

海淀区七年级练习

英 语

2024. 01

考生 须知	<p>1. 本试卷共 8 页，共 8 道大题，56 道小题。满分 100 分。考试时间 90 分钟。</p> <p>2. 在试卷和答题纸上准确填写学校名称、班级名称、姓名。</p> <p>3. 答案一律填涂或书写在答题纸上，在试卷上作答无效。</p> <p>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。</p> <p>5. 考试结束，请将本试卷和答题纸一并交回。</p>
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第一部分 听力理解（共 25 分）

一、听后选择（共 15 分，每小题 1.5 分）

第一节 听下面 4 段对话。每段对话后有一个小题，从每题所给的 A、B、C 三个选项中选出最佳选项。每段对话你将听两遍。

请听一段对话，完成第 1 小题。

1. What color does the girl like?

A. Yellow. B. Blue. C. Black.

请听一段对话，完成第 2 小题。

2. What will the girl have for dinner?

A. Fruit salad. B. Fish salad. C. Chicken salad.

请听一段对话，完成第 3 小题。

3. When will the speakers meet?

A. At 7: 30 AM. B. At 8: 30 AM. C. At 9: 30 AM.

请听一段对话，完成第 4 小题。

4. Why does the boy like Friday?

A. Because he can go to the cooking club. B. Because he can go back home early.

C. Because he can have music class.

第二节 听下面 3 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 5 至第 6 小题

5. What are the speakers going to do after school?

A. To do homework. B. To play ping-pong. C. To have a basketball game.

6. Where are the speakers going to meet?

A. In the library. B. On the playground. C. In the classroom.

请听一段对话，完成第 7 至第 8 小题。

7. How does the girl feel about running 1000 meters?

A. Great. B. Afraid. C. Interested.

8. What is the boy's advice?

A. Keep running. B. Rest before running. C. Ask the teacher for help.

请听一段独白，完成第 9 至第 10 小题。

9. What can you learn from the speech?

A. The spelling games are on Friday. B. The best singers will get school T-shirts.

C. All the students can go to the English party.

10. Why does the speaker give the speech?

A. To prepare for the English party. B. To introduce the English Festival.

C. To talk about how to learn English.

二、听后回答（共 10 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 11 小题。

11. How much is the schoolbag?

请听一段对话，完成第 12 小题。

12. What sport are the speakers going to play?

请听一段对话，完成第 13 小题。

13. When is the girl's birthday party?

请听一段对话，完成第 14 至第 15 小题。

14. Where does the boy spend the family day?

15. What do the boy and his family do after the meal?

第二部分 知识运用（共 18 分）

三、单项填空（共 10 分，每小题 1 分）

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

1. Our English teacher, Mr Smith is kind and helpful. We all like _____.

- A. he B. she C. him D. her

2. This year, the Spring Festival is _____ February 10th.

- A. in B. on C. at D. for

3. The students have fun reading and sharing many _____ stories in the club.

- A. bad B. sorry C. interesting D. boring

4. My mother doesn't eat ice cream _____ she doesn't want to be fat.

- A. because B. so C. or D. but

5. —_____ is your sister?

—She is ten.

- A. How many B. How much C. How long D. How old

6. Tom _____ chicken, but he doesn't like beef.

- A. like B. to like C. likes D. liking

7. Chinese, math, English and PE _____ all on Friday. It's really a busy day.

- A. be B. is C. am D. are

8. My aunt and uncle always _____ a walk in the park in the morning.

- A. takes B. take C. are taking D. will take

9. My parents want me _____ my homework first every evening.

- A. to do B. did C. does D. doing

10. —How's your day today?

—_____ I'm happy to see my friends.

- A. It's great. B. Good idea. C. Here you are. D. See you.

四、完形填空（共 8 分，每小题 1 分）

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

I was breathing hard after finishing my 400-meter race. I tried my best but only got the third place. I was walking slowly to catch my breath and relax my legs when my coach (教练) rushed over, looking. ____11____. “Susan, could you please run the last leg of the relay race (接力比赛)? Tracy hurt herself in the long jump.”

