

成都七中高 2026 届高三上期入学考试试卷
英 语

(考试时间: 120 分钟 试卷满分: 150 分)

注意事项：

1. 答题前, 考生务必将自己的姓名、准考证号填写在答题卡上。
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, 再选涂其它答案标号。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, 只将答题卡交回。

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，你将有两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，并标在试卷的相应位置。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。

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，并标在试卷的相应位置。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，各小题将给出 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 至 8 题。

6. What does the man cook for dinner?
A. A pizza. B. A hamburger. C. A sandwich.

7. What does the woman think of the food?
A. Very delicious. B. Too salty. C. A little spicy.

8. Where will they probably have their dinner?
A. At home. B. At a restaurant. C. In the man's office.

听第 7 段材料，回答第 9 至 11 题。

9. What does the man show to the woman?
A. His visa. B. His ID card. C. His passport.

10. What does the woman suggest the man do?
A. Take his luggage with him. B. Carry less luggage. C. Check his luggage.

11. Where are the speakers?
A. At a bus stop. B. At an airport. C. At a railway station.

听第 8 段材料，回答第 12 至 14 题。

12. What's the relationship between the two speakers?
A. Friends. B. Shop assistant and customer. C. Waitress and customer.

13. What happened to the man's records?
A. He lost them in Canada. B. He sent them to his sister. C. He broke them accidentally.

14. How much is each of the records?
A. £ 4. 5. B. £ 1. 5. C. £ 4. 05.

听第 9 段材料，回答第 15 至 17 题。

15. Where are the two speakers?
A. In the USA. B. In Europe. C. In China.

16. Why is there no national health insurance here?
A. The government hasn't realized its importance.
B. The people here believe in private companies more.
C. The government hasn't paid enough money for it.

17. What does the man think of having good insurance?
A. Expensive. B. Unnecessary. C. Important.

听第 10 段材料，回答第 18 至 20 题。

18. What service is being advertised?
A. Carpet cleaning. B. Food service. C. House repair.

19. What is the cost of the service if customers call now?
A. \$4. 49. B. \$25. 46. C. \$ 29. 95.

20. Who is most likely to call for the service?
A. Master cleaners. B. Repair workers. C. Housewives.

第二部分 阅读理解（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，从每题所给的四个选项（A、B、C 和 D）中，选出最佳选项。

A

Power of Public Speaking has partnered with ASI Innovation Labs to integrate artificial intelligence into the Pops Classroom platform for improving public speaking skills. The first project is the Pops Advisor which provides an automatic evaluation of students' video presentations with visual feedback.

The Advisor offers on-demand comments to students practicing public speaking from anywhere. This flexibility benefits instructors, who can be as hands-on or hands-off during practice. While students can operate autonomously with the tool, instructors can also choose to keep track of students' progress.

Criteria

Using machine learning models, the Pops Advisor analyses the following criteria:

Delivery	Introduction	Body	Conclusion
Vocal Style	Credibility	Support	Signaling Ending
Vocal Quality	Attention	Language	Summary
Vocal Filler	Central Idea	Connective	Memorable Ending
Eye Contact	Preview	Credibility	Credibility
Body Language	Connective	Organization	

Feedback

The presenter receives feedback on the above four categories. And this feedback is given in the following formats:

• Recommendations

To provide presenters with valuable feedback for the next practice, recommendations focus on specific aspects needing improvement. For instance, the recommendation can be “Your message is clear but be sure you are grabbing your audience's attention in your introduction to ensure they are listening.”

• Speech Metrics (指标)

Useful speech metrics serve as quantitative descriptors on several aspects of the presentation including number of words, total presentation time, speaking rate and vocal fillers percentage.

Pops Advisor can be used in any classroom setting where students are presenting, particularly in the Basic Public Speaking Course. When you are considering what can be achieved by your students toward skill development in a single school semester, Advisor increases the overall development.

