

山东名校考试联盟

2026 年 10 月高三阶段性检测

英语答案

1-5 B C C A C

6-10 B A A B B

11-15 C B C A C

16-20 A A B A C

听力参考材料:

1. M: Would you ever cycle to work?

W: Maybe, if the journey were easier.

M: What stops you?

W: The distance is fine, but the hills and traffic make cycling difficult and tiring.

2. W: Did you hear about the new museum in Zagreb?

M: Yes. What did your cousin do there?

W: She went down a slide and played in a ball pool.

M: That sounds fun!

3. M: Are you following the New Sports Event?

W: A little. When will it start?

M: It's scheduled for May 21 to 24, 2026.

W: Well, I got it.

4. W: You've been working on your computer for hours.

M: I need to finish my presentation tonight.

W: Your eyes need a rest. You can continue after ten minutes.

5. M: What are you doing with those flowers?

W: I'm choosing plants for our school garden.

M: Why these new varieties?

W: They can survive hot weather better, so they're a good choice.

Text 6

W: Professor, do you have a minute? I'm a bit stuck on my urban carbon-emission research project.

M: Sure. What's the problem?

W: I was thinking of comparing carbon emissions in two city districts, but detailed district-level data isn't open to the public.

M: I see. You can use indirect evidence instead. Since your data is limited, just make sure to point that out clearly in your paper.

W: So I need to admit where my data falls short?

M: Exactly. Good research isn't about perfect results—it's about honest analysis.

Text 7

W: Good morning. I'm calling about the one-bedroom apartment you asked about yesterday. Are you still thinking about it?

M: Yes, but I was wondering if the monthly rent is negotiable. The listing says \$950, which is a bit steep for me.

W: Right. The landlord would probably accept \$900 if you sign a one-year lease instead of six months.

M: That sounds fair. Are utilities included in that price?

W: Water and garbage are included, but electricity and internet are separate. Those usually run about \$80 per month.

M: OK. So that's almost \$1,000 in total. I'll need to think it over and get back to you by tomorrow.

W: No problem. I'll hold it for you until tomorrow. Just give me a call either way.

Text 8

W: Good afternoon. You're the one who texted me about the used bicycle, right?

M: Exactly. I'm wondering what condition it's in. Is there any obvious damage?

W: It rides perfectly. Only the seat is a little worn. I just replaced the tyres last month.

M: That sounds good. How much are you asking for it?

W: 120 dollars. I bought it for 200 six months ago.

M: Hmm, could you accept 100? I need it for my daily commute.

W: Well, 110 is the lowest I can go. And you'll need to bring your own lock.

M: OK, that's acceptable. Can I come over this Saturday afternoon?

W: Sure. But text me ahead of time, in case I'm out running errands.

Text 9

M: Today on our school podcast, we have Nina from the student book club. Nina, your club has recently changed its meetings. Why?

W: We used to meet every Friday afternoon and discuss one whole book. But many members had sports practice or family plans then.

M: So what do you do now?

W: We record a short podcast every Wednesday. Two students introduce a chapter, and listeners can send questions through the school website.

M: Does that mean members no longer meet in person?

W: Not exactly. We still meet once a month, but we spend more time sharing ideas than giving summaries.

M: Has the change attracted more students?

W: Yes. Some students first listened while riding the bus home. Later, they joined the club because they wanted to talk about the books themselves.

M: What will the club do next month?

W: We will invite a local writer to have an online meeting with us and take part in different activities next month.

Text 10

Hello everyone. I'm Jake, a volunteer guide from the city's ecological conservation association. I'm here today to share details of our upcoming urban nature walk, a free public activity open to all teenagers in our community.

The walk is scheduled for the morning of next Sunday. We'll set off at 8:30 sharp from the central city square and head for the urban wetland reserve. Unlike regular hiking trips, this activity focuses on observing native plant species and learning about local ecological protection work. No professional knowledge is required, but we do suggest participants wear comfortable sneakers and light jackets to adapt to the outdoor environment.

During the whole journey, we will stick to fixed routes to avoid disturbing the wetland ecosystem. Our guides will give on-site explanations and answer all your questions. If you plan to sign up, please finish your registration online before this Friday noon. Spots are limited, so don't miss out on this meaningful experience.