“You want me to run another 400 meters?” I asked in surprise. “A 400-meter race is really ____12____ and I have just finished one!”

“We have been training hard all the season. Without you or Tracy, we have to give up this time. But if you join in, we’ll have the chance to win a place.”

I nodded and followed her to the starting line. Amanda, the first leg runner, tried to give me a ____13____, but I could tell that she wasn’t sure we could make it.

Racers of other teams all seemed to have ____14____ legs as I had seen none of them in the 400-meter race before.

When it was my turn, the three girls in my team had made it six meters ahead. As the baton (接力棒) got into my hand, I wished I could shoot out, but my legs felt like jelly. I could hear screams around “Go, Susan, go!”

I ____15____ the first before the last turn. Then my arms and legs were out of order. My breath became difficult. One runner passed me. I kept my balance (平衡). And then the second. I was almost knocked down by the wind of her passing. Then just at the finish line, I tried to ____16____ myself across it, headfirst. Our relay team finished third.

My teammates held me up. I thought they might be angry with me for not keeping the first place. However, to my surprise, they hugged me and ____17____ me for trying my best.

____18____ isn’t everything. Done is better than perfect, especially when it is for the whole team.

11. A. cool B. happy C. worried D. relaxed

12. A. exciting B. interesting C. boring D. tiring

13. A. smile B. hand C. flower D. call

14. A. long B. short C. fresh D. old

15. A. passed B. stayed C. became D. helped

16. A. kick B. hand C. lift D. throw

17. A. thanked B. asked C. excused D. questioned

18. A. Trying B. Winning C. Practicing D. Joining

第三部分 阅读理解（共 26 分）

五、阅读理解（共 26 分，每小题 2 分）

A

阅读下列商店介绍，请根据人物喜好和需求匹配最适合的商店，并将商店所对应的 A、B、C、D 选项填在相应位置上。

Do you know that there are many cool toy stores in the new Schwarz Shopping Center?
They have different kinds of toys for kids to choose from.

A.Josh’s Toys	Climbing toys interest kids and keep them outside for hours! They are good for their bodies and minds. All of the climbing toys are safe for kids to play on.
B.Jumbo Joy	This store on the second floor sells different toys to help make kids cleverer, such as the Lego robots for the bigger kids and Joylight balls for the little ones.
C.Big Fun	This shop has many electronic (电子) toys, from electronic watches to computer games. You can also visit its online shops and buy the toys at very good prices.
D.DIY A Bear	Kids can take part in the DIY activities in this store. They can make their own teddy bears by themselves. No two bears are the same.
<p>●Liam wants to make a New Year gift for his sister by himself, so he should go to <u>19</u>.</p> <p>●As an outdoor climbing lover, Lucy may want to go shopping in <u>20</u> on weekends.</p> <p>●Danny’s parents want to buy toys to make their kid clever, so <u> </u></p>	<p>A. Josh’s Toys</p> <p>B. Jumbo Joy</p> <p>C. Big Fun</p> <p>D. DIY A Bear</p>

21 ____ is a good choice.	
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第二节 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。

B

We have a small vegetable garden in our school and we plant our favorite plants there. All my classmates work hard at it to make the plants grow better.

However, I notice there are so many weeds (野草) . I am deeply worried about the weeds growing taller and taller, and they will make our plants grow slowly. So I often go and do something to help our plants grow faster.

One day, during the lunch break, I went to the corner of the garden and pulled the weeds as usual. However, I forgot about the time. When I was busy pulling the weeds, I didn't know that the class had already started and no one noticed I was the only one left there.

Later, when I returned to the classroom, my teacher Miss Smith gave me a serious look.

“Peter, you're late again. We started the class ten minutes ago.”

“Sorry, Miss Smith.” I realized I had made a big mistake.

After class, my teacher asked me why I was late for her class. I told her that I forgot about the time because I was pulling the weeds at the small vegetable garden.

“Peter, you should understand the importance of being on time. You really need to keep the school schedule in mind.”

I thought my teacher was right and I should try to balance my studies and other activities better.

