



第一部分 听力(共两节,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. What does the woman want to do?
A. Find a place. B. Buy a map.
C. Get an address.
- ()2. What makes the man suffer from hair loss in the woman's view?
A. His diet. B. His genes.
C. His poor sleep.
- ()3. When does the man want to get to the airport?
A. At 2:30. B. At 3:45. C. At 4:15.
- ()4. What are the speakers talking about?
A. Where to buy tickets. B. When to take a train.
C. How to go to the cinema.
- ()5. What season is it now?
A. Autumn. B. Spring. C. Winter.

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. How does the woman most likely feel?
A. Sorry. B. Disappointed.
C. Annoyed.
- ()7. What has happened to the woman recently?
A. She failed in the exams several times.
B. She moved out of her brother's house.
C. She turned in papers late.

听第7段录音,回答第8至10题。

- ()8. What's the relationship between the speakers?
A. Classmates. B. Guide and traveller.
C. Mother and son.

- ()9. Why will the speakers start with the Time Square?
A. It's the city centre. B. It's within easy reach.
C. It's a place of interest.
- ()10. Why does the woman consider the man lucky?
A. Honey cake is on sale.
B. His schedule can be carried out.
C. He has a chance to enjoy a big event.

听第8段录音,回答第11至13题。

- ()11. What is the problem of the woman's son?
A. Eating meat too much. B. Disliking vegetables.
C. Weaker than his classmates.
- ()12. How old is the woman's son?
A. Almost ten. B. Almost eleven.
C. Almost twelve.
- ()13. What does the man suggest the woman make for her son?
A. Chips. B. Ice cream. C. Salads.

听第9段录音,回答第14至16题。

- ()14. What does the man probably think of Sam?
A. Rich. B. Poor. C. Careless.
- ()15. What will the woman do with her aunt this afternoon?
A. Go shopping. B. Talk to Sam.
C. Play table tennis.
- ()16. Why will the woman's father drive to the neighbouring city tomorrow?
A. To meet a friend. B. To attend a meeting.
C. To go sightseeing.

听第10段录音,回答第17至20题。

- ()17. When will the Student Welfare Office be open tomorrow?
A. From about 8 am to 4 pm.
B. From about 9 am to 8 pm.
C. From about 4 pm to 8 pm.
- ()18. What benefit can students get with university identity cards?
A. Free textbooks. B. Book sale entry.
C. Discounts at some local shops.
- ()19. Where will the book sale be held next week?
A. In the library. B. In the canteen.
C. In the Student Welfare Office.
- ()20. What can we learn from the speech?
A. The cookery course is very popular.
B. Students can buy new books at a low price.
C. The Student Welfare Office is open all day on weekdays.

第二部分 阅读(共两节,满分50分)

第一节(共15小题;每小题2.5分,满分37.5分)

阅读下列短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

A [2026·吉林省长春市高一期末]

As April 18 marks the International Day for Monuments and Sites, also known as World Heritage Day, we've selected four archaeological sites in China that deserve exploration.

Zhoukoudian, Beijing

Zhoukoudian, a UNESCO heritage site located 50 km from downtown Beijing, has been a significant site. At various parts of the site, scientists have unearthed the remains of early human "Peking Man" that date back more than 500,000 years, as well as of "Shandong Man", who lived 30,000 years ago.

Sanxingdui Ruins site, Sichuan Province

As one of the greatest archaeological finds of the 20th century, the Sanxingdui Ruins are believed to be the remains of the Shu Kingdom, dating back at least 4,800 years and lasting over 2,000 years. The ruins are located in Guanghan City in Southwest China's Sichuan Province, covering 12 square kilometres.

The Yinxu Ruins site, Henan Province

The Yinxu Ruins site, a UNESCO World Heritage Site in Anyang City, Henan Province, was an ancient capital of the Shang Dynasty (16th century BC-11th century BC). Spreading across over 30 square kilometres, the site features the greatest number of oracle bone inscriptions (甲骨文) discovered so far in the world.

