

2025年高考综合改革适应性演练

英 语

注意事项：

1. 答题前,考生务必将自己的姓名、考生号、考场号、座位号填写在答题卡上。
2. 回答选择题时,选出每小题答案后,用铅笔把答题卡上对应题目的答案标号涂黑。如需改动,用橡皮擦干净后,再选涂其他答案标号。回答非选择题时,将答案写在答题卡上。写在本试卷上无效。
3. 考试结束后,将本试卷和答题卡一并交回。

第一部分 听力

第一节

听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What will Luke do next?
A. Cook a meal. B. Go to the office. C. Hand in a report.
2. What are the speakers talking about?
A. Two fellow workers. B. The man's job. C. A marketing project.
3. How will the woman go to Melbourne?
A. By car. B. By train. C. By air.
4. Where are probably the speakers?
A. At a store. B. At home. C. At a cinema.
5. What does the woman plan to do?
A. Set up a family. B. Join a new company. C. Open a restaurant.

第二节

听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料,回答第 6、7 题。

6. Who is the package from?
A. Betty. B. Mary. C. Jason.
7. Where will the speakers place the gift just received?
A. In the kitchen. B. In the bedroom. C. In the living room.

听第 7 段材料,回答第 8、9 题。

8. What does Kate think of writing letters?
A. It's convenient. B. It's enjoyable. C. It's old-fashioned.
9. What will the man probably do?
A. Pay the bill. B. Send a postcard. C. Check his mailbox.

听第 8 段材料，回答第 10 至 12 题。

10. What is the woman doing?

A. Giving a lecture. B. Hosting a program. C. Chairing a meeting.

11. What made Robert want to become an astronomer?

A. His parents' encouragement.
B. His experiences in big cities.
C. His curiosity about the stars.

12. Why does Robert put forward the suggestion?

A. To reduce light pollution.
B. To keep the ground clean.
C. To cut energy consumption.

听第 9 段材料，回答第 13 至 16 题。

13. Who influenced Elena greatly in her career choice?

A. Her brother. B. Her father. C. Her teacher.

14. Why did Elena quit her first job?

A. She found it boring. B. She was poorly paid. C. She felt stressed.

15. What difficulty did Elena face as an assistant coach?

A. Balancing study and training.
B. Writing technical instructions.
C. Handling doubts over her ability.

16. What does Elena plan to do next?

A. Start a training program.
B. Work with a team in England.
C. Look for promising soccer players.

听第 10 段材料，回答第 17 至 20 题。

17. What did Monica love doing when she was a child?

A. Reading storybooks. B. Playing baseball. C. Taking dance lessons.

18. What was Monica's major in college?

A. Journalism. B. History. C. English.

19. What did Monica do right after graduation?

A. She began travelling. B. She became a teacher. C. She launched a newspaper.

20. Where does Monica work now?

A. In China. B. In Australia. C. In Canada.

第二部分 阅读

第一节

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

East Yorkshire Attractions

Burnby Hall Gardens & Museum

The Balk, Pocklington YO42 2QF

Tel: 01759 307125

The gardens are beautifully laid out with two lakes, which are home to a vast collection of fish. We also have Stewart Museum, a children's playground, a book & gift shop, and tearooms. Sunday band concerts and events are available throughout the year.

Open: 10:00 am to 5:30 pm

Prices: Adults £4.65, Seniors £3.95, Children £2.50

Goole Museum

Carlisle Street, Goole DN14 5DS

Tel: 01405 768963

The museum explores the colourful history of the town and port of Goole, with plenty of hands-on exhibits for younger visitors. The temporary exhibition gallery has a wide range of art, craft (工艺) and local history exhibitions which changes every month.

Open: 10:00 am to 5:00 pm

Admission Free

Sledmere House

Sledmere, Driffield YO25 3XG

Tel: 01377 236637

Sledmere House is one of Yorkshire's most attractive houses. We have an award-winning garden, a military museum, a children's play area, and a café & gift shop. Organ music is played on Thursday afternoons.

Open: 11:30 am to 3:30 pm

Prices: Adults £8.00, Seniors £6.00, Children £3.00

Bridlington Bird & Animal Park

Bridlington, East Yorkshire YO15 3QF

Tel: 01262 673653

The family-run park is set in a wonderful woodland environment. It offers daily shows of pig racing. We also have a range of birds and other animals to offer a fun-filled day out for families.

