

课题实验用书 各版本通用

# Fit 沸腾英语

沸 腾 学 习 • 突 破 高 分

主编 蔡 晔

● 三大题型组合

● 随堂限时测练

● 分解解题过程

● 分段限时指导

● 按周合理搭配

● 读写高效联通

● 活页方便使用

七年级

3合1

限时训练

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主编 蔡 晔

顾问 易代钊（英语教育家）

编者 沸腾英语课题组

七年级

3合1

限时训练

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# 前言

高效学习，快速提分，在考试中出类拔萃，是每一位学习者追求的目标。众所周知，完形填空、阅读理解与写作题是初中英语考试中的重头戏，如果这三类题型失分过多，考试是不可能取得理想成绩的。如何才能在这三类题型中取得高分呢？《沸腾英语·3合1限时训练 七年级——完形+阅读+写作》为您提供一种高效的训练模式与经典的训练素材，帮您打通一条实现梦想、通往成功的捷径！

## 本书编写理念

目前，培养学生阅读和写作技能的一般做法是“多读、多练”。然而，由于教师的教学负担重，课堂教学时间短，学生的课业负担重，学习英语的时间短，这两个“多”字就成了一种无法界定的概念，很难真正实现；同时，传统的题海战术由于追求“多”而造成学生学习时囫圇吞枣、事倍功半，这是典型的“高消耗、低产出”。

目前的中小学英语教学是一种目标式教学，考试则是过关性的。要达到这个目标，我们就要探索出其中的规律。找出常考题型，集中时间专门训练并实行限时做题，都是快速提高成绩的有效办法。

## 本书编写依据

本书由参与中考阅卷的一线优秀教师长期潜心研究、精心编写而成。编写过程以《英语课程标准》为指导，以英语《考试大纲》为纲要，同时，参考了各版本教材的课堂教学要求，并按照近年来各省市中考英语阅读和写作题型的特点和命题趋势设计习题。书中的各单元内容涵盖课堂教学、考试要求的各种题型、题材和核心考点。

## 本书编写特色

本书有四大特色和功能：

### 一、同步使用，有的放矢。

本书涵盖中考英语教学、考试中的完形填空、阅读理解与写作的所有题型，让学生可以在平时学习时配套使用。所选的阅读和写作内容积极向上，贴近学生生活；题材广泛，文章体裁及文章结构变化多样，趣味性、知识性和时代感强；难度梯度适宜。

### 二、科学设计，综合突破。

本书分为“准备阶段”“基础阶段”“提升阶段”三个部分。每个部分包含若干篇练习，与中考英语试题模式一致，即“完形填空+阅读理解+新题型+写作”模式。“准备阶段”和

“基础阶段”在于帮助同学们掌握基本技能，总结解题技巧；“提升阶段”在于帮助同学们在平时学习和复习中接触名校名题，实现能力的全面提升，为进一步的学习和提高做准备。

### 三、重点突出，阶梯训练。

本书将完形填空、阅读理解和写作进行3合1组合、阶梯式训练，每组训练包括2篇完形填空、3~5篇阅读理解、1篇新题型和1篇写作题，把重点放在分值高的完形填空和阅读理解上。同时为满足不同层次学生的需要，本书既有基础的练习，又有自我检测与提升练习。

### 四、限时指导，提高技能。

完形填空和阅读理解的每篇文章都标注做题时间，阅读从“浏览文章、查读解答、反思感悟”等方面，写作则从“审题、提纲、写作、检查”等方面进行限时阅读和写作指导，全面总结阅读理解和写作技巧，帮助同学们快速提高阅读与写作能力。

帮助同学们“高效学习、消灭夹生、学到沸腾、突破高分”，是“沸腾英语”全体编写人员的一贯信念。只要您按照我们的方法认真使用本书，您的英语成绩必能“沸腾”起来！

**FitEnglish** 沸腾英语 编写组

本书内容丰富，涉及面广，全面涵盖本学年教学的内容主题；体裁、题材、题型比例及难度分布严格参照近几年中考英语试卷设计，非常适合随堂同步训练使用。全书内容大都选自英语原版材料，充分体现语言文字的原汁原味和实际应用原则。为了便于读者快速了解本书内容，根据自身情况需要选择使用，我们将书中所有语篇的主题大意或题型类别提炼出来，放在此处，以供读者查阅！

