

海淀区七年级练习

英 语

2022.07

学校_____

班级_____

姓名_____

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1. 本试卷共 8 页，共九道大题，57 道小题。满分 100 分。考试时间 90 分钟。
2. 在试卷和答题纸上准确填写学校名称、班级名称、姓名。
3. 试题答案一律填涂或书写在答题纸上，在试卷上作答无效。
4. 在答题纸上，选择题用 2B 铅笔作答，其余题用黑色字迹签字笔作答。
5. 考试结束，请将本试卷和答题纸一并交回。

听力理解（共28分）

一、听后选择（共 12 分，每小题 1.5 分）

听下面 4 段对话或独白。每段对话或独白后有两个小题，从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话或独白你将听两遍。

请听一段对话，完成第 1 至第 2 小题。

1. What does the man do?

A. A pet doctor.

B. A school teacher.

C. A bus driver.

2. When does the man go to work?

A. At 6:00.

B. At 7:00.

C. At 8:00.

请听一段对话，完成第 3 至第 4 小题。

3. How does the woman go to the National Library?

A. By subway.

B. By taxi.

C. By bus.

4. How long does it take the woman to get to the National Library?

A. About 10 minutes.

B. About 20 minutes.

C. About 30 minutes.

请听一段对话，完成第 5 至第 6 小题。

5. What kind of pancakes does this man want?

A. One small apple pancake.

B. One large banana pancake.

C. One medium banana pancake.

6. Where does the conversation probably take place (发生)?

A. On the telephone.

B. In a shopping mall.

C. In a restaurant.

请听一段独白，完成第 7 至第 8 小题。

7. What can we learn from the speech?

A. Students have two ways to know about the clubs.

B. Students should join as many clubs as they can.

C. Students can start their own clubs with friends.

8. Why does the speaker give this speech?

A. To introduce some interesting clubs.

B. To invite students to join a special club.

C. To tell students how to choose the right clubs.

二、听后回答（共 6 分，每小题 2 分）

听对话，根据对话内容笔头回答问题。每段对话你将听两遍。
请听一段对话，完成第 9 小题。

9. How is the weather in Shanghai?

请听一段对话，完成第 10 小题。

10. Why does the girl like elephants best?

请听一段对话，完成第 11 小题。

11. What might (可能) they do next?

三、听后记录（共 10 分，每小题 2 分）

请听一段独白，根据所听到的内容和提示信息，将所缺的关键信息填写在答题纸的相应位置上。本段独白你将听两遍。

| Ways to Help Children <u>12</u> the Family Rules | |
|--|---|
| Keep it simple | ● just write down some important rules |
| | ● use <u>13</u> words when making rules |
| Invite children to play a part | ● ask your children to share their <u>14</u> |
| | ● ask your children to make a lovely poster about the rules |
| Review and rewrite the rules | ● talk about the rules once a <u>15</u> |
| | ● rewrite the family rules as children <u>16</u> |

知识运用（共26分）

四、单项填空（共 9 分，每小题 1 分）

从下列各题所给的 A、B、C、D 四个选项中，选择可以填入空白处的最佳选项。

17. My brother is good at painting and _____ wants to join the art club.
A. he B. his C. she D. her
18. — Is there a bank near here?
— Yes. It is _____ Center Street, behind the police office.
A. over B. to C. on D. from
19. — Linda, _____ you play the piano? We need someone to play for the music festival.
— Yes, I can, Ms. Brown. And I'd like to help.
A. can B. are C. do D. does
20. — What does your mother look like?
— She isn't heavy _____ thin. She is of medium build and has long curly hair.
A. so B. or C. but D. and
21. — _____ is it from your home to the new bookstore?
— About 2 kilometers.
A. How far B. How much C. How often D. How long
22. — Where is Peter now?
— He _____ volleyball on the playground.
A. play B. plays C. played D. is playing

23. — How was your school trip to the science museum last Sunday?
— Wonderful. I _____ how to make a model bridge from the robot teacher.
A. am learning B. learned C. learns D. learn
24. My sister _____ in the park every morning. She likes the clean air there.
A. to exercise B. exercised C. exercises D. exercise
25. — Mom, I want to cook noodles for Grandma on her 70th birthday.
— _____! She must be very happy.
A. See you B. Good luck C. Have fun D. Sounds great

五、选词填空 (共 5 分, 每小题 1 分)

阅读下面的短文, 掌握其大意, 从方块中选择适当的词并用其适当形式填空。每词限用一次。

life, bring, shout, dinner, tired

One day, a strong dog was running after a rabbit. The dog wanted to have it for 26. However, the little rabbit ran so fast that the 27 dog had to give up the hunt. A sheep saw this and laughed at the dog, saying that the little rabbit was faster than the big beast (猛兽). Hearing the sheep saying that, the dog 28 to the sheep angrily, "The rabbit was running for its 29! BUT I was running only for dinner. Can you see the difference between him and me?"



