegradable plastic. The system extracted carbon dioxide from Shenzhen Bay's seawater for more than 530 hours continuously, recording a 70% carbon capture efficiency. The project was led by Gao Xiang and Xia Chuan from the Shenzhen Institutes of Advanced Technology and the University of Electronic Science and Technology of China, respectively.

The cost was just 230 dollars per metric ton of CO₂, matching the leading carbon capture technologies in the market today.

Firstly, seawater is sent to a 5-chamber electrochemical reactor(五室电化学反应器), where the electric field causes water splitting. The protons(H⁺) acidify in one chamber while changing dissolved carbonate species into gaseous CO₂, which is then separated through a hollow-fibre membrane(中空纤维膜) and sent to a second reactor. In the reactor, a kind of catalyst(催化剂) reduces the CO₂ into formic acid(蚁酸). After this, a sort of the marine bacterium changes the formic acid into succinic acid.

The modular(模块化的) nature of this system means it can be repurposed to produce several kinds of chemicals, enabling the transformation of oceanic carbon into market-ready materials. The system is not only useful for making plastics but could also be used to decrease the burden on land-based methods to achieve the same. It will help in turning CO₂ to high-value products, which drive a low-carbon economy.

According to researchers, integrating the system with offshore renewable energy sources, like wind or tidal power, could make the process more efficient and sustainable. Oceans absorb around one-third of the world's carbon dioxide emissions, and this system could change its role from being a passive sink to an active participant in finding a solution to the climate problem.

28. Why have the researchers built the ocean carbon recycling system?

- A. To generate electricity from seawater.
- B. To collect sea CO₂ for a valuable chemical.
- C. To explore deep sea biological resources.
- D. To detect hidden ocean carbon waste.

29. What does the third paragraph mainly focus on?

- A. The technical process.
- B. The working principle.
- C. The CO₂ data collection.
- D. The reactor equipment.

30. What does the underlined words “the same” in Paragraph 4 refer to?

- A. Boosting economic development.
- B. Producing chemicals.
- C. Decreasing CO₂ emissions.
- D. Making plastics.

31. What can be inferred about the system in the passage?

- A. It barely integrates with existing technologies.
- B. It owns broad application prospect.
- C. It sustains offshore energy output.
- D. It balances global climate.

D

Animals tend to be our favorite mirror of choice. The book *Think Like a Horse* by Grant Golliber, a horse trainer, opens with a brief scene from his adolescence in western Colorado where his father raised mules on a ranch(牧场). Tasked with training the baby mules, he was expected to rely on “force, fear, intimidation(恐吓)” Conventional wisdom though it was, it didn't sit quite right with the young Golliber.

At nineteen, the cowboy landed a job of training horses for polo(马球). Before long, however, he'd grown dissatisfied and started to notice how the job brought out cruelty in him. Profit motives pushed him to train horses quickly. Then he hoped for a more enlightened way forward.

Luckily, years prior, Golliber had read Ray Hunt's *Think Harmony With Horses*, but lacked the experience, environment, and mentorship to apply the wisdoms. Under the guidance of Hunt, Golliber enjoyed the space and opportunity to explore more subtle, emotional, and mutually respectful relationships with the horses under his care. It was during the time that his philosophy and practice came to a fuller expression: trust, patience, firmness, kindness, and respect. And it has made a consistent and positive effect on both horses and humans。

Later on, Golliber opened his own workshop on the Diamond Cross Ranch which has become a pilgrimage site attracting people. The healing and transformation experienced by countless participants there support what he stands for: the art of living an honest existence with oneself and one's environment.

Golliber uses the horse as a mirror through which we come to see ourselves more clearly. The increase in self-awareness then becomes the basis for building more actionable empathy. In a society so thoroughly separated from the natural, we long to rediscover some lost essence of our humanity. Through the training of horses, Grant Golliber helps humans gain a deeper understanding of themselves, get along well with others, find their proper place in society and nature, and ultimately become a better version of themselves.

