

全品



教辅图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年创始人专注教育行业

全品短平快

主编 肖德好

题型组合集训

英语

YN



延边教育出版社

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1. 落实立德树人，强化育人导向

(1) 涵养家国情怀，
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选材亮点

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(2) 关注全球议题，
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选材亮点

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- ⑤ 精准农业中的实时成像技术（精练37 阅读理解C）

(3) 倡导五育并举，
促进全面发展

选材亮点

【第三组】

- ① 学习国际象棋（精练2 完形填空）
- ② 艺术对个人成长的影响（精练8 阅读理解A）
- ③ 劳动实践活动（写作专练2 应文写作）
- ④ 教室里种植作物（精练15 完形填空）
- ⑤ 全民运动健身活动（写作专练4 应用文写作）

2. 注重考查基础，促进思维品质发展

(1) 依据课程标准，
注重考查基础知识和基本技能

选材亮点

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- ③ 保持健康的生活方式（精练11 阅读七选五）
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(2) 创新情境设计，
引导学生思维品质培养
与发展

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- ② 介将车库改成住宅（精练19 完形填空）
- ③ 帮助海豚恢复活力（写作专练4 读后续写）
- ④ 观点+理由（写作专练6 应用文写作）
- ⑤ 二选一写作（精练36 应用文写作）

第一周 精练 1 阅读理解(2篇) + 阅读七选五 + 语法填空(限时:30 分钟)

① 阅读理解

A [2025·广东深圳高三第二次调研考试]

体裁	主题语境	难度	词数
应用文	人与社会	☆☆	260

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Highlights:

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- () 1. What can you find in *New Scientist*?
- A. Latest science fiction.
- B. Beginner-friendly science articles.
- C. Academic writing guides.
- D. In-depth scientific research papers.
- () 2. What is an advantage of being a subscriber?
- A. Staying informed of updates.
- B. Taking discounted science tours.
- C. Getting free reading devices.
- D. Attending lectures in universities.
- () 3. How much is the annual subscription for print and digital access after the 10-week trial?
- A. \$ 99. B. \$ 109.
- C. \$ 199. D. \$ 240.

B [2025·山东省实验中学高三一模]

体裁	主题语境	难度	词数
记叙文	人与自然	☆☆☆	316

Living a zero-waste lifestyle might seem like a daunting challenge to many, but for Robin Greenfield, an environmental **activist**, it's a joyful mission to inspire change.

To promote awareness of waste issues, he created the outstanding “Trash Walk”. Last year, he undertook another walk in Los Angeles. For a month, he lived like an average city resident—eating, shopping, and consuming—while attaching every piece of trash he produced to his body. By the end of the month, he wore a massive “trash suit” made of bottles, plastic, paper, and cans as he wandered through the streets of LA.

And Robin Greenfield is not doing art for art’s sake. He has many useful recommendations on how to avoid trash, how to live sustainably and how to find out what is really important in life. His book *The Story of Stuff* shows the interconnections and contingencies of 21st century capitalism. The other book *Food Freedom* tackles another one of the big problems of consumerist society: the broken system and terrible mechanisms of industrial agriculture. As always, he’s donating the profits and most of his earnings to important causes—this time to Indigenous- and Black-led food sovereignty projects, many of which are run by women. He relies on exchanging knowledge and skills to live with **minimal** financial resources.

Robin Greenfield enhances his authenticity by living his values. He’s working with others to build food systems that are regenerative, fair, and just. He demonstrates contentment through minimal material needs and inspirational actions, such as building sustainable tiny houses from recycled materials—projects he has repeated multiple times.

His point was crystal clear—we don’t usually see the impact of all the waste we produce. But waste doesn’t just disappear. As a walking “trash man”, he invites everyone to imagine—and practically build—a world where protecting the planet becomes second nature.

- () 4. What did Robin Greenfield do during his walk last year?
- A. He collected trash from the streets.
 - B. He wore all the trash he generated.
 - C. He resided in the streets of LA.
 - D. He sold many artworks of trash.

- () 5. Why were his two books mentioned in Paragraph 3?
- A. To emphasize his popularity as an author.
 - B. To prove the benefits of living sustainably.
 - C. To show his practical efforts for the environment.
 - D. To criticize modern capitalism and consumerism.
- () 6. What does Robin Greenfield suggest people do?
- A. Donate all their earnings.
 - B. Lead an eco-friendly life.
 - C. **Maximize** their material needs.
 - D. Engage in industrial agriculture.
- () 7. Which of the following best describes Robin Greenfield?
- A. Inspiring and caring.
 - B. Innovative and strict.
 - C. Passionate and modest.
 - D. Persistent and demanding.

▮ 阅读七选五 [2025·湖北武汉高三三模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	271

Even as a child, I was always goal-directed. Every January 1st, I would dutifully sit down and write out my resolutions for the upcoming year: lose 50 pounds, run a marathon, have a picture-perfect home! Oh, and be the best parent ever who never yelled at my children! 1. _____ By every March, I fall trapped in a cycle of ambition and guilt.

Everything changed when I faced consistent battles with breast and appendix cancer. That’s right: two different cancers, with two different treatment plans, at the same time, in the same body. 2. _____ And I won’t lie—the next year was incredibly difficult.

Experiencing dual treatments taught me profound lessons. 3. _____ Simply waking up cancer-free became my definition of triumph. Where I once measured success by completed checklists, I now find victory in my children’s laughter or sunlight filtering through hospital blinds.

I abandoned traditional resolutions by realizing that big goals invite big failures. Instead, I adopted a “mini-mission” approach. 4. _____ For example, rather than aiming for daily gym marathons, I committed to 20-minute walks three times weekly.

The magic lies in accumulated progress. After mastering basic nutrition goals (five vegetable servings daily), I added hydration targets (replacing soda with herbal tea). This gradual method even helped me conquer the fearful rowing machine—a feat (壮举) I’d previously considered impossible.

