

《学程先锋》2025-2026学年七年级下册

期末卷

第一部分（听力 共30分）

I. 听选答案（共15小题，计20分）

第一节：听下面10段对话，每段对话后有一个问题，读两遍。请根据每段对话的内容和后面的问题，从所给的三个选项中选出问题的正确答案。（共10小题，计10分）

- | | | |
|------------------------------------|------------------------------------|---|
| () 1. A. A fruit salad. | B. A vegetable soup. | C. Chicken noodles. |
| () 2. A. Australia. | B. Africa. | C. China. |
| () 3. A. Cool. | B. Warm. | C. Hot. |
| () 4. A. Stayed at home. | B. Had a trip. | C. Sold books. |
| () 5. A. He helped a visitor. | B. He took the wrong bus. | C. He met up with friends. |
| () 6. A. Don't be late for class. | B. Don't run in the hallways. | C. Don't use the phone in class. |
| () 7. A. At park. | B. At school. | C. At home. |
| () 8. A. The tiger. | B. The monkey. | C. The penguin. |
| () 9. A. Once a week. | B. Twice a week. | C. Three times a week. |
| () 10. A. John Smith is not in. | B. The woman got the wrong number. | C. He will look for John Smith for the woman. |

第二节：听下面两段对话，每段对话后有几道小题，请根据对话的内容，从题目所给的三个选项中选出问题的正确答案。每段对话读两遍。（共5小题，计10分）

听第11段对话，回答第11、12小题。

- () 11. What is Sally doing?
- | | | |
|--------------|--------------|------------------------|
| A. Sleeping. | B. Studying. | C. Listening to music. |
|--------------|--------------|------------------------|
- () 12. When does Sally usually go to bed?
- | | | |
|-------------|-------------|--------------|
| A. At 9:15. | B. At 9:45. | C. At 10:15. |
|-------------|-------------|--------------|

听第12段对话，回答第13至15小题。

- () 13. What kind of noodles does the man want?
- | | | |
|------------------|-----------------|---------------------|
| A. Beef noodles. | B. Egg noodles. | C. Chicken noodles. |
|------------------|-----------------|---------------------|
- () 14. What does the man want to drink?
- | | | |
|------------------|-----------------|----------------------|
| A. Orange juice. | B. Apple juice. | C. Watermelon juice. |
|------------------|-----------------|----------------------|
- () 15. How much should the man pay (支付) for the meal?
- | | | |
|-------------|-------------|------------|
| A. 17 yuan. | B. 12 yuan. | C. 5 yuan. |
|-------------|-------------|------------|

II. 听填信息（共5小题，计10分）

本题你将听到一段独白，读两遍。请根据独白内容，用所听到的信息完成下列各题。（每空不超过三个单词。）

16. Kelly's race started at _____ in the morning last Thursday.
17. Kelly was _____ when she heard her classmates shouting for her.
18. After winning, Kelly's teacher told her to _____ for a while before drinking water.
19. Kelly's classmates _____ with her to mark the celebration.
20. Kelly did well in the race, but she knew she still needs to _____ more.



第二部分 (笔试 共90分)

III. 完形填空 (共15小题, 计15分)

阅读下面短文, 理解大意, 然后从各小题的四个选项中选出一个最佳答案, 使短文连贯完整。

Jack likes keeping things clean. There was a yard near his house, and it was always 21. His dad said that the yard 22 Abigail, an old woman. But Jack never saw 23 outside.



The yard became more terrible in fall because of the 24 days. There was a big tree near the gate (大门), and many 25 fell into the yard. One day, Jack was on the way to the park, and he was going to 26 his friends there. However, he stopped 27 he saw the yard.

“28, I really can't stand (忍受) the dirty yard. I must clean it first, so I can't go to the 29.” Jack said to his friends on the phone.

Then Jack went to clean the yard. After he 30, he thought, “It's just a small thing. 31 I let Abigail know?” 32, he didn't tell her.

The next morning, he walked out and saw his neighbours in the yard. Abigail was there 33, in her wheelchair (轮椅).

“You're 34. Thank you so much!” she held Jack's hand and said. The other neighbours also thanked him.

