

## 海淀区 2025—2026 学年第一学期期末练习

### 高三英语

2026. 01

本试卷共 8 页，100 分。考试时长 90 分钟。考生务必将答案答在答题纸上，在试卷上作答无效。考试结束后，将本试卷和答题纸一并交回。

#### 第一部分 知识运用（共两节，30 分）

第一节（共 10 小题；每小题 1.5 分，共 15 分）

阅读下面短文，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题纸上将该项涂黑。

Everyone loves giving advice, always ready to share their wisdom — but not every piece of advice actually helps. The worst I've ever been offered is “just be yourself.”

It happened on the morning of my English presentation on *Of Mice and Men*. I was nervous, but 1. I had practised for hours and printed my notecards. But just minutes before I began, my friend Sam leaned over and said, “Don't stress. Just be yourself.”

“Be myself?” My nerves instantly went on edge. “Which 2? The awkward, overthinking one that makes weird jokes under pressure, or the one that repeatedly says ‘thank you’ no matter what?” There was no time to negotiate with my 3 personalities. My name was called. I stood up, took a deep breath, and decided to 4 Sam's advice.

5 I'd “speak from the heart,” I abandoned the notecards. Bad move.

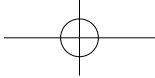
The first sentence came out fine, but the second involved 6 the key word “symbolism”. By the third, I quoted a motto that didn't even exist. “Just be yourself,” I thought, as I noticed the 7 on the faces of audience.

By the time I sat down, I had sweated through my shirt, forgotten half my points, but gained a new 8 for notecards, script and structure.

I learned that “be yourself” is 9 good advice when your “self” is calm, prepared, and maybe has a solid outline. In high-pressure moments, it's better to be your best self: the version that practices, plans ahead, and knows when to stick to the script. Now, when someone tells me to “just be yourself,” I smile, thank them, and 10 my notecards.

- |                   |                |                 |                 |
|-------------------|----------------|-----------------|-----------------|
| 1. A. prepared    | B. pleased     | C. encouraged   | D. enlightened  |
| 2. A. stage       | B. level       | C. version      | D. class        |
| 3. A. flexible    | B. multiple    | C. charming     | D. strong       |
| 4. A. take        | B. confirm     | C. seek         | D. ignore       |
| 5. A. Pretending  | B. Admitting   | C. Figuring     | D. Recalling    |
| 6. A. defining    | B. discussing  | C. highlighting | D. forgetting   |
| 7. A. concern     | B. confusion   | C. contentment  | D. curiosity    |
| 8. A. requirement | B. replacement | C. application  | D. appreciation |
| 9. A. only        | B. always      | C. even         | D. still        |
| 10. A. set aside  | B. pull out    | C. take away    | D. bring back   |

高三年级（英语）第 1 页（共 8 页）



## 第二节（共 10 小题；每小题 1.5 分，共 15 分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。请在答题纸指定区域作答。

### A

Second-hand products have become popular in recent years. Many shoppers have noticed a rise in second-hand stores, which offer an increasingly diverse range of products. 11 drives young people to visit these stores today is simple. Price remains the primary consideration for many consumers. People can find well-maintained products at relatively 12 (afford) prices. Environmental consciousness also influences young consumers' purchasing decisions. Some buyers say besides saving money, purchasing pre-owned goods also 13 (prevent) resource waste.

### B

In the early winter of southern Hubei, more than a dozen Belt and Road media representatives from different countries arrived in Chibi — an ancient city 14 heritage includes both the battlefield memories of the Three Kingdoms and the enduring legacy of tea. Following the historic tracks of the Tea Road, they explored the thousand-year-old relics 15 (preserve) from the Three Kingdoms battlefield. Through immersive experiences, they uncovered the timeless stories of Qingzhuan Tea, 16 (learn) how Chinese-style modernization encourages cultural exchange and mutual understanding among people.