第一部分 阅读理解(共两节，满分 50 分)

A 篇 21-23 DAC

21【细节理解题】定位：No-Equipment Workout 四个板块时间

详解：四部分时长相加一共 15 分钟，选 D。

22【推理判断题】定位：fit naturally into your existing study schedule / without adding a single minute

详解：两类锻炼都嵌入原有日程，不占用额外时间，选 A。

23【推理判断题】定位：As the blog suggests，面向学生的健康建议

详解：文章是博客形式，给学生健康小贴士，最可能出自学生健康网站，选 C。

B 篇 24-27 ADAC

24.解析：第一段明确说作者遇到了一名真正的跟踪者，对方寄来恐吓纸条并附上孩子学校的照片。她因此害怕，删除了大量网上记录，也不再在网上发布个人信息。所以改变她网络行为的是现实中的安全威胁，而不是照片性质、朋友批评或删除失败。

25.解析：第三段先提出“发别人照片前先询问是有充分理由的”，接着用“照片一旦上网

就几乎永久存在，人脸识别可追踪到姓名、住址、兴趣甚至社保号”来证明风险很大。

因此提到人脸识别是为了支持“应先征得同意”这一观点。

26.解析：该句说如果每张集体照里每个人都必须向背景中的每个人征求许可，社交媒体就会“grind to a halt”。结合语境，意思是社交媒体会陷入停滞、无法运转，因此最接近“come to a stop”。

27.解析：最后一段作者说，如果你是不想被发布照片的人，要知道你并不是难相处；你是在保护自己的数字足迹，这只是有自我意识的表现。这说明作者理解并支持这类人，态度是同情、体谅的。

C 篇 28-31 ADBA

28.【细节理解题】定位原文第 2 段：Trapped old air inside the lungs robs patients of sufficient oxygen, leaving them out of breath merely during routine daily tasks.

句意：肺内滞留的旧空气夺走患者充足的氧气，使他们即使做日常琐事也会呼吸

29.【细节理解题】定位原文第 3 段：Participants received face-to-face professional guidance before practising relevant skills for 30 minutes, three times weekly on their own.

句意：参与者先要接受面对面的专业指导，再每周三次自主练习相关技能，每次 30 分钟。

30.【推理判断题】定位原文第 4 段：Still, she cautions that uncontrolled random laughter may expose COPD patients to physical harm.

句意：但她提醒，不受控制的随意大笑可能会使慢阻肺患者遭受身体伤害。

31.【推理判断题】定位原文：A. Ways to popularize laughter therapy（正确）推广笑声疗法的方法 解析：文章末尾提到笑声疗法简单、成本低，适合世界各地使用。按照说明文行文逻辑，下文很可能介绍推广该疗法的方式。

D 篇 32-35 CBDB

32【写作手法题】定位原文第 1 段：Scientists assumed that giants would suffer most in droughts, but a new study found that dipterocarps adjust their water system and leaf chemistry, making the tallest no more drought-sensitive than shorter ones.

解析：作者先介绍过去科学家的固有观点，再通过 but 引出新研究得出的相反结论，运用新旧观点对比的方式引入话题。A（引用专家）第一段没有专家引言；B（提供数据）第一段未列举统计数字；D（解释概念）没有对某一概念下定义阐释。故选 C。

33【细节理解题】定位原文第 1 段…dipterocarps adjust their water system and leaf chemistry…；第 4 段 Each tree's xylem widened from tip to base, lowering resistance near the ground…Their topmost leaves held higher concentrations of osmolytes- chemicals that stabilize cells under water stress…

解析：B 选项是原文的同义转述，树木既调节水分输送，又调整叶片化学成分以此抵御干旱。A 属于跨段信息拼接，叶片化学物质作用是稳定细胞，并不能清除气穴；C 地

点信息错位，木质部加宽主要发生在靠近地面的基部，而非树顶；D 无中生有，全文没有提及树木扎根更深，是利用大众生活常识设置干扰。故选 B。

34 【推理判断题】定位原文第 5 段：This signals that previous climate models based on the assumption that giants would suffer most in future droughts need correcting.