The neighbours made every Sunday afternoon “Neighbour Day”. On that day, they would help each other. After that, their neighbourhood (街区) was 35 clean.

- | | | | |
|------------------------|--------------|-----------------|--------------|
| () 21. A. large | B. wet | C. dirty | D. new |
| () 22. A. belonged to | B. felt like | C. looked after | D. went with |
| () 23. A. him | B. her | C. them | D. us |
| () 24. A. windy | B. sunny | C. dry | D. cloudy |
| () 25. A. branches | B. flowers | C. insects | D. leaves |
| () 26. A. meet | B. know | C. follow | D. drop |
| () 27. A. although | B. if | C. when | D. before |
| () 28. A. OK | B. Yes | C. Sorry | D. Thanks |
| () 29. A. yard | B. park | C. theatre | D. garden |
| () 30. A. explored | B. recorded | C. finished | D. changed |
| () 31. A. Should | B. Can | C. Must | D. Would |
| () 32. A. Slowly | B. Finally | C. Quickly | D. Exactly |
| () 33. A. either | B. still | C. too | D. just |
| () 34. A. playful | B. helpful | C. awful | D. hopeful |
| () 35. A. always | B. seldom | C. never | D. hardly |

IV. 阅读理解 (共15小题, 计20分)

第一节: 阅读下面A、B、C三篇材料, 从所给的四个选项中选出能回答所提问题或完成所给句子的一个最佳答案。(共10小题, 计15分)

A

HOUSE RULES for kids in our family—Kevin  & Kate 

RULES help you know right from wrong and stay away from problems.



1. Getting home

By 8 p.m. on school nights, 9 p.m. on weekends.

2. Homework

Finished by 10 p.m. every day.

3. Phones and computers

No screens at meals or family talks. We also check (检查) your screen time.

4. Housework

If you make a mess, clean it up. Make your bed every day.

Put dirty clothes in the basket.

5. Money

Let us know before buying anything expensive (贵的).

6. Talking time

We are here to talk about anything, anytime.

If you break the rules, you:

1. will get a warning (警告) and have to think about what you do.
2. will have to spend a quiet time in your room.
3. can't have your favourite things like ice cream.

Mum & Dad



- () 36. Who are these rules for?
A. Parents at home. B. Kids at school. C. Kevin and Kate. D. Kids and parents.
- () 37. Kevin wants to hang out with his friends this Thursday. When should he get home?
A. By 8 p.m. B. By 9 p.m. C. By 10 p.m. D. By 11 p.m.
- () 38. Which is **RIGHT** according to (根据) these rules?
A. Kevin uses his phone at dinner. B. Kate puts dirty clothes on the bed.
C. Kate talks about worries with parents. D. Kevin buys expensive toys before telling his parents.

B

In March 2026, a Chinese motorcycle brand (品牌) won the *World Superbike Championship in Portugal. For the first time, China won this top event (事件). The man behind the success is Zhang Xue. And it was really a big day for Chinese people to ▲.

Zhang Xue grew up poor in a small village. At 14, he saw a motorcycle and fell in love. "I want to be a racer (赛车手)," he said. Later, he worked in a repair shop (修理铺). He worked hard day and night, getting his hands dirty and staying up late to learn everything about bikes.

The road to his dream was hard. At 19, he called a TV station many times to show his riding. The big day came. But it was raining heavily. He fell off his bike again and again. The TV team wanted to



leave. But Zhang Xue didn't give up. He rode over 100 kilometres in the cold rain to catch them. His **persistence** moved the team.

Later, he became a racer but got hurt (受伤的). He couldn't be a top racer, so he decided to build his own motorcycles. In 2024, he started ZXMOTO. He fell many times, but he always tried again. For over 20 years, he never stopped dreaming. Zhang Xue proved (证明) that if you never give up, your dream can come true.

*World Superbike Championship: It is a big race for very fast motorcycles. The best racers from different countries take part in it.

