



座位号

考场号

考生号

姓名

班级

市(区)县

绝密★启用前

天一 & 云数(金榜智胜)大联考
2025—2026 学年高三年级第一次监测

英 语

考生注意:

1. 答题前,考生务必将自己的姓名、考生号填写在试卷和答题卡上,并将考生号条形码粘贴在答题卡上的指定位置。
2. 回答选择题时,选出每小题答案后,用铅笔把答题卡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(共两节,满分 30 分)

做题时,先将答案标在试卷上。录音内容结束后,你将有 2 分钟的时间将试卷上的答案转涂到答题卡上。

第一节(共 5 小题;每小题 1.5 分,满分 7.5 分)

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。

例:How much is the shirt?

A. £19.15. B. £9.18. C. £9.15.

答案是 C。

1. What does the man suggest the woman do?
A. Learn to swim. B. Buy a cola. C. Get more exercise.
2. What is the woman buying probably?
A. Sweets. B. Curtains. C. Clothes.
3. Why does Jacob refuse Cindy's help?
A. He wants to avoid the spread of disease. B. He has almost recovered from the disease. C. He hopes to develop his own independence.
4. Which one should the woman choose to connect to the Internet?
A. Wi-Fi office. B. Wi-Fi guest. C. Wi-Fi owner.
5. What does the man think of driving to the company?
A. Convenient. B. Troublesome. C. Expensive.

第二节(共 15 小题;每小题 1.5 分,满分 22.5 分)

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. What does the woman ask the man to do?

- A. Be her learning partner.
- B. Help improve her Chinese.
- C. Show her around his hometown.

7. What did the woman use to do?

- A. Interpret for foreigners.
- B. Teach foreigners language.
- C. Take foreigners to travel.

听第 7 段材料,回答第 8 至 10 题。

8. What service does the man ask for?

- A. The meeting arrangement.
- B. The ticket reservation.
- C. The flight reschedule.

9. When will the man's flight depart?

- A. In the morning.
- B. In the afternoon.
- C. In the night.

10. How much will the man pay in total?

- A. \$150.
- B. \$100.
- C. \$50.

听第 8 段材料,回答第 11 至 13 题。

11. Where are the speakers most likely to be?

- A. In the cafe.
- B. In the restaurant.
- C. In the grocery.

12. What was probably wrong with the self-checkout last time?

- A. It was out of power.
- B. It failed to work properly.
- C. It kept showing wrong prices.

13. What payment method will the woman use?

- A. Tap-to-pay.
- B. Facial recognition.
- C. Voiceprint payment.

听第 9 段材料,回答第 14 至 17 题。

14. What is the woman doing now?

- A. Purchasing a car.
- B. Taking a driving test.
- C. Practicing her driving.

15. What is the probable relationship between the speakers?

- A. Father and daughter.
- B. Coach and student.
- C. Employer and employee.

16. What happened to the woman?

- A. She ran into the front car.
- B. She drove through a red light.
- C. She knocked down some walkers.

17. How does the man sound in the end?

- A. Ashamed.
- B. Disappointed.
- C. Confident.

听第 10 段材料,回答第 18 至 20 题。

18. How much protein does the WHO recommend for daily consumption?

- A. 0.83g/kg.
- B. 1.4g/kg.
- C. 2g/kg.

19. Why is food-based protein better?

- A. It is cost-effective.
- B. It has fewer sugars.
- C. It satisfies adults' needs.

20. Which aspect of protein does the speaker mainly talk about?

- A. Its main classifications.
- B. Its nutritional components.
- C. Its intake and sources.

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 和 D 四个选项中,选出最佳选项,并在答题卡上将该项涂黑。

A

Whether you're a longtime book lover or simply looking to be inspired while traveling, here are some literary festivals worth visiting.

Jaipur Literature Festival, Jaipur, India

This well-known five-day festival in the historic Pink City of Jaipur first began in 2006 as a small gathering for book lovers. Since then, nearly half a million attendees have traveled to India every year to participate in the literary festival where you can spot a celebrity easily. Theatrical adaptations of some books take center stage on the festival's Music Stage.