### C

Logic is the study of what counts as a good reason for what, and why. It is one of the most ancient intellectual disciplines. The only 17 (old) disciplines are philosophy and mathematics, with which it has always been intimately connected. It 18 (revolutionize) around the turn of 20th century by the application of new mathematical techniques. Most recently, over the last fifty years, logic 19 (find) new and important roles in computation and information processing. It is thus a subject that is central 20 human thought and development.

## 第二部分 阅读理解（共两节，38 分）

### 第一节（共 14 小题；每小题 2 分，共 28 分）

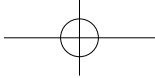
阅读下列短文，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题纸上将该项涂黑。

### A

Gear up for Bike to School Day 2026 — a meaningful initiative that brings families together to reimagine the daily commute as a way to connect, stay healthy, and care for the environment. Whether you're an experienced cyclist or new to two-wheeled travel, this annual event goes beyond fun: it's a purposeful effort to add joy and responsibility to kids' routines, while building a commitment to planetary health.

#### What Is Bike to School Day?

Bike to School Day is a nationwide movement that encourages schools, families, and communities to prioritize active, non-motorized travel for kids. From cities to small towns, participating schools work toward nurturing physical health in children while easing traffic jams



and cutting down on pollution from school-run cars. Beyond fresh air and exercise, this event helps people adopt a more mindful approach to daily travel, letting participants play a role in a culture focused on sustainability and public health.

#### **Key Details for the Day**

**When:** February 7 — following regular school schedules while offering a refreshing break from routine.

**Where:** Your local school; many group rides are organized from set meeting points — check with your school or ride leader for specifics.

**What to bring:** A well-kept bike, a properly fitted helmet (required for safety), a lock, and snacks or water to stay energized.

**T-shirts:** All registered attendees get an exclusive branded T-shirt — not just a keepsake, but a visible sign of your commitment to redefining the school commute as a community experience.

#### **How and Why**

Getting involved is straightforward: fill out the online form to register as a participant. And you will get a chance to win a bike if you post your Bike to School Day journey on social media to share your experience with a wider community.

It's time to cut back on car trips and embrace biking as a way to foster long-term healthy habits, reduce environmental impact, and build a shared sense of adventure.

21. What can we learn about the Bike to School Day?

- A. It is launched by local schools.
- B. Participants need to register in groups.
- C. Participants have to be experienced cyclists.
- D. It involves schools, families and communities.

22. What should participants do in advance?

- A. Fill out a paper application.
- B. Prepare a bike and a helmet.
- C. Share the event notice online.
- D. Ask for leave from the school.

23. What is the main purpose of the passage?

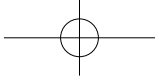
- A. To propose a nationwide initiative.
- B. To highlight the benefits of cycling.
- C. To raise awareness of travelling green.
- D. To encourage participation in an event.

### **B**

Papa and I bonded over games of any style. One of the items that Papa considered worthy was a checkered, 8x8 grid of wood. This board fostered all of our Saturday chess games.

“Check!” I boasted. “Oh dear...,” Papa said, studying the board. He slid his knight in front of his king, protecting it from danger. “Checkmate,” he smirked (得意地笑). It was over. He had won. Following the game, I awaited our ritual discussion. Pots and pans clanged around us, but he was focused on how I could improve.

Papa never went easy on me in chess games. He provided me with the tools to win on my own. My skills were improving, but his seemed to do the opposite. Throughout many years of games, I had an occasional win, usually meaning he wasn't feeling well. In his last years of life, the Papa I knew was slowly and painfully stolen from me by Alzheimer's. As his once keen mind started to fog,



our relationship began to change and adapt. Our games transitioned from chess to checkers (国际跳棋).

The Saturdays rolled by routinely, until one snowy morning in January. As the game progressed, Papa moved a piece, not seeing that it opened up a double jump for me. Jump. Jump. I had taken two of his pieces. Jump. Another piece was taken. My stack of pieces piled up. However, a moment that was supposed to bring me pride was causing my stomach to twist and turn.

