

听力部分

一、听后选择(共两节,21 分)

第一节 听短对话选择(共 4 小题;每小题 1.5 分,共 6 分)

听下面四段对话。每段对话后有一道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听对话前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话你将听一遍。

- ( )1. Where did the man hear the joke about the chicken?  
A. In his office. B. On a TV show.  
C. At a comedy club.
- ( )2. Why didn't the man get the job?  
A. He told jokes during his interview.  
B. He lacked professional skills.  
C. The interviewer liked humour.
- ( )3. What is the man's favourite comedy series?  
A. *The Office*. B. *Friends*.  
C. *Comedy Nine-Nine*.
- ( )4. When did the man first watch a live comedy show?  
A. 2016. B. 2019. C. 2026.

第二节 听长材料选择(共 10 小题;每小题 1.5 分,共 15 分)

听下面五段对话或独白。每段对话或独白后有两道小题,从每题所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你有 5 秒钟的时间阅读每小题。听完后,每小题给出 5 秒钟的作答时间。每段对话或独白你将听两遍。

听下面一段对话,回答第 5 至第 6 小题。

- ( )5. When does the celebration start?  
A. At 5:15 pm. B. At 5:40 pm.  
C. At 6:10 pm.
- ( )6. How does the man respond to the woman's idea of writing a review?  
A. Supportive. B. Disapproving.  
C. Unconcerned.

听下面一段对话,回答第 7 至第 8 小题。

- ( )7. What will the man do on Saturday?  
A. Attend a concert.  
B. Watch TV at home.  
C. Go to the amusement park.
- ( )8. What is the probable relationship between the speakers?  
A. Friends. B. Classmates. C. Neighbours.

听下面一段对话,回答第 9 至第 10 小题。

- ( )9. What happened to the woman's cousin after saving money?  
A. She felt weak and had to see a doctor.  
B. She bought a laptop at a great discount.  
C. She invented a new instant noodle recipe.
- ( )10. Why does the man say the woman's cousin "literally paid an arm and a leg"?  
A. Because she injured herself while saving money.  
B. Because the medical bill was very expensive.  
C. Because she sold her laptop to pay the doctor.

听下面一段对话,回答第 11 至第 12 小题。

- ( )11. What does the man want to buy?  
A. A new laptop. B. A mobile phone. C. A camera.
- ( )12. How does the woman know the man's e-mail?  
A. He just told her. B. She found it online.  
C. He is her old customer.

听下面一段独白,回答第 13 至第 14 小题。

- ( )13. What is special about science books?  
A. They have many pictures.  
B. They tell true facts.  
C. They are fun to read.
- ( )14. Why does the speaker give the talk?  
A. To help parents guide kids in choosing good books.  
B. To ask parents to buy more books.  
C. To introduce a new library.

二、听后记录并转述(共两节,15 分)

本大题共两节。第一节,听两遍短文,根据所听内容和提示,将所缺的关键信息填写在相应位置上,每空只需填写一个词。第二节,听第三遍短文,根据所听内容和提示进行转述。

第一节 听后记录信息(共 4 小题;每小题 1.5 分,共 6 分)

现在,你有 1 分钟的时间浏览提示信息。

| Tips for joining a book club |                                                                                                                                                                                                                 |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 15. _____ the right club     | <ul style="list-style-type: none"><li>• Decide what kind of books you love</li><li>• Pick a club that matches your interests</li></ul>                                                                          |
| Participate 16. _____        | <ul style="list-style-type: none"><li>• Make small 17. _____ to discussions</li><li>• Try sharing your thoughts</li><li>• Prepare a few questions in advance</li></ul>                                          |
| Keep an open mind            | <ul style="list-style-type: none"><li>• Don't feel discouraged when others disagree with your views</li><li>• See 18. _____ perspectives as opportunities...</li><li>• Listen to others' explanations</li></ul> |

下面,请在 90 秒钟内将所缺信息填写到指定的答题区域。

第二节 转述短文内容(本节 9 分)

请再听一遍短文,完成转述。

你的转述可以这样开始:

*Sam Smith shares tips for joining a book club...*

下面,请准备录音。听到录音提示音后,在 2 分钟内完成转述。

三、朗读短文并回答问题(共两节,14 分)

第一节 朗读短文(本节 8 分)

现在,你有 1 分钟的时间浏览内容并做录音准备。

Magazines are a popular form of print media that provide information, entertainment, and inspiration on various topics. They can cover subjects like fashion, science, travel, or current events, satisfying diverse interests. Magazines are often published weekly, or monthly, offering readers fresh content regularly.

