

高一英语

考生须知:

- 1.全卷分试卷和答题卷。考试结束后,将答题卷上交。
- 2.试卷共 10 页,有 4 大题,67 小题。满分 150 分,考试时间 120 分钟。
- 3.请将答案做在答题卷的相应位置上,写在试卷上无效。

第一部分听力(共两节,满分 30 分)

第一节(共 5 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. How will the speakers probably get home?
A. By bus. B. By subway. C. By taxi.
2. How did the woman feel about the man's performance?
A. Wonderful. B. Boring. C. Just so-so.
3. What can we know about the woman's cousin?
A. She likes painting.
B. She is a history major.
C. She works at a museum.
4. What is the man most likely to do tonight?
A. Take some photos. B. Clean his phone screen. C. Repair the smartphone.
5. What causes the woman's headache?
A. Pressure from the report. B. The coming storm. C. Long working time.

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. Where does the conversation take place?
A. At a pet shop. B. At home. C. In the office.
7. What do we know about the man?
A. He loves dogs. B. He is responsible. C. He is good at music.

听第 7 段材料,回答第 8、9 题。

8. What might be the relationship between the speakers?
A. Teacher and student. B. Friends. C. Classmates.

9. How did Diego learn English?

- A. By taking language class.
- B. By living in the U. S for years.
- C. By watching movies and TV series.

听第 8 段材料，回答第 10 至 12 题。

10. Where does the man want to put the heater?

- A. In the bedroom.
- B. By the front door.
- C. On the kitchen table.

11. What does the man think of online shopping?

- A. It is slow.
- B. It is convenient.
- C. It is expensive.

12. What's the conversation mainly talking about?

- A. Modern shopping ways.
- B. A new office heater.
- C. Electric cars.

听第 9 段材料，回答第 13 至 16 题。

13. What does the woman use AI tools for?

- A. Checking her school work.
- B. Making her writing less robotic.
- C. Helping come up with new ideas.

14. What does the man think of the AI writings?

- A. The style is natural.
- B. The facts are incorrect.
- C. The cost is too high.

15. What does the man regard AI tools as?

- A. Guiding teachers.
- B. Sharing friends.
- C. Writing partners.

16. What do the speakers agree on about AI tools?

- A. They can inspire people's creativity.
- B. They may make people lazier.
- C. They will replace many human jobs.

听第 10 段材料，回答第 17 至 20 题。

17. Who is probably the speaker?

- A. A tour guide.
- B. An office worker.
- C. A high school graduate.

18. Which country did the speaker visit at last?

- A. Thailand.
- B. Japan.
- C. China.

19. What was wrong with the dog the speaker found?

- A. It was blind in one eye.
- B. It had a broken leg.
- C. It had lost its fur.

20. What does the speaker plan to do after graduation?

- A. To travel to more countries.
- B. To keep the dog he rescued.
- C. To work as a volunteer in the charity.

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

For teenagers longing to escape from busy school life and reconnect with nature, the Wild Nature Camp is established to build self-independence and environmental awareness. This summer camp will run from July 18 to July 29, targeting students aged 15 to 17 with basic outdoor living skills.

Camp Main Activities

Unlike common summer camps, this camp features wilderness hiking, plant research,eco-camping skills and group challenges, all led by professional instructors. Every activity is carefully planned to help participants (参与者) step out of their comfort zones and develop problem-solving skills.

Camp Rules

Expensive electronic devices(设备), such as smart watches, are not encouraged, as they may prevent participants from enjoying outdoor experiences. Only basic mobile phones are permitted for daily contact with parents. Second, anyone who fails to follow instructors' orders will be stopped from certain activities.

Fees & Personal Preparation

Camp fees include meals, accommodation, training equipment, insurance and activity materials. However, participants are required to prepare their own daily necessities. Besides,each participant must hand in a health statement report to prove they are physically fit for long-distance walking and outdoor camping.

Registration Information

Registration will close on July 5. The camp program only accepts 120 participants on a first-come, first-served basis, so early sign-up is highly advised. Once registration is completed,no fee will be returned for personal reasons.

21. What is the main purpose of the Wild Nature Camp?

- A. To offer teenagers a chance to make friends.
- B. To provide part-time jobs for teenagers in summer.
- C. To train teenagers to become future nature instructors.
- D. To develop teenagers' self-support and green-awareness.

22. Which of the following is allowed in the camp?

- | | |
|---------------------------------------|--|
| A. Wearing smart watches. | B. Going against guides' instructions. |
| C. Carrying an ordinary mobile phone. | D. Preparing their own training equipment. |

23. What can we know about the camp registration?

- A. It will last until the middle of July.
- B. The camp limits its total number of participants.
- C. Late registration participants will be also admitted.
- D. Students can get money back if they change their minds.