5. _____ My only “resolution” last year was avoiding medical deductibles (免赔额) through sustained small health habits. To my delight, it worked not through extreme measures, but through the snowball effect of mini-achievements.

- A. It was a lot to deal with.
- B. Immediate results often mask long-term costs.
- C. Survival reshaped my understanding of success.
- D. External pressures weaken self-improvement efforts.
- E. Tiny achievable steps replaced monumental demands.
- F. Piled accomplishments build sustainable transformation.
- G. In practical terms, my grand plans frequently backfire psychologically.

语法填空 [原创]——高考同源

<https://www.chinadaily.com.cn/a/202508/12/WS689b05b3a310724b600212f9.html>

体裁	主题语境	难度	词数
新闻报道	人与自然	☆☆☆	208

In the **enclosures** of the Chengdu Research Base of Giant Panda Breeding, James Edward Ayala, 1. _____ US-born scientist, is observing the 2-year-old panda Rong Shuo, 2. _____ name translates as “Shining Chengdu”. With gentle precision, he measures its size, part of a study 3. _____ (track) male pandas’ development.

“I love working with him ... it’s kind of symbolic of my relationship with the city,” James, who 4. _____ (spend) 15 years in Chengdu, said in an interview. In his opinion, pandas here aren’t just animals; they are bridges between cultures, science and people.

James, a winner of China’s 5. _____ (celebrate) friendship awards, proves the global cooperation behind panda conservation. His journey, from a New York zoo keeper to a 6. _____ (contribute) in China’s panda research, **mirrors** the species’ transformation—from an endangered animal to a cross-border cultural ambassador.

When James first arrived in China in 2010, giant pandas 7. _____ (classify) as “endangered”. Today, their status has improved, 8. _____ wild populations rebounding from 1,100 in the 1980s to nearly 1,900 last year, according to the data 9. _____ (release) at the Global Panda Partners 2024 conference.

China’s efforts, including the launch of the Giant Panda National Park, are massive milestones for conservation, and it shows 10. _____ committed the government is to conserving its wildlife, he said.

重点词句回顾

A. 词汇积累

- 1. standpoint *n.* 立场;观点
- 2. priority *n.* 优先权;重点
- 3. subscription *n.* 订阅;会员费
- 4. activist *n.* 活动家;积极分子
- 5. minimal *adj.* 最小的;极少的;最低限度的
- 6. maximize *v.* 使最大化;把……增加到最大限度
- 7. enclosure *n.* 围场;圈占地
- 8. mirror *vt.* 反射;反映;映照

B. 熟词生义

- 1. As always, he’s donating the profits and most of... many of which are **run** by women. (阅读 B)
run *v.* 跑;奔跑→*v.* 管理;经营;运营
- 2. In practical **terms**, my grand plans frequently backfire psychologically. (阅读七选五)
term *n.* 学期, 期限; 术语→*n.* 方面;角度
(in... terms 从……角度来看;在……方面)

Ⅰ 完形填空 [2025·河北省部分重点高中高三一模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	244

At the age of six, I was attracted by a game of chess in Washington Square Park. Entranced by the beautiful 1 of the pieces and the **strategic** thinking required, I fell in love with it. My parents 2 my newfound interest and signed me up in chess classes to 3 my talent. There, I met Bruce Pandolfini, a(n) 4 chess master.

Bruce was celebrated for his unique teaching methods. He recognized my natural talent and unquenchable (压制不住的) 5. Under his guidance, my skills improved 6. After just a few classes, I mastered the rules of the game and the art of 7: patience.

With my reputation 8, I started competing in local and national tournaments (锦标赛). I won several championships, earning 9 within the chess community. However, success came with 10. I expected to perform at the highest level. The weight of 11 sometimes felt **overwhelming**.

Bruce 12 the stress I was under and taught me that chess was more than just winning; it was about personal growth and self-discovery. My greatest 13, I realized, was not earning titles but using chess as a platform to express my **creativity**. The game became a means of 14 my strengths and weaknesses and finding inner peace.

Years later, my journey from a curious boy to a 15 person has proven that with passion and proper guidance, anyone can achieve greatness.

- () 1. A. shapes B. designs
 C. appearances D. movements
() 2. A. welcomed B. noticed
 C. understood D. supported

- () 3. A. show B. pursue
 C. protect D. develop
() 4. A. famous B. demanding
 C. outgoing D. kind
() 5. A. energy B. curiosity
 C. belief D. strength
() 6. A. gracefully B. rapidly
 C. gradually D. suddenly
() 7. A. competition B. decision
 C. strategy D. courage
() 8. A. building up B. working up
 C. keeping up D. showing up
() 9. A. friendship B. trust
 C. potential D. admiration
() 10. A. disaster B. error
 C. pressure D. dilemma
() 11. A. choices B. champions
 C. expectations D. distinctions
() 12. A. wondered B. recognized
 C. assessed D. adored
() 13. A. victory B. enemy
 C. progress D. advantage
() 14. A. highlighting B. discovering
 C. correcting D. teaching
() 15. A. handsome B. determined
 C. successful D. tolerant

Ⅱ 阅读理解

A [2025·浙江台州高三第二次教学质量评估]

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	301

Nowadays, technologies such as hovering drones, robotic weeders, and precision fertilization could **revolutionize** agriculture by increasing food production while reducing environmental harm. However, there still exist some gaps in farming research. Researchers from PhenoRob at the University of Bonn have recently stated that the gaps should be filled.

To achieve that, the researchers from

PhenoRob stress the importance of joint efforts and interdisciplinary (跨学科的) teamwork worldwide. For example, field-scanning drones with high-resolution cameras can detect plant diseases and assess plant health and productivity. While the collected data is growing rapidly, to truly transform farming practices, it still needs to be integrated with global data sets on plant genetics, weather conditions, soil types and farming methods.