Brooklyn Book Festival, New York, America

Every September, Brooklyn becomes literary heaven for nine days. As New York City's largest free literary festival, Brooklyn Book Festival will celebrate its 20th year this fall. The festival's literary marketplace features a diverse series of books sold directly by authors and publishers. For those who can't make it to the festival in person, there's a virtual festival day to catch the lineup of talent.

Calabash Literary Festival, Treasure Beach, Jamaica

This festival shows the power of community and books to its fullest. Over three days, award-winning authors deliver powerful words via a passage selected from their latest book. It is held every other year. Afternoons at Calabash Literary Festival are spent in conversation over glasses of wine at family-owned Jake's Hotel.

International Literary Festival, Berlin, Germany

This festival in Berlin brings together over 200 authors and around 20,000 attendees. Contemporary poetry, nonfiction, and novels are all discussed at this two-week-long festival every spring. Speakers in attendance this year include Isabel Allende, author of *The House of Spirits*. One exciting part of this festival is its Young Program, which offers children and teenagers readings and workshops that encourage cultural diversity.

21. Which literary festival can be enjoyed both at the site and online?

- A. Brooklyn Book Festival.
- B. Jaipur Literature Festival.
- C. Calabash Literary Festival.
- D. International Literary Festival.

22. Where is the literary festival that lasts the longest held?

- A. In India.
- B. In Jamaica.
- C. In Germany.
- D. In America.

23. In which way does Calabash Literary Festival differ from the other three festivals?

- A. Its main sponsor is a hotel.
- B. It takes place less frequently.
- C. Its attendees are all famous.
- D. It favors young adult authors.

B

I was 21 when I broke the world record as the youngest woman to ski solo(独自地) to the South Pole. On the hardest day, snow piled up to my knees, the wind howled like a wild beast, and the cold pierced through every layer of my clothes. My sledge(雪橇) felt heavier with each step, my muscles burning, and my breath shallow in the thin air. But I refused to stop.

Growing up in Norway, I was easily exposed to the wilderness. Stories of Roald Amundsen, the first man to reach the South Pole, filled me with wonder. And that was when my desire to explore nature was born. I spent hours skiing in the mountains, camping under stars, and starting campfires with frozen fingers.

At 14, I made a brave decision—to ski across Greenland. Most people doubted me. I was just under 5 feet tall and looked more like a child than an explorer. But Lars Ebbesen, a famous polar guide, saw my determination and trained me. He taught me how to fix broken equipment with

frozen hands and read the sky for signs of danger. "You must be strong and smart," he told me over and over.

To prove myself, I then went on a training trip to Finnmark, where darkness ruled and temperatures fell to -35°C . I learned to set up tents with frozen hands and sleep through winds that shook the earth. Finally I set off with Lars and it took us 28 days to cross Greenland.

Encouraged, at 15, I decided my next goal was Antarctica. My father helped me make plans. My mother, though cautious, eventually supported me. When I finally began my 1,130 km journey to the South Pole last November, I was 21. Some days, I cried behind my glasses, struggling through snowstorms, dragging my aching body forward. But I never gave up. Fifty-four days later, I reached the South Pole. I stood in silence, tears freezing on my cheeks. I sent Lars a chick emoji—at last, the "polar egg" hatched.

24. What inspired the author to explore nature?

- A. Her desire to break a record.
- B. Her love for South Pole.
- C. Her mother's encouragement.
- D. Her admiration for Roald.

25. How did Lars help the author?

- A. By teaching her survival skills.
- B. By financing her exploration.
- C. By training her to ski skillfully.
- D. By convincing her parents to support her.

26. What can we learn from paragraph 4 about the author?

- A. She gathered some hands-on experience.
- B. She went to Finnmark accompanied by a guide.
- C. She was praised for her courage by many people.
- D. She met many challenges when crossing Greenland.

27. Which of the following can best describe the author?

- A. Outgoing and caring.
- B. Ambitious and sensitive.
- C. Humorous and considerate.
- D. Adventurous and determined.