The Daming Palace, Shaanxi Province

Famous for its super-large scale and magnificent buildings, Daming Palace was the main royal palace in the Tang Dynasty (618-907) where Tang emperors lived and dealt with state affairs. Covering 3.2 square kilometres, it fully demonstrates the majestic style of grand architecture during the Tang empire.

- ()21. Which site reflects the earliest human?
A. Zhoukoudian.
B. The Yinxu Ruins site.
C. The Daming Palace.
D. Sanxingdui Ruins site.
- ()22. What is the Yinxu Ruins site known for?
A. The grand architecture.
B. Oracle bone inscriptions.
C. Royal palace in the Tang Dynasty.
D. The remains of the Shu Kingdom.



- () **23.** What was the Daming Palace used for in the Tang Dynasty?
- A. Unearthing early human remains.
B. Being the royal palace for living and state affairs.
C. Preserving oracle bone inscriptions.
D. Being the capital of the Shu Kingdom.

B [2026·黑龙江省牡丹江市高一期末]

Jake Lee Pinnick is busy preparing food, clothing and house decorations, putting up couplets and visiting friends with his family to celebrate the Spring Festival, or the Chinese Lunar New Year.

In 2010, the 32-year-old American travelled to the Wudang Mountains, a UNESCO World Cultural Heritage Site in central China’s Hubei Province, to learn martial arts. Pinnick said he was very interested in Chinese kung fu from a young age.

When Pinnick first arrived in the Wudang Mountains, he had no earlier training or martial arts experience, so he began with a five-year training programme, learning the basics and all about Taoist culture. Pinnick said the first six months were the hardest, because he had to train for eight or nine hours, six days a week, whatever the temperature outside.

After over a decade of hard training, he has mastered various forms of Chinese kung fu, including Tai Chi and Qigong, and become a guider with about 200 apprentices (学徒) in China. This year is the 13th Spring Festival that Pinnick has spent in China. He likes the Spring Festival and the traditions here. He also teaches his daughter Selina Lee Pinnick these traditions.

As the new year begins, people are starting new chapters in their lives and making resolutions. Pinnick also has many plans and wishes—he plans on making more efforts to learn the Chinese language this year. In addition to learning Chinese, Pinnick will continue to learn about traditional Chinese culture and how to play Chinese musical instruments in his leisure time, and he will share his experience on social media.

“I think that the experience I’ve had, being a foreigner coming to China and learning the culture from outside, is unique. I hope to introduce Chinese kung fu and traditions to more Westerners,” he said.

- () **24.** What was Pinnick’s main reason for travelling to the Wudang Mountains?

- A. To learn Chinese kung fu.
B. To know about Taoist culture.
C. To visit some places of interest.
D. To celebrate the Spring Festival.

- () **25.** Which of the following best describes Pinnick?

- A. Well-rounded. B. Generous.
C. Hard-working. D. Selfless.

- () **26.** What can we infer about Pinnick according to the article?

- A. He planned to open a Chinese kung fu school.
B. He became skilful at different kinds of kung fu.
C. He asked his daughter to learn Chinese musical instruments.
D. He practised kung fu before coming to the Wudang Mountains.

- () **27.** Why does Pinnick hope to share his experience on social media?

- A. To become famous online.
B. To take in more apprentices.
C. To show his unique experience.
D. To act as a bridge between cultures.

C [2026·湖南省长沙市高一期末]

Walking 10,000 steps a day has long been a fitness standard. But a new study suggests that walking’s health benefits keep going up until we hit about 7,000 steps—after which they stop rising. As daily goals go, that’s a bit easier to hit.

“Many studies show that walking strengthens the heart while also reducing weight and blood sugar levels,” said Keith Baar, a professor at the University of California, Davis. The new study examined connections across a much wider range of conditions, and found that walking 7,000 steps a day was connected with a lower risk of Type 2 diabetes (2 型糖尿病) and cancer death, compared with 2,000 steps. Experts said the most surprising finding was the nearly 40 percent lower risk of dementia (痴呆症) in people who walked 7,000 compared to 2,000 steps a day.