“Thanks, Miss Smith. I have understood what you said. I will still help out in the garden and I am sure I will never be late for class and I will always follow my school schedule.”

We both gave each other a big smile.

22. Peter forgot about the class because _____.

- | | |
|--------------------------------|------------------------------------|
| A. he didn't like his teacher | B. he was busy pulling the weeds |
| C. he wasn't feeling very well | D. he thought the class was boring |

23. When Peter realized he had made a big mistake, he felt _____.

- | | | | |
|----------|----------|----------|----------|
| A. bored | B. tired | C. sorry | D. angry |
|----------|----------|----------|----------|

24. We can learn from Peter's experience that we should _____.

A. take our favorite classes on time

B. pull out weeds to help the plants

C. help and learn from each other

D. do the right thing at the right time

C



napping

①It's unclear whether napping is good for everyone, but research suggests, napping, a short-time sleep, can improve some people's overall performance (表现) in the short term. And if people nap regularly (有规律地) at midday, it might also have longer-term benefits (益处) to health.

②For one thing, several studies find that a short-time sleep is good for brain to work well. A 2021 study in *Science Advances* finds that napping is able to improve reaction (反应) time and memory performance. A short nap can also help with creativity (创造力).

③These benefits of napping are the strongest for people who don't get enough nighttime sleep. A 2014 review of research says when night-time workers, new parents and older people with little nighttime sleep take a nap during night-time work, they feel less sleepy and have better overall performance.

④However, some people may feel tired after napping. That's because they don't time their naps right. Then how long is a well-timed short sleep? A 20-minute nap is useful, the psychologist Dautovich says, and 60 to 90 minutes of sleep can be even more helpful. However, when people sleep for more than 20 minutes and less than 60 minutes, they will feel tired easily.

⑤For another, regular short naps also seem to improve brain health in the long term, Garfield and her colleagues at University College London find. People with regular napping genes (基因) have a larger brain volume (大脑容量). All brains lose volume as they age, Garfield says, but taking a nap regularly is able to help slow down your aging for 2.6 to 6.5 years.

⑥Of course, not everyone can nap, Garfield says. And there are other healthy habits that could fill 20 minutes a day, such as going on a walk or going to the gym. But if it can fit in your timetable and you are also willing to try, napping will definitely reward you in many ways.

25. From a 2021 study in Science Advances, napping can help to improve _____.

- A. reaction time and creativity
- B. sports skills and brain volume
- C. brain volume and napping genes
- D. sports and memory performance

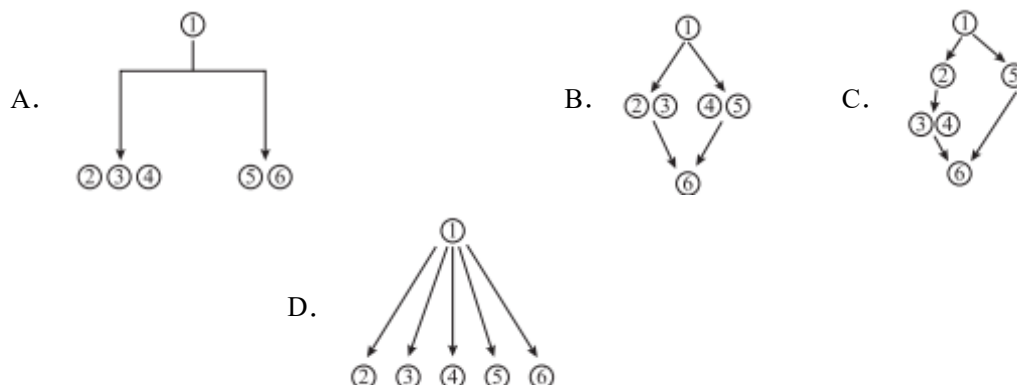
26. According to Dautovich, which is a well-timed nap?

- A. A 25-minute nap.
- B. A 45-minute nap.
- C. A 70-minute nap.
- D. A 120-minute nap.