32. What displeased young Golliber in the beginning?

- A. Busy business on the horse ranch.
- B. Hard farm work in Colorado.
- C. Rough ways to train young mules.
- D. Father's strict attitude to him.

33. Why did the job of training horses for polo make Golliber cruel?

- A. He was pressured by making money.
- B. He was interested in doing business.
- C. He was disappointed with the old wisdom.
- D. He was dissatisfied with his boss

34. Why were people attracted to Golliber's workshop on The Diamond Cross Ranch?

- A. To learn horsemanship.
- B. To go green.
- C. To acquire polo skills.
- D. To live true

35. Which can be a suitable title for the text?

- A. Valuable Skills of Training Horses
- B. Self-reflection Through Horses
- C. Exceptional Experience On The Ranch
- D. Healing Power Of Nature Around Us

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。

Listen to the way you talk about your own life on a daily basis. I am not talking about your formal presentations; I am talking about your casual, throwaway complaints. “My luck is absolutely terrible.” “I cannot handle this anymore.” You think you are just complaining to your friends or to yourself. ____ 36 ____

You think acting like a pessimistic loser protects you from disappointment. ____ 37 ____ And your brain does not understand self-deprecating(自嘲), and it does not know when you are just joking. Your subconscious mind is a perfectly obedient(顺从的) servant. It listens to every single word that comes out of your mouth. Then it treats it as a direct command, and immediately searches for evidence to prove you right. You keep complaining “I am completely stuck.” ____ 38 ____ It stops looking for the exit because you have already announced that there isn't one.

____ 39 ____ Instead of saying “I am dying of stress”, they say “I am operating at high capacity.” They never ask, “Why is this happening to me?” They ask, “What is this trying to teach me?” This subtle linguistic anchor is not just cheap self-help phrases. It is a fundamental reshape of your mindset. It shifts your identity from a passive victim to an active creator.

It is time to be serious about what you say. ____ 40 ____ Stop using your own mouth to curse(诅咒) the beautiful life you are trying to build. You must cultivate the courage to speak highly of yourself, your capabilities, and your future. Speak like a winner, and the world will eventually have no choice but to agree

- A. You have already put huge pressure on your friends
- B. Your words are the invisible architecture of your reality.
- C. In reality, you are casting dark spells over your own life path.
- D. But negative language patterns don't make the suffering hurt less.
- E. When your current reality looks depressing, use negative.
- F. Your brain accordingly shuts down its creative problem-solving centers.
- G. I see many brilliant people who live by a value system of self-encouragement.

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。并在答题卡上将该项涂黑。

The first class I took in college-philosophy-changed my life in a way I never expected.

I'd entered college aiming for an engineering degree, drawn to mathematics for its 41 answers and objective rules. So when I got my first assignment to write a response to Camus' *The Myth of Sisyphus*, I was completely 42. With no guidelines, how should I interpret the essay? The professor just said, "Show me what you 43."

I read the essay repeatedly, but still drew a 44. I could think of a million ways to interpret the essay, but which one was my professor looking for? When I started writing, the words just wouldn't come. I tried various strategies - brainstorming, idea mapping, 45. They got me nowhere; I'd never faced such an ambiguous task. Eventually, after weeks of stress, my thoughts 46 into place. I wrote my reading and reasoning, polished it, and submitted it with 47.

A week or two later, the professor 48 our papers. To my surprise, I got an A. The professor 49 my original ideas and structured argument. My relief and 50 confidence upon reading his comments could not be 51.

This experience taught me far more than essay writing. It pushed me to 52 uncertainty and new challenges. I 53 engineering for law, becoming a lawyer. More importantly, I saw education 54: college isn't just a stepping stone to a 55, but a place to accumulate strength and discover your true interest.