For many years, 10,000 steps have been seen as the magic standard for good health. But the recommendation is more legend than science, and researchers have questioned it in recent years.

“We don’t have any proof of 10,000 steps,” said Melody Ding, an expert at The University of Sydney School of Public Health and

the lead author of the new study. “It’s just a really big random number that people throw out there.” The analysis found that there was no big difference in the risk of falls, cancer, and Type 2 diabetes between people who walked 7,000 compared to 10,000 steps per day.

The health benefits of walking are like juicing an orange: the first few presses give the most juice, but after a while, things start to dry up. In the study, increasing from 2,000 to 4,000 steps a day was connected with a 36 percent lower risk of death, while going from 4,000 to 7,000 was connected with a 17 percent lower risk. The benefits flattened further beyond that.

Higher step counts are not harmful, said Hannah Arem, a professor at MedStar Health Research Institute in Washington, but nobody needs to feel guilty if they can’t hit 10,000.

- () **28.** What does the new study find about the health benefits of walking?

- A. Benefits disappear after 7,000 steps.
B. Benefits reach the highest point at 7,000 steps.
C. Benefits of 2,000 and 7,000 steps are the same.
D. Benefits continue to increase up, to 10,000 steps.

- () **29.** What is Paragraph 2 mainly about?

- A. How to develop the habit of walking.
B. The recommended daily workout goal.
C. Why everyday walking helps the heart.
D. The benefits of walking 7,000 steps daily.

- () **30.** What can we learn about the 10,000-step standard?

- A. It is widely recommended by experts.
B. It can be achieved easily by many people.
C. It can actually bring more harm than good.
D. It is a made-up one without scientific facts.

- () **31.** Why is the orange-juicing mentioned?

- A. To explain the dropping benefits with increased steps.
B. To show that walking styles influence health benefits.
C. To stress that walking is as tiring as juicing an orange.
D. To prove the connection between walking and weight loss.

D [2026·安徽省阜阳市高一期末]

While in space, the liquid-filled parts in the brains of astronauts(宇航员) become larger to fit in with microgravity (微重力). But after a space task, these structures might take three years

to go back to normal, researchers report.

At the brain’s centre sit four ventricles (脑室) filled with liquid that protects the organ and clears out waste. But with little gravity in space, fluids increase in an astronaut’s head. So the ventricles take in more fluid and expand(扩大), says space scientist Rachael Seidler of the University of Florida.

Researchers knew that astronauts often return to Earth with enlarged ventricles. But Seidler and colleagues wanted to see if time spent in space or time between two flights affects how much the brain changes during a space task.

The team examined MRI (核磁共振) brain scans of 30 astronauts from before and after one of each astronaut’s tasks. Results showed that the longer the task, the more the ventricles seemed to expand. While two-week trips left a minimal effect on ventricles, 6- and 12-month tasks resulted in more discernible enlargement. The two longer periods led to similar amounts of expansion, suggesting the expanding slows after six months in space.

For the 18 astronauts who had flown before, time between tasks also made a difference. In those who last visited space three to nine years before, their ventricles expanded during the task. But ventricles grew little to none in astronauts whose last spaceflight took place less than three years before, which suggests their brains may not have had enough time between tasks to fully recover, the scientists say.

“I’m glad that the researchers are looking at this question,” says neuroradiologist Donna Roberts of the Medical University of South Carolina. “There are so many variables that could play a role in the brain changes that we’re seeing.” Spaceflights’ effects on the brain are even more pressing now that NASA aims to send people to Mars, which could be a two-year round trip, she notes. “Everybody talks about the rocket technology to get to Mars, but the humans are the real difficult task.”

- () **32.** What happens to their brains when astronauts go into space?
- A. Their waste increases.
B. Their liquid flows faster.
C. Their memory areas expand.
D. Their ventricles become larger.