27. The writer probably agrees that _____.

- A. people are tired but more creative after a long night's sleep
- B. regular naps help save brain volume and slow down aging
- C. night-time workers feel sleepy after taking a well-timed nap
- D. taking a short-time nap regularly is a better habit than walking

28. What's the layout (结构) of the passage?



D

Have you ever been asked to remember a list of words? If so, you might find that it's easier to remember the very first words and the very last words on the list, but you cannot remember the middle part very clearly. This is because the “primacy effect” (首因效应) is at work. The primacy effect means that you tend to (倾向于) remember the very first and very last things on a list better than the things in the middle.

_____ The main reason is that people tend to rehearse (默诵) things in order to remember them. This means people find it easier to remember what is shown early because they have practiced the beginning more than things in the middle. In one piece of research, when people are told not to rehearse or are not given enough time to rehearse, the primacy effect disappears.

Another reason is related to attention span (注意力时长). People tend to pay attention at

the beginning and at the end of the presentation (演讲), and so things in the beginning are more likely to be remembered. Thinking back to the last conversation you had, the paragraph you read or the show you watched, you probably focused on both the beginning and the end, but in the middle zoned out at some points.

Knowing the power of the primacy effect might help you a lot in life. If there is something that you want to stress: say it first, say it last, or both! This is when it is most likely to be remembered. As a student, you can change the order of the words on a list so that you can finally store everything to your long-term memory. Also, try paying attention to the difficult point at the beginning of your study and summarize each time span with another quick review of that point.

So the next time you want to make a good impression, or prepare for an exam, remember to put the above to good use.

29. Which sentence can be put in the blank (空白处) in Paragraph 2?

- A. Then why is there the primacy effect?
- B. Then what is the primacy effect made of?
- C. Then how does the primacy effect work?
- D. Then where can you find the primacy effect?

30. The underlined words “zoned out” in Paragraph 3 probably mean “_____”.

- A. thought best
- B. lost attention
- C. found interest
- D. felt different

31. Which of the following would be the best title for the passage?

- A. Primacy Effect: a Trick to Get Full Marks
- B. Primacy Effect: a Reason for Life Success
- C. Primacy Effect: a Way to Remember Better
- D. Primacy Effect: a Skill for Communication

第四部分 书面表达 (共 31 分)

六、阅读表达 (共 10 分, 第 47-49 题每小题 2 分, 第 50 题 4 分)

阅读短文, 根据短文内容回答问题。

Every day, people spend hours and hours on their phones and computers. And it seems impossible for most people to cut out screen time completely. So how can we keep a healthy relationship with digital devices (数字设备) in this fast-moving world?

Anna Marsh, a professor of psychology at University of Toronto, tried not to use the

digital devices. After she stopped using them, she felt she had more time to think. So she gives some advice on how to keep a healthy digital diet while using technology (技术).

First, we should care for our brains just as we care for our bodies, by controlling (控制) the digital intake. In fact, reducing our use of the devices is like eating less junk food. What we need to do is think about whether our heavily used apps and websites benefit our life or not. Then we can remove (删除) apps like games. After that, add some healthy apps to our phones, such as self-care and learning apps.

Another important thing is to think about why we use them. Too often we reach for our mobile phones and then get lost in the world of the Internet. We forget what we planned to do. So next time we pick up our phones, rethink about what we are going to do: to check the e-mail or to look up a word.

Also, if we focus only on our devices, we will miss out on our lives. That's why we should be careful about the time we spend on the digital devices. For example, we can keep the phones on or near our body all the time, but we'd better only check them once or twice a day. And it's better to put our phones away at dinner or when having family activities. Getting out into nature or doing some exercise is also a good way to stop us from looking at our phones.

32. How did Marsh feel after she stopped using digital devices?

33. What healthy apps can we add to our phones?

34. Why should we be careful about the time we spend on the digital devices?

35. Do you have a healthy digital diet? Why or why not?

七、完成句子（共 11 分，每空 1 分）

根据下面各题所给的中英文或所给词的正确形式或上下文内容填空。每空只填写一个词。

36. 汤姆有篮球吗？

_____ Tom _____ a basketball?

37. 外面在下雪，我们一起去堆雪人吧！

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/517041156164006054>