This story tells us that different motivations (动机) can 30 different results (结果). Do you agree?

六、完形填空 (共 12 分, 每小题 1.5 分)

阅读下面的短文, 然后从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳答案。

Well, that was bad, I thought as I took off my ballet shoes.

I had just finished my dance class, and it was 31. I always got the wrong steps, but all the others seemed to do these steps easily. I got the 32: I had no gift and there was no need to push myself so hard.

Just then, my big sister Julissa arrived. She took one look at me and asked, "What's wrong, Lakeisha?"

"Nothing," I said 33. "Just maybe I shouldn't be taking dance classes."

Julissa shook her head and said, "Let's get out of here." I went out of the door with her.

We stopped at a store and Julissa bought me my favorite drink. "Listen, sis," she said, "not every day is a great one, and not everything is going to work out as you want. The most important is to keep 34. I believe you can find your own dancing style."

We finished our drinks and 35 to the subway. On the platform (站台), a few swing dancers were jumping and tapping happily. Many people stopped to watch. Then the dancers began showing off hip hop moves. One of them threw his hat onto my head. Without thinking, I quickly 36 the hat off, turned it inside out, and threw it right back at him.

"You have some moves, kid," the dancer said as I just made a graceful (优雅的) turn. I looked over and there was my sister. Her 37 was as big as a subway platform.

When we arrived home, Julissa gave me a hug and said, "Never forget everyone has off days! Just believe yourself. You can finally get through at some point."

"Guess that's true," I replied. "But not everyone is 38 enough to have a great sister to help them!"







- | | | | |
|-----------------|-------------|------------|--------------|
| 31. A. exciting | B. terrible | C. active | D. dangerous |
| 32. A. message | B. saying | C. dream | D. plan |
| 33. A. warmly | B. happily | C. quietly | D. proudly |
| 34. A. changing | B. watching | C. asking | D. trying |
| 35. A. returned | B. headed | C. jumped | D. drove |
| 36. A. pulled | B. kicked | C. put | D. gave |
| 37. A. interest | B. face | C. mouth | D. smile |
| 38. A. thankful | B. kind | C. lucky | D. special |

阅读理解（共26分）

七、阅读下列短文，根据短文内容，从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项。（共 26 分，每小题 2 分）

A

It's fun to go out in the summer vacation, but staying at home doesn't have to be sad or boring. With a little creative thinking and pre-planning, you'll enjoy staying with your family at home.

| | |
|---|---|
| <p>Start a Garden</p> <p>Pick out some kinds of flowers. Start planting them indoors first. When they're ready and the weather is fine, move them outside and take care of them. Then enjoy the fruits of your work when your plants are blooming.</p> |  |
| <p>Read a Book Together</p> <p>Reading takes a backseat in today's busy lifestyles, but it is still a good way to enjoy your time with your family. You can take turns reading an interesting book aloud. Then, you can take time to talk about what's happening and share your opinions.</p> |  |
| <p>Cook a Meal Together</p> <p>Find different recipes (菜谱) in a cookbook, and try your hand in the kitchen with your family. Take turns deciding on which tasty food to make. Then enjoy food together. Cooking with parents always brings us a great memory (回忆).</p> |  |
| <p>Practice a Musical Instrument (乐器)</p> <p>If you love music, it will be great to practice an instrument when you're home. Try playing a wonderful song, so you can perform for your family. You can probably find some lessons online. They can help you learn a song you'll enjoy playing.</p> |  |

39. Which activity can help you enjoy the flowers you plant?
- | | |
|-----------------------------|-------------------------------------|
| A. Starting a garden. | B. Reading a book together. |
| C. Cooking a meal together. | D. Practicing a musical instrument. |
40. If you are interested in music, you can _____.
- | | |
|--------------------------------------|--|
| A. give some lessons online | B. talk about songs with your family |
| C. practice playing a wonderful song | D. read books about musical instrument |

41. Where can you probably find this passage?

- A. In a cookbook.
- B. In a travel guide.
- C. In a science report.
- D. In a life magazine.

B

For the whole morning, Emily skipped (蹦蹦跳跳) around the kitchen. She wanted to make breakfast for her family. Emily's dad was woken up and came to the kitchen.

"Morning, Sunshine," he said, "I'm gonna call you 'Energetic (精力旺盛的) Emily'. Where do you get your energy?"

