学校:_____ 班级:_____ 姓名:_____ 准考证号:_____

（在此卷上答题无效）

2025—2026 学年度第一学期七年级期中适应性练习

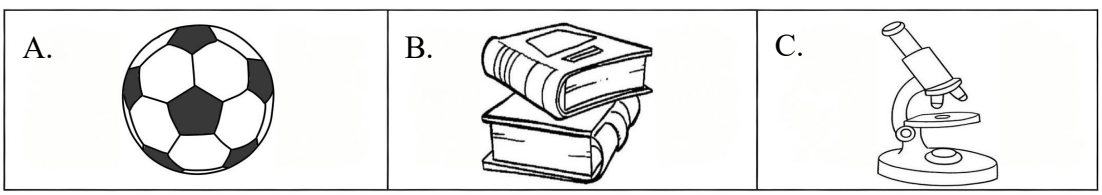
英　语

考生须知	1．全卷共 10 页，91 小题；满分 150 分；考试时间 120 分钟。 2．答案一律填涂或书写在答题卡的相应位置，在试卷上作答无效。 3．答题卡上，选择题用 2B 铅笔作答，其它试题用黑色字迹中性（签字）笔作答。 4．保持卡面清洁，不折叠、不破损。考试结束后，将答题卡交回。

I. 听力（共三节，20 小题，每小题 1.5 分，满分 30 分）

第一节 听句子 听下面五个句子，从每小题所给的 A、B、C 三幅图中选出与句子内容相符的选项。（每个句子读两遍）

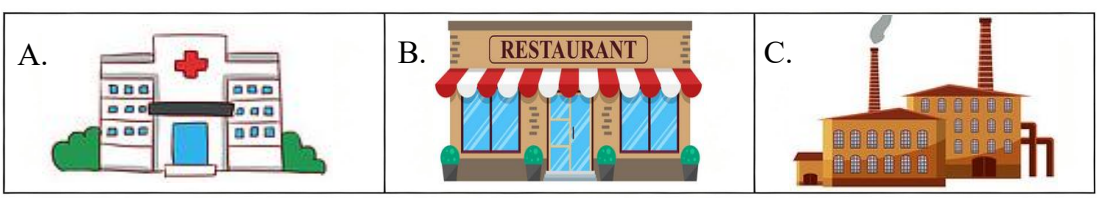
1.



2.



3.



4.



5.



第二节 听对话 听下面七段对话，从每小题所给的 A、B、C 三个选项中选出正确答案。（每段对话读两遍）

听第 1 段对话，回答第 6 小题。

6. Who is the man?

A. Lily’s uncle. B. Lily’s cousin. C. Lily’s brother.

听第 2 段对话，回答第 7 小题。

7. What’s in the box?

A. Some balls. B. Some books. C. Some bottles.

听第 3 段对话，回答第 8 小题。

8. How does the man often come to work?

A. By bus. B. By car. C. On foot.

听第 4 段对话，回答第 9 小题。

9. What does Kate do on Saturdays?

A. She does chores.

B. She goes swimming.

C. She visits her parents.

听第 5 段对话，回答第 10、11 小题。

10. How many people are there in Lucy’s family?

A. Three. B. Four. C. Five.

11. What does Lucy’s mother do?

A. She is a nurse.

B. She is a doctor.

C. She is a teacher.

听第 6 段对话，回答第 12、13 小题。

12. What time does the first class start?

A. At 8:30. B. At 8:15. C. At 8:00.

13. What’s the woman’s favourite subject?

A. Math. B. PE. C. Music.

听第 7 段对话，回答第 14、15 小题。

14. How does the man like his school life?

A. Interesting. B. Colorful. C. Helpful.

15. Where is the art club?

A. In the library. B. In the school hall. C. On the playground.

第三节 听对话 听下面对话，根据你所听到的对话内容，完成以下表格，每空填一词。（对话读三遍)

Lost and Found	
what's lost	a ___16___
color	___17___
what's in it	◆ a ___18___ book ◆ some ___19___ ◆ ___20___ photos