Reading magazines has several benefits. They help improve knowledge, keep readers updated on trends, and provide a break from digital screens. Magazines often feature diverse perspectives on various topics, which broadens our horizons and enriches our understanding of the world.

To make the most of magazines, consider these tips. First, choose magazines that suit your interests. Second, set aside regular time to read them, such as during travelling or before bed. Lastly, share magazines with friends or family to have discussions and exchange ideas.

下面,请准备录音。听到录音提示音后,在 90 秒钟内完成朗读。

第二节 口头回答问题(共 3 小题;每小题 2 分,共 6 分)

下面,请根据所朗读的内容口头回答 3 个问题,每个问题你将有 15 秒钟的准备时间,在听到录音提示后,你有 30 秒钟的时间作答。请回答第 1 小题。现在,你有 15 秒钟的时间做答题准备。

Question 1: What are magazines?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 2 小题。现在,你有 15 秒钟的时间做答题准备。

Question 2: How do magazines benefit readers?

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

请回答第 3 小题。现在,你有 15 秒钟的时间做答题准备。

Question 3: Please list two tips on making the most of magazines.

下面,请准备录音。听到录音提示音后,在 30 秒钟内完成作答。

笔试部分

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)

[2026·北京市怀柔区第二中学高二期末]

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。

The tornado blew through on a Sunday. Since we were visiting grandparents in Raleigh, we had no idea that 70 miles away the big tree in our front yard 1 and destroyed our house.

When we returned, we were   2   to see Mr Flores and his sons in our yard, cleaning up the   3   yard and cutting the thick branches of the fallen tree. They were covered in sweat and dirt. But the thing is, we   4   knew them then.

Mr Flores said, “Clearly, you cannot sleep in this house tonight. Come and speak to my wife. She’ll help you figure out what to do.” My mum usually hated to be a bother, but as she took in the   5   of our broken home in the failing light, she sighed,   6   my hand, and followed our neighbour to their house.

“My wife is changing the   7   on the bed for you, and there’s some lemon cheese cake on the table,” Mr Flores opened the door and said.

“Please don’t   8   yourself. I think I’d call a hotel and see about a room,” my mum said. But before she could finish it, Mrs Flores smiled at us warmly, “Your room is ready. I know it’s more   9   to give than receive, but allow yourself to receive a place to stay, and allow us the opportunity to give you something you need!”

We stayed at Flores’ home for 2 weeks with great gratitude. The tornado ruined our house, but surprisingly   10   our heart together.

- ( )1. A. fell            B. flew            C. blew            D. grew
- ( )2. A. delighted    B. surprised    C. interested    D. relieved
- ( )3. A. quiet           B. crowded    C. beautiful    D. messy
- ( )4. A. gradually    B. deeply        C. hardly        D. perfectly
- ( )5. A. sense           B. sight           C. dust            D. pieces
- ( )6. A. reached for B. applied for    C. waited for    D. searched for
- ( )7. A. appearance B. material       C. sheets        D. styles
- ( )8. A. trouble        B. handle        C. delay           D. defend
- ( )9. A. shocked        B. encouraged C. frightened    D. sensitive
- ( )10. A. parted        B. expressed    C. bridged        D. enjoyed

第二节(共 10 小题;每小题 1.5 分,共 15 分)

[2026·北京市东城区高二期末]

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。

**A**

Although studying abroad can bring young people great benefits, I think the disadvantages are 11. \_\_\_\_\_ (great). Some students may struggle and suffer from culture shock when learning 12. \_\_\_\_\_ to behave in new surroundings. Other students are not mature enough to handle the challenges by themselves and may become depressed. Furthermore, a point 13. \_\_\_\_\_ (consider) is that while studying abroad does have potential benefits, young people who study in China also have a great future to look forward to!