## 准备阶段

去公园野餐 .....	1
宠物狗坐公交车 .....	1
汤姆和他的好友 .....	2
新同学 .....	2
阿姨一家 .....	3
我的文具 .....	4
汤米和他的好友 .....	4
“主谓”型简单句 .....	5
叔叔的小商店 .....	6
我的家庭照 .....	6
来自英国的老师 .....	7
蛋糕店的员工过生日 .....	8
用英语说“不会说英语” .....	9
鱼去哪里了 .....	10
你最喜欢的科目是什么？ .....	11
“主谓宾”型简单句 .....	12
西安一日游 .....	13
我的每一天 .....	13
三个中学生 .....	14
寻人启事 .....	14
买毛衣 .....	15
走错路 .....	16
我的第一堂英语课 .....	17
“主谓双宾”型简单句 .....	18
多才多艺的朋友们 .....	19
龙舟赛 .....	19
灯城——巴黎 .....	20
我的家人 .....	20
王叔叔上班 .....	21
美国孩子在中国 .....	22
给孩子们买食物 .....	22
介绍个人信息 .....	23
英格兰的饮食习惯 .....	24
永不服老的老年人 .....	24
学生的周末生活 .....	25

一位英国中学生 .....	26
餐饮广告 .....	27
香港海湾美食 .....	28
滑旱冰 .....	28
“主系表”型简单句 .....	29

## 基础阶段

猫和老鼠 .....	30
疯狂购物 .....	30
找针 .....	31
归还钱包 .....	32
给妹妹捎带东西 .....	33
作业被狗吃了 .....	34
巴黎时装秀 .....	35
写便条 .....	36
四季的西安 .....	37
美丽的家 .....	37
我和家人过周末 .....	38
好吃的仆人 .....	39
一位辛勤的园丁 .....	40
瓢虫 .....	41
现代人的愚人节 .....	42
描述房间的物品位置 .....	42
我的家 .....	43
“酸葡萄”的寓言 .....	43
寻物启事和招领启事 .....	44
污水治理 .....	45
爱好 .....	46
诚实的收获 .....	47
未来的生活 .....	48
特殊疑问句的使用 .....	49
爸爸的交通工具 .....	50
不忘故交，结识新友 .....	51
感恩节 .....	52
史密斯夫妇伦敦游 .....	53
美国中学生活 .....	54
英国的交通 .....	55

在罗马度假 .....	56
简单的并列句 .....	57
生日聚会 .....	58
布朗一家人 .....	59
凉水比热水结冰快吗? .....	60
勇救落水儿童 .....	61
车是怀特先生的吗? .....	62
布朗夫妇的别墅 .....	62
不明白他怎么死了 .....	63
句型转换 .....	64

## 提升阶段

英国人爱谈天气 .....	65
把休息时间还给孩子们 .....	66
包罗万象的纽约 .....	67
你是第七个! .....	68
野营 .....	69
找笔友 .....	70
Essany 秀 .....	71
写作: 我的父亲 .....	72
美国学生的暑假怎么过? .....	73
作家 J. K. Rowling .....	74
各国的文化传统 .....	75
保持健康的好方法 .....	76
什么是真正的友谊? .....	77
我家不在这里 .....	78
我的一天 .....	78
看图写句子 .....	79
去农场采摘苹果 .....	80
为什么要上大学 .....	81
善良的狗 .....	82
你所不知道的伦敦 .....	83
健忘的乘客 .....	84
漂亮的家 .....	85
汤姆斯夫人的购物单 .....	86
写作: 我的老师 .....	86
如何使牙齿健康 .....	87
小心细菌 .....	88
不同国家的时间观念 .....	89
空手回来 .....	90
保持好的学习习惯 .....	91
佛罗里达之行 .....	92
我在北京的生活 .....	93
写作: 喜欢的食物 .....	93
身残志坚的孩子 .....	94
香港的野生动物 .....	95

我的第一次和最后一次 .....	95
广告信息 .....	96
英国人的一日三餐 .....	97
有意义的网站游戏 .....	97
英国女孩玛丽 .....	98
一封信 .....	98
微笑使人美丽 .....	99
自吹自擂的孩子们 .....	100
咖啡店的广告 .....	101
说话最少的月份 .....	102
一张便条 .....	103
英语学习俱乐部 .....	104
撒哈拉沙漠 .....	105
暑假 .....	105
学生安全知识 .....	106
美国总统奥巴马 .....	107
巧分苹果 .....	108
好客之国 .....	109
三则广告 .....	110
孩子的健康 .....	111
健康生活 .....	112
介绍朋友 .....	112
我看见上帝了 .....	113
肯德基的历史 .....	114
半斤香蕉哪去了? .....	115
厌恶学校的校长 .....	116
怎样睡好觉? .....	117
在美国享用世界各地的美食 .....	118
不爱时髦的书虫 .....	119
信件 .....	119
陪夫人购物 .....	120
祸不单行 .....	121
两个足球迷 .....	121
贪心不成 .....	122
两则广告 .....	123
一位“迷路”的老人 .....	124
中学生整容 .....	125
班级活动 .....	125
我的学校生活 .....	126
倒霉的一天 .....	127
史密斯老师及其家人 .....	128
留言机 .....	129
六头奶牛 .....	130
中国的新年 .....	131
提高你的学习效率 .....	132
春游 .....	132

