

2026 年 10 月高三年级阶段性检测

英语试题

- 本试卷分为第 I 卷(选择题)和第 II 卷(非选择题)两部分,共 150 分,考试用时 120 分钟。
- 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卡上。
 - 2.回答选择题时,选出每小题答案后,用 2B 铅笔把答题卡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,将答案写在答题卡上。写在本试卷上无效。
 - 3.考试结束后,将本试卷和答题卡一并交回。

第 I 卷

第一部分 听力(共 20 小题;每小题 1.5 分,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.How many days will the New Sports Event last?
 - A. Three days.
 - B. Four days.
 - C. Five days.
- 2.Where did the woman's cousin go?
 - A. To a city park.
 - B. To a local theater.
 - C. To a unique museum.
- 3.What caused the woman to stop cycling to work?
 - A. The high risk of cycling.
 - B. The long travel distance.
 - C. The poor traffic conditions.
- 4.What does the woman suggest the man do?
 - A. Take short breaks.
 - B. Purchase his computer.
 - C. Finish his presentation.
- 5.Why does the woman choose the new plants?
 - A. They require less direct sunlight.
 - B. They can survive for a long time.
 - C. They tolerate high temperatures.

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。

听第 6 段录音,回答第 6、7 题。

6.What makes the woman stuck on her project?

- A. Vague sample analysis.
- B. Restricted district data.
- C. Indirect evidence source.

7.What does the man advise the woman to do?

- A. Acknowledge the limitations.
- B. Collect more direct evidence.
- C. Adjust the research theme.

听第 7 段录音,回答第 8 至 10 题。

8.What is the probable relationship between the speakers?

- A. Agent and client.
- B. Landlord and renter.
- C. Customer and seller.

9.What can the man do to get a lower rent?

- A. Pay the rent in advance.
- B. Sign a longer-term lease.
- C. Accept a smaller apartment.

10.Which of the following are included in the monthly rent?

- A. Electricity and internet fees.
- B. Water and garbage fees.
- C. Annual service charge.

听第 8 段录音,回答第 11 至 13 题。

11.What is wrong with the bicycle?

- A. Its lock is out of order.
- B. Its tyres are a little worn.
- C. Its seat is slightly damaged.

12.What is the final price for the bicycle?

- A. \$ 100.
- B. \$ 110.
- C. \$ 120.

13.Why should the man text the woman in advance?

- A. To get the address.
- B. To confirm the price.
- C. To check the schedule.

听第 9 段录音,回答第 14 至 16 题。

14. Why did the club change its weekly meetings?

- A. Students usually had Friday plans.
- B. Students couldn't access the website.
- C. Students disliked whole-book discussions.

15. What was the effect of the podcast?

- A. It boosted reading speed.
- B. It ended weekly meetings.
- C. It drew new club members.

16. What will the club do next month?

- A. Host an online session.
- B. Discuss whole books together.
- C. Record more podcast chapters.

听第 10 段录音,回答第 17 至 20 题。

17. Who can join the urban nature walk?

- A. Local teenagers.
- B. Professional hikers.
- C. Outdoor enthusiasts.

18. When will the walk begin?

- A. This Friday noon.
- B. Next Sunday morning.
- C. This Sunday afternoon.

19. What is the suggestion for participants?

- A. Wear suitable clothes and shoes.
- B. Have relevant hiking experience.
- C. Bring some professional equipment.

20. Why do they take fixed routes?

- A. To ensure personal safety.
- B. To get useful explanations.
- C. To protect the local ecosystem.

第二部分 阅读理解(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)

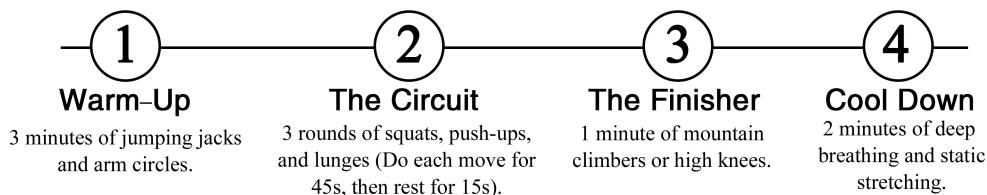
阅读下列短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

A

Let's be real: with the highly intense study, exercise is usually the first thing to get cut from the schedule. But maintaining a routine of exercise for busy students is about more than hitting a fitness goal. It also supports your study. We'll show you how to add effective workouts into your daily routine, ensuring your health even when your calendar is packed.