B

In March 2026, the world felt sad about the passing of Dr. Henry Chang-yu Lee, a famous forensic (法医) scientist. Yet, in his final reflections, he often returned not to his success, but to the quiet strength of the woman who made his life possible—— his mother, Wang Shuzhen.

Born in 1897, Wang Shuzhen was a woman of grace and determination. Educated and cultured, she married into a wealthy family and raised 13 children in comfort. But in 1949, her life fell into darkness. Her husband, a grain businessman, died on the unlucky ship, the Taiping Steamer, and nearly 1,000 other passengers lost their lives. At 52, as a poor single mother in Taiwan, she faced an impossible choice: giving in to despair or fight for her children. She chose to fight.

With no income, she became a maid (女仆), cleaning floors and washing clothes. She lived in a rented house, where the children shared a single oil lamp to study and passed clothes among themselves. When relatives strongly suggested she send some children away or remarry, she refused. “As long as I breathe,” she responded firmly, “not one will be left behind.”

Her rule was simple: “Be kind, work hard, speak less, do more.” She sold her last jewels to pay for school fees, claiming every child should receive an education. Her efforts finally paid off. All 13 of her children earned doctor's degrees, growing into scientists, engineers, and scholars. Her youngest, Henry, became world-famous, yet he always credited his mother's courage as his true foundation (基石).

Wang Shuzhen lived to the age of 106, leaving her legend known far and wide. U. S. presidents honored her. Her story became a symbol of mother's love. But to her children, she was simply the woman who carried them through darkness—— with quiet, firm love.

24. What can we know about Wang Shuzhen from the first two paragraphs?

- A. She was a forensic scientist.
- B. She lived a comfortable life.
- C. She suffered a lot in her life.
- D. She chose to give up fighting.

25. What did the mother mean by saying “As long as I breathe, not one will be left behind.”?

- A. She planned to ask relatives to look after her children.
- B. She thought her children should live on their own.
- C. She wanted to send some children away to make life easier.
- D. She was determined to keep all her children together.

26. Why did the U. S. presidents honor her according to the passage?

- A. She was a famous person in the U. S.
- B. She had a positive influence on the public.
- C. She did good deeds for local people.
- D. She worked hard in her job.

27. Which of the following can best describe Wang Shuzhen?

- A. Creative and generous.
- B. Smart and understanding.
- C. Honest and warm-hearted.
- D. Determined and strong-willed.

C

Our bodies weren't made to sit for hours in a classroom. That may be why many kids struggle to stay focused in school, often losing track of lessons. High-intensity(高强度) break exercises can help students focus better. Just a few minutes of activity improves brain function and learning, new research shows, offering a simple solution for classroom problems.

Eric Drollette wondered how little exercise was needed to improve focus. He's an exercise expert at the University of North Carolina at Greensboro. He led a team that designed a nine-minute, high-intensity break exercise program that could be done in a classroom without extra equipment. It uses short periods of heart-beating activity with short breaks in between. For example, high knees, star jumps, jumping jacks, hops and kicks. They described it in *Psychology of Sport and Exercise*, a leading academic journal.

Twenty-five students aged 9 to 12 tried out the program. At Drollette's lab, they wore a heart rate monitor(监测器) and an EEG hat that recorded brain activity in real time. Then they did the high-intensity break exercises, rode an exercise bike or watched a short video. After each activity, participants did some tests. One test showed five fish in a line on a screen, and kids had to note which direction the center fish faced. Other tests focused on math or language skills.

During the fish test, the team noticed a change in what Drollette calls“the uh-oh mechanism”——when you realize you made a mistake. High-intensity exercise reduced that response, suggesting that exercise had made kids' brains more efficient at processing information. Students also performed better on the language tests after the high-intensity workout. But they did a little worse at math. That could be from tiredness, which tends to affect higher-level thinking tasks, Drollette says.

Being active can help with both mental and physical health, says Drollette. His recommendation:“Find opportunities to stand up and get moving, even for a few minutes, to keep your brain sharp and your body healthy.”

28. What is the nine-minute program designed for?

- A. Helping students get better at focusing.
- B. Training students' physical strength.
- C. Making students more active in sports.
- D. Assisting students to relax after class.

29. What were the 25 students required to do in Drollette's lab?

- A. They only did high-intensity exercise.
- B. They wore equipment to record brain activity.
- C. They did tests before doing any activity.
- D. They watched videos for a long time.