II. 选择填空（共三节，15 小题，每小题 1 分，满分 15 分）

第一节 选择方框中的单词，按所给音标归类。（共 5 小题；每小题 1 分，共 5 分）

bike; meet; at; get; table; dad; age; nice; be; egg

21. / eɪ / _____ _____ _____ _____

22. / i: / _____ _____ _____ _____

23. / æ / _____ _____ _____ _____

24. / aɪ / _____ _____ _____ _____

25. / g / _____ _____ _____ _____

第二节 从每小题所给的 A、B、C 三个选项中，选出可以填入空白处的正确答案。（共 5 小题；每小题 1 分，共 5 分）

26. —Do you love sports?
—Yes, I often _____ with my classmates after class.
A. study hard B. play football C. set the table

27. Li Mei wants to know more about the past, so _____ is her favorite subject.
A. history B. science C. Chinese

28. Lingling doesn't talk much. She is a _____ girl.
A. cute B. kind C. quiet

29. —Is that a photo of your aunt?
—Yes, _____ likes wearing qipao.
A. I B. he C. she

30. —Tom, do you play football?
—I _____ play it. I enjoy it, but I only have time on Friday afternoons.
A. never B. usually C. sometimes

第三节 补全对话（共 5 小题；每小题 1 分，共 5 分）

根据下面的对话情景，从方框内的选项中选出能填入空白处的最佳选项。

A: Michael! __31__

B: She is my big sister.

A: She looks nice. 32__

B: She is a nurse.

A: __33__

B: No, she doesn't. She looks after the old in an old people's home.

A: Does she love her job?

B: __34__

A: She is so kind. How does she often go to work?

B: __35__

A. What does she do?
B. She always takes the underground.
C. Does she work in a hospital?
D. Yes, very much.
E. Who is the girl in the photo?

III. 完形填空（共 10 小题；每小题 1.5 分，满分 15 分）

阅读下面短文，从每小题所给的 A、B、C 三个选项中，选出可以填入空白处的最佳答案。

Elliot, a small elephant, isn't happy. He looks for food and is __36__. He can't find his family. He walks in the forest (深林).

He __37__ some tortoises. "Hi, I'm Tuti. __38__ are you?" one tortoise asks. "I'm Elliot. I lost my family," he answers. "I __39__ help you. Let's go!" Tuti says.

They walk on and see some zebras. "Is that your family?" Tuti asks. "No! __40__ are zebras. I'm an elephant. We're different," Elliot says. The zebras see Elliot and Tuti, too. The zebras get scared (害怕的) and run away.

Now Tuti and Elliot __41__ good friends. They eat and play together. This time, they see __42__ lions. "Is that your family?" Tuti asks. "No! I am an elephant, not a lion," Elliot says.

__43__ comes, and they sleep (睡觉) next to each other. Next day, they walk and walk. Elliot sees a herd (群) of elephants. "That's my __44__!" he says happily.

Elliot thanks Tuti. Now he has his family and a best friend. They help each other 45__ have fun together. They live happily in the forest.

36.	A. happy	B. lost	C. different
37.	A. helps	B. likes	C. meets
38.	A. Who	B. How	C. What
39.	A. can't	B. don't	C. can
40.	A. We	B. You	C. They
41.	A. am	B. is	C. are
42.	A. any	B. some	C. no
43.	A. Night	B. Day	C. Noon
44.	A. friend	B. family	C. class
45.	A. but	B. so	C. and

Ⅳ. 阅读理解（共四节，25 小题；满分 45 分）

第一节 阅读下面 A、B 两篇短文，根据短文内容，从题中所给的 A、B、C、D 四个选项中，选出最佳答案。（共 10 小题；每小题 2 分，满分 20 分）

A

School Report (报告)		
Name: Maria　　Age:13		
Subject	**Comment (评语)**	**Grade**
Chinese	She can't learn Chinese well if (如果) she always talks in English.	B
English	She likes writing, but she isn't good at grammar (语法). She can do well in it if she studies hard.	B
Math	It is good but she doesn't work hard. She always talks to her classmates in class. She needs to listen to the teacher carefully (认真地).	B
History	She knows a little fun history.	A
Geography	Nice job.	A
Art	Very good. She likes drawing the pictures of flowers.	A
PE	Very good.	A
Music	She can sing some beautiful songs.	A
General (总结): Maria likes talking in class. So she often gets into trouble (麻烦) with her teachers. She is good at games and she likes playing basketball with boys very much. She needs to study hard.		