No-Equipment Workout for Busy Mornings

This body-weight routine requires zero equipment and works even in a dorm room. It clears your head before you even head to your first class.



Active Movement Between Study Breaks

Sitting in front of the desk for a long time, you may feel your neck and waist like they are made of stone. To stretch and release the tension, you can try these:

- Desk yoga for neck and shoulders.
- 10 wall push-ups between breaks.
- Lift heavy textbooks overhead.

These micro-movements fit naturally into your existing study schedule and keep the blood flowing and your brain engaged.

Exercise Integration into Campus Travel

Sometimes the best quick workouts happen on the way to the library or other places. “Active travel” is the ultimate life tip for hitting your fitness goals without adding a single minute to your day. For example, skip the lazy elevator ride. Take the stairs and develop your functional leg strength step by step. While queuing up for meals or classes, do simple gentle stretches to release body tension.

As the blog suggests, adding these tips to each day improves the fitness and focus. Start small, stay consistent, and the long study sessions will feel much easier.

21. How long does the body-weight routine take?

- A. 1 minute B. 3 minutes C. 9 minutes D. 15 minutes

22. What do exercises during study breaks and campus travel have in common?

- A. They occupy no extra time. B. They are carried out indoors.
C. They are high-intensity workouts. D. They help boost energy and focus.

23. Where is this text most likely found?

- A. A sports club noticeboard. B. A personal training journal.
C. A student wellness website. D. A campus fitness newspaper.

B

Ten years ago, at the height of blogging, I documented my life with photos and stories online. I met so many incredible people that way, and it felt warm and good—until I got a stalker—a real one who sent me frightening notes along with a photo of my

children's school. Scared, I hurriedly deleted most of my online records, and lost my internet innocence. Since then, I post almost nothing personal online.

So, when friends and I went out recently and someone took group shots, I politely asked them not to post pictures of me. If they really wanted to, please crop me out first. One friend took it personally and accused me of limiting her freedom. She unwillingly posted the photo with me cropped out, adding: "Not pictured: the one friend who doesn't want to be seen with us." That hurt. But it also got me thinking: Is it rude to post a photo of someone without asking first?

There are good reasons to ask first. Once an image is online, it's effectively permanent. Facial recognition software can trace a stranger's face back to the person's name, location, interests and even Social Security number. Besides, people may avoid photos for personal reasons: relationship troubles, health issues or simply a bad angle.

Here's the other side, asking everyone in every group shot is impractical. If everyone needed permission from every person in the background of a group shot, social media would grind to a halt. I hate the argument boils down to "everyone does it" —but it's better to consider both kindness and practicality.

So is it rude? For casual, good-looking group photos posted to a private account among close friends, you probably have some freedom. For photos clearly centered on an individual, posted publicly or involving anyone who seemed hesitant: Ask first. And when it comes to children, always ask. If you're the person who prefers not to be posted, know that you're not being difficult. You're protecting your own digital footprint and it's just self-aware.

24.What made the author change her online behavior?

- A. The actual safety threat.
- B. The nature of online photos.
- C. The friend's unfair criticism.
- D. The failure of record-deleting.

25.Why does the author mention facial recognition in Paragraph 3?

- A. To stress the exposure of online photos.
- B. To warn against sharing photos publicly.
- C. To compare with other tracking methods.
- D. To support the need for asking permission.

26.What does the underlined phrase "grind to a halt" in Paragraph 4 mean?

- A. Come to a stop.
- B. See rapid growth.
- C. Lose public interest.
- D. Require stricter rules.

27.What is the author's attitude towards people avoiding being posted?

- A. Critical.
- B. Concerned
- C. Sympathetic
- D. Contradictory.

According to data gathered from a smallscale trial, patients suffering from chronic lung disease may achieve noticeable breathing improvement after receiving laughter therapy.