Emily thought for a moment. "I don't know. What is energy, anyway?"

"Good question," said her dad. "Let's look it up in the dictionary."

"Energy," he read. "There are a few meanings, such as the power that enables you to do work."

"But I'm still not sure where it is from." Emily said.

"Why not ask your teacher?" her father said.

That morning, Emily stopped by her teacher's desk, and asked, "Mrs. Nelson, where do you think my energy comes from?"

Mrs. Nelson laughed, "In fact, it comes from your food."

Later, in the lunchroom, Emily asked Mrs. Jacobs, the lunch-lady, what this meant.

"Well," said Mrs. Jacobs, "I know that all food has calories (卡路里), and calories are a way to show energy. But I don't know how all that energy ends up in our food. I guess you have to ask a farmer!"

Luckily, today, Farmer George came to the park near Emily's house to sell tomatoes.

Farmer George told Emily proudly, "My plants make those calories for you!"

"Plants make energy?" Emily asked curiously (好奇地).

"Well, when the sun hits the leaves, the plant takes in CO₂ (二氧化碳) and water, and mixes them together. The sunshine helps to cook this all up into sugar, and that sugar is then kept in the plant for us to eat. Some plants store more calories than others, but they can all give you energy in the form of sugar."

Emily nodded, "So, when I eat tomatoes, I'm eating energy from the sun, air and water?"

"You got it."

Emily turned to her dad, "So all we have to do is to eat vegetables, Dad!"

Emily's dad laughed. "I wish it were that easy, Emily. But still, I think that's probably very good advice."

42. Dad used the dictionary to help Emily to understand _____.

- A. what energy is
- B. what calorie is
- C. what CO₂ is
- D. what sugar is

43. How did Emily find the answers to her questions?

- A. By making breakfast for her family.
- B. By buying tomatoes from George.
- C. By asking many people for help.
- D. By reading a book on biology.

44. According to the passage, Emily is a/an _____ girl.

- A. shy but friendly
- B. active and curious
- C. cute and quiet
- D. lazy but clever

C

Have you ever tried to pick out the face of a friend in a group photo? Sometimes it is hard, especially when everyone crowds (拥挤) together. It can also be hard to read when the letters are too close together. In fact, a new study shows that spacing (加大间隔) the letters can help anyone read faster.

Dyslexia (阅读障碍) is a common reading disorder. People with dyslexia have difficulty in telling the order of letters. Past research has shown that crowded text was especially difficult for people with

dyslexia to read. So, researchers at Anglia Ruskin University wanted to see if spacing the letters would help.

Steven Stagg and his team got 59 students between 11 and 15 years old: 32 of them had dyslexia and 27 did not. Each student read two passages out aloud. One passage was in usual format (格式). In the other passage, there was a wider space of 0.03 inches between the letters.

They found that kids with dyslexia read the wider-spaced text 13% faster than the text with usual spacing. These kids also made fewer mistakes. Students without dyslexia read faster, too, although only by 5%. Stagg wasn't surprised that it really worked with kids with dyslexia. What did surprise him was that wider-spaced letters helped even kids without dyslexia.

This is very good news. It means teachers and publishers can print materials with extra spacing between letters since it will help everyone. Readers with dyslexia won't feel uncomfortable by having to use special reading materials.

Stagg is sure that wider spacing between letters will **catch on**. "Some other ways to help people read better have shown both good and bad results," he says, "but letter spacing seems to be the one thing that works for everyone."

45. What do you know about the research from the passage?
- A. Letter spacing has shown both good and bad results.
 - B. 27 of the 59 students read the passage in usual format.
 - C. Stagg wasn't surprised that kids without dyslexia read faster.
 - D. Spacing the letters works well for the kids with dyslexia in reading.
46. The phrase "**catch on**" in Paragraph 6 probably means "_____".
- A. become popular
 - B. keep changing
 - C. give more information
 - D. make things difficult
47. What's the writer's main purpose in writing this passage?
- A. To tell us what dyslexia is.
 - B. To teach us how to read quickly.
 - C. To show how helpful letter spacing is.
 - D. To introduce why reading is important.

D

Getting kids to exercise or join in any kind of physical activity can be difficult for a lot of parents. But researchers have found that poor motor (运动) skills won't stop kids from being physically fit (身体健康的). In fact, they say kids with poor motor skills are likely to have the same excellent physical fitness.

The researchers checked the motor skills, body fat, and aerobic (有氧的) fitness levels of over 330 kids between the ages of 7 and 11 in the study. To check the aerobic ability, the kids were asked to take a bike riding test and slowly increase the amount of a bicycle workout. As the kids exercised, the researchers measured (测量) their $V(O_2)_{\max}$ (最大摄氧量), which shows physical fitness based on how well the body uses oxygen (氧气) during exercise.