46. How old is Maria?

A. Ten years old.　　B. Eleven years old.

C. Twelve years old.　　D. Thirteen years old.

47. Maria's _____ subjects are Grade A.

A. three　　B. five　　C. eight　　D. nine

48. Maria needs to work hard on _____ subjects.

A. Chinese and Math　　B. Chinese and English

C. English and Math　　D. Math and History

49. Maria often gets into trouble with her teachers because _____.

A. she likes playing with boys　　B. she always talks in English

C. she talks to her classmates in class　　D. she likes games very much

50. From Maria's report, we can infer (推断) that _____.

A. she can play basketball　　B. she doesn't like music

C. she likes writing and grammar　　D. her math isn't good

B

Hello! My name is Lingling. I'm 13 years old and I'm in Class 6, Grade 7. At school, I have two best friends—Xiao Ya and Lulu.

Xiao Ya is from Tianjin. She has short hair and big eyes. She is kind and friendly. Every morning, she takes the bus to school. Xiao Ya is good at singing. She often teaches me to sing English songs. We also like reading books together. On weekends, we sometimes go to the library.

Lulu is from Beijing. She is tall and strong. She loves sports, especially (尤其) basketball. Lulu always helps me train it, because I can't do well. After class, we join the sports club together.

It's 3:40 in the afternoon. We are not in the classroom. We are in the school garden. We have a gardening class here every Friday.

In it, there are some flowers and plants (植物). We work in three groups (组). Group 1 need to water the potatoes. They look busy but happy. Group 2 need to water the tomatoes. I'm in Group 3 with five other students. We need to water the carrots here. This class is very interesting. We all love it because it's great fun.