Researchers also emphasize the importance of tracking the smart technologies used on farms globally. In this way, researchers try to identify barriers to the **adoption** of technologies and approaches to encouraging their **uptake**. For example, some incentives such as financial assistance, tax breaks and land use discounts will help farmers overcome initial cost barriers, enabling investment in more efficient and sustainable farming practices to promote productivity and protect environment. Such incentives are crucial for boosting the use of smart technologies like automated irrigation systems or AI-driven crop monitoring.

Some technologies have already proven effective in improving sustainability. For example, robotic weeders can remove weeds without harming surrounding crops, which reduces the need for chemical herbicides and helps keep the soil healthy. At PhenoRob, researchers are integrating data into monitoring nitrogen levels. This data is used to create models that determine the ideal nitrogen amounts for different conditions, decreasing waste and minimizing environmental harm. As agriculture contributes significantly to global greenhouse gas emissions, researchers believe these technologies will play a vital role in reducing some of the damage caused by traditional farming practices.

- () 1. How will the gaps in farming be filled according to the researchers?
- A. By gathering region-specific data sets.
B. By raising ecological plant productivity.

- C. By applying cutting-edge camera systems.
D. By promoting global interdisciplinary cooperation.

- () 2. What does the author think of the drone-collected agricultural data?
- A. Insufficient. B. Detailed.
C. Irrelevant. D. Comprehensive.
- () 3. What does the underlined word “incentives” in Paragraph 3 mean?
- A. Tax discounts.
B. Traditional solutions.
C. Investment profits.
D. Motivational rewards.
- () 4. Which of the following can be a suitable title for the text?
- A. Robotic application: novel and effective
B. Worldwide teamwork: efficient and diverse
C. Smart farming: integration and sustainability
D. Modern technology: change and convenience

B

体裁	主题语境	难度	词数
说明文	人与自然	☆☆☆	321

Cutting carbon emissions is not enough to keep global warming to less than 1.5°C—the goal of the 2015 Paris Agreement on climate change. As a result, hundreds of **start-ups** trying to remove greenhouse gases from the air and water have **sprung** up within the past few years. While land-based carbon dioxide **removal** projects have been undergoing testing and development for decades, ocean-based carbon removal is more recent in the push to fight against climate change. And one of the leaders in that field—Equatic—is about to increase its efforts in a big way.

What began three years ago as a US Department of Energy-funded research project out of the University of California Los Angeles has already grown into a pair of pilot projects in Los Angeles and Singapore. And now, the company has its sights set on building a massive marine carbon capture facility in Quebec.

The process for capturing carbon begins by pumping sea water into a tank and then using an electrical current to break down the water into oxygen (O_2) and hydrogen (H_2) gases and a solution, which then reacts with the air, pulling carbon dioxide out of the atmosphere and chemically transforming it into two byproducts. One, calcium carbonate, is a white powder. The other is a **solution** that gets released back into the ocean.

The proposed Quebec plant differs significantly from Equatic's existing facilities. Its Singaporean pilot facility can process 4,000 tonnes of carbon each year. The planned Quebec facility, meanwhile, will be capable of processing 110,000 tonnes annually—about as much carbon as is emitted by 24,000 cars.

Ultimately, though, the young industry is full of uncertainties. So far, research on marine carbon removal has been based on lab experiments and trials. So as Equatic's planned Quebec plant moves ahead, scientists will be watching to learn more about its environmental impact and about just how effective marine

carbon dioxide removal can really be.

- () 5. What can we know about Equatic from the first two paragraphs?
- A. It started as a university research project.
B. It is a land-based carbon removal project.
C. It has undergone tests for decades.
D. It is a start-up located in Quebec.
- () 6. What is Paragraph 3 mainly about?
- A. Environmental impacts of carbon removal.
B. Comparative analysis of removal methods.
C. Economic advantages of the Quebec facility.
D. Equatic's carbon capture mechanism.
- () 7. What sets the proposed Quebec plant apart?
- A. Its location. B. Its capacity.
C. Its priority. D. Its partnership.
- () 8. What is the author's perspective on marine carbon removal?
- A. It's energy-intensive.
B. It's a permanent fix.
C. It's down-to-the-ground.
D. It's an open question.

重点词句回顾

A. 词汇积累

1. strategic *adj.* 策略性的;战略的
2. overwhelming *adj.* 难以承受的;压倒性的
3. creativity *n.* 创造力;创造性
4. revolutionize *v.* 彻底改变
5. adoption *n.* 采用;收养
6. uptake *n.* 使用;吸收
7. start-ups *n.* 刚成立的公司
8. spring *v.* (sprang, sprung) 突然出现(或来到)
9. removal *n.* 去除;除去
10. solution *n.* 解决方案;溶液

B. 熟词生义

1. ...to truly transform farming **practices**, it still needs to be integrated with global data sets...(阅读 A)
practice *n.* 练习;实践→*n.* 通常的做法;常规(此处指农业操作方式)
2. At PhenoRob, researchers are integrating data into **monitoring** nitrogen levels. (阅读 A)
monitor *n.* 显示屏;监视器;班长→*v.* 监测;监控
3. What began three years ago as a US Department of Energy-funded research project out of the University of California Los Angeles has already grown

into a pair of **pilot** projects in Los Angeles and Singapore. (阅读 B)

pilot *n.* 飞行员→*adj.* 试点的

C. 长难句分析

The process for capturing carbon begins by pumping seawater into a tank and then using an electrical current to break down the water into oxygen (O_2) and hydrogen (H_2) gases and a solution, which is then reacted with the air, pulling carbon dioxide out of the atmosphere and chemically transforming it into two byproducts. (阅读 B)