# 目 录

## 准备阶段

Group 1		
Exercise 1	完形填空	1
Exercise 2	完形填空	1
Exercise 3	阅读理解	2
Exercise 4	阅读理解	2
Exercise 5	阅读理解	3
Exercise 6	阅读理解	4
Exercise 7	新题型	4
Exercise 8	写作	5
Group 2		
Exercise 1	完形填空	6
Exercise 2	完形填空	6
Exercise 3	阅读理解	7
Exercise 4	阅读理解	8
Exercise 5	阅读理解	9
Exercise 6	阅读理解	10
Exercise 7	新题型	11
Exercise 8	写作	12
Group 3		
Exercise 1	完形填空	13
Exercise 2	完形填空	13
Exercise 3	阅读理解	14
Exercise 4	新题型	14
Exercise 5	阅读理解	15
Exercise 6	阅读理解	16
Exercise 7	阅读理解	17
Exercise 8	写作	18
Group 4		
Exercise 1	完形填空	19
Exercise 2	新题型	19
Exercise 3	完形填空	20
Exercise 4	阅读理解	20
Exercise 5	阅读理解	21
Exercise 6	阅读理解	22
Exercise 7	阅读理解	22
Exercise 8	写作	23
Group 5		
Exercise 1	完形填空	24
Exercise 2	完形填空	24
Exercise 3	阅读理解	25
Exercise 4	阅读理解	26
Exercise 5	阅读理解	27
Exercise 6	阅读理解	28
Exercise 7	新题型	28
Exercise 8	写作	29

## 基础阶段

Group 6		
Exercise 1	完形填空	30
Exercise 2	完形填空	30
Exercise 3	阅读理解	31
Exercise 4	阅读理解	32
Exercise 5	阅读理解	33
Exercise 6	阅读理解	34
Exercise 7	新题型	35
Exercise 8	写作	36
Group 7		
Exercise 1	完形填空	37
Exercise 2	完形填空	37
Exercise 3	阅读理解	38
Exercise 4	阅读理解	39
Exercise 5	阅读理解	40
Exercise 6	阅读理解	41
Exercise 7	短文填空	42
Exercise 8	写作	42
Group 8		
Exercise 1	完形填空	43
Exercise 2	完形填空	43
Exercise 3	阅读理解	44
Exercise 4	阅读理解	45
Exercise 5	阅读理解	46
Exercise 6	阅读理解	47
Exercise 7	新题型	48
Exercise 8	写作	49
Group 9		
Exercise 1	完形填空	50
Exercise 2	完形填空	51
Exercise 3	阅读理解	52
Exercise 4	阅读理解	53
Exercise 5	阅读理解	54
Exercise 6	阅读理解	55
Exercise 7	新题型	56
Exercise 8	写作	57
Group 10		
Exercise 1	完形填空	58
Exercise 2	完形填空	59
Exercise 3	阅读理解	60
Exercise 4	阅读理解	61
Exercise 5	阅读理解	62
Exercise 6	阅读理解	62
Exercise 7	新题型	63
Exercise 8	写作	64



## 提升阶段

### Group 11

Exercise 1	完形填空	65
Exercise 2	阅读理解	66
Exercise 3	阅读理解	67
Exercise 4	阅读理解	68
Exercise 5	阅读理解	69
Exercise 6	新题型	70
Exercise 7	完形填空	71
Exercise 8	写作	72

### Group 12

Exercise 1	完形填空	73
Exercise 2	完形填空	74
Exercise 3	阅读理解	75
Exercise 4	阅读理解	76
Exercise 5	阅读理解	77
Exercise 6	新题型	78
Exercise 7	阅读理解	78
Exercise 8	写作	79

### Group 13

Exercise 1	完形填空	80
Exercise 2	完形填空	81
Exercise 3	阅读理解	82
Exercise 4	阅读理解	83
Exercise 5	阅读理解	84
Exercise 6	阅读理解	85
Exercise 7	新题型	86
Exercise 8	写作	86

### Group 14

Exercise 1	完形填空	87
Exercise 2	完形填空	88
Exercise 3	阅读理解	89
Exercise 4	阅读理解	90
Exercise 5	阅读理解	91
Exercise 6	阅读理解	92
Exercise 7	新题型	93
Exercise 8	写作	93

### Group 15

Exercise 1	完形填空	94
Exercise 2	完形填空	95
Exercise 3	阅读理解	95
Exercise 4	阅读理解	96
Exercise 5	阅读理解	97
Exercise 6	阅读理解	97
Exercise 7	新题型	98
Exercise 8	写作	98