Something seemed off. I had rarely gotten to the point in a game against my brilliant Papa where I had the potential to win. His eyes were still concentrated on the board, attempting to think through his next move. He put his hand on another piece, shifting it and opening up a triple jump for me. Is he letting me win? This can't be right. I kept setting up moves, all in hopes of his clever mind, fogged with disease, acknowledging them. Desperate to see the signature smirk, just one more time, I continued to try. He couldn't do it, but he smiled, bringing a bittersweet end to our final game.

Although Alzheimer's stole my Papa's intellectual mind, it was not capable of thieving us of the beautiful moments we had. Ending in a draw, we both won the final game.

24. What is Papa's teaching principle?

- A. Encourage discovery; don't deliver victory.
- B. Acquired skill outshines natural talent.
- C. Embrace failure; don't shelter from it.
- D. Learning requires strict discipline.

25. What caused the author's stomach to twist and turn?

- A. He disliked playing checkers.
- B. He felt guilty for defeating Papa.
- C. He feared losing his winning lead.
- D. He noticed Papa's decline in health.

26. What was the author most likely thinking to himself when the last game ended?

- A. "I can finally beat Papa now!"
- B. "I should have lost to Papa."
- C. "How I wish Papa had won!"
- D. "Papa has let me win again."

27. What can we learn from the passage?

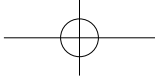
- A. True love lasts through changes.
- B. Wisdom is passed on beyond words.
- C. Nobody comes out on top in a draw.
- D. Nothing connects like shared passion.

### C

Rats given gut microbiome (肠道微生物) transplants from energetic young children seem keener to explore their environment. "It suggests our microbes are active participants in emotional development, not just passive passengers," says Harriet Schellekens at University College Cork in Ireland, who wasn't involved in the study.

A growing body of research has linked the communities of microbes that reside in our guts to our health, emotions and moods. For example, people who lack certain types of gut bacteria seem to face a higher risk of depression or anxiety.

It isn't entirely clear if the microbes cause these changes or if the microbial community alters as a result of behaviour, but there are some signs that altering the make-up of the microbiome can influence mood. For example, faecal (排泄物) transplants from people with depression to rats seem to cause depressive behaviour in the rats, and people with depression treated with faecal transplants have seen their symptoms improve in preliminary trials.



To shed more light on how the gut microbiome may be linked to temperament (性情), Anna Aatsinki at the University of Turku in Finland and her colleagues transplanted faeces from toddlers to young rats. First, they evaluated the personalities of 27 2.5-year-old toddlers using a standard temperament assessment and an exercise in which children were invited to play with a bubble gun. Based on these assessments, the researchers judged 10 of the toddlers as exuberant (充满活力的), and eight as inhibited and introverted. From these groups, they selected four exuberant and four inhibited toddlers — half boys, half girls — and collected samples of their faeces. Faecal samples with added glycerol or control samples of glycerol were transferred to 53 rats aged 22 or 23 days old, which had already had their bowels cleansed.

Aatsinki and her colleagues then put the rats through a series of behavioural tests in different situations. They found that rats with microbiomes from toddlers with high exuberance traits showed more exploratory behaviour than rats with a control transplant or those receiving faeces from inhibited toddlers.

To explore how gut microbes might influence the brain, they also analysed brain tissue, looking for changes in gene activity. This showed that rats given transplants from inhibited toddlers had less activity in neurons that produce dopamine, a brain chemical linked to reward for risk-taking behaviour. “This study beautifully shows how the gut microbiome in early life may help shape behavioural tendencies,” says Schellekens.

The influence shouldn’t be overstated though, says Aatsinki. “Overall, adults’ temperament traits are relatively strongly correlated with genetics, but environmental factors, potentially including the microbiome, could influence the variance of some behaviours.”