解析：新研究证实巨型树木耐旱能力强于预期，而旧模型默认巨树受干旱打击最大，由此可推断旧模型高估了巨树面临的干旱风险。A 森林碳储量只是背景信息，不是举例气候模型的目的；B 文中并未表明森林会遭遇更严重干旱；C 文章没有指出模型无法解释树木水分运输。故选 D。

35 【主旨大意题】定位全文：文章推翻 “高大树木干旱受损最严重” 的旧认知，介绍龙脑香树独特的生理适应机制，解释这类森林巨树为何能够熬过干旱。

解析：B 选项完整涵盖核心对象 forest giants 以及文章核心探讨问题：巨树干旱存活的原因。A 只聚焦木质部加宽，只是局部论据，不能概括全篇；C 话题范围过大，文章不是泛谈所有树木的输水方式；D 是被新研究推翻的旧观点，并非文章论述重点。故选 B。

七选五 36-40 GFEBD

36. G 根据文中“People like to make their commitments at the start of a year, month or week... However, people don't have to wait for the new year to roll around.”，这里“don't have to wait”暗示有替代做法。G 项“Instead, they can set their own deadlines to get things moving.”中，Instead 承接“不必等”，they 指代 people，set their own deadlines 又自然引出下段“Deadlines serve as a cure for procrastination”。

得出“人们可以自己设定截止日期来推动事情”的结论，因此选 G。

37. F 根据文中“Researchers investigated what happened when dental clinics varied the check-up reminders... promising goodies like a free dental kit for those who arranged appointments within a certain time frame.”，以及后文“Even without rewards...”，F 项“It turned out that those with a deadline were more responsive.”中，It turned out 引出研究结果，those with a deadline 对应“within a certain time frame”，more responsive 对应后文“motivated people to book”。得出“有截止日期的人反应更积极”的结论，因此选 F。

38. E 根据文中“Most people prefer tighter deadlines, which produce quicker responses, drawing work to a close when there is nothing more to be gained from extending it.”，E 项“Deadlines also ensure that work is not dragged out endlessly.”中，also 承接上文“治疗拖延”，not dragged out endlessly 与后文“drawing work to a close”对应。得出“截止日期也确保工作不会被无限拖延”的结论，因此选 E。

39. B 根据文中“The research team must complete the technical details by a given date, the legal department needs time to prepare the documents, and the finance team must approve the budget.”，以及后文“Deadlines ensure that each department finishes its part on time...”，B 项“A delay in any step can hold up the entire process.”正好解释这种环环相扣的关系。得出“任何一步延迟都可能阻碍整个流程”的结论，因此选 B。

40. D 根据文中“However, deadlines can have side effects... Most obviously, they may cause work to be rushed. After all, any deadline is better than none.”，D 项“But despite these risks,

deadlines are still indispensable.”中，these risks 指代前文副作用，still indispensable 与后文“any deadline is better than none”逻辑一致。得出“尽管有这些风险，截止日期仍然不可或缺”的结论，因此选 D。

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 BACAD 46-50 DCABA 51-55 DACAB

【原文主旨】作者马拉松跑到一半体能耗尽，内心纠结：走路等于认输、违背自己数月训练定下的高标准。最终他调整方案，采用跑 5 分钟 + 慢走 5 步交替策略，克制住一直奔跑的冲动，坚持执行计划，最后成功完赛、达成目标。感悟：真正的坚持不等于盲目硬扛，力量有时来自适时调整。

41. B. demanding

【考点】形容词词义辨析

【解析】demanding 意为“费力的，要求高的”。句意：马拉松跑到中途，我的体力耗尽，腿部肌肉因持续运动而酸痛，想要维持预设配速远比我预想的更加艰难。

干扰项：rewarding 有回报的；appealing 吸引人的；surprising 令人惊讶的，均不符合身体疲惫的语境。

42. A. complete

【考点】动词辨析

【解析】complete 此处表示“完成”。to complete the race by walking：靠步行完成比赛。句意：失望夹杂着遗憾涌上心头：靠走路完成这场比赛，在我看来就是失败，是背弃数月严苛训练给自己定下的高标准。

干扰项：

- withdraw “退出”，表达“退赛”固定搭配为`withdraw from the race`，不能直接接宾语 the race，主人公并未放弃冲向终点；