Chronic obstructive pulmonary disease (COPD), ranked among the leading sources of disability and death globally, prevents patients from fully expelling(排出) air while exhaling(呼气). Trapped stale(浑浊的) air inside the lungs robs patients of sufficient oxygen, leaving them out of breath merely during routine daily tasks. Though doctors commonly handle COPD via chemical medicines and targeted breathing practices like pursedlip breathing, a considerable number of patients grow increasingly dependent on outside assistance, bringing about a steady decline in their overall life quality.

Goncagul Aldan, formerly at Hacettepe University Faculty of Nursing in Ankara, Turkey, had observed laughter therapy's positive effects on patients fighting diverse illnesses. Her team selected 63 participants under ongoing medical care and split them evenly into three groups. All subjects stuck to regular drug treatment. One group performed pursedlip breathing; another took laughtertherapy courses; the control group got no extra interventions. Distinct from casual laughter aroused by funny stories, laughter therapy involves organized playful movements, rhythmic clapping and stressrelief breathing. Participants received facetoface professional guidance before practising relevant skills for 30 minutes, three times weekly on their own.

Eight weeks later, members of the two treatment groups reported superior breathing and physical state relative to the control group. Such gains persisted for at least one month after the trial, even though no practice could cut patients' demand for daily care. Aldan supposes laughter therapy strengthens breathing muscles, accelerates blood circulation and eases mental pressure. Still, she cautions that uncontrolled random laughter may expose COPD patients to physical harm.

"This is a modest but well-run study," says Marc Miravittles at Vall d'Hebron University Hospital in Barcelona, Spain, who wasn't involved in the research. "These results—showing that patients can breathe more easily and feel better in general—are promising. A key question now is how to make this simple, low-cost therapy accessible to more COPD patients worldwide."

28. What troubles many COPD patients?
- A. Insufficient fresh oxygen supply.
 - B. Limited air release during exhalation.
 - C. Growing need for outside assistance.
 - D. Constant poor living condition.
29. What do we learn about Aldan's experiment?
- A. Participants quit their drug treatment.
 - B. Casual laughter formed part of courses.
 - C. Each group got same therapy treatments.
 - D. Laughter group got personal guidance.
30. What does Aldan think of uncontrolled random laughter?
- A. It greatly benefits patients' mental health.
 - B. It may bring physical risk to COPD patients.
 - C. It works better than organized laughter therapy.
 - D. It can ease patients' mental pressure effectively.
31. What will be possibly be talked about in the following paragraph?
- A. Ways to popularize laughter therapy.
 - B. Limits of laughter therapy in treatment.
 - C. Steps to carry out pursed-lip breathing.
 - D. Effects of oxygen shortage on lungs.

D

Dipterocarp, the tallest tropical(热带的) tree, can top 100 metres. A giant absorbs more sunlight than nearby trees, yet height has a price: the taller a tree, the harder it is to lift water to its top. 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.

A tree's trunk contains tubes called xylem that carry water from roots to leaves, but it is far from simple. Trees rely on evaporation(蒸发) from leaves to draw water upward through the xylem. Meanwhile, water particles(分子) stick to one another and to the xylem walls, keeping the chain from breaking. As trees grow taller, however, two problems emerge. Gravity can break the water chain, creating air pockets that block flow. Worse still, friction(摩擦) against the tube walls builds up and slows the rise.

This led scientists to predict that giants like dipterocarps would suffer most in droughts. Yet actual data were missing, because reaching the top requires experienced climbers. A team led by Paulo Bittencourt joined such climbers in a Southeast Asian rainforest, where 38 dipterocarps were measured and 27 were tracked for 770 days, a period that included a six-month drought.

The results were striking. Each tree's xylem widened from tip to base, lowering resistance near the ground, and in the tallest trees the widening extended far beyond what simple scaling would predict. Their topmost leaves held higher concentrations of osmolytes-chemicals that stabilize cells under water stress, making them less likely to dry out. These adaptations meant height has nothing to do with reduced growth in the drought.

The finding that these giants are more drought-resistant than expected matters greatly since the tallest 1% of trees store over half of a forest's carbon. "These trees are rare and important, and their water systems are perfectly evolved for their height," said Paulo Bittencourt, the study's lead author. This signals that previous climate models based on the assumption that giants would suffer most in future droughts need correcting.