C

There's an old folk saying: Be careful not to keep an ugly expression on your face, for if the wind changes, your features might set that way, leaving you stuck with that unpleasant look and mood forever. Whoever those "old wives" were, they might have been onto something. It seems that the attitudes we hold and the faces we show to others are closely linked to the kind of person we ultimately become on the inside.

Olga Khazan, a staff writer at *The Atlantic*, argues that what we perceive as "personality" isn't fixed or inborn; instead, it's a mix of habitual behaviors and attitudes. In this sense, personality is subject to reshaping by the will. In *Me, But Better*, Ms. Khazan describes her attempts to modify elements of her own personality by adjusting the so-called big-five qualities: openness, responsibility, extroversion(外向), agreeableness and emotional management.

Ms. Khazan's goal is to transform herself, over the course of one year, from a disagreeable introvert into a sunny, lively extrovert. To fight against overwhelming anxiety, she forces herself to take risks in the free-for-all of improvisational(即兴的) comedy. To overcome a history of being a buzzkill, she sets about throwing parties, writes down funny stories to share, stocks up on board games to keep the mood light, and even practices responding to jokes with genuine laughter instead of a half-hearted smile, determined not to let her usual pessimism dampen the mood. Suffering from the awareness that she has long been an unreliable friend, she downloads apps that help her meet strangers with whom she might develop a lasting bond. She joins Zoom sessions for anger management. She practices mindfulness. She feeds the homeless.

While exploring "the science and promise of personality change", as the book's subtitle has it, the author is humorously open about her sometimes embarrassing efforts to overcome her many shortcomings. Her straightforwardness has the effect of getting readers on her side. We're rooting for her and, to be honest, we're rooting for ourselves, too. If someone overly anxious like Ms. Khazan can become calmer, who among us cannot?

28. What message does the old folk saying deliver?

- Our face often mirrors our attitude.
- Outer expressions can shape inner character.
- Others' opinions reflect how we feel inside.
- Changing weather may influence our moods.

29. What does Khazan's book mainly focus on?

- Five qualities of human personality.
- The power of behavior and attitudes.
- The guidelines on becoming ambitious.
- A practical journey of self-improvement.

30. What does the underlined word "buzzkill" in paragraph 3 refer to?

- Someone fearing loneliness.
- Someone lacking assistance.
- Someone ruining the enjoyment.
- Someone changing his mind easily.

31. How does Khazan's example impact the readers?

- It brings them hope.
- It raises their doubt.
- It discourages them from trying.
- It helps them admit weaknesses.

D

Most of us grow up believing that the colors we see around us form the complete palette(调色板) of the world. Yet a team of researchers at the University of California, Berkeley, has challenged that assumption by revealing a color that had never before entered human vision.

Ren Ng, a professor of electrical engineering and computer science, together with Austin Roorda, a professor of vision science, made this groundbreaking work possible. Their team developed an experimental platform named Oz, capable of stimulating individual photoreceptor cells (感光细胞) in the retina(视网膜) with extraordinary precision. Instead of merely presenting familiar shades, Oz creates signals in a way that generates entirely novel visual experiences.

The scientists likened their exploration to a journey into a brand-new territory. They found themselves face to face with something brilliant and wholly unfamiliar. By directing finely tuned laser beams onto M cone cells—the receptors typically associated with perceiving green—they discovered a color beyond anything nature provides. This striking new color was named "olo" by lead author James Carl Fong.

Ng admitted that he initially expected something like the "greenest green" imaginable. Instead, what appeared was a blue-green that didn't match any standard color. Only five people have been able to witness it, because running Oz requires extreme precision and strict safety measures. The system must account for the eye's constant micro-movements while keeping laser exposure within safe limits.

Far from being a mere curiosity, this discovery raises profound questions about human perception. If technology can find "olo", how many other hidden colors might await discovery? Consider tetrachromacy (四色视觉), a rare condition enabling certain individuals—mostly women—to see hundreds of millions of colors invisible to most people. Ng wonders if a vast, unexplored area of color could exist beyond our current understanding where colors like "olo" are only the start.