【分析】本句为主从复合句。主句为 The process for capturing carbon begins by... and then using..., 定语从句 which is then reacted with the air... 修饰先行词 a solution(一种溶液), 现在分词短语 pulling... out of and chemically transforming... 作定语从句的结果状语。

【译文】碳捕获的过程首先是将海水泵入一个容器, 随后利用电流将水分解为氧气(O_2)、氢气(H_2)气体和一种溶液;接着, 这种溶液与空气发生反应, 从大气中分离出二氧化碳, 并通过化学反应将其转化为两种副产物。

① 阅读理解

A [2025·山西临汾高三二模]

体裁	主题语境	难度	词数
说明文	人与自然	☆☆☆	329

A green belt that **stretches** for 2,000 hectares (公顷) now completely rings the city of Ouagadougou. It began life back in the 1970s and its original aim is to reforest 2,100 hectares at an **annual** rate of 100 hectares against the desert that lies beyond the greenery, just a few steps away.

But a new stimulus has recently been given to the project, which seeks, beyond **holding back** the desert, to fight the heat and promote urban agriculture to help feed a city that has doubled its population in just 14 years. The deadly heatwave that hit the country in 2024 hammered home the urgency of what is now a vital project for the city.

“One of the objectives of the green belt is to lower the city’s temperature; that’s why we’re also planting trees,” said Moumini Sawadogo of the Spanish Red Cross, which financed a 2-hectare garden as part of the belt, including the construction of two water wells and training in agroecology. Research has shown that botanical gardens are the green spaces with the greatest capacity to lower city temperatures and that sites such as Royal Botanical Garden in London reduced air temperature during the heatwaves in the city streets by an average of 5°C.

City residents can have a **plot** of six beds. Cabbage, onion, mint, lettuce and papayas are now found in the plots. “My suffering has decreased because I have food and earn money,” said Ibundo, 55, who has lived his entire life collecting stones to sell—a job for those seeking to earn a daily living by any means. The belt can also offer a solution to people fleeing rural areas, who are accustomed to working the land, like Lassina Kahoré, 54, who used to work as a cereal farmer, but had to give up his farm. He now looks after six

beds of lettuce. “Where deserts once stole our hope, these leaves now write new stories,” he said.

- () 1. What is the initial goal of the green belt?
- A. To increase vegetable output.
B. To expand forest coverage.
C. To prevent land desertification.
D. To conserve water resources.
- () 2. What do the underlined words “hammered home” in Paragraph 2 probably mean?
- A. Hit. B. Emphasized.
C. Addressed. D. Ignored.
- () 3. Why is Royal Botanical Garden in London mentioned?
- A. To demonstrate the aid of Red Cross.
B. To prove the success of the green belt.
C. To illustrate the concept of designing gardens.
D. To show the cooling effect of botanical gardens.
- () 4. What does Lassina Kahoré’s statement imply?
- A. The benefits of global cooperation.
B. Improved quality of life by the project.
C. The necessity of training in agriculture.
D. Collective efforts made by local residents.

B

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆☆	370

The rapid spread of AI has people wondering: Who’s most likely to embrace (接受) AI in their daily lives? Many assume it’s those who understand how AI works that are most eager to **adopt** it. Surprisingly, our new research finds the opposite. People with less knowledge about AI are actually more open to using the technology. We call this difference in adoption tendency the “lower literacy-higher **receptivity**” link.

AI now performs tasks we once thought only humans could do. When AI creates a piece of art, or writes a **heartfelt** response, it can feel almost

magical—like it’s crossing into human territory. Of course, AI doesn’t actually possess human qualities. A chatbot might **generate** an empathetic (有同感的) response, but it doesn’t feel empathy. People with more technical knowledge about AI understand this. They know how algorithms (算法), training data, and computational models operate. This makes the technology less magical. On the other hand, those with less understanding may see AI as magical and awe-inspiring. We suggest this sense of magic makes them more open to using AI tools.

Our studies show this link is strongest for using AI tools in areas where people associate with human characteristics, like providing emotional support or counseling. When it comes to tasks that don’t cause the same sense of humanlike qualities—such as analysing test results—the pattern flips. People with higher AI literacy are more receptive to these uses because they focus on AI’s efficiency, rather than any “magical” qualities.

Efforts to boost AI literacy might unintentionally dampen people’s enthusiasm for using AI by making it seem less magical. This creates a tricky balance between helping people understand AI and keeping them open to its adoption. To make the most of AI’s potential, businesses, educators and policymakers need to strike a balance. By understanding how perceptions of “magicalness” shape people’s openness to AI, we can help develop new AI-based products and services that take the way people view AI into account, and help them understand the benefits and risks of AI.

And ideally, this will happen without causing a loss of the admiration that inspires many people to embrace this new technology.

- () 5. Why are less-informed people more open to AI?
- A. They trust its moral standards.
B. They admire the ability of AI.
C. They believe in its superior efficiency.
D. They prefer its technical complexity.

- () 6. What does the underlined word “flips” in Paragraph 3 probably mean?
- A. Breaks down. B. Takes shape.
C. Shows up. D. Turns over.
- () 7. What is the tricky situation regarding AI literacy?
- A. Balancing morals and capability.
B. Reducing fear while ensuring safety.
C. Familiarizing without losing wonder.
D. Prioritizing efficiency over magic.
- () 8. What is the author’s attitude towards using AI?
- A. Objective. B. Worried.
C. Sceptical. D. Dismissive.

II 阅读七选五 [2025·安徽马鞍山高三二模]

体裁	主题语境	难度	词数
说明文	人与自我	☆☆☆	243

Research shows that quality solo (独自的) time boosts happiness, reduces stress, and improves life satisfaction. 1. _____ With that in mind, we asked experts how to perfect the art of spending time alone.