**B**

Shenzhen Metro 14. \_\_\_\_\_ (launch) the world’s first AI-powered robotic guide dog for the rail transit industry recently. Named “Xiaosuan” (meaning “Little Garlic”), it is currently undergoing trials at Huangmugang transport hub. It uses 15. \_\_\_\_\_ (advance) AI to plan routes, navigate accurately and avoid obstacles, helping visually impaired passengers reach destinations easily. The trial aims to improve accessibility for the National Games for Persons with Disabilities. Staff are 16. \_\_\_\_\_ hand to assist during the trial and the device is expected to enter wider use if the trial succeeds.

**C**

Sheep are now employed. They work together to eat the grass growing beneath solar panels (太阳能板). The work of the sheep, and sometimes other animals, 17. \_\_\_\_\_ (call) solar grazing. Solar energy 18. \_\_\_\_\_ (produce) uses a lot of land and requires a lot of space, 19. \_\_\_\_\_ could be used for agriculture. Solar grazing helps with the problem by 20. \_\_\_\_\_ (permit) the two industries to coexist, whether growing food or caring for livestock (家畜).

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。

**A** [2026·北京市海淀区高二期末]

Paragliding (滑翔伞运动) is a kind of flying, but instead of the wing being made of metal, wood or plastic, it is made of nylon or polyester. The wing is attached to a harness by lines where a pilot sits, similar to a parachute.

**Is it safe?**

Paragliding is as safe as sailing and deep-sea diving. The big advantage is that it’s probably the slowest form of aviation, so if you do crash, you’ll hit the ground quite gently! It’s a very relaxing sport as you’re mostly sitting down. Yet, you’ll probably experience pain in some muscles you didn’t know you had while learning, but many of those will be due to the walk up the training hill to launch.

**Where do I learn?**

There are lots of schools, mainly based inland by appropriate hills or mountains, and there are also schools on the coast near spectacular cliffs. These are very attractive, though the prospect of landing in the sea seems to discourage beginners! It takes seven days to get your basic licence; then you’re free to fly independently at sites across the country.

**What do I need?**

Pilots normally wear warm clothes in case they get very high up, and a helmet in case they stumble on landing. In terms of gear, schools

supply basic training, canopies, harnesses, etc. However, you’ll probably want to buy your own more sophisticated equipment, which you’ll be able to choose much better once you’ve tried some out on your course.

**Who can do it?**

There’s no upper age limit provided your instructor judges you capable, but the youngest is 14. Anybody with good eyesight and good balance is a potential paraglider pilot.

Flying a paraglider is a great sport. We hope to see you in the air with us this season!

- ( )21. Which would be the best heading for Paragraph 1?  
A. What is paragliding?                    B. Who invented paragliding?  
C. How is paragliding special?           D. Why is paragliding popular?
- ( )22. According to the passage, paragliding is \_\_\_\_\_.  
A. exciting but tiring                        B. safe and relaxing  
C. attractive but expensive                D. fast and challenging
- ( )23. What can we know from the passage?  
A. Fit people of any age can take up paragliding.  
B. Most paragliding schools are situated by the sea.  
C. Pilots need to buy basic equipment on their training course.  
D. Learners can fly on their own after at least a week’s training.

**B** [2026·北京市朝阳区高二期末]

I was a happy girl who sang whenever I could, annoying my parents endlessly by letting out my screaming voice in the middle of the night. But one bad performance changed my passion and the way I saw myself. I forgot the lyrics (歌词) in my elementary school performance, and it felt like the worst mistake that I had ever made. I refused to sing even though it was previously my whole world. My inborn clear lens of the world became blue and I felt sad every time I heard my friends happily singing and joking around. I desperately wanted to join them but at the same time, I never wanted to feel the fear of forgetting the words ever again.