32. What can we know about the Oz platform?

- It generates artificial cells.
- It causes new colors to emerge.
- It is named after its creator.
- It works like humans' retinas.

33. What is special about the color "olo"?

- It is a common color found in nature.
- It is the greenest green that can be imagined.
- It is a color that doesn't match any standard one.
- It can only be seen by people with tetrachromacy.

34. Why is tetrachromacy mentioned?

- To describe how the Oz system operates.
- To stress the unique vision power of women.
- To explain the principle behind the experiment.
- To illustrate the possibility of discovering unseen colors.

35. What is the best title for the text?

- A Breakthrough in Human Vision
- How Did Scientists Find a New Cell?
- The Discovery of a Never-Before-Seen Color
- Could There Be More Colors We Cannot See?

第二节(共5小题;每小题2.5分,满分12.5分)

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

If you're looking for reasons to start training your self-discipline, then you can begin by looking at the benefits of being self-disciplined. Here are some points you may be interested in.

• Improved physical health

If you're self-disciplined, you'll be better able to say no to the urges to conduct unhealthy behaviors like overeating, excessive drinking, and smoking. 36. Such behaviors include exercising regularly, maintaining a healthy diet and lifestyle, and even making behavioral changes.

• 37

A lack of self-discipline can lead to procrastination(拖延). It can also lead to inability to reach important goals. If you tend to procrastinate, you may find yourself often working under pressure and struggling to meet deadlines. If you're unable to reach important goals, it can cause stress and anxiety about the future and chip away at your self-confidence. But if you can learn self-discipline, you'll find that you're less stressed and anxious because you're living up to your expectations and doing what you set out to do. 38.

• Increased self-worth and happiness

Self-discipline increases self-worth because when you achieve the goals you set for yourself, you build belief and confidence in yourself. Each achievement, no matter how small, is a building block. 39. They increase your happiness, too. Studies show that the more productive people are, the happier they feel.

• Better interpersonal skills

Learning self-discipline is great for relationships. 40. Being able to stop for a moment and reflect on how you feel before acting is an important interpersonal skill. It helps you handle conflict effectively without becoming overly protective or losing your temper and reacting angrily.

A. Reduced stress and anxiety

B. Less procrastination and more realistic expectations

C. As a matter of fact, self-discipline is not about how you act

D. It will also bring positive emotions and make you feel good about yourself

E. A self-disciplined person is better able to manage emotions intelligently

F. Additionally, you'll find it easier to stick to behaviors that promote well-being

G. A number of them gradually form a firm basis of belief and confidence within you

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)

阅读下面短文,从短文后各题所给的A、B、C和D四个选项中,选出可以填入空白处的最佳选项,并在答题卡上将该项涂黑。

When I was twelve, life took a turn. My father 41 his job, and soon, he moved to another city in search of new opportunities. Gradually, my mother grew weary and 42, staying

in bed for hours, and refusing to talk to others. As the oldest child, I suddenly found that I had many 43: cooking meals, cleaning the house, and 44 my younger brothers.

At school, I tried my best to 45 how lost I felt. I sat silently in class, fearing someone might ask about my life at 46. But one afternoon in a science class, something 47 happened. Our teacher demonstrated how to measure the temperature of various liquids with a thermometer(温度计). As I watched the 48 climb and drop, something inside me 49.

For the first time in weeks, I felt 50 instead of anxious. I began staying after class, asking questions, checking out science books from the library, and even doing small 51 in the kitchen. I would boil water to watch steam rise, or mix baking soda with vinegar—I wasn't just killing time. I was 52 a new world where cause and effect made sense, a world with rules I could understand.

I started writing notes and drawing diagrams in a notebook. 53, I became known as the “science kid” at school. When home life felt too heavy to put into words, I turned to experiments. They didn't 54 every issue, but they gave me something solid to hold on to. Science, in the middle of that 55, became my way forward.