Open: 10:00 am to 5:00 pm

Prices: Adults £4.50, Seniors £4.00, Children £3.50

21. Which attraction hosts temporary exhibitions?

A. Goole Museum. B. Burnby Hall Gardens & Museum.
C. Sledmere House. D. Bridlington Bird & Animal Park.

22. What can tourists do at Sledmere House?

A. Feed a wide range of animals. B. Watch a band concert on Sunday.
C. Explore the history of the town. D. Enjoy organ music on Thursday.

23. What is the ticket price for children at Bridlington Bird & Animal Park?

A. £2.50. B. £3.00. C. £3.50. D. £4.00.

B

Jim Johnson, a mail carrier, was an institution in the leafy Westmoreland, Westhaven and Westover Hills neighborhoods, just north of downtown Wilmington, where he delivered much more than the mail. He knew all the kids and their pets by name; he carried in the groceries; he took note of unlocked doors, offered gardening advice, and taught more than a few young boys the art of the curveball. When he wasn't doing all that, Jim was running across a checkerboard of green lawns (草坪) to ensure the local postal service did not fall short of its daily promise.

Though the postal service is often disparaged now, the trust in local postal service lives on. In many communities, that trust is won every day when life-saving medicine, greeting cards, social security checks, college acceptance letters – even the bills – appear in mailboxes in front of the houses.

After more than three decades, Jim approached his final days on the job much like any other. He drove a boxy postal truck to North DuPont Road for the first unofficial stop of the day. Butch, a dog who belonged to one of the neighbors, was waiting just like every day before. And just like every day before, he got into the jump seat and they were off. On the route, Jim and Butch had become inseparable. Now, the dog and the mailman would ride off to retirement together. At every stop, Jim accepted the parting good wishes of families that had become his own. There were tears and laughter, and hugs filled with warm memories.

It's been 33 years since Jim left the route, but we are still reminded of the deep bond established between community and letter carrier. That's what the postal service means to us.

24. What do we know about Jim Johnson from the first paragraph?

A. He's open-minded. B. He's sharp-eyed.
C. He's warm-hearted. D. He's strong-willed.

25. What does the underlined word "disparaged" in paragraph 2 mean?

A. Refused. B. Criticized. C. Investigated. D. Suspended.

26. What did Jim do besides daily delivery on his final days of work?

A. He drove Butch to its owner. B. He sent presents to his friends.
C. He prepared a retirement party. D. He said goodbye to the neighbors.

27. What is the author's purpose in writing the text?

A. To remember a respected mail carrier. B. To record an unforgettable experience.
C. To raise funds for the postal service. D. To call for harmony in the community.

C

Jane Jacobs spent her working life advancing a distinct vision of the city – in particular focusing on what makes a successful urban community. At the heart of her vision is the idea that urban life should be an energetic and rich affair, whereby people are able to interact with one another in dense (稠密) and exciting urban environments. She prefers disorder to order, walking to driving, and diversity to uniformity.

For Jacobs, urban communities are organic beings that should be left to grow and change by themselves and not be subject to the grand plans of so-called experts and officials. The best judges of how a city should be – and how it should develop – are the local residents themselves. Jacobs argues that urban communities are best placed to understand how their city functions, because city life is created and sustained through their various interactions.

Jacobs notes that the built form of a city is crucial to the life of an urban community, especially the sidewalks. The streets in which people live should be a tight pattern of crossed sidewalks, which allow people to meet, talk, and get to know one another. Such a complex but ultimately enriching set of encounters helps individuals know their neighbours and neighbourhood better.

Diversity and mixed-use of space are also, for Jacobs, key elements of this urban form. The commercial, business, and residential elements of a city should not be separated out but instead be side by side, to allow for greater integration of people. There should also be a diversity of old and new buildings, and people's interactions should determine how buildings get used and reused.

Finally, urban communities grow better in places where a critical mass of people live, work, and interact. Such high-density spaces are, she feels, engines of creativity and vitality. They are also safe places to be, because the higher density means that there are more “eyes on the street”: shopkeepers and locals who know their area and maintain a close watch over the neighbourhood.

28. What does Jacobs find most important for a successful urban community?

- A. Efficient public transport.
- B. Strong interaction between people.
- C. Uniform style of buildings.
- D. A comparatively large population.

29. Who does Jacobs think should make decisions on urban development?

- A. Local residents.
- B. Government officials.
- C. City planners.
- D. Construction workers.