Gradually, I realized how much power that one moment held over me and began to ask myself: just because I failed in that one memory, does that really mean that the same thing will happen again? I rewatched my old performance and realized that it was not a total disaster like how it was in my mind. Today, I only want to see reality through clear coloured lens—not the lens that screens out everything positive in the world.

Now that I am older and wiser, I understand that the past doesn’t define me. I am proud to say that I have found my passion in Italian opera. I will be visiting Tuscany this summer to study and perform opera. The nervous elementary school kid who refused to sing came out of her shell because she chose to ignore the past and focus on the present.

I might forget the lyrics to my songs this summer, in front of 300 people who are fluent in the language that I am singing in. That won't stop me from continuing to sing and it won't stop me from loving what I do.

You may not reach as far as you want to, but you at least have the power to start something. Don't give up any of your power to the past because it does not perfectly represent the person you are as a whole. Instead, direct all your attention to the now.

- ( )24. How did the author feel about her elementary school performance?  
A. Anxious. B. Discouraged.  
C. Surprised. D. Confused.
- ( )25. In the passage, the author uses “the lens” to represent \_\_\_\_\_.  
A. what the real world is like  
B. what happened in the past  
C. how she views the reality  
D. how she feels about herself
- ( )26. Which would best describe the author on the stage now?  
A. Excited yet forgetful.  
B. Passionate but afraid of failing.  
C. Cautious due to her childhood fears.  
D. Confident despite possible mistakes.
- ( )27. What can we learn from this passage?  
A. Treat the present as a present.  
B. Failure is the mother of success.  
C. Hold on to the power of the past.  
D. Reality makes one older and wiser.

C [2026·北京市牛栏山第一中学高二期末]

For years, many scientists have warned that Earth is undergoing another mass extinction, with species disappearing much faster. These warnings often rely on oversimplified or outdated assumptions, treating past extinction patterns as if they apply equally to modern times. However, new research from Kristen Saban and John Wiens suggests a different picture.

Published in 2025, the paper shows that over the past five centuries, extinctions among plants, arthropods (节肢动物), and land vertebrates (脊椎动物) actually reached their highest point about a century ago and have been declining since. The study also found that the causes of those recent extinctions were very different from the threats species are currently facing. This makes it problematic to extrapolate these past extinction patterns into the future, because the factors leading to extinction are far from uniform across time, habitats, or biological groups.

Having reviewed data from nearly 2 million species and closely studied 912 species known to have gone extinct in the last 500 years,

the team discovered that extinction rates varied widely among different species groups. Mollusks, such as snails and clams, along with vertebrates, were the most affected, while plants and arthropods faced relatively few losses. Many of the recorded extinctions occurred on remote and self-contained islands, including the Hawaiian Islands, where non-native species introduced by humans—such as rats, pigs, and goats—wiped out native wildlife. On continental regions, however, most extinctions took place in freshwater environments. While foreign species caused the majority of island losses, habitat destruction has become the dominant threat on land.

Interestingly, the study found no evidence that climate change has increased extinctions during the past two centuries. Wiens clarified, “That does not mean that climate change is not a threat; it just means that past extinctions do not reflect current and future threats.”

The study shouldn't be taken as giving people a free pass to suggest that human activity does not present a significant and urgent threat to many species. It was born out of a motivation to take a step back from end-of-the-world scene. “If we're saying that what is happening right now is like an asteroid (小行星) hitting Earth, then the problem becomes unsolvable,” she said. “By looking at the data in this way, we hope that our study helps inform our overall understanding of biodiversity loss and how we can come up with better ways to address it.”