- () 39. Which can be put in the “▲”?
- A. enjoy B. respect C. remember D. change
- () 40. The underlined word “**persistence**” means “_____”.
- A. 谦逊 B. 勇气 C. 智慧 D. 坚持
- () 41. What is the right order of Zhang Xue's story?
- ①He fell off his bike again and again.
②He called a TV station to show his riding.
③He worked hard and learned everything about bikes.
④He rode in the rain to catch the team.
- A. ②③①④ B. ③②①④ C. ③①②④ D. ②①③④
- () 42. What do you think of Zhang Xue ?
- A. Friendly. B. Funny. C. Helpful. D. Hard-working.
- C



Once upon a time, a shop in the centre of the city had a big problem—mice. They bit through bags of food. To stop the mice, the shopkeeper brought in a cat. The cat began to catch the mice. Little by little, the number of mice dropped. The shopkeeper was happy with the cat's work.

The mice were very worried about their lives. They held a meeting and talked about what they should do next. The head mouse had an idea—to bell the cat. This helped them hear the cat coming.

Everyone liked the idea, but no one wanted to finish the work. Finally, a little mouse said he could do that for all the mice and asked for a pink ribbon necklace (丝带项链) with three bells.

That afternoon, the little mouse went to the cat with the necklace. He said, “You're a lovely cat! With this necklace, you will be the most beautiful one in the world.”

The cat wore the bells and loved how beautiful she looked. She felt so happy that she let the little mouse go.

After that, whenever the cat came close, the bells rang. The mice heard the sound and ran away in time. They were no longer afraid of the cat.

- () 43. Why did no mouse want to bell the cat at first?
- A. They were busy eating food. B. They didn't know how to get a bell.
C. They didn't think the bell was useful. D. They cared for their own safety.
- () 44. What was the result of the mice's plan (计划)?
- A. The cat learned to move without sound. B. The shopkeeper bought more cats.
C. The cat became friendly with the mice. D. The mice were safe from the cat.



() 45. What does the story want to tell us?

- A. Every dog has its day.
- B. Never stop trying before getting your goal.
- C. A wise mind can be helpful in hard times.
- D. Teamwork can solve difficult problems.

第二节：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。选项中有一项为多余选项。（共5小题，计5分）

If you're eating in front of the TV, you're focusing on what's happening on the screen. You are not paying attention to (关注) the food you're putting into your mouth. 46 If you would like to give it up, here is some advice to help you.

♣ **Eat at the kitchen table.**

It's OK to eat a little while you're watching TV, but you should make a rule. 47 After that, you can go back to the TV. This little habit stops you from eating too much.

♣ 48

If you enjoy snacks, pick healthy ones. If you want to eat snacks in the evening hours, eat something with little sugar or fat.

♣ **Use a small bowl.**

Instead of eating snacks from a large bag, put a small portion (部分) in a bowl. 49

♣ **Keep your hands busy.**

Find activities to do while you're watching TV, like cleaning the house or doing exercise. 50 The reason is that you have no free hands!

- A. Choose wisely.
- B. Never eat too much.
- C. Then you don't think about food.
- D. The rule is to move to the table for your snack.
- E. This habit may cause overeating, and you may put on weight.
- F. This stops you from eating too much because you know the size.

| | | | | |
|-----|-----|-----|-----|-----|
| 46. | 47. | 48. | 49. | 50. |
|-----|-----|-----|-----|-----|

V. 完成句子：根据所给汉语意思，用单词或短语完成下列英文句子。（共5小题，计10分）

51. 因为下雨，彼得和妈妈现在待在家里。

Peter and his mum are staying in now _____ the rain.

52. 突然，云层里出现了闪电。

_____, there's lightning in the clouds.

53. 彼得过去经常害怕闪电，但是这一次他不怕了。

Peter used to _____ lightning, but this time he isn't.

54. 他在书上搜寻并了解闪电相关的信息。

He _____ information about lightning in books and learns about it.



55. 彼得觉得这是一次有趣的经历，他还想学习更多！

Peter thinks this is _____, and he wants to learn more!