30. How does Jacobs suggest sidewalks be built?

- A. Lined with plants.
- B. Painted with clear signs.
- C. Tightly connected.
- D. Convenient for the old.

31. According to Jacobs, the “eyes on the street” bring a sense of _____.

- A. pride
- B. comfort
- C. security
- D. urgency

D

Want to learn a new language or get A's in college exams? Previous studies have shown that exercise can help stimulate the areas of the brain that convert (转换) new information into long-term memory. A new study has taken this information one step further and found the best time when exercise can help maximize learning.

Building upon past research that found exercise releases biochemicals that improve mental function, scientists at Radboud University and the University of Edinburgh conducted a study to determine when exercise was most beneficial to learning.

Participants – 72 healthy male and female adults – were first asked to perform a computer test that challenged their visual and spatial learning. After the test, all of the subjects watched nature documentaries, but two-thirds of them also exercised. Half of the exercisers did circuit training on an exercise bike for 35 minutes immediately after the test. The other half did the same exercise but not until four hours after they had been tested.

Two days later, all of the participants returned to the lab for a recall test, and they were connected to MRI (磁共振成像) machines to assess their brain activity. The participants who exercised four hours after taking the computer test were able to recall what they had learned most accurately. Their brainwaves also showed more consistent levels of activity, indicating that their brains were less taxed to remember what they had learned.

According to this research, the best time to exercise to improve learning is four hours after studying. But why? That's one question the researchers have yet to answer. Another question left unanswered is the level of exercise that might best improve learning. I've run enough marathons to prove the fact that my brain is anything but sharp during or after a tough workout. But the researchers noted that light workouts might not give the brain enough of a biochemical boost to improve learning.

32. What did the new study aim to explore?
 - A. When exercise is best for learning.
 - B. What biochemicals are good for health.
 - C. How brainwaves should be measured.
 - D. Which area of the brain is the most active.
33. What were all the participants asked to do during the experiment?
 - A. Train on bicycles.
 - B. Do mathematics exercises.
 - C. Play computer games.
 - D. Watch films about nature.
34. Why did the participants return to the lab two days later?
 - A. To do a medical examination.
 - B. To have their memory tested.
 - C. To get their workouts recorded.
 - D. To finish their previous tasks.
35. What might the author's marathon running prove?
 - A. The findings of the study are reliable.
 - B. Long-distance runners are often smart.
 - C. Studies on the marathon are not enough.
 - D. Hard exercise may not sharpen the brain.

第二节

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。

Join the Friends and find the place that's right for you

- Who are the Friends of the University Art Museum?

Friends are our neighbors from the local communities and beyond. They are families, students, scholars, and alumni (校友). 36. Friends are united by a shared love for the arts and for the university, and by a desire to be part of a cultural community. Friends are interested and active in the life of the Art Museum. Friends are art lovers – just like you.

- 37 ?

As a Friend, your membership provides essential annual support to help sustain the continued excellence and diversity of the Museum's educational programs. By joining the Friends, you help to guarantee that the Museum remains a welcoming place of shared enrichment for all visitors to experience, to enjoy, and to love.

- What benefits do members of the Friends enjoy?

38. When you become a Friend of the University Art Museum, you also become part of a great tradition. Not only will you be actively participating in the life of the Museum, but you also will receive special opportunities to share your love of art with other like-minded individuals. 39, and they get invitations to exhibition openings, lectures, travel opportunities, and lively social gatherings.

- How do I join the Friends?

Becoming a Friend is easy. 40, return it with your annual membership fee in the attached envelope, and begin enjoying your benefits immediately. If you prefer, you may join online at artmuseum.edu/support/become-a-member, or when you visit the Museum Store.

- A. Why does membership matter
- B. How can I learn about the Friends
- C. Simply complete the membership form
- D. You can then see the full range of Friends benefits
- E. Friends membership is your entry to many opportunities
- F. Friends receive a subscription to the Museum's quarterly magazine
- G. Friends are people of all ages, interests, abilities, and cultural backgrounds

第三部分 语言运用

第一节

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。

I liked to go and watch the sunset at my local park, which was a seaside area in Karachi. There, I would always see the same elderly lady 41 the pigeons (鸽子). The birds, usually around 10 to 15 in 42, would gather around her before she even had a 43 to take the bag of rice out from her handbag. It was the same each day, part of her 44.

I found that 45 her perform this ordinary task with such 46 was both calming and beautiful.

On this particular evening, the lady arrived at her 47 spot to feed the birds. But, as she 48 the bench (长凳) to sit down, her necklace (项链) fell to the ground.