41. A. changed	B. took	C. lost	D. ignored
42. A. quiet	B. embarrassed	C. confident	D. impatient
43. A. choices	B. skills	C. hobbies	D. responsibilities
44. A. waiting for	B. watching over	C. depending on	D. learning from
45. A. hide	B. explain	C. prove	D. recall
46. A. school	B. home	C. work	D. hospital
47. A. necessary	B. unreasonable	C. unexpected	D. practical
48. A. speed	B. light	C. weight	D. number
49. A. hurt	B. remained	C. returned	D. clicked
50. A. curious	B. proud	C. confused	D. tired
51. A. duties	B. services	C. repairs	D. experiments
52. A. controlling	B. exploring	C. creating	D. sharing
53. A. Secretly	B. Obviously	C. Gradually	D. Originally
54. A. address	B. record	C. confirm	D. raise
55. A. competition	B. chaos	C. discussion	D. plan

第二节(共10小题;每小题1.5分,满分15分)

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,并将答案填写在答题卡上。

In Zhengzhou, Henan province, the brand-new Dahecun Site Museum takes visitors on a real-life journey through the evolution of Chinese civilization 56 (date) back 7,000 years. Opened on June 14, the museum showcases over 1,600 artifacts from more than 30 archaeological(考古学的) sites, many of 57 are being displayed publicly for the first time.

Never before has the early history of China felt so close. With 58 (advance) digital technology, the museum breathes life into Yangshao culture, known for its painted pottery and marking 59 beginning of modern Chinese archaeology.

One of the most eye-catching exhibits is a 6,000-year-old twin pottery pot. Not only does its side-by-side design reflect tribal unity and friendship, but it also stands 60 a symbol of peace and artistic excellence. This masterpiece, once 61 (keep) in the Henan Museum for over 50 years, has finally returned to where it was first unearthed.

62 (equal) impressive is a city wall from the late Yangshao period, rare evidence of early Chinese urban planning, which enables visitors 63 (admire) over 50 pottery pieces with sun

and butterfly patterns and gain insight into the imagination and beliefs of ancient people.

Not until one enters the immersive zone can the distant past feel so real. Recreated 64 (scene) of pottery-making and farming allow visitors to see, hear and even smell the life of early settlers. So far, this unique experience 65 (bring) Chinese culture to life.

第四部分 写作(共两节,满分40分)

第一节(满分15分)

假定你是李华。为了绿化校园并丰富学生生活,你校于上周举办了开辟小菜园活动。请给校英文报写篇报道,内容包括:

1. 活动介绍;

2. 活动反响。

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。

A Vegetable Garden Establishment Activity

第二节(满分25分)

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。

In the corner of our basement sits a shelf filled with old radios—wooden boxes with metal buttons and antennas(天线), whose colors faded with time. To most, they might seem like waste. But to my grandfather, they were treasure chests of stories.

My grandfather grew up in a small mountain village, where the only way to hear news of the outside world was through an old, noisy and unclear radio that he fixed by connecting wires under high heat. “I didn't understand most of the words,” he used to laugh. “But the music spoke to me.” Fixing radios became more than a hobby—it was how he reached out to the world. He learned everything through repeated trials, until broken silence turned into sound again.

My mother never planned to keep this habit. As a teenager, she preferred tape players and music that she could carry with her. But when Grandpa passed away, she couldn't throw away his tools or the radios he left. “They're part of him,” she once said, gently turning a round metal button on one of the radios. Slowly, she began trying to fix a few of them, not as an expert, but with care and curiosity.

By the time I was ten, I had watched my mother spend many weekends surrounded by small parts and wires. “Come and try with me,” she said one Saturday. “Let's see if we can fix this one together.” I didn't know what to do, and I didn't even like machines. I enjoyed reading and drawing. But when she turned the button and a jazz tune started playing, I felt something touched me.

Soon, fixing radios became our weekly activity. She showed me how to look closely at every wire and tiny part, and how to be patient and listen carefully. “Sometimes the problem isn't what you see,” she said. “It's what you hear—or don't hear.”

Unlike my mother, I fell in love with it quickly. I began collecting old radios from neighbors and even tried fixing ones that no longer worked. I didn't just want to make them work—I wanted to bring back their sound.

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。

One winter evening, a sudden power cut hit our village. _____

When the power was restored, everyone thanked me for bringing them music. _____