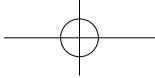
28. What can we know about the design of Aatsinki’s research?
- A. Behaviors of three groups of rats were compared.
  - B. The rats underwent a temperament assessment.
  - C. It involved cross-species organ transplant.
  - D. The toddlers were grouped by gender.
29. What can we learn from Aatsinki’s research?
- A. It is the first research to have linked gut microbes with emotions.
  - B. Introverted kids’ gut microbes reduce rats’ adventurousness.
  - C. Faecal treatments ease patients’ depressive symptoms.
  - D. Our personalities are strongly linked to our diet.
30. Which would be the best title for the passage?
- A. Rat Study Reveals Personality Secret
  - B. Rat Tests Uncover Behavioural Difference
  - C. Gut Microbiomes May Influence Our Personality
  - D. Gut Microbiome Transplant Might Cure Depression

## D

The James Webb Space Telescope (JWST) spends a lot of its time staring at nothing. The shots of deep space this produces are remarkably beautiful, transforming an apparently empty sky into a field dotted with thousands of distant galaxies.

The first surveys of the early universe have surprised astronomers, as the galaxies seem brighter





than expected, with more star formation and larger black holes. Yet maybe we shouldn't have been too startled to find the universe surprising us: it has been doing so since we first peered into the cosmic darkness.

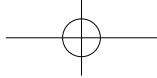
The most famous image of the early universe is the Hubble Deep Field captured in 1995. Yet this shot was almost never taken. Time on the Hubble Space Telescope is precious and astronomers spend months preparing proposals to try to get access. The process is a bit odd — often requiring researchers to argue simultaneously that the proposed observations would transform astronomy, but also that we know exactly what they will show.

There are normally seven or eight times as many proposals as can be accepted, so risky observations have trouble getting through. Back in the 1990s, many renowned astronomers argued that directing Hubble at deep space was pointless, betting that the space telescope wouldn't find a single new galaxy. They assumed that the galaxies we see around us today are representative of those throughout the past 14 billion years or so, a pessimistic outlook we now know is badly wrong.

Finding the early universe lit up with firework displays of star formation was a **fortuitous** discovery. But once you start looking, you will find that astronomical history is filled with discoveries made by accident, or while scientists were looking for something else entirely. The team behind NASA's Cassini probe was focused on its mission to explore Saturn's famous rings and its mysterious moon Titan when an unexpected encounter with the tiny moon Enceladus revealed fountains of water coming from its south pole. It is now perhaps the most likely place for us to find life beyond Earth.

These discoveries are all a long way from how science is taught, where careful experiment and testing of hypotheses lead to progress. Surprise is fun, so maybe we should embrace serendipity a little more. Some astronomers involved in reviewing this year's JWST observations have suggested it would be fairer, and easier, to allocate time on the telescope by lottery, acknowledging that with so many good ideas floating around, we can't possibly choose between them. But whether it is staring into deep space or exploring the solar system, experience has taught us that preparing to be surprised by the universe is the best way to make new discoveries.

31. What can be inferred about JWST?
- A. It functions from time to time.
  - B. It renews our knowledge of deep space.
  - C. It surprises people more than Hubble does.
  - D. It confirms previous assumptions of the universe.
32. What does the writer think of the Hubble Space Telescope's proposal process?
- A. It fails to leave much room for flexibility.
  - B. It favors proposals by renowned scientists.
  - C. It leads to pessimistic views of the universe.
  - D. It ensures the most promising ideas get through.
33. What does the underlined word "**fortuitous**" in Paragraph 5 probably mean?
- A. Groundbreaking.    B. Effortless.    C. Chance.    D. Plain.



34. What does the author mainly do in this passage?

- A. Introduce space history. B. Examine a discovery.  
C. Balance opposing views. D. Encourage a mindset.

第二节（共 5 小题；每小题 2 分，共 10 分）

根据短文内容，从短文后的七个选项中选出能填入空白处的最佳选项，并在答题纸上将该项涂黑。选项中有两项为多余选项。

We are faced with increasing pressure to make sensible decisions about every aspect of our lives — from choosing the healthiest breakfast option to finding a school or university to attend. Make the correct choice and you can give yourself a pat on the back. 35

Psychologists have found that people's approaches to decision-making tend to fit into one of two categories. You are either a maximiser — a person who strives to make a choice that will give them the maximum benefit later on — or a satisficer, whose choices are determined by more modest criteria and nothing more.