VI. 语篇填空 (共15小题, 计15分)

第一节：阅读下面材料，按照句子结构的语法性和语意连贯的要求在横线上填入一个适当的单词，使之通顺、完整。(共5小题, 计5分)。

Many people love drinking soft drinks, but too 56. _____ sugar is bad for health. First, eating too much sugar can make you fat, and you may have health problems. Second, sugar gives you energy quickly, 57. _____ the energy doesn't last long. Soon your blood sugar level (血糖值) drops. Then you may feel tired and can't 58. _____ on your lessons. You can try fruit 59. _____ of soft drinks. For example, eating 60. _____ apple is healthier than drinking a glass of cola.

第二节：用方框中所给单词的适当形式填空，使短文完整正确。(每个单词限用一次。每空限填一个单词。)(共10小题, 计10分)

danger light litter (v.) two waste work we share everyone happy

Hello everyone,

We all want to live a comfortable (舒适的) and safe life in our neighbourhood, so we put up this notice here to 61 a few important things and we kindly ask everyone to follow them.

First of all, it is 62 duty to keep the neighbourhood clean. Workers clean the main roads every Sunday and Wednesday morning. Please keep the roads in our neighbourhood tidy and don't 63 here and there.

The hallway 64 stay on for 3 minutes when you press the buttons (按下按钮). Do not press them many times—it 65 electricity (电). If a light isn't 66, please tell us. Loud music, shouting, or late-night noise can make your neighbours 67. Keep quiet late at night. If you have visitors, ask them to be quiet too. Always lock (锁上) your doors and windows, especially (尤其) at night. Do not let anyone into the buildings. If you see someone or something 68, call 110 right away. Each house in our neighbourhood has one free parking space. If you have a(n) 69 car, please park it on the road outside. For any questions or problems, call 70 please. We are always happy to help you. Thank you for being great neighbours!

Green Community

| | | | | |
|-----|-----|-----|-----|-----|
| 61. | 62. | 63. | 64. | 65. |
| 66. | 67. | 68. | 69. | 70. |

VII. 任务型阅读：阅读下面短文，根据短文内容，完成下列各题。(共5小题, 计10分)

There are many famous poets (诗人) in Chinese history. But do you know that many of them are sports lovers? Let's learn about them.

Du Fu loves climbing mountains. *Looking at Mount Tai* is one of his most famous poems. Du Fu also likes hunting. His poem *Grand Tour* tells how exciting it is when he goes after animals in the mountains.

Li Bai likes dancing with a sword (剑) and he often dances for his friends. Li Bai also likes travelling. He visits many beautiful mountains and great rivers. He writes *Farewell beyond Jingmen* when he leaves his hometown. It is about the beautiful mountains and the Yangtze River.



poem



Su Shi is a good runner. To stay healthy, he often runs in the morning. Su Shi also loves boating. In his poem *Drinking at the Lake, First in Sunny, Then in Rainy Weather*, he travels by boat and enjoys the beauty of West Lake. He sees it as a beautiful woman called Xi Shi.

Poets living in the past enjoy the fun of playing sports. Do you enjoy it too?

71. What does Du Fu think of hunting?

It's _____.

72. What are Li Bai's hobbies?

He likes _____.

73. What does the underlined word "it" refer to (指代)?

It refers to _____.

74. Which paragraph shows the idea of the picture above?

It's Paragraph _____ in the passage.

75. What does the passage mainly talk about?

It mainly talks that _____.

VIII. 交流与表达 (共 6 小题, 计 20 分)

第一节: 补全对话。根据下面对话中的情境, 在每个空白处填入一个适当的语句, 使对话恢复完整。

(共 5 小题, 计 5 分)

A: Hello! This is Jenny. 76. _____?

B: Hi, Jenny. It's James here.

A: James, 77. _____?

B: I'm jogging in Fengqing park. What about you?

A: I'm reading a book about Chinese history right now, and I'd like to watch a film this afternoon.

B: Really? 78. _____?

A: It's about future life. Would you like to go with me?

B: 79. _____ . Where and when will we meet?

A: Let's meet at my home at half past four.

B: All right. See you then.

A: 80. _____.

第二节: 书面表达 (共1题, 计15分)

假设你是李想, 你们班的国际交换生 Peter 打算周末参加“星空露营”活动, 请根据提示给他写一封英文邮件, 提供露营建议。

Starry Sky Camping