21. What is the Pops Advisor?

A. A voice assistant. B. A video player. C. A time tracker. D. An evaluation tool.

22. Which category provides feedback on the core message of the speech?

A. Delivery. B. Introduction. C. Body. D. Conclusion.

23. Who is the text intended for?

A. Lab technicians. B. Public speaking instructors.
C. Foreign language learners. D. Artificial Intelligence engineers.

B

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. He draws attention to works like *The Story of Stuff*, which explores the interconnections of 21st-century capitalism. His book *Food Freedom* tackles one big problem 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.

24. 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.

25. Why is his book 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.

26. What does Robin Greenfield suggest people do?

- A. Reuse and recycle waste materials.
- B. Lead an eco-friendly life instinctively.
- C. Maximize their material needs.
- D. Engage in industrial agriculture.

27. Which of the following best describes Robin Greenfield?

- A. Inspiring and caring.
- B. Innovative and serious.
- C. Passionate and carefree.
- D. Persistent and ambitious.

C

You jerk awake in the middle of the night in confusion. Is there a figure standing in the corner of the room? Your brain begs your legs to move, but nothing happens. The anxiety increases. Your eyes scan the room. Just as you're about to hit peak panic, you sit up and the figure disappears.

You've just experienced sleep paralysis (瘫痪), which is the name experts give to all sorts of weird things that occur during sleep. It happens when the brain temporarily disables the body to prevent it from acting out the vivid dreams occurring during REM (rapid eye movement) sleep. It often comes with a feeling of immobility, and a sense of choking. The good news is, it's absolutely normal, even if it's terrifying.

But when sleep paralysis happens outside of deep sleep – when a person is just falling asleep – it can be “disruptive of the architecture of sleep,” said Baland Jalal, a researcher who investigates the phenomenon. That could lead to more sleep paralysis.

“While not everyone who has sleep paralysis experiences hallucinations (幻觉), seeing a person or a ghost in the room is the most common vision,” said Jalal. The mechanisms behind sleep paralysis remain unclear, but research indicates that certain risk factors may increase the likelihood of experiencing a jerk, including intense exercise before sleep, inadequate sleep, emotional stress, and excessive stimulant consumption (like caffeine and nicotine), especially later in the day.

“For most people, it is not indicative of any kind of disease. If you are really worried about it, regular sleep and other simple relaxation techniques, like meditation, deep breathing and yoga, may help,” said Dr. Nathaniel Watson, president of the American Academy of Sleep Medicine. While the experience feels frightening, the episodes last only a few seconds or minutes at most. “Most people slip out of it as quickly as they fall into it,” he said.

28. What is sleep paralysis?

- A. A physical sign of anxiety disorders.
- B. A frightening dream that interrupts sleep.
- C. A mental disease that affects sleep quality.
- D. A brief state of being frozen during sleep.

29. What do people who have sleep paralysis often experience?

- A. Involuntary cough.
- B. Unreal sensation.
- C. Sharpened vision.
- D. Sustained immobility.

30. What does Dr. Nathaniel Watson say about sleep paralysis?

- A. It is caused by inadequate sleep.
- B. It can be a warning signal of diseases.
- C. It is a temporary disturbing experience.
- D. It can be fully prevented by exercise.

31. Which of the following is a suitable title for the text?

- A. Common Myths About Sleep Paralysis
- B. Sleep Paralysis: How It Affects Sleep Patterns
- C. Ways to Prevent and Cope with Sleep Paralysis
- D. Sleep Paralysis: Why We Jerk Awake and Can't Move

D

People who think of themselves as tough-minded and realistic tend to take it for granted that human nature is selfish and that life is a struggle in which only the fittest may survive. According to this philosophy, the basic law by which people must live, is the law of the jungle. The “fittest” are those who can bring to the struggle superior force, superior cunning (狡猾) and superior ruthlessness (冷酷).

But we are entitled to ask whether the ruthlessness of the tiger, the cunning of the fox and the obedience to the law of the jungle are, in their human applications, actually evidence of human fitness to survive. If human beings are to get some useful tips on behavior from the lower animals, are there not animals other than beasts of prey from which we might learn lessons in survival?