- ( )28. What can be learned about extinctions?  
A. Another mass extinction is bound to happen.  
B. Climate change brings increasing threat to creatures.  
C. Habitat destruction makes some species extinct on islands.  
D. The extinction of some species is now on a downward trend.
- ( )29. What does the word “extrapolate” underlined in Paragraph 2 most probably mean?  
A. Unfold. B. Project. C. Divide. D. Mix.
- ( )30. What does the author mainly do in this passage?  
A. Propose a solution. B. Make a comparison.  
C. Challenge a viewpoint. D. Explain an approach.

D [2026·北京市中国人民大学附属中学高二期末]

Scientists are poor forecasters of the future. But two trends can be confidently predicted. First, the world will get more crowded. There will be more than 9 billion people by 2050. Second, the world will get warmer and some governments won't prioritize the long-term measures needed to deal with climate change, even though science offers us a road map to a low-carbon future.

That's why we should be promoters of new technology—without it the world can't provide the food and sustainable energy needed for an expanding population. But we should also be cautious, as new technologies,

such as AI, may be hard to control. AI will undoubtedly become more aggressive in the future. Records of our movements, health and financial transactions will be stored in the cloud. The data may be used for justifiable reasons, such as protein folding and drug development, or to warn us of initial health risks, but its availability to Internet companies is already shifting the balance of power from governments to global-scale corporations.

Actually, it's beyond Earth that AI has the most enormous potential. Humans may have established bases beyond Earth by the year 2100. But don't ever expect mass emigration from Earth. It's a false belief that space offers an escape from our problems. Dealing with climate change on Earth is a piece of cake compared to terraforming (地球化) Mars.

Nevertheless, we should cheer on these brave human space adventurers. They'll be ill-adapted to a Martian habitat, so they'll have a super motive to redesign themselves. It's they, not those of us adapted to life on Earth, who will pioneer the post-human era.

If post-humans make the shift from flesh and blood to fully artificial intelligence, they won't need an atmosphere or even gravity, so it's in deep space—not even on Mars—that non biological “brains” may develop powers that we can't imagine. They may end up being mentally different from us. AI could jump-start a huge emigration and thus even more complex intelligence spreads through the universe.

But let's refocus from the science fiction of the far future closer to the here and now. This century is special. It's the first, in Earth's 4.5-billion-year history where one species, ours, holds the planet's future in its hands.

Our intelligence could initiate billions of years of post-human evolution, even more amazing than that which led to us. On the other hand, humans could cause biological, environmental or cyber catastrophes that foreclose all this potential. If science is to save us, we need to think globally, sensibly and long-term—empowered by science, but guided by values that science alone can't provide.

- ( )31. Why does the author mention the two trends in the first paragraph?  
A. To justify the governments' policies.  
B. To advocate for advancements in tech.  
C. To criticize scientists' poor prediction ability.  
D. To highlight the challenges faced by scientists.
- ( )32. According to this passage, AI can \_\_\_\_\_.  
A. put an end to climate change  
B. facilitate mass human migration  
C. speed up the competition in medical fields  
D. bring about potential threats from big companies

- ( ) **33.** As for the future, which of the following will the author agree with?
- A. Post-humans will echo the history of humans.
- B. Complex intelligence will dominate the universe.
- C. Fully artificial intelligence may inhabit outer space.
- D. Non-biological brains may invite unknown disasters.
- ( ) **34.** Which would be the best title for the passage?
- A. Future of humanity: Could AI save us?
- B. Towards a sustainable future: What can we do?
- C. Change or die: Will science lead further evolution?
- D. Unstoppable trend: Is complex intelligence coming?

第二节(共 5 小题;每小题 2 分,共 10 分)

[2026·北京市大兴区高二期末]

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。选项中有两项为多余选项。

Friendship is a cornerstone of human life, yet its importance is often underestimated. While we may feel an unlimited desire for connection, research indicates that our capacity for maintaining relationships is actually finite. 35. \_\_\_\_\_ These studies have produced a wide range of estimates, from a few hundred to several thousand people. However, our core circle of trusted companions is significantly smaller, typically consisting of only 10 to 20 people. 36. \_\_\_\_\_ This trend is concerning, as strong social bonds are strongly linked to better health and longer life.