Start with a low-risk outing. Write down what you’d like to do solo, ranked from the hardest activity to the least, says Jessica Gaddy, an enthusiastic solo traveller. Travelling internationally or attending a concert might be a 10, for example, while going to the park may be a three. 2. _____

“My clients usually come back and say, ‘Oh, that wasn’t so bad at all,’” Gaddy says.

Bring along a distraction (分散注意力的事物) at first. When you start going places alone, it can be helpful to have something to do, like reading a book or a journal. 3. _____ As you get more comfortable, you’ll likely engage more directly with your surroundings.

4. _____ On solo adventures, Samantha Elliott, a recent college graduate in a new city, tells herself that even though she may have arrived alone, she’s not actually there by herself; she’s surrounded by potential friends. That mindset shift has helped her meet lots of interesting people.

Celebrate your achievement. 5. _____
When you get home, spend a few minutes celebrating the experience, Sanna Khoja, a psychologist, suggests. Give yourself credit for stepping outside of your comfort zone, even if it felt hard or if things didn't go exactly as planned.

A. Turn to experts for help.
B. You can also attend a concert.
C. Focus on moments of connection.
D. Initially, distractions provide a sense of comfort.
E. It can even make you more productive and creative.
F. Then, find ways to make the easiest one less worrying.
G. You can think of going out alone as treating yourself to a date.

语法填空 [原创]——高考同源

<https://www.chinadaily.com.cn/a/202508/20/WS68a53feda310b236346f296d.html>

体裁	主题语境	难度	词数
新闻报道	人与社会	☆☆☆	216

Under the theme of “Racing Towards a Shared Intelligent Future”, the 2025 World Humanoid Robot Games (WHRG), 1. _____ (hold) from Aug. 14 to 17 in Beijing, brought together around 280 teams from 16 countries to compete in 26 events.

The four-day games drew moderate 2. _____ (inspire) from human sports competitions, including track and field events and gymnastics, to display 3. _____ latest advancements in robot technology. Each running, jumping, and competing humanoid robot represented a vivid display of human creativity 4. _____ technological skill. Beyond human-inspired competitions, the games also featured practical, skills-based challenges such as moving materials, sorting medicines, and cleaning in varied scenarios, 5. _____ (demonstrate) robots' real-world applications.

Among the most anticipated events 6. _____ (be) the 5v5 humanoid robot soccer match, entirely controlled by AI algorithms(算法) 7. _____ any human intervention. In the thrilling final, Tsinghua University's Hephaestus defeated a team from Germany 1-0 to claim the gold medal, relying on an 8. _____ (integrate) system where the robots decide on actions, 9. _____ (automatic) chase the ball, and perform defensive strategies.

Unlike human soccer, the roles of robots on the pitch can be easily changed. “Currently, our robots 10. _____ (assign) specific roles— forwards, defenders, and a goalkeeper,” a team member said. “But we can always take a robot off the field and change its role to adapt our strategy.”

重点词句回顾

A. 词汇积累

- stretch *v.* 延伸; 绵延
- annual *adj.* 每年的; 年度的
- hold back 阻止; 抑制
- plot *n.* 小块土地
- adopt *v.* 采用; 接受(技术、方法等)
- receptivity *n.* 接受能力; 感受性
- heartfelt *adj.* 真诚的; 衷心的
- generate *v.* 生成; 产生(内容、结果、能量等)

B. 熟词生义

- A green belt that stretches for 2,000 hectares (公顷) now completely **rings** the city of Ouagadougou. (阅读 A)
ring *n.* 戒指; 铃声 → *v.* 环绕; 包围
- Many assume it's those who understand how AI works that are most eager to **adopt** it. (阅读 B)
adopt *v.* 收养 → *v.* 采用; 接受(技术、方法等)

C. 长难句分析

By understanding how perceptions of “magicalness” shape people's openness to AI, we can help develop new AI-based products and services that take the way people view AI into account, and help them understand the benefits and risks of AI. (阅读 B)

【分析】句首 by 引导方式状语, 其中包含 how 引导的宾语从句; 主句为主谓宾结构 “we can help develop... and help them understand...”; that 引导定语从句修饰 products and services, 从句中 “people view AI” 为省略关系词的定语从句。

【译文】通过理解“神奇性”的认知如何影响人们对人工智能的接受度, 我们可以助力开发新的基于人工智能的产品和服务, 同时考虑到人们对人工智能的看法, 并帮助他们了解人工智能的好处和风险。

精练 4 完形填空+阅读理解(2篇)(限时:30 分钟)

Ⅰ 完形填空 [2025·广东汕头高三二模]

体裁	主题语境	难度	词数
记叙文	人与社会	☆☆☆	262

Earlier this year, I took a part-time job at Moonmilk, a cake and ice cream shop. While my **initial** 1 was simply to earn some extra cash, the connections and memories there far 2 the pay.

One **memorable** moment came when a local theatre manager 3 a cake to celebrate a(n) 4 victory against a landlord's unreasonable attempt to raise rent. Touched by their story, Moonmilk's owner waived (免除) the charge for it. Later, the manager 5 free theatre tickets to our staff in return for the 6.

I grew particularly fond of the interactions with some **elderly** customers. They showed genuine concern for me, often asking if I was tired after a long **shift**. One 7, always alone with a smile, was especially kind. He always selected an ice cream carefully and declared we 8 the best one in the city.

Then there was the one who frequently visited, 9 about our orange chocolate ice cream flavour, which we only offered during Christmas. Despite my 10 "no", his **persistence** became a source of joy on my tiring days, a reminder of the simple 11 in busy life. Every day, I experienced distinct happiness even though I had **numerous** tasks to 12 there.

As fall approaches, my schoolwork becomes more 13, forcing me to reduce my shifts at Moonmilk. However, I'll miss the summer 14 and the interactions there. The experience has 15 my bond with the community, which will last till the end of this year. Hopefully, the orange chocolate ice cream will return then.