32.How does the author introduce the topic in Paragraph 1?

- A. By quoting an expert.
- B. By providing statistics.
- C. By presenting a contrast.
- D. By explaining a concept.

33.How do dipterocarps survive drought?

- A.They clear air pockets with leaf chemicals.
- B. They adjust both water flow and leaf chemistry.
- C. They widen their xylem at the top.
- D. They grow their roots deeper in drought.

34.What does the author mean by mentioning climate models in Paragraph 5?

- A.They need more forest carbon data.
- B. They show forests face greater drought.
- C. They fail to explain trees' water transport.
- D. They may overestimate giants' drought risk.

35.What can be the best title for the text?

- A.How Xylem Widens in Forest Giants
- B. Why Forest Giants Survive Droughts
- C. How Trees Move Water to Their Leaves
- D. Why Tall Trees Suffer Most in Droughts

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。

Deadlines: More Than Just a Countdown

People like to make their commitments at the start of a year, month or week, after birthdays, and even after national holidays. Landmarks in the calendar seem to give people a chance to get rid of their old selves and start afresh. However, people don't have to wait for the new year to roll around. 36

Deadlines serve as a cure for procrastination, a fundamental human tendency to put things off for no good reason. Researchers investigated what happened when dental clinics varied the check-up reminders sent to their patients, promising goodies like a free dental kit for those who arranged appointments within a certain time frame. 37 Even without rewards, setting a deadline motivated people to book their next check-ups.

38 When Former Google CEO Eric Schmidt was asked about his recipe for making good decisions, his response was “discord plus deadline”—disagreements ensure that people discuss the issues properly, while deadlines stop them talking at length. 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.

Third, deadlines create shared expectations within organizations. Consider how companies apply for patents for their new inventions. 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.

39 Deadlines ensure that each department finishes its part on time, so the application is submitted before the final cutoff.

However, deadlines can have side effects. They can weaken people's sense of autonomy. They can distract from longer-term goals. Most obviously, they may cause work to be rushed. 40 After all, any deadline is better than none.

- A. This is where deadlines truly prove their value.
- B. A delay in any step can hold up the entire process.
- C. However, deadlines often lead to poor quality work.
- D. Despite these risks, deadlines are still essential.
- E. Deadlines also ensure that work is not dragged out endlessly.
- F. It turned out that those with a deadline were more responsive.
- G. Instead, they can set their own deadlines to get things moving.

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。

Halfway through my marathon, my energy ran low. My leg muscles ached from continuous effort, and keeping my planned pace proved far more 41 than I had expected.

Disappointment came over me, mixed with regret: to 42 the race by walking struck me as failure, a 43 of the high standards I had set for myself through months of strict training.

Yet growing discomfort forced me to 44 my fixed way of thinking. I worked out a practical 45: run for five minutes, then take five slow walking steps, and repeat this pattern for the rest of the race. Though my self-respect fiercely 46 this compromise, I resolved to follow it without 47. Each time the stopwatch(秒表) 48 the end of a five-minute running period, I would slow down to walk, however 49 my wish was to keep running non-stop.

Again and again, an inner voice urged me to bend my self-set rule and keep moving forward. Tempted to 50 the walking steps entirely, I 51 my inner longing and stuck faithfully to my plan. My tiredness never 52, yet my mental worry gradually became less strong. I stopped seeing short walks as 53, but regarded them as a useful way to keep moving ahead. Beyond my hopes, I crossed the finish line and hit my pre-race time goal.

This race brought me a deep 54. True perseverance is not blind stubbornness, but the readiness to 55.

- | | | | |
|-------------------|----------------|---------------|---------------|
| 41. A. rewarding | B. demanding | C. appealing | D. surprising |
| 42. A. complete | B. withdraw | C. collapse | D. escape |
| 43. A. defence | B. recognition | C. betrayal | D. pressure |
| 44. A. reconsider | B. overlook | C. display | D. treasure |
| 45. A. formula | B. clue | C. warning | D. strategy |
| 46. A. tolerated | B. questioned | C. welcomed | D. resisted |
| 47. A. mercy | B. delay | C. exception | D. regret |
| 48. A. marked | B. measured | C. confirmed | D. calculated |
| 49. A. confusing | B. powerful | C. awkward | D. slight |
| 50. A. skip | B. select | C. copy | D. accept |
| 51. A. silenced | B. satisfied | C. awakened | D. restricted |
| 52. A. wore off | B. died out | C. turned out | D. broke down |
| 53. A. honour | B. fortune | C. defeat | D. excuse |
| 54. A. insight | B. prediction | C. judgement | D. memory |
| 55. A. adapt | B. adjust | C. quit | D. persevere |

第 II 卷

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。

At a workshop in Baicheng county, northwest China's Xinjiang Uygur Autonomous Region, local women are turning sewing skills 56 a source of stable income.