- () **33.** Which of the following can replace the underlined word “discernible” in Paragraph 4?
- A. Acceptable. B. Controllable.
C. Noticeable. D. Dependable.
- () **34.** What does Donna think of sending people to Mars?
- A. It’s pressing.
B. It makes her glad.
C. It’s challenging.
D. It has proven technology.
- () **35.** Which can be the best title for the text?
- A. Human brains function better in microgravity
B. Astronauts need longer time between flights
C. Spaceflights become more popular and pressing
D. Space exploration faces technological challenges

第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

[2026·陕西省西安市多校联考高一期末]

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。

What is heritage? The word can be difficult to define. Heritage is always something that is passed down by families or other groups for many years. 36. _____ It can also be the customs, traditions, and values shared by groups of people. One way to think about heritage is to break it down into three groups. These are the tangible(有形的), the natural, and the intangible.

37. _____ It can include many human-made objects that hold cultural value. Some examples are national monuments and works of art. Many ancient sites are also part of this group. On a smaller scale, a family home can be part of an individual’s heritage.

Many parts of the natural world are also important to cultural heritage. This can include bodies of water, plant life, landforms and more. One example is the Nile River. 38. _____ Efforts to protect natural heritage are key in many cultures.

The intangible group includes any part of cultural heritage that you can’t feel through touch. Maybe you’ve read about forms of dance, like Flamenco dancing. You might know about the music of Mariachi Bands or holidays like the Dragon Boat Festival. These are all examples of intangible heritage. 39. _____

Exploring your own heritage can be fun. It can help you learn about yourself, your family, and your ancestors. But it’s also important to learn about the heritage of others. 40. _____ It can also lead you to find things you may have in common with others!

- A. They are treasures that can be touched.
B. What tangible things can be part of heritage?
C. However, heritage isn’t limited to physical objects.
D. Languages, holidays and customs also make the list.
E. Therefore, it’s difficult to protect them from fading away.
F. Doing so can help you build a stronger understanding of other cultures.
G. It has been part of cultural heritage in many African nations for centuries.

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)

[2026·浙江省杭州市高一期末]

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。

“You will never truly know yourself, or the strength of your relationships, until both have been tested by adversity (逆境).” These are the words of J.K. Rowling, who 41 adversity in its many forms, having lived through and learned from it herself. A great storyteller, Rowling has experienced personal troubles, from economic 42 to depression (抑郁), on her road to literary success.

However, it was in this helpless space that Rowling 43 writing her first novel. It struck Rowling that the magical story of Harry Potter could be 44 while she was on a train journey. With the story growing, Rowling had a dream—to 45 this story with readers, both young and old. With great 46, Rowling spent hours in nearby cafés enthusiastically 47 her story—her daughter in her baby carriage nearby.

Once the first three chapters were completed, Rowling sent it to several 48. Twelve 49 it while the thirteenth gave her the 50 up. In 1997, *Harry Potter and the Philosopher’s Stone* hit the shelves and became a 51 success, marking the beginning of the “Potter Era”. The seven-book 52 had sold 450 million copies in 78 languages worldwide. Within a decade, Rowling made a multi-million dollar fortune and 53 herself as the most successful literary author.

It took many years of determination and hard work for Rowling’s creative talent to 54. But when the story was published, her life was changed from the ordinary to the 55.

- () **41.** A. understands B. faces
C. overcomes D. remembers

- ()

42.

A. efforts

B. struggles
- C. reasons

D. strikes
- ()

43.

A. delayed

B. taught
- C. began

D. finished
- ()

44.

A. created

B. designed
- C. discovered

D. invented
- ()

45.

A. share

B. provide
- C. equip

D. present
- ()

46.

A. concentration

B. determination
- C. contribution

D. description
- ()

47.

A. talking about

B. giving in
- C. working out

D. turning to
- ()

48.

A. librarians

B. printers
- C. friends

D. publishers
- ()

49.

A. revised

B. recommended
- C. recognized

D. refused
- ()

50.

A. thumbs

B. hands
- C. fingers

D. arms
- ()

51.

A. global

B. social
- C. limited

D. formal
- ()

52.