- ()1. A. judgement B. approach
 C. response D. goal
- ()2. A. overestimated B. outweighed

- C. miscalculated D. undercharged
- ()3. A. ordered B. shared
 C. enjoyed D. delivered
- ()4. A. unexpected B. one-sided
 C. historic D. hard-won
- ()5. A. recommended B. gifted
 C. collected D. reserved
- ()6. A. service B. trust
 C. kindness D. discount
- ()7. A. regular B. colleague
 C. relative D. assistant
- ()8. A. purchased B. stored
 C. served D. shared
- ()9. A. talking B. inquiring
 C. hearing D. complaining
- ()10. A. impatient B. hesitant
 C. awkward D. consistent
- ()11. A. solution B. assignment
 C. pleasure D. truth
- ()12. A. simplify B. assign
 C. evaluate D. address
- ()13. A. demanding B. boring
 C. rewarding D. flexible
- ()14. A. sunshine B. rush
 C. peace D. camp
- ()15. A. restored B. broken
 C. strengthened D. weakened

Ⅱ 阅读理解

A [2025·河北二模]

体裁	主题语境	难度	词数
说明文	人与自然	☆☆☆☆	343

Scientists in Australia have used artificial intelligence (AI) to help them **locate** a rare bird called the Plains-wanderer. This new information will help scientists protect the birds, which are endangered.

The Plains-wanderer is a small bird that lives in Australia's grasslands. Not just any grasslands. Plains-wanderers are **picky**. There can't be too much grass or too little. Zoos Victoria, the group

behind the recent effort to locate Plains-wanderers, says the birds' number has fallen by over 85% in recent decades as grasslands have been turned into farms and cities. Scientists believe there are now only 250 to 1,000 of the birds left in the wild. Scientists have put the species into a "family" all by itself, since there are no other similar birds. The female Plains-wanderers are larger, and are in charge of protecting the territory while the male birds are smaller and take care of the eggs.

To protect these rare birds, scientists first had to learn where they were, so Zoos Victoria worked with Queensland University of Technology on a plan to locate the birds. Since Plains-wanderers were hard to **spot**, the team chose to "listen" for the birds instead. Female Plains-wanderers make an unusual "Ooom" call, and this is the key to locate them.

The researchers set up 35 special recording devices called "Song Meters" in nine different grassy areas where Plains-wanderers could possibly have been. Song Meters recorded all the sounds made in an area over a long period of time. The Song Meters collected tens of thousands of hours of recordings—far more than humans could analyse. So the researchers fed the recordings to an AI system trained to **identify** the calls of Plains-wanderers. The AI system discovered Plains-wanderer calls coming from two of the sites. The scientists double-checked and found that the AI system was correct. Chris Hartnett, who worked with Zoos Victoria, said it was like "finding gold".

The new information will help scientists protect the birds. And the researchers are still "listening", using Song Meters and AI to try to locate more of these Goldilocks birds.

- ()1. What is the primary cause for the Plains-wanderers' population decline?
A. Habitat loss.
B. Climate change.
C. Increased enemies.
D. Lack of food sources.
- ()2. What can we know about Plains-wanderers

- from Paragraph 2?
- A. Their physical characteristics are unique.
B. They are the only birds that live in grasslands.
C. They belong to a family with no close relatives.
D. The female are more responsible than the male.
- ()3. What does the underlined part imply in Paragraph 4?
A. The discovery is valuable.
B. The birds prefer the grassland.
C. The birds are as expensive as gold.
D. The protection of the birds is vital.
- ()4. Why is AI essential in this research?
A. It predicts the future population trends.
B. It replaces the need for human scientists.
C. It processes amounts of sound data efficiently.
D. It makes bird calls to attract Plains-wanderers.

B [2025·湖南长沙雅礼中学高三模拟(三)]

体裁	主题语境	难度	词数
说明文	人与自我	☆☆☆☆	367

In 1780, Jeremy Bentham wrote the first lines of the first chapter of one of his most famous works. It read, "Nature has placed mankind under the governance of two masters: pain and pleasure. It is for them alone to point out what we ought to do, as well as to determine what we shall do."

The British philosopher built an entire philosophy around this idea—that we are all motivated by pleasure and pain. Lucky for him, then, that almost all of the social sciences today agree with him. More than that, many behavioural scientists believe we can game our own mechanisms of pleasure and pain and achieve anything. It's all to do with something called "Skinner's Law".

Skinner's Law, named after American behaviourist B. F. Skinner, is that when you are procrastinating (拖延) or finding a task hard to get on with, you have two choices: either "make the

pain of not doing it greater than the pain of doing it” or “make the pleasure of doing it greater than the pleasure of not doing it”.

The next question is: Is it better to promise yourself pleasure or to threaten yourself with pain to achieve your goal? It turns out that pain is by far the stronger motivator. Daniel Kahneman won the 2002 Nobel Prize for a theory called “Prospect Theory”. He and Amos Tversky showed that we find pain more motivating than equivalent (等同的) pleasure.

Using all of this, here are two practical bits of advice.

Make a bet: find a friend or a family member, and bet them some sum of money or some item you value that you will do a certain thing. “Okay, dad,” you might say, “if I’m not 5 pounds lighter by my birthday, you can have my PlayStation 5.”

Social accountability: tell everyone you’re trying to do something. Tell them your target and your deadline. Keep people updated about your progress. This serves two purposes: to present the carrot and the stick. The carrot is that you get praise, support, and advice from your closest relatives. The stick is that you might be embarrassed or ashamed if you fail.

() 5. What are Bentham’s words mainly about?

A. The primary root of human suffering.

B. The driving forces behind human behaviour.

C. The fundamental principles of nature’s law.

D. The role of social sciences in understanding humans.

() 6. What does the underlined word “game” in Paragraph 2 mean?