### Group 16

Exercise 1	完形填空	99
Exercise 2	阅读理解	100
Exercise 3	阅读理解	101
Exercise 4	阅读理解	102
Exercise 5	阅读理解	103
Exercise 6	新题型	104
Exercise 7	完形填空	105
Exercise 8	写作	105

### Group 17

Exercise 1	完形填空	106
Exercise 2	完形填空	107
Exercise 3	阅读理解	108
Exercise 4	阅读理解	109
Exercise 5	阅读理解	110
Exercise 6	新题型	111
Exercise 7	新题型	112
Exercise 8	写作	112

### Group 18

Exercise 1	完形填空	113
Exercise 2	完形填空	114
Exercise 3	新题型	115
Exercise 4	阅读理解	116
Exercise 5	阅读理解	117
Exercise 6	阅读理解	118
Exercise 7	新题型	119
Exercise 8	写作	119

### Group 19

Exercise 1	完形填空	120
Exercise 2	完形填空	121
Exercise 3	新题型	121
Exercise 4	阅读理解	122
Exercise 5	阅读理解	123
Exercise 6	阅读理解	124
Exercise 7	新题型	125
Exercise 8	写作	125

### Group 20

Exercise 1	完形填空	126
Exercise 2	完形填空	127
Exercise 3	阅读理解	128
Exercise 4	阅读理解	129
Exercise 5	阅读理解	130
Exercise 6	新题型	131
Exercise 7	新题型	132
Exercise 8	写作	132

答案与解析	133
-------	-----

# Exercise 1

完形填空



限时 分配	浏览文章	查读解答	反思感悟	实际用时
	2'	4'	2'	

The Green family usually go to the park on Sunday. 1 take some bread, meat and 2 cola with them. They are now in the 3. The sun is shining and the birds are singing. It's a 4 day. Mr. Green is wearing a blue T-shirt. He is 5 by the river. Mrs. Green is 6 under the tree. She is wearing a green dress and a pair of 7. She is drinking some 8. Peter and Alice are flying a kite. Jack is playing football. He is good at 9. The Green family are very 10 today.

- |                     |               |             |                |
|---------------------|---------------|-------------|----------------|
| ( ) 1. A. She       | B. He         | C. They     | D. Them        |
| ( ) 2. A. a pair of | B. a          | C. a cup of | D. a bottle of |
| ( ) 3. A. hill      | B. room       | C. park     | D. shop        |
| ( ) 4. A. sunny     | B. cold       | C. rainy    | D. snowy       |
| ( ) 5. A. skating   | B. swimming   | C. boating  | D. fishing     |
| ( ) 6. A. flying    | B. doing      | C. kicking  | D. sitting     |
| ( ) 7. A. hat       | B. sunglasses | C. suit     | D. shoe        |
| ( ) 8. A. oranges   | B. cakes      | C. cola     | D. meat        |
| ( ) 9. A. it        | B. them       | C. this     | D. one         |
| ( ) 10. A. happy    | B. funny      | C. sad      | D. hungry      |

# Exercise 2

完形填空



限时 分配	浏览文章	查读解答	反思感悟	实际用时
	3'	2'	1'	

I was on my way home on a bus one day. And a woman with a dog 1 the bus. It was a big dog, about as big as a young horse, and 2 feet were not clean. The woman said, "Oh, conductor, if I buy a ticket for my dog, can he have a seat like 3 people?" The conductor 4 the dog and then said, "Certainly, madam, he can 5 a seat like all the other people, but like the other people, he must not put his feet on the seat."

- |                   |            |               |              |
|-------------------|------------|---------------|--------------|
| ( ) 1. A. got on  | B. got off | C. gets off   | D. gets on   |
| ( ) 2. A. it      | B. its     | C. they       | D. their     |
| ( ) 3. A. others  | B. another | C. the others | D. the other |
| ( ) 4. A. saw     | B. looked  | C. looked for | D. looked at |
| ( ) 5. A. to have | B. has     | C. have       | D. had       |

# Exercise 3

阅读理解

限时分配	浏览试题	浏览文章	查读解答	反思感悟	实际用时
	1'	2'	2'	1'	



This is Tom. He is thirteen. He is from the USA. He is a student. He has a good friend. His name is Bill. Bill is fifteen. He is from Canada. Bill is tall but Tom is short. They are in the same school, but they are in different grades. Tom is in Grade One. Bill is in Grade Two. They go to school at 7:00 in the morning and go home at 6:00 in the afternoon.

- ( ) 1. Tom and Bill are \_\_\_\_\_.  
A. sisters                      B. brothers                      C. friends
- ( ) 2. Tom and Bill are in \_\