The study showed that the kids' motor skills didn't play a role in their performance in the aerobic fitness test. Those with weaker motor skills were just as physically fit as other kids in the study who had stronger motor skills.

The researchers also learned that the kids' weight didn't show their physical fitness. These findings match with those from another recent study, which found that kids being active in exercise is more important for their health than their body mass index (BMI). It's important for kids to understand the importance of exercise, so they can develop healthy habits that last beyond childhood.

"Our study clearly showed that aerobic fitness is not linked (关联的) to motor skills when we think

about body composition (构成)," Dr. Haapala said. "Also, aerobic fitness was not strongly linked to overweight or obesity. That is to say, the kids' weight couldn't be a sign of their physical health."

The researchers hope that these findings are encouraging for schools and parents — especially for those who have kids with poor motor skills.

48. According to the research, if a child is not good at motor skills, he or she can still _____.
A. be physically fit
B. have a strong mind
C. be a clever person
D. enjoy doing exercise
49. What's Paragraph 2 mainly about?
A. Why the study was done.
B. How the researchers did the study.
C. Who took part in the study.
D. What the researchers found in the study.
50. Why does the writer mention another study in Paragraph 4?
A. To ask kids to care about body mass index.
B. To let kids have better childhood experience.
C. To help kids to learn about their physical fitness.
D. To show kid's weight can't decide their physical fitness.
51. What can we learn from the passage?
A. BMI doesn't play a role in kids' aerobic ability.
B. Kids' physical fitness is linked to their motor skills.
C. Kids' aerobic ability can show their physical health.
D. Being active in exercise doesn't help kids' physical fitness.

书面表达（共20分）

八、阅读短文，根据短文内容回答问题。(共 10 分，每小题 2 分)

School trips are very popular these days. But are they really helpful for students? The U.S. Travel Association made a study and found out school trips do bring a lot of benefits (好处) to them.

According to the study with 400 students, 89% of them think colorful school trips open their eyes and make them better persons. They can reach the worlds outside their own and get skills to improve themselves. 77% students believe school trips can do good to their schoolwork. They think school trips let them learn things first-hand and help them understand what they are learning at school better. A school trip may also be the first trip a student takes without their parents, so it builds independence (独立性), too. "There is a reason students say they need to have a school trip. There is truth to it. School trips should be a necessary part of their school life," said Roger Dow, president of the U.S. Travel Association.

How can we have a successful school trip? Here are some tips (建议) to keep in mind. First of all, plan carefully and ensure safety. We need to find out the goals (目标) of our school trip. We can talk about what we will see and what we should learn. Then, focus on our goals during the trip. A school trip should be a day out, not a day off. Besides, make it an everlasting (永恒的) memory. When we come back, we can write about our favorite thing or activity on the trip, and what we have learned from the trip.

“We live in a global society, and if you don’t see outside the neighborhood you live in, the world will pass you by,” said Roger Dow.

52. Are school trips popular these days?
53. According to the study, why can school trips do good to students' schoolwork?
54. How many tips are given in the passage to have a successful school trip?

55. How can we make our school trip an everlasting memory?

56. What is the main idea of the passage?

九、文段表达 (10 分)

57. 从下面两个题目中任选一题, 根据中文和英文提示, 完成一篇不少于 50 词的文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出你的校名和姓名。

题目 1

某动物保护协会 (the Animal Protection Group) 正在招募新成员。假如你是李华, 作为该协会的成员, 请你用英文写一则招募启事, 吸引更多的中外学生加入。请说明协会成员需要为保护动物做的事情, 并给出你的联系方式。

提示词语: be good at, poster, feed, care for

提示问题: ● What can the members do in the group?
● How can the members contact (联系) you?

Animal Helpers Wanted

Animals are our friends. To save them, we invite you to join us.

题目 2

榜样就像一盏灯, 照亮我们人生的道路, 给予我们奋进的力量。无论是伟大的英雄, 还是身边的普通人, 都可以成为我们的榜样。

某英文网站正在开展以 “My Role Model” 为主题的征文活动。假如你是李华, 请用英文写一篇短文投稿, 谈谈你心目中的一位榜样。请介绍你的榜样是谁, 描述他 / 她的外貌, 并叙述他 / 她的事迹。

提示词语: tall, hard-working, keep, learn from

提示问题: ● Who is your role model?
● What does he/she look like?
● What did he/she do?

My Role Model

Everyone may have their own role models. _____