- | | | | |
|---------------------|----------------|------------------|-----------------|
| 41. A. vague | B. definite | C. complex | D. flexible |
| 42. A. at ease | B. at fault | C. at sea | D. at peace |
| 43. A. come up with | B. make up for | C. put up with | D. look up to |
| 44. A. line | B. conclusion | C. lesson | D. blank |
| 45. A. painting | B. typing | C. experimenting | D. outlining |
| 46. A. broke | B. put | C. clicked | D. turned |
| 47. A. pride | B. uncertainty | C. discomfort | D. confidence |
| 48. A. returned | B. collected | C. printed | D. received |
| 49. A. credited | B. doubted | C. ignored | D. criticized |
| 50. A. lifelong | B. long-lost | C. newfound | D. well-known |
| 51. A. overvalued | B. overstated | C. overlooked | D. overshadowed |
| 52. A. question | B. avoid | C. embrace | D. reject |
| 53. A. substituted | B. swapped | C. sacrificed | D. mistook |
| 54. A. casually | B. secretly | C. seriously | D. differently |
| 55. A. career | B. dream | C. hobby | D. fortune |

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。

Mixue (蜜雪冰城) opened its first U.S. store in Los Angeles on December 19, marking its 56 (enter) into the North American market and another step in the group's global expansion strategy.

The store offers the brand's original menu, 57 (cover) a variety of products such as ice cream, pure tea, fruit tea, milk tea, freshly ground coffee, and adjusts with the dietary preferences of American consumers, providing a variety of ingredient and sugar content options 58 (meet) the diverse needs of different consumers.

59 (price) from \$1.19 to \$4.99, its products are far cheaper than 60 (that) of local competing brands. Since its first overseas store 61 (launch) in Vietnam in 2018, Mixue has boasted over 53,000 stores across the globe.

Mixue was listed 62 one of the “100 Most Influential Companies in the World” by Time magazine last year, 63 highlights the increasing presence of Chinese consumer brands on the global stage. The recognition fully reveals 64 lies behind Mixue's global success: continuous strategic investment.

Looking ahead, the company will further strengthen its supply chain by expanding sourcing capabilities, improving logistics(物流) efficiency, and investing in production capacity and research and development. Designed to support sustainable growth, these efforts keep product quality and affordability 65 (consist) as Mixue scales in international markets.

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,发现有同学在走廊踢足球或打篮球,你觉得不妥。请给校英文报“Reader's voice”栏目写一封信,内容包括:

- 1.陈述现象;
- 2.说明问题;
- 3.提出建议。

注意:

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

参考词汇:走廊 corridor

--

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。

After graduating from college with a degree in film, Lena found herself completely lost. She loved movies and had dreamed of becoming a filmmaker ever since she was young. She had learned all the relevant theory and techniques in college, but she had never actually shot a complete film on her own. She took odd jobs-babysitting, working as an assistant-but nothing lasted long. She felt like a failure, watching others move forward while she stayed stuck. Every morning, she looked in the mirror and thought, *You better make something of yourself, kid.*

One night, while searching through a cabinet in her father's study, Lena came across a box of her mother's old journals. Her mother had always seemed so calm and successful-a career woman who never showed weakness. But as Lena read the yellowed pages, she discovered a different person: a young woman filled with anxiety, loneliness, and doubt. "Today I feel bad and mad," her mother had written. "What is going to happen to me?" Lena was shocked. Her mother had once been just as lost as she was.

That discovery changed everything. Lena realized that the only way out of her confusion was to create something. She sat down in the study and, over several sleepless nights, wrote her new screenplay. It was about a frustrated young woman trying to find her place, inspired by her mother's journals. After finishing the script, she showed it to her mother. "Sorry, but I read your journals," Lena said nervously. "You once said you wanted to act. There's a film festival in four months, and I want to enter it. Would you do it with me?" Her mother read the entire script. Then she looked up and said, "Okay. Let's go."

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

With her mother's support, Lena began her difficult journey of filming.

One day, Lena received a phone call from the film festival committee.