51. How does Xiao Ya go to school?

A. By train.　　B. By bus.　　C. By bike.　　D. On foot.

52. What does Lulu like?

A. Singing songs.　　B. Reading books.

C. Doing sports.　　D. Making food.

53. There are _____ students in Group 3.

A. 3　　B. 5　　C. 6　　D. 8

54. What's true (正确的) about the gardening class?

A. There are only plants in the garden.

B. Students don't like it because they're busy.

C. In the class, students need to water the plants.

D. Students have this class in the afternoon every day.

55. How can the text be divided into paragraphs (分段)?

A. ① ② | ③ ④ ⑤　　B. ① | ② ③ ④ | ⑤

C. ① ② ③ ④ | ⑤　　D. ① ② ③ | ④ ⑤

第二节 阅读下面 C 篇短文，根据短文内容，完成以下的思维导图。（共 5 小题；每小题 2 分，满分 10 分；**每空不超过 3 个词**）

C

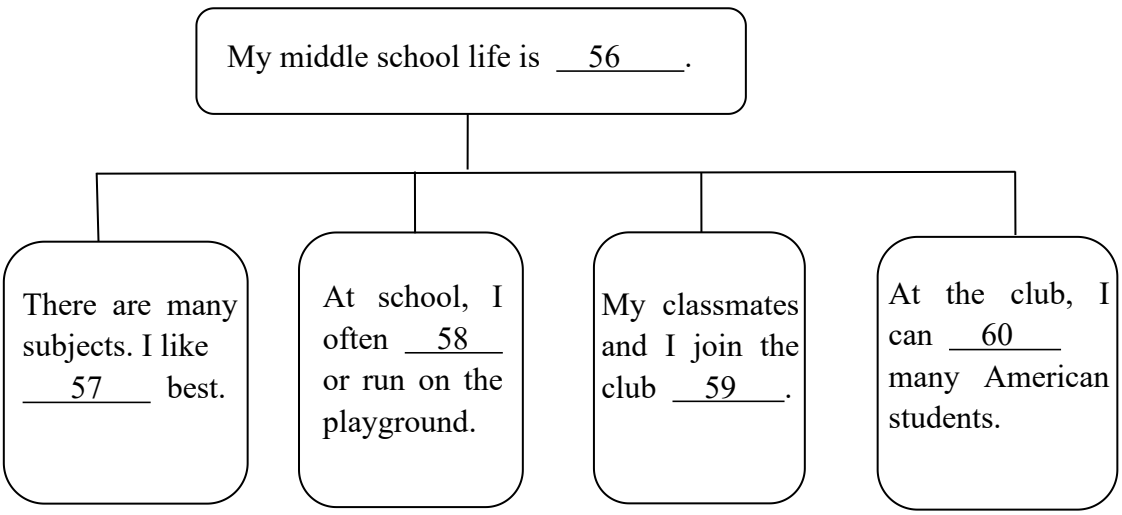


Hello! My name is Li Ming. I'm 12 years old and I'm in Class 3, Grade 7. I enjoy my middle school life because it's interesting.

Every morning, I usually walk to school. Sometimes my friend Wang Tao rides his bike and we go together. At school, we have many subjects, like Chinese, math, English and PE. My favorite subject is PE. We have a PE class on the playground every Tuesday afternoon. We often play basketball or run there.

After class, I join the music club. I like singing and playing the guitar with my classmates. At the club, there are many students from America. We can make friends.

I'm happy to have good friends and a great family. I really love them!



第三节 阅读下面 D 篇短文，根据短文内容，回答下列问题。（共 5 小题；每小题 2 分，满分 10 分；**每小题不超过 10 个词**）

D

It's easy (容易的) for most of us to go to school. But it's not easy for Lin Hong. Why? She can't walk, so she needs to sit in a wheelchair (轮椅).

Lin Hong is a 9-year-old girl from Hangzhou. Her parents are busy with work, so her grandma takes her to school every day. Their home is far from school—over 10 kilometers. It's hard for them to get to school on time. Lin Hong's father asks the bus team for help. They find a good way.

Every morning at 6:15, Bus No.285 comes to pick up (接) Lin Hong and her grandma first. Then the bus goes to other stops. At 7:45, Lin Hong and her grandma get off the bus.

Then her grandma takes her to the classroom. It only takes 10 minutes (分钟). Lin Hong's first class starts at 8:00, so she can be on time.

Li Mingyou is the bus driver. To help Lin Hong, he starts to work 40 minutes earlier (更早). In the afternoon, Lin Hong's classes end at 4:30 p.m. Li Mingyou drives the bus to the stop near her school and takes her home. Now Lin Hong is happy to go to school. She wants to thank Li Mingyou very much.

61.Why is it not easy for Lin Hong to go to school?

_____

62.Where is Lin Hong from?

_____

63.Who takes Li Hong to her classroom every day?

_____

64.What time does her classes end?

_____

65.What does Li Mingyou do?

_____

第四节 阅读下面短文，从短文后所给的五个选项中选出能填入短文空白处的最佳选项，使短文通顺、连贯，意思完整。（共 5 小题；每小题 1 分，满分 5 分）

E

Students all over the world (全世界) like sports. __66__ Many students like to play them.

In China, students like ping-pong. It's the most popular (最流行) sport in China. 67__ They like basketball and volleyball, too. But they are busy at school, so they don't often play sports.

In America, students play sports every day. They often play basketball, but soccer is their favorite sport. __68__ They think sports are great.

In England, students love watching soccer games and playing sports. __69__ They often play sports with their family or friends on Saturday and Sunday. They like sports very much.

Playing sports is good for us. __70__ Let's do sports!

A. Watching soccer games on TV is their favorite.
B. They often play it after class.
C. There are many kinds of sports.
D. It can let us be happy.
E. They like swimming and running, too.

V. 完成句子（共 5 小题，每小题 2 分，共 10 分）

71.It is ten twenty. (对画线部分提问)

_____ _____ is it?

72.Is that boy your classmate? (作否定回答)

No, _____ _____.