- collapse（身体）垮掉、坍塌；

- escape 逃离，语义完全不匹配马拉松场景。

43. C. betrayal

【考点】名词词义辨析

【解析】betrayal 意为“背弃，违背”。`a betrayal of the high standards`违背自己数月严格训练所定下的高标准。

干扰项：defence 防御；recognition 认可；pressure 压力。

44. A. reconsider

【考点】动词词义辨析

【解析】reconsider“重新考虑”。句意：然而不断加剧的身体不适迫使我重新审视自己固有的思维模式。

干扰项：overlook 忽视；display 展示；treasure 珍惜。

45. D. strategy

【考点】名词词义辨析

【解析】strategy“策略，对策”，贴合原文 run/walk strategy。句意：我想出一套切实可行的策略：跑五分钟，慢走五步，比赛剩余赛程循环往复。

干扰项：formula 公式；clue 线索；warning 警告。

46. D. resisted

【考点】动词词义辨析

【解析】resist“抗拒，抵制”。句意：虽然我的自尊心强烈抗拒这种妥协，但我决心严格执行这套方案。

干扰项：tolerated 容忍；questioned 质疑；welcomed 欢迎。

47. C. exception

【考点】名词固定搭配

【解析】`without exception`固定短语，意为“毫无例外地”，对应原文作者严格遵守五步步行规则。

干扰项：mercy 仁慈；delay 耽搁；regret 后悔。

48. A. marked

【考点】动词词义辨析

【解析】mark“标示，标志”。句意：每当秒表标示五分钟跑步时段结束，我就减速步行。

干扰项：measure 测量；confirm 确认；calculate 计算。

49. B. powerful

【考点】形容词词义辨析

【解析】powerful“强烈的”。`however powerful my wish was`无论我内心多么渴望不停地奔跑。

干扰项：confusing 令人困惑的；awkward 尴尬的；slight 轻微的。

50. A. skip

【考点】动词词义辨析

【解析】skip“跳过，略过”。句意：我无数次想要直接跳过步行的环节，一直跑下去。

干扰项：select 挑选；copy 复制；accept 接受。

51. D. restricted

【考点】动词词义辨析

【解析】restrict 意为克制、约束（内心的冲动渴望）。句意：尽管很想完全跳过步行环节，但我克制住内心的冲动，忠实恪守自己制定的计划。

干扰项：silenced 使沉寂（常搭配声音 voice，强干扰项）；satisfied 使满足；awakened 唤醒。

52. A. wore off

【考点】动词短语辨析

【解析】wear off“（感受、情绪）逐渐消退”。句意：身体的疲惫从未消退，可我内心的焦虑却慢慢减轻。

干扰项：die out（物种、习俗）灭绝；turn out 结果是；break down（机器）故障，（人）精神崩溃。

53. C. defeat

【考点】名词词义辨析

【解析】defeat“失败”。句意：我不再把短暂步行看作失败，而是把它视作能够不断向前的有效手段，和前文心理认知形成对比。

干扰项：honour 荣誉；fortune 运气；excuse 借口。

54. A. insight

【考点】名词词义辨析

【解析】insight“领悟，深刻见解”。这场比赛带给我一份深刻的领悟。

干扰项：prediction 预测；judgement 判断；memory 回忆。

55. B. adjust

【考点】动词辨析（not...but...平行结构）

【解析】adjust“调整”，侧重主动改变自身的计划、策略。句意：真正的坚持不是盲目的固执，而是做好调整的准备。
干扰项：

- adapt：强调适应外部客观环境，不是主动修改自己方案，为强干扰项；

- quit 放弃；persevere 坚持，逻辑和句子对立。

第二节 语法填空(共 10 小题;每小题 1.5 分，满分 15 分)

56. into

【考点】固定介词搭配

【解析】固定短语`turn...into...`，意为“把.....转变为.....”。句意：当地妇女正把缝纫技能转变为稳定的收入来源。

57. is run

【考点】动词的时态、语态

【解析】关系代词`which`指代先行词`the workshop`，workshop 与 run（运营）之间是被动关系；本句为直接引语内对客观情况的介绍，使用一般现在时。故填一般现在时的被动语态 is run。句意：.....在由古勒库力农民专业合作社运营的车间操作缝纫机。