We might, for example, look to the rabbit or the deer and define fitness to survive as superior speed in running away from our enemies. We might point to the earthworm or the mole and attribute their fitness to survive to the ability to keep out of sight and out of the way. If we simply look to animals in order to define what we mean by “fitness to survive”, there is no limit to the subhuman systems of behavior that we can think up. We may emulate any animal because they have all obviously survived in one way or another. We are still entitled to ask, however, if human survival revolves around a different kind of fitness from that of the lower animals.

If we are going to talk about human survival, one of the first things to do, even if we grant that people must fight to live, is to distinguish between those qualities that are useful in fighting the environment and other species and those qualities that are useful in fighting other people. There are also characteristics important to human survival that do not involve fighting.

Cooperation is essential to the survival of most living creatures. And human beings are the talking animals. Any theory of human survival that leaves this fact out of account is no more scientific than would be a theory of beaver survival that failed to consider the interesting uses a beaver makes of its teeth and flat tail. Let us see what talking means.

32. Which statement about the “Survival of the Fittest” theory is true?

- A. It shows that the tough-minded and realistic survive.
- B. It is often used as an excuse for one’s being selfish.
- C. It applies better in human society than in the wild.
- D. It is universally acknowledged among scientists.

33. What does the underlined word “emulate” in paragraph 3 probably mean?

- A. Copy
- B. Protect.
- C. Trap.
- D. Regulate.

34. According to the passage, which statement is most likely to be agreed by the author?

- A. Humans have no superior force over other species.
- B. Humans have survived because they are the fittest.
- C. Humans needn’t learn from lower animals to survive.
- D. Humans need to fight each other for their own survival.

35. What is most likely to be talked about next?

- A. Ways to make humans more competitive.
- B. Humans’ cooperation via communication.
- C. Differences between beavers and humans.
- D. The development of human survival skills.

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。

In a world that often feels fast-paced and restrained to routines, the desire for van (房车) life and mobile living has captured the hearts of many seeking an alternative lifestyle. 36 From the freedom to explore new horizons to fostering a minimalist mindset, here are some captivating advantages of embracing van life.

Liberation from Materialism

The confined space of a van encourages a minimalist lifestyle, where experiences are valued over possessions. 37 With minimal monthly expenses, such as parking fees and fuel costs, van dwellers can allocate resources to experiences rather than high rent or house payments. This mobile living is supported by the degrowth movement, which believes that economies should focus on securing the minimal basic needs instead of consumption and consumerism.

Exploration and Flexibility

The ability to follow adventure wherever it takes you is one of the most amazing aspects of living in a van. You can choose to wake up at dawn over the ocean one day and find yourself in a forested mountainside the next. Living in a van frequently involves being close to the outdoors surrounded by the beauty of nature. 38

Minimal Ecological Footprint

39 They adopt solar panels and efficient water systems, further minimizing their impact on the environment. People who choose to live in mobile homes believe that eventually, global warming and extreme weather might bring an end to sedentary (定居的) living patterns.

Through the open road, the beauty of nature, and the friendship of fellow adventurers, van life presents a unique avenue for enriching the human experience. 40

- A. It's thrilling to travel the world.
- B. Many van lifers tend to go green.
- C. Living in a van can often be more cost-effective.
- D. They'll find a sense of freedom of constant exploration.
- E. The natural world becomes an essential part of your daily life.
- F. Better yet, it offers a way to reconnect with the essence of living.
- G. The concept of van life offers benefits beyond just a change of scenery.

第三部分 语言知识运用 (共三节, 满分 45 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。

I whispered to myself, “A five-day art camp at White Cliff this summer.” White Cliff was really 41 for an enthusiastic painter like me. But at the 42 of going there alone, I had butterflies in my stomach. Later, I dialled my only friend Emily’s number, only to discover that she would be otherwise 43. I sighed and dropped my head. I had really had a hard time jumping into something without 44 faces around. 45, I went outside to draw the Westons’ towering pine tree. Sitting on the stairs, I thought about the camp and wished I could be a little 46. But by the time I started sketching, I had convinced myself that 47 the camp was my content decision.