I was sitting on the grass nearby waiting for the sun to set. Noticing that, I 49 to get it back for her. 50, before I reached it, one of the pigeons from the 51 picked up the necklace, 52 to the bench, and dropped it on her lap.

I couldn't 53 my eyes. The old lady, also 54, began laughing quietly to herself. I was 55 with a huge smile on my face and happily went back to watching the sunset.

41. A. feeding	B. pursuing	C. training	D. collecting
42. A. age	B. size	C. weight	D. number
43. A. wish	B. chance	C. plan	D. reason
44. A. job	B. project	C. routine	D. dream
45. A. watching	B. helping	C. making	D. hearing
46. A. confidence	B. enthusiasm	C. flexibility	D. precision
47. A. original	B. parking	C. hiding	D. usual
48. A. repaired	B. approached	C. shared	D. supported
49. A. slipped in	B. ran away	C. got up	D. turned around
50. A. However	B. Afterwards	C. Gradually	D. Fortunately
51. A. sea	B. tree	C. pair	D. group
52. A. walked	B. stuck	C. pointed	D. flew
53. A. lift	B. cover	C. believe	D. close
54. A. satisfied	B. surprised	C. annoyed	D. frightened
55. A. caught	B. hit	C. left	D. met

第二节

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。

In 2010, the UN Department of Global Communications instituted language days for each of the organization's six official languages. The goal was two-fold: 56 (celebrate) cultural diversity as well as to promote the equal use of all six 57 (tongue).

Language is the carrier of communication, the bridge of interaction between nations, 58 the bond of understanding among civilizations. At the same time, a language and its individual 59 (write) forms make up the “soul” of a nation's cultural tradition. Every language is worthy of respect and should 60 (treat) equally.

The UN Chinese Language Day not only provides a unique platform 61 the world to better understand China, but also 62 (promote) language and cultural exchanges in the world.

Today, more than 70 countries have included the Chinese language in their education systems. Chinese plays an increasingly important role in 63 (improve) communication and cooperation between China and 64 rest of the world. As more and more foreigners start to study the Chinese language and experience Chinese culture, the world will have a better understanding of China and its rich history, its hard-working people, its development through 65 (innovate), and its inclusiveness. China, on its part, will also embrace (拥抱) the world with greater openness and make new contributions to the international community.



第四部分 写作

第一节

假定你是李华，你的留学生朋友 Beth 想学打乒乓球，发邮件向你求教。请给她回封邮件，内容包括：

- (1) 表示支持；
- (2) 推荐教练。

注意：

- (1) 写作词数应为 80 个左右；
- (2) 请按如下格式在答题卡的相应位置作答。

Dear Beth,

Glad to know that you want to learn to play table tennis.

Yours,

Li Hua

第二节

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。

I was in Philadelphia for a conference when I saw an ad in the hotel. A nearby theater was showing a documentary (纪录片) about several local animal shelters that were helping to save abandoned dogs across the country. I love animals, and I felt an urge to go to this fundraising event. However, none of my co-workers would go with me, and I was worried about walking on the street alone at night.

I resigned myself to spending the evening in my hotel room, but as soon as I got back to my room I felt restless and bored. The theater where the event was taking place was only about five blocks from the hotel, and the area around the hotel didn't seem particularly dangerous. So, I decided to brave it. I gathered up my wallet and room key and set off.

It was already getting dark and the streets were nearly deserted. I managed to find the street the theater was on, but when I turned the corner, I stopped in shock. In front of the theater were a group of bikers – very big, tough-looking bikers.

I've known lots of motorcycle enthusiasts and most are nice people. However, in this case, I was a woman all alone, in a strange neighborhood, at night, and there were twenty or so very large men – all wearing insignia (徽章) that indicated they were in some sort of club – standing before me. Warning bells began to sound in my head, and my heart was pounding. Was I at the right theater? Had I misread the date of the event?

A sign outside the theater told me that I was in the right place on the right evening. Nevertheless, I wondered if I should rush back to my hotel instead of walking through that crowd of bikers. I finally decided that I would be safer inside the theater. Hopefully, the bikers would have gone away by the time the film was over.

注意：

- (1) 续写词数应为 150 个左右；
- (2) 请按如下格式在答题卡的相应位置作答。

I hurried into the theater, only to find there were even more bikers inside.

①

When the film began, I realized that the bikers were an animal rescue group.