58. assistance

【考点】词性转换（动词→名词）

【解析】短语`thanks to`后接名词作宾语；括号内`assist`为动词，其名词形式`assistance`表示“援助，帮助”，为不可数名词。句意：得益于来自浙江温州的援助，该合作社自 2018 年成立以来稳步发展。

59. boosting

【考点】非谓语动词-现在分词作结果状语

【解析】前面分句描述的事实带来后文自然而然的的结果，句子主语与动词 boost 为逻辑

主动关系，使用现在分词作结果状语。故填 boosting。句意：当地车间面积扩大，配备近百台先进机器，极大提升了生产能力。

60. where

【考点】定语从句

【解析】先行词为抽象地点名词`a platform`；定语从句成分完整，不缺主语、宾语，关系词在从句中作地点状语，表示“在这个平台上”，故填关系副词 where。句意：该场所已经成为农村妇女实现自我价值、增加收入的平台。

61. monthly

【考点】词性转换（名词→形容词）

【解析】修饰名词`salary`需要形容词；`month`的形容词形式`monthly`意为“每月的”。`average monthly salary`月平均工资。

62. centered

【考点】非谓语动词-过去分词作后置定语

【解析】`an ancient kingdom`和 center（以.....为中心）构成被动关系；固定搭配`be centered in`表示“以.....为中心”，此处用过去分词作后置定语修饰 kingdom。故填 centered。句意：借鉴龟兹古国的文化遗产，该合作社开发出特色产品。

63. to be polished

【考点】非谓语动词，with 复合结构

【解析】`with + 宾语 + 宾语补足语`复合结构。宾语`more details`与 polish（打磨，完善）是被动关系。主句表明产品已经研发完成，细节尚未处理，有待后续完善；`still to be done`表示“有待被做”，体现将来待完成含义。故填 to be polished。

易混辨析：`being done`表“正在被做”，侧重动作此刻正在发生，不符合本句语境。
句意：合作社开发出特色产品，更多细节尚待打磨，以满足不断变化的市场需求。

64. an

【考点】冠词

【解析】`fund`为可数名词单数；`additional`以元音音素开头，此处泛指“一笔额外的300 万元帮扶资金”，填不定冠词 an。

65. and

【考点】并列连词

【解析】句中有两套结构完整的独立主句，逗号不能直接连接两个独立分句，需要并列连词；前后为顺承并列逻辑，故填 and。

第四部分 写作(共两节，满分 40 分)

第一节 应用文 (满分 15 分)

One possible version:

Nowadays, AI has found its way into every corner of campus life, making it vital that we students learn to harness it sensibly. Below is my proposal for the activity “Play Smart with AI”.

A series of well-designed activities will be organised to explore sensible AI application. A themed seminar will be held, where participants exchange practical tips on applying AI to academic tasks. Additionally, a poster contest will be launched to warn students against over-reliance on AI, which guides us to distinguish its strengths and drawbacks. Designed to promote critical thinking, these activities view AI as a useful tool instead of a substitute for independent exploration.

It is expected that students’ awareness of proper AI application will be greatly improved. Equipped with such competence, we can take full advantage of AI to fuel our personal development.

第二节 读后续写 (满分 25 分)

One possible version:

Just then, Grace looked from Lydia to Kerry, and got a perfect plan. She suggested combining Lydia’s song with Kerry’s voice. Lydia hesitated, unwilling to share her secret. Kerry admitted she had read the song by accident and found it beautiful. She felt ashamed of her mocking remarks and apologized sincerely. Seeing her regret, Lydia finally agreed to let Kerry sing it. Kerry would sing, Lydia would read the opening lines, and Grace would lead the chorus. As they rehearsed, their voices blended beautifully. Kerry praised Lydia’s lyrics, and Lydia admired Kerry’s voice. The coldness between them gradually melted.

On the final evening, Kerry came on stage with her guitar. She played the first chord, and Lydia, standing beside her, read the opening lines. Then Kerry began to sing. Her clear

voice carried the tender words across the silent hall, while Grace and the team joined them gently. Lydia listened with tears in her eyes. When the song ended, thunderous applause filled the room. Kerry whispered that the song deserved this moment. Lydia smiled, thanking her for making it alive. They hugged, and the old rivalry between them was gone. The camp ended with music, laughter, and a precious friendship.