I carefully 48 the pine’s strong trunk, straight and solid, and added the graceful branches. Once lost in my sketching, I 49 noticed the fly buzzing around me. Hence, I jumped when Mr. Weston suddenly remarked, “You’ve captured the essence of the tree’s 50 beautifully on paper.”

“Thanks,” I smiled, glancing up. “If you spread out the roots near the surface, the tree could 51 sufficient water and soar even higher.” I noticed the knobby bumps (疙瘩状凸起) of roots 52 out of the ground all around the tree. I’d never realized how 53 a tree’s roots stretched outward. It struck me that if I wanted to grow, I had to start 54 too.

That evening, I filled out the art camp application, ready to stretch my 55 out into new earth. I thought I am the pine.

41. A. unbelievable	B. irresistible	C. uncontrollable	D. irreplaceable
42. A. sight	B. thought	C. request	D. core
43. A. rejected	B. attracted	C. occupied	D. addicted
44. A. familiar	B. gentle	C. confident	D. beautiful
45. A. Delighted	B. Relieved	C. Shocked	D. Frustrated
46. A. cleverer	B. luckier	C. happier	D. braver
47. A. skipping	B. attending	C. reserving	D. delaying
48. A. wrote	B. watched	C. drew	D. cut
49. A. desperately	B. narrowly	C. barely	D. suddenly
50. A. magic	B. function	C. mystery	D. strength
51. A. supply	B. fetch	C. absorb	D. contain
52. A. sticking	B. hiding	C. digging	D. lifting
53. A. well	B. far	C. deep	D. long
54. A. reaching out	B. growing up	C. wising up	D. turning out
55. A. life	B. roots	C. camp	D. interests

第二节 (共 15 小题; 每小题 1 分, 满分 15 分)

单句语法填空: 在空白处填入 1 个适当的单词或括号内单词的正确形式。

56. His voice began to tremble _____ excitement.

57. She loves classical music, _____ her brother prefers rock.

58. It seemed that she had hurried to write a note _____ pencil.

59. There is _____ honest boy waiting for you at the school gate.

60. What a pity! Our football team lost the match _____ one goal.

61. Education plays _____ crucial part in shaping a person's future.

62. More than two thirds of the land on Earth _____ (cover) with water.

63. Helping others is a habit, _____ you can learn even at a young age.

64. He is quiet _____ thoughtful – people often underestimate his depth.

65. She didn't call, _____ did she send a message – it's like she's disappeared.

66. The mechanic in this garage charges by _____ hour for their repair services.

67. The air quality in the countryside is better than _____ in the downtown area.

68. He never thought he would find _____ (he) interested in traditional painting until he tried it.

69. My uncle's house in the downtown area is much smaller than ours, but it is twice _____ expensive.

70. One day the emperor wanted to get his portrait done so he called all great artists to come and present their _____ (fine) work, so that he could choose the best.

第三节 (共 30 小题; 每小题 0.5 分, 满分 15 分)

(一) 根据所给提示和语境, 填入单词的正确形式。

71. Some people — and I was one of them — believe that humorous _____ (抱怨) about the little problems of life make humor, and sometimes that is the case.

72. The children failed to hide their disappointment when they found out the school _____ (取消) the party.

73. In the experiment, Goffin's cockatoos were able to select the right tool for the job, in most cases, by visual _____ (认出; 识别) alone.

74. The disappearance of dinosaurs is not necessarily caused by astronomical incidents. But alternative _____ (解释) are hard to find.

75. The floors of all campus buildings _____ (配备) with manual fire alarm systems which include fire alarm pull stations and pipes.

76. Researchers have recently made an _____ (推断; 推论) that the use of motor vehicles in urban areas will reach its peak in the next five years.

77. It was a popular activity for couples to _____ (悠闲地) walk through town to view the temporary

works of chilly art.

78. Mexicans consider it inappropriate to eat with utensils (餐具), instead _____ (更喜欢) to use their hands.

79. To serve its function, a book must be activated by a user: the cover opened, the pages parted, the contents reviewed, perhaps notes _____ (书写) down or words underlined.