30. What effect did high-intensity break exercise have on students?

- | | |
|--|-------------------------------------|
| A. It made students better at math. | B. It reduced students' tiredness. |
| C. It improved students' language tests. | D. It made students' brains slower. |

31. Which of the following would be the best title for the passage?

- A. Short Breaks:A Cure for Students' Tiredness
- B. High-Intensity Break Exercises:A way to Improve Math
- C. Short Breaks:A Solution to Building health
- D. High-Intensity Break Exercises: An Aid for Students' Focus

D

Nowadays, more and more young people use the term(术语)“executive dysfunction” to describe their daily troubles online. They often find themselves stuck in a silly thinking loop(圈), unable to start even simple daily tasks. Many post short videos online to share their similar experiences, which quickly become popular among teenagers and young adults.

However, professional psychologists(心理学家) point out that most people misunderstand this term. They seldom describe a person as“dysfunctional”. Instead, they prefer to view it as weak executive functioning. It is not a disease, but a common ability everyone has to different degrees. Generally speaking, executive function follows a natural rule: it grows stronger as people grow older, and adults usually have better self-management ability than teenagers.

Many everyday things can weaken our executive function. Staying up late, feeling sick,suffering from long-term stress and anxiety, or being buried in endless work and study will make it harder for us to make decisions and take action. Even too much time spent on social media can take our attention away and worsen the situation.

Experts suggest some simple and practical methods to deal with the problem. First, make clear daily plans and write down small tasks on paper instead of keeping them in mind. Second,set alarms and reminders to avoid delaying tasks, not leaving them till the last minute. Third, stay away from various apps for a while when you have important tasks to finish.

With small changes in daily habits, we can effectively improve our executive function and live a more organized life.

32. What does the term“executive dysfunction” mean according to psychologists?

- A. It means making good use of time.
- B. It means poor self-management ability.
- C. It is a common skill among young people.
- D. It is a serious disease that needs to be treated.

33. Which of the following can help improve one's executive function?

- A. Keeping all the tasks in mind to train the memory.
- B. Spending more time on social media to relax.
- C. Taking down small tasks on a paper checklist.
- D. Working late into the night to finish important tasks.

34. What does the underlined word “delay” in Paragraph 4 probably mean?
- A. Putting tasks off. B. Finishing tasks in advance.
C. Sharing tasks with others. D. Starting tasks with great effort.
35. What is the main purpose of the text?
- A. To explain weak executive function and ways to improve it.
B. To doubt young people's habit of sharing troubles online.
C. To introduce a disease called executive dysfunction.
D. To encourage people to use social media less.

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。

A grateful attitude comforts your mind. However, the busy life, heavy academic pressure and endless worries often keep you from treasuring what truly matters. 36. Fortunately, there are practical methods to build a gratitude habit and appreciate the beauty of life more deeply.

37. Each morning, choose to stay thankful. You can begin by expressing your gratitude aloud, or doing a tiny positive act, such as relaxing yourself or giving yourself encouragement in front of the mirror. These small habits will surely fill your day with positivity(正能量).

Expressing “thank you” more frequently in daily life is equally beneficial. 38. It not only brings warmth and happiness to others, but also cheers(振奋) yourself up. You can show your appreciation to those around you—— classmates, teachers, parents and even shop assistants who lend you a hand.

Keeping a gratitude journal is another simple yet powerful practice. 39. By recording small moments of kindness and beauty, you will gradually find inner peace and hope. Those inspiring moments remind us to value ordinary days and stay positive through hard times.

In addition, you can read encouraging stories of people who got through tough times. 40. These uplifting stories will help you realize that you still have many things to be grateful for, even in difficult days.

Developing a gratitude habit requires patience and time, but it will finally bring you joy and inner peace in your life.

- A. Begin your day with a calm mind.
B. Start your day with a grateful attitude.
C. You only need to write a little each day.
D. This simple word actually has great power.
E. You should spend more time with your friends.
F. They can bring you great courage and inner hope.
G. You tend to focus on troubles instead of good things.

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。

A Life-or-Death Rescue

A quick run along the Charles River turned into a life-or-death rescue caught on camera when a Boston man jumped into the icy water to save his beloved dog. He nearly didn't 41 it back out himself.

Hans was out running with his 2-year-old goldendoodle (贵宾犬), Benny, when the energetic dog suddenly 42 two ducks and ran toward the river. 43 Hans could stop him, Benny had jumped into the water and started swimming after the birds. "I kept calling, 'Benny, come back! Benny, come back!'" Hans said. "He couldn't even hear me and didn't 44."

For Hans, watching helplessly from the bank was not a choice. "Benny is our 45. We've had him for two years. He's exactly like a son to us," he explained. 46 that Benny would drown(溺水), Hans rushed into the Charles River after him. But the rescue soon became 47. The water was about 2 degrees below zero, and the 48 began to take hold of him after minutes of swimming.