A. products

B. projects
- C. works

D. series
- ()

53.

A. established

B. regarded
- C. presented

D. saw
- ()

54.

A. recover

B. appear
- C. shine

D. develop
- ()

55.

A. helpless

B. imaginative
- C. hopeless

D. magical

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

[2026·湖北省武汉市高一期末]

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。

Traditional handcrafts, 56. _____ (date) back to the earliest stages of human civilization, carry the wisdom, aesthetic tastes 57. _____ daily-life skills of our ancestors across thousands of years. These crafts are not just products but tangible records of how our ancestors interacted with nature. Over the centuries, the tide of modern industrialization 58. _____ (sweep) across the globe at an incredible speed. 59. _____ the obvious advantages of machine-made products, handcrafts have 60. _____ unique warmth and skill that cannot be copied by

machines, for every handcrafted item bears the maker’s skill and even subtle emotions.

The making process of handcrafts 61. _____ (emphasize) every tiny detail with strict standards, from the careful selection of raw materials that meet strict quality requirements to the complex polishing of the final product through repeated trials. 62. _____ (promote) these precious treasures and let more people recognize their value, many artists have organized various activities, including different 63. _____ (exhibition) that showcase the evolution of handcrafts. Their constant efforts aim to pass these valuable intangible 64. _____ (culture) heritages on to future generations.

A worthwhile 65. _____ (compare) throughout the long river of human civilization clearly shows that handcrafts are not just ordinary goods for daily use or decoration, but also living carriers of history and human spirit.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分) [2026·福建省龙岩市高一期末]

假定你是李华,你的外国朋友 Peter 对中国非物质文化遗产(intangible cultural heritage, ICH)很感兴趣。请你给他写一封电子邮件,介绍一种你熟悉的中国非物质文化遗产,如剪纸,竹编,风筝等。内容包括:

1. 该项非遗的特点及文化寓意;
2. 保护的措施及意义。

注意:1. 写作词数为 80 个左右;
2. 可适当增加细节,以使行文连贯。

Dear Peter,

Yours,

Li Hua

第二节(满分 25 分) [2026·山西省晋中市高一期末]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

On a sunny afternoon, a young boy named Liam stood on a busy street corner selling packets of tissues. His clothes were simple, and his worn-out shoes had a small hole near the toe.

Just then, a smooth, black car stopped near him. A kind-

looking man, Tom, rolled down the window and asked, “How much for the tissues, young man?” “One dollar each, sir,” Liam replied politely. “I’ll take them all,” Tom said with a warm smile. He handed Liam a ten-dollar bill and drove away with the tissues. Liam’s eyes widened with joy. “Thank you, sir!” he shouted, holding the money tightly.

Feeling excited, Liam decided to buy something he wanted most: a pair of new shoes. The ones he wore were too small and hurt his feet every day. He hurried to a shoe store he had passed many times. Through the big window, he saw a perfect pair of brown shoes. They looked strong and comfortable. But the price tag said \$ 100. Liam stopped. He leaned closer to the glass, staring at the shoes.

Tom happened to drive past the store and noticed Liam standing by the window. He slowed down. From a distance, Tom saw the shopkeeper step out and speak gently to Liam. Then Tom saw the sadness on Liam’s face. Though Liam said nothing, Tom noticed how Liam’s fingers tightened around the ten-dollar bill and how his eyes returned to the brown shoes.

At that sight, memories rose uninvited. Tom remembered his own childhood—the days of worn shoes and the shame he once felt when help came in the wrong way. But Tom also remembered one moment clearly: a stranger had helped him, saying only, “Keep going. You’ll earn your way forward.”

Standing there, Tom finally understood. The boy did not need pity but the same respect he himself had once been given. It was at that moment that Tom made up his mind.

注意:续写词数应为 150 个左右。

Paragraph 1:

Tom entered the shoe store and went straight to the shopkeeper. _____

Paragraph 2:

After paying ten dollars, Liam opened the shoe box, finding a card inside. _____