80. Challenging work that requires lots of _____ (分析的) thinking, planning and other managerial skills might help your brain stay sharp as you age, a study published Wednesday in the journal *Neurology* suggests.

81. Wearing a broad smile, the new English teacher _____ (做手势) to us to stop talking, and then asked us a question.

82. Caught in a _____ (困境), he found it hard to make a decision.

83. In fact, he _____ (继承) excellent taste in art from his family — both his father and his brother were painters.

84. Suffering from the flu made her feel worn out and dizzy all day, so she took some pills to relieve her _____ (症状).

85. A harmonious neighborhood is established on the basis of _____ (相互的) respect and consideration.

86. He did not _____ (妥协) easily, but was willing to accept any constructive advice for a worthy cause.

87. He secured himself tightly to the tree with a rope and dived in to save the _____ (溺水的) child.

88. While a _____ (适度的) amount of stress can be beneficial, too much pressure can exhaust you.

89. The local government doesn't have to _____ (牺牲) environmental protection to promote economic growth.

90. To increase levels of community service, some schools have launched _____ (必须做的) volunteer programs.

(二) 根据句意, 选择所给单词的正确形式填空。每个单词仅使用一次。

arm; conduct; claim; collapse; promote; respect; resolve; sample; succeed; tend

91. By the time medical staff reached the scene, he _____ from a sudden heart attack.

92. Copper has the capability to _____ electricity, allowing it to be widely used in electrical components.

93. _____ with vast knowledge, they're able to carry out complicated experiments individually to find out the answers.

94. As the birthplace of tea and the largest tea-producing country, China has a responsibility to work with other countries _____ the healthy development of the tea industry.

95. In many _____, modern technology has made our lives more convenient, but it has also created new challenges, such as increased screen time and privacy concerns.

96. Recent research suggests that if an argument gets _____, the emotional response tied to it is significantly reduced or almost completely erased.

97. Attending food festivals is a great way to _____ all sorts of different cuisines and dishes from around the world.

98. My grandfather is an expert in gardening, and since retiring, he has devoted all his time and energy to _____ to his plants and flowers.

99. You can _____ your money back after shopping online if goods are damaged while being delivered.

100. John will _____ his father as the head of the family business, thus taking over the legacy (遗产) passed down by previous generations.

第四部分写作(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，使之成为一篇完整的短文。

As a doctor at a famous hospital in a big city, my aid to a remote village is firm and unshakable. I am a regular visitor, not just as a medical volunteer but as a friend, a part of their extended family. The aid has been a test, and in overcoming it, we have all discovered a deeper sense of unity and purpose. The aid also has built a bond between us, one that will continue to grow stronger with each visit.

On a summer afternoon, the heat was almost unbearable, the air thick with the promise of a storm. As a volunteer in the remote village medical aid activity, I was aware of the urgency of our mission. The village was accessible only via a narrow dirt road, and we had to complete the medical consultations before the sun dipped below the horizon.

Shortly after I treated the last patient, I received an urgent message that made me nervous. A villager had been stung by an unknown insect and was experiencing a severe allergic(过敏的) reaction. Time was of the essence; it could be fatal if not treated timely.

I swiftly coordinated a response team, which included a local guide familiar with the shortcuts through the dense forest that separated us from the nearest hospital. We gently moved the stricken villager onto a stretcher(担架), and with the leading of the villager's family, we began the race against time.

The journey was filled with challenges. The forest was a labyrinth of shadows whispers, with damp and dangerous bushes. As it was night, our progress was slowed by the need to navigate by the dim light of our flashlights. The villager's breathing became difficult, and his pain was clear.

In the distance, the faint but growing sound of a helicopter cut through the silence of the night – a rescue team was on its way. However, the trees were too dense for a safe landing. We needed to act fast, but the helicopter didn't find us for a long time. Suddenly, an idea occurred to me when we were nearly desperate.

注意：续写词数应为 150 个左右。

I used our flashlights to shine on the dark sky. _____

We returned to the village and found that the villagers were still waiting for us. _____