“I am very glad I could find a job near home,” a local woman says as she operates a sewing machine at the workshop which 57 (run) by the Gulekuli Farmers' Professional Cooperative.

Founded in 2018, the cooperative has grown steadily, thanks to the 58 (assist) from Wenzhou, east China's Zhejiang Province. The local workshop now covers a larger area and is equipped with nearly 100 advanced machines, greatly 59 (boost) its production capacity. Named the “women's happiness workshop”, the facility has become a platform 60 rural women gain self-worth and increase incomes.

More than 80 women currently work at the cooperative, earning an average 61 (month) salary of 2,000 yuan to 3,000 yuan, with top earners making up to 5,000 yuan, according to its manager. Beyond employment, the cooperative also devotes efforts to promoting intangible cultural heritage.

Drawing on the heritage of Qiuci, an ancient kingdom 62 (center) in what is now Kuqa city, Aksu prefecture, the cooperative has developed distinctive products, with more details still 63 (polish) to satisfy changing market demands.

In 2026, 64 additional 3-million-yuan aid fund will be granted to a local garment cooperative, encouraging its industrial transformation, as it introduces AI-powered automatic sewing machines, 65 the cooperative will launch systematic professional training for its employees, to expand into high-end production in Wenzhou.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

你校英文报正在征集“智玩 AI(Play Smart with AI)”活动方案。请你以此为

主题写一篇短文投稿,介绍你的活动方案。

内容包括:

1. 活动安排;
2. 预期效果。

注意:

1. 写作词数应为 80 个左右;
2. 请按如下格式作答。

Proposal for Play Smart with AI

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。

“Just think of it!” cried Lydia. “Our first camp! For five days we’ll be entirely on our own.” Grace, her best friend, nodded quietly, feeling anxious about leaving home. Lydia comforted her warmly, but sighed at the thought of Kerry also joining the camp. The two girls were rivals. Lydia disliked Kerry’s obsession with appearance, while Kerry always thought Lydia was self-centered and bossy.

The next day, the girls were in high spirits as they got into the bus heading for the camp. Everyone sang joyfully, with Kerry’s clear voice standing out. After the group had sung all the popular hits, there was a break. Grace turned to Lydia and said, “Sing the song you’ve composed ‘There’s beauty in the sunset’.” “Oh, so she composes as well.” Kerry’s tone was ironic. Lydia’s face reddened with embarrassment because she kept all her writings hidden inside her notebook and cherished it.

Soon they reached the campsite. By drawing lots, they were divided into five teams of seven. Much to Lydia’s displeasure, Kerry ended up in Team Three together with her and Grace. Lydia was later elected team leader. The camp was filled with colorful activities. Still, what everyone looked forward to most was the final Culture Evening, when each team had to prepare three original acts.

The next morning, Lydia assigned tent-tidying work to Kerry. While cleaning, Kerry accidentally found a piece of paper that had slipped out of Lydia’s notebook, on which was exactly that song. She was deeply touched by the delicate and sincere words. Realizing her mean words before were totally wrong, Kerry felt guilty but didn’t know how to apologize properly to Lydia.

Later, the team gathered to discuss acts for the cultural show. A short play and a group dance were settled in no time, but the third act remained undecided. A magic show was rejected as too risky, and a fashion show as too costly—they craved something novel and impressive. All of them frowned and racked their brains, failing to figure it out.

注意:

(1)续写词数应为 150 个左右。

(2)请按如下格式在答题卡的相应位置作答。

Just then, Grace looked from Lydia to Kerry and got a perfect plan.

On the final evening, Kerry came on stage with her guitar.