Given that maximisers task themselves with making the most informed, intelligent decisions, we might expect that the outcome of their approach would be superior. This assumption, however, has been contradicted by numerous studies. Studies have found that maximisers are often less effective in a decision-making environment. They tend to exhaust all options in search of the perfect choice. 36 Setting unachievable goals may itself get in the way of making good decisions.

37 The abundance of alternatives can overwhelm even the most diligent decision-makers. In *The Paradox of Choice*, U.S. psychologist Barry Schwartz looked at the proliferation (激增) of choices that are available to us in our everyday lives. He found that an increased range of options does not necessarily lead to higher satisfaction with the outcome of a decision. 38

Maximisers tend to experience a sense of “buyer's regret” following a decision, doubting whether it was correct, and imagining how life would have been had they chosen a different path. 39 While a maximising approach might seem an optimal approach to decision-making, our energy may be better spent satisficing and appreciating what we have, rather than what we might have had.

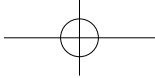
- A. Make a bad decision and you can be left with feelings of regret.  
B. We are often overwhelmed by the abundance of choices we face.  
C. A satisficer is usually much more efficient and mentally less burdened.  
D. This problem is especially pronounced in a world where options seem endless.  
E. By contrast, a satisficer accepts his choice as good enough, even if it's not the best.  
F. In other words, maximisers struggle to stop searching despite a good enough option.  
G. If anything, choice may in fact limit our ability to enjoy and appreciate what we have.

### 第三部分 书面表达（共两节，32 分）

第一节（共 4 小题；第 40、41 题各 2 分，第 42 题 3 分，第 43 题 5 分，共 12 分）

阅读下面短文，根据题目要求用英文回答问题。请在答题纸指定区域作答。

With climate change and rapid urbanization, many cities are at the serious risk of flooding. To tackle this problem, Chinese researchers first proposed the “sponge city” concept — an urban planning strategy that uses nature to sustainably manage water, reducing reliance on concrete pipes and dams.



How do sponge cities work? These cities combine sustainable technologies and functional landscaping, including pavements that allow water to go down into the ground; urban parks and green spaces that act as places to hold water during heavy rain and as recreational zones during dry periods; urban wetlands that naturally filter water and promote biodiversity; waterways and channels that are linked together to efficiently transport and store water. All these elements transform the urban landscape into a “sponge” capable of absorbing and releasing water according to climate conditions.

The benefits of the sponge city approach are diverse. Beyond its primary function of reducing flood risk and easing pressure on drainage systems, this strategy significantly enhances urban livability. How is this possible? It creates extensive green zones that expand healthy public spaces for recreation, improve air quality, and support increased urban biodiversity.

This urban planning model has achieved widespread international recognition. In China, it was officially adopted as a nationwide policy in 2014, with cities like Wuhan and Beijing leading implementation efforts. Following devastating floods of a 2011 storm, the city of Copenhagen launched its own sponge city transformation plan. Fundamental to the strategy are green infrastructure (基础设施) elements, such as redesigned parks that serve as retention basins during heavy rains, along with blue infrastructure like the city’s extensive canal network to channel and store excess water.

The sponge city strategy signals a smarter way forward in city-building: greener, more resilient, and matched to today’s environmental challenges. At its core, it’s more than a fix for climate chaos — it’s an investment in the well-being of future generations.

40. According to the passage, what does the “sponge city” concept refer to?

41. What are the benefits of the sponge city approach?

42. Please decide which part is false in the following statement, then underline it and explain why.

➤ ***The sponge city transformation plan of Copenhagen involves building new parks and making use of its canal network.***

43. In addition to what is mentioned in the passage, what other way(s) would you propose to make your city more livable? (***In about 40 words***)

## 第二节（20分）

假设你是红星中学高三学生李华。你班即将举行主题为“驻足一角，感悟北京”的英语演讲活动，你打算参加。现在你需要准备一份演讲稿，分享自己的相关经历，内容包括：

1. 你的经历；

2. 你的感悟。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear all,

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Thanks for listening.

（请务必将作文写在答题纸指定区域内）

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