A. Evaluate.

B. Control.

C. Strengthen.

D. Understand.

() 7. What does the author suggest readers do to stick with their task?

A. Enjoy the pain of losing things.

B. Work together with a trusted partner.

C. Inform others of their advancements regularly.

D. Keep reminding themselves of the deadline.

() 8. What is the best title for the text?

A. Overcoming procrastination: strategies for success

B. The origins of Skinner’s Law: a historical review

C. The power of pleasure: a behavioural science analysis

D. Reclaim your motivation: applying Skinner’s Law

重点词句回顾

A. 词汇积累

1. initial *adj.* 最初的;开始的
2. memorable *adj.* 难忘的;值得纪念的
3. elderly *adj.* 年长的;上了年纪的
4. shift *n.* 轮班;当班时间
5. persistence *n.* 坚持;执着
6. numerous *adj.* 众多的;许多的
7. outweigh *v.* 比……重要;超过,胜过
8. locate *vt.* 找到……的位置;定位
9. picky *adj.* 挑剔的
10. spot *vt.* 发现;认出
11. identify *vt.* 识别;辨认出

B. 熟词生义

Touched by their story, Moonmilk’s owner waived (免除) the **charge** for it. (完形填空)
charge *n.* 控告, 指控 → *n.* 费用; 价钱

C. 长难句分析

1. The researchers set up 35 special recording devices

called “Song Meters” in nine different grassy areas where Plains-wanderers could possibly have been. (阅读 A)

【分析】本句包含一个过去分词短语和一个定语从句。其中 called “Song Meters” 是过去分词短语作后置定语, 修饰 recording devices; where 引导定语从句, 修饰先行词 grassy areas.

【译文】研究人员在九个领鹑可能出现的不同草原区域安装了 35 台名为“声音记录仪”的特殊记录设备。

2. The carrot is that you get praise, support, and advice from your closest relatives. The stick is that you might be embarrassed or ashamed if you fail. (阅读 B)

【分析】两句均为主系表结构, 表语由 that 引导的表语从句充当; 第二句的表语从句中包含由 if 引导的条件状语从句。

【译文】奖励是你能从至亲那里得到赞扬、支持和建议; 惩罚是如果你失败了, 可能会感到尴尬或羞愧。

① 完形填空 [2025·山东淄博高三一模]

体裁	主题语境	难度	词数
记叙文	人与自我	☆☆☆	241

In my early 40s, I felt **stuck** in middle age. I decided to try out various 1 like playing a musical instrument and painting—but nothing really 2. Feeling a bit desperate, I made a tough choice: to take up ballet, even though I wasn't 3. I wanted to prove to myself that my body was capable of more, so I 4 an adult beginner class at the National Ballet School in Toronto. To 5 my confidence, I even wore a well-designed headband to my first class.

6, ballet brought me a lot of joy. The repetitive exercises, the physical effort, and even the critical feedback from my teacher felt 7 in a way they hadn't when I'd tried ballet as a kid. My teacher's 8 to “take up more space” and embrace **imperfection** left a **lasting** 9 on me, not only in ballet but also in my life. As a writer, I noticed how the struggle for perfection in ballet 10 my creative process.

Over the past eight years, ballet has 11 how I see and feel about my body. My movements are still far from perfect, but I've learned to 12 the small wins—a better pose, more 13, and growing strength. Now, at 50, I love the daily 14 and the reminder that my body is capable of so much.

For me, ballet isn't about being perfect—it's about 15 beauty in the journey of improvement.

- () 1. A. problems B. hobbies
C. excuses D. actions
() 2. A. existed B. happened
C. disappeared D. worked
() 3. A. sensitive B. outgoing
C. flexible D. optimistic
() 4. A. signed up for B. checked out
C. dropped in at D. logged in to

- () 5. A. express B. obtain
C. boost D. restore
() 6. A. Naturally B. Secretly
C. Undoubtedly D. Surprisingly
() 7. A. respectful B. meaningful
C. cheerful D. successful
() 8. A. guidance B. promise
C. purpose D. movement
() 9. A. burden B. pressure
C. dependence D. impression
() 10. A. explained B. mirrored
C. assessed D. designed
() 11. A. displayed B. maintained
C. transformed D. developed
() 12. A. celebrate B. witness
C. collect D. share
() 13. A. curiosity B. experience
C. judgement D. confidence
() 14. A. conflict B. challenge
C. competition D. puzzle
() 15. A. delivering B. presenting
C. finding D. proving

② 阅读七选五 [2025·江苏南通高三二模]

体裁	主题语境	难度	词数
说明文	人与自我	☆☆☆	272

We tend to think that our success is limited because of lack of money, time, and energy, but this is not necessarily true. Lack of self-worth is often the biggest roadblock on our path to living a **fulfilling life**. Not all of us recognize our individual worth and the contributions we make to the world. 1. _____

It might seem natural to measure your value by your income, physical appearance, job title, or social media popularity. 2. _____ Because these aspects of your life can change at any moment, it's more useful to consider inner values such as compassion, generosity, leadership, respect, and kindness. 3. _____ We all have a self-talk that points out our shortcomings and failures.

Whenever you begin criticizing yourself, stop and pause for a minute. Consider the virtue of what this voice is telling you. Is what you hear **an objective fact**? Is it useful and kind? If the answer is no, then this criticism is not worth paying attention to.

You alone are responsible for your self-worth. Regardless of other people’s words, thoughts, and opinions about you, you can still choose how you view yourself. 4. _____ Don’t wait for people to confirm your value. Instead, do it with your internal dialogue and your actions.

We all **mess up** sometimes—it’s part of being human. 5. _____ It’s easy to extend kindness and forgiveness to others, but you have to do yourself the same favour. There’s no point in worrying about your mistakes or upsetting over the not-so-good decisions from the past. Self-compassion is about believing that you are worthy of love regardless of what you do or fail to do.