"I was nearly out of 49, my lungs aching and it was so cold. I was about 10 feet from Benny when I 50. I couldn't move my arms," he recalled. Even if his strength 51, Hans kept trying to keep Benny safe. He pushed up Benny's legs when the dog started to drown. In the cold water, every second was a terrible 52. Eventually, he swam towards the bank with Benny and 53 to passers-by for help. Someone pulled them to safety and covered Benny with a coat to warm him. 54, both man and dog were safe and unhurt.

Looking back, Hans said he should have 55 someone to call 911 first or get a flotation(漂浮) tool before jumping in. As for Benny? He still wanted to run after ducks on the way home!

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|---------------------|---------------|---------------|---------------|
| 41. A. put | B. take | C. bring | D. make |
| 42. A. noticed | B. missed | C. observed | D. recognized |
| 43. A. After | B. Before | C. When | D. Since |
| 44. A. escape | B. agree | C. hide | D. turn |
| 45. A. partner | B. guest | C. family | D. relative |
| 46. A. Fearing | B. Forgetting | C. Doubting | D. Reflecting |
| 47. A. easy | B. worthwhile | C. dangerous | D. smooth |
| 48. A. heat | B. pain | C. wind | D. cold |
| 49. A. breath | B. mind | C. sight | D. date |
| 50. A. argued | B. realized | C. promised | D. regretted |
| 51. A. grew | B. wasted | C. faded | D. returned |
| 52. A. chance | B. struggle | C. choice | D. dilemma |
| 53. A. called out | B. stepped up | C. held back | D. gave in |
| 54. A. Surprisingly | B. Obviously | C. Thankfully | D. Naturally |
| 55. A. warned | B. asked | C. ordered | D. invited |

第二节(共 10 小题; 每小题 1.5 分, 满分 15 分)

阅读下面短文，在空白处填入个适当的单词或括号内单词的正确形式。

Hidden away in Liuhai Hutong near busy Shichahai Lake in Beijing, Zhi Ling Fang paper art studio is a place 56 offers people the chance to hear the soft sound of a knife cutting paper.

Li Huimin, a paper-cutting artist, runs this studio. The studio 57 (win) high praise from local people for its free paper-cutting classes since it was established. It has given more than 24 lessons, 58 (attract) over 12,000 visitors in recent years. Many people come here to enjoy the beauty of 59 traditional Chinese art. Last month, she even held a paper-cutting show for French visitors 60 (successful).

Li has worked in cultural fields for 17 years. At first, she never expected 61 (become) a paper-cutting artist. She only planned art events and held a 62 (various) of art shows. It was when she joined in paper-cutting 63 (activity) that she really fell in love with this traditional skill.

Modern life keeps old and young people far from each other, but the studio provides a good chance for 64 (they) to talk and share ideas. Small as paper-cut art is, it has the lasting charm of traditional culture and passes down the spirit of craftsmen(工匠) from generation 65 generation.

第四部分写作(共两节，满分 40 分)

第一节应用文写作(满分 15 分)

你校英文报最近开设了一个“Kindness Around Us”的专栏。假定你是李华，请你写一篇英文投稿，分享一个具体事例，内容包括：

- 1.事件经过；
- 2.你的感想；

注意：

- 1.词数 80 左右；
- 2.可以适当增加细节，以使行文连贯。

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。

On a bright afternoon, the warm sun shone gently over the school football court, covering the green grass with a soft golden glow. The school football team held an important training match to choose starters for the coming important school league (联赛). All players were divided into two teams to compete hard, each eager to show their best skills and win a place in the starting lineup(首发阵容).

The match soon heated up with quick passes and steps. Teammates called to each other now and then, but the atmosphere turned cold immediately. Early on, Tom's teammate Frank accidentally passed the ball to the opposite (对方的) team. "Watch it! Can't you pass right?" Tom shouted sharply, his face turning red with anger. Frank froze in place, head hung low, without saying a word.

Coach Peter, who had been watching closely from the sidelines, immediately blew his whistle and called a timeout. He pulled Tom aside, patted his shoulder gently and said firmly: "Football is not just about winning, but trust and teamwork. Keep calm or you'll not get a chance." Tom nodded unhappily and ran back onto the court. The match went on in tense silence: Tom remained clearly annoyed, while Frank tried hard to focus on every move to make up for his mistake.

Finally, Coach Peter blew his whistle and called "Game over!" The score was a 2-2 tie. Tom scored his team's goals with wonderful shots, and stood proudly with his head held high, a big smile on his face, sure that he would make the team. He didn't notice his teammates quietly keeping their distance. They gathered in small groups to chat softly among themselves, leaving him standing alone.

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。

When Peter announced the starting lineup, Tom found he wasn't on the list.

Having realized his problems, Tom was determined to make a change.