37. \_\_\_\_\_ Research offers practical guidance. Do not underestimate the value of casual acquaintances (熟人). In fact, these brief, positive interactions can already have a meaningful influence on our happiness. 38. \_\_\_\_\_ A University of Kansas study quantified this, finding it takes approximately 50 hours to transition from an acquaintance to a casual friend, another 40 hours to become a “real” friend, and a total of 200 hours to form a close bond.

If building new friendships from beginning seems challenging, reviving old relationships can be a highly rewarding alternative. Reconnecting with old friends allows for the quick revival of past trust. 39. \_\_\_\_\_ As a more unconventional approach, appropriate self-disclosure can also foster closeness, as sharing personal thoughts often increases likability and strengthens bonds.

The universal longing for connection suggests that many people are navigating life feeling isolated. The most straightforward step might be to simply reach out to someone around you.

- A. So, what can one do to enrich a limited social life?
- B. For those seeking deeper connections, investment of time is crucial.
- C. Moreover, this trusted circle seems to be shrinking in size over the years.

- D. Social scientists have employed various methods to measure social network size.
- E. At the same time, you gain new insights from each other’s recent life experiences.
- F. This method, though creative, might not accurately reflect the depth of these friendships.
- G. Therefore, making an effort to reconnect can be a highly efficient way to build a reliable friendship.

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)

[2026·北京市丰台区高二期末]

阅读下面短文,根据题目要求用英文回答问题。

I had tried several things to be happier, like playing video games on my phone, scrolling short videos and avoiding doing my homework. But none of these easy things made me truly happy. They just gave me short-term pleasure at the cost of long-term regret.

But the moment I put my phone down, I didn’t feel good. I regretted wasting my time. I lost focus and started craving (强烈渴望) that instant pleasure again. And because of that, I couldn’t get any work done. And if I stopped, I’d feel restless and unhappy. Either way, it was hard.

The human brain likes to avoid hard things. Why? Because it was necessary for survival. When our ancestors lived in the wild, they had to hunt, search for food, fight rivals (对手), and escape predators. One wrong move and the result would be death.

Today, the world is much safer. But the human brain hasn’t changed much. That’s why, if you don’t resist, the brain chooses the easiest paths to solve problems.

So, if you want to achieve anything worthwhile, you need to override your brain’s default (默认的) setting and do uncomfortable things in the short term. In fact, doing hard things is one of the most powerful skills you can build. It can make your life exciting, meaningful, and free. It can change everything.

It’s backed by science. There is this brain region called the anterior midcingulate cortex (aMCC). It gets bigger in size when we do things that we don’t like. Studies have found that aMCC is smaller in obese people, larger in athletes, and grows when we do challenging stuff. And when we avoid those challenging stuff, aMCC shrinks. The aMCC is seen to generate willpower and resilience. When you do more hard things, it boosts your aMCC, which further increases your ability to stay disciplined and achieve your daily goals.

Now, the first thing I do every day is something that feels uncomfortable—I’ve been waking up at 4 am almost daily for the last

two years. And it’s hard. But it does something magical. It makes me super disciplined and productive for the rest of the day. I feel more capable of tackling tasks that need deep focus.

We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is that discipline weighs ounces while regret weighs tons.

**40.** How did the easy things make the author feel?

\_\_\_\_\_

\_\_\_\_\_

**41.** Why does the human brain like to avoid hard things?

\_\_\_\_\_

\_\_\_\_\_

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

> ***Doing hard things reduces the size of your brain region called aMCC, which helps you stick to your plans and achieve daily goals.***

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**43.** As for hard things, what can you learn from the article? (***In about 40 words***)

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第二节(20 分)

校英语报将推出一期以“Humour in our daily life”为主题的专栏。请你代表校报写一则征稿启事,内容包括:

1. 专栏的目的;
  2. 稿件内容要求;
  3. 交稿截止时间以及方式。
- 注意:写作词数应为 100 左右。

Dear fellow students,

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School English Newspaper