- A. Don’t let your inner criticism rule your thoughts.
- B. What matters is what you think about yourself.
- C. All these do not determine your value and self-worth.
- D. But when you do, you must forgive yourself and let it go.
- E. Treat yourself with the love and care that others give you.
- F. Pay attention to the perceptions about where you should be.
- G. Nevertheless, you can build self-worth by practising self-care.

语法填空 [原创]——高考同源

http://www.chinadaily.com.cn/a/202508/13/WS689bd07ca310b236346f1578_5.html

体裁	主题语境	难度	词数
说明文	人与社会	☆☆☆	223

The Jiangsu Football City League phenomenon has set off a nationwide wave of popular grassroots soccer leagues this summer, and inspired 1. _____ (supporter) passion for the sport once more.

Called the “Jiangsu Super League” 2. _____ “Suchao”, the amateur provincial league

has been a hit—both online and in stadiums—loved 3. _____ its huge crowds, exciting play and lively fan exchanges.

“The popularity of the Suchao is a remarkable development in China’s grassroots sports scene and leagues such as the Suchao offer a 4. _____ (refresh) model grounded in community spirit and shared joy,” said Michal Dahl, an associate professor 5. _____ is from Beijing Sport University.

According to Dahl, while competition is at the heart of the league, what truly matters 6. _____ (be) the emotional bond that fans form with their cities and teams—this deep connection inspires civic pride and a sense of belonging. The Suchao has channeled this energy into sport, 7. _____ (create) a healthy, celebratory form of competition that fuels both passion and pride. Rooted in inclusion, 8. _____ (diverse), and shared passion, this model offers a vision of sport that is more community-centred and accessible.

9. _____ (virtual), with over 100 cities having more than 1 million residents and only 16 professional soccer teams in the top-tier league, there is enormous potential in China 10. _____ (engage) untapped fan bases.

IV 阅读理解 [2025·安徽安庆高三二模]

体裁	主题语境	难度	词数
说明文	人与自然	☆☆☆	350

As dark sky shelters grow in popularity, scientists are revealing more of the benefits of darkness—from enhancing cellular repair to improving your mental health.

“Brightening our days and darkening our nights is critical to our health,” says Lynne Peoples. Finding a timely balance between light and dark helps us stay healthy. Researchers are starting to explore the health benefits of spending time in natural darkness. We now know that staying in the dark can contribute to better health.

And that’s not all that darkness can do for you. A 2020 study showed that spending time in the dark can reduce **anxiety** and depression. It has long been clear that spending time in nature is good

for your mental health—and a 2024 study published in the *Journal of Environmental Psychology* suggests that the benefits hold true at night as well as during the day.

The psychological benefits of spending time in the dark can be found. Both **mindfulness** and creativity can be encouraged by darker spaces. There is a deeper reason why the lights go down before the curtains rise in theatre productions and cinemas: darkness creates a space where imaginations can flow more freely.

For those who live in places with too much darkness: try sun lamps, which can be switched on and off to help reset body clocks. One of the biggest barriers to accepting the dark may be the negative values we attach to it, including the belief that darkness is linked to **disorder** and crime (leading to more street lights in so many parts of the world) as well as to our deep-rooted fear of all things that make strange noises in the night.

Artists, poets, and songwriters have long understood our fear of the dark as well as the comfort it can bring us. For me, the Simon & Garfunkel's song *The Sound of Silence* sums it up. It begins with “Hello darkness, my old friend”. This shows why sometimes we need to get away from the light. It reminds us that some of our most meaningful times of **restoration** and

understanding happen in the dark.

- () 1. What phenomenon is described in the first two paragraphs?
- A. The development of cellular technology.
B. The latest findings of darkness.
C. The importance of spending time in nature.
D. The popularity of dark sky shelters.
- () 2. What does the 2024 research show?
- A. Light and dark are equally good for health.
B. People should stay in the dark most of the time.
C. Bad moods arise from the polluted environment.
D. The scientific exploration has a long way to go.
- () 3. What does the author imply about darkness in Paragraph 5?
- A. It can inspire imagination.
B. It causes disorder in society.
C. It worsens living conditions.
D. It brings about negative views.
- () 4. Which is a suitable title for the text?
- A. The problem of light pollution
B. The rise of dark sky shelters
C. The benefits of natural darkness
D. The exploration of darkness

重点词句回顾

A. 词汇积累

1. stuck *adj.* 陷入困境的; 停滞不前的
2. imperfection *n.* 不完美
3. lasting *adj.* 持久的
4. a fulfilling life 充实的生活
5. an objective fact 一个客观事实
6. mess up 搞砸; 出错
7. anxiety *n.* 焦虑
8. mindfulness *n.* 正念; 关注
9. disorder *n.* 混乱
10. restoration *n.* 恢复; 修复

B. 熟词生义

1. As a writer, I noticed how the struggle for perfection in ballet **mirrored** my creative process. (完形填空)
mirror *n.* 镜子 → *vt.* 反映; 映照

2. Regardless of other people's words, thoughts, and opinions about you, you can still choose how you **view** yourself. (阅读七选五)
view *n.* 观点; 风景 *v.* 观看; 查看 → *v.* 看待; 把……视为

C. 长难句分析

There is a deeper reason why the lights go down before the curtains rise in theatre productions and cinemas: darkness creates a space where imaginations can flow more freely. (阅读理解)

【分析】本句包含两个定语从句。第一个定语从句由 why 引导, 修饰先行词 reason; 冒号后的内容是对 deeper reason 的解释说明(同位语), 其中包含第二个定语从句, 由 where 引导, 修饰先行词 space。

【译文】在戏剧演出和电影放映中, 幕布升起前灯光会变暗, 这背后有一个更深层的原因: 黑暗能创造一个空间, 让想象力更自由地驰骋。