73.How are you? (作合适应答)

_____

74.My uncle works in a big factory. (同义句转换)

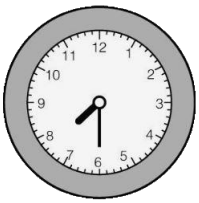
My uncle is _____ _____ in a big factory.

75.mother, the, in, our, blue, policewoman, is (.) (连词成句)

_____

VI. 看图写话（共 5 小题；每小题 2 分，满分 10 分）

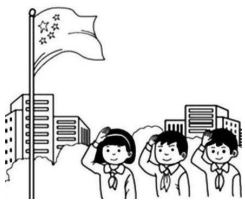
根据每小题所提供的图画情景和提示词，写出一个与图画情景相符的句子。



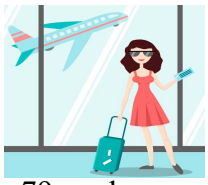
76. now



77. like



78. Monday



79. go home



80. there be

76. _____

77. _____

78. _____

79. _____

80. _____

VII. 短文填词（共 10 小题；每小题 1 分，满分 10 分）

阅读下面短文，根据语境或所给单词的提示，在每个空格内填入一个词，要求所填的词意义准确，形式正确，使短文意思完整、行文连贯。

Here is a family photo. The one ___81___ yellow is Kate. She is a nurse. She loves weekends because she can go ___82___ (shop) with her mother often. The other one in ___83___ pink dress is Kitty. She works in a big shop. She doesn't like weekends ___84___ she needs to work on weekends. She doesn't have time to enjoy her hobbies (爱好). Kate and Kitty ___85___ (be) good sisters and friends.

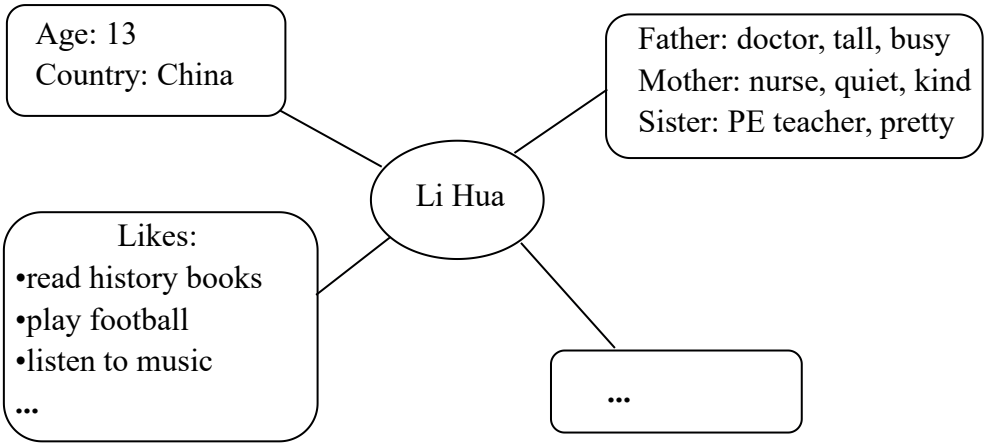
Bob is their brother. He ___86___ (study) in a middle school. He works hard on weekends. He doesn't have time to enjoy his hobby, either (也).

___87___ (They) father is Mr. White. He always wears a tie. Mrs. White is in a white shirt. They are ___88___. They teach English in Bob's school. They like weekends. They often ___89___ English films on weekends.

Their grandparents are old, and they live ___90___ them. They are always very happy.

VIII. 书面表达（满分 15 分）

91. 《英语周报》正在举办"This is Me"英语征文比赛。假如你是李华，请以参赛者的身份，写一篇约 70 词的英语小短文，从以下几方面来介绍自己。文章开头和结尾已给出，不计入总词数。



注意事项：

1. 必须包含所提示的信息，可适当发挥；
2. 结构完整，意思清楚，表达通顺，行文连贯，书写规范；
3. 勿在文中使用真实姓名、校名。

Hello, everyone! I'm Li Hua. Let me tell you something about myself.

This is me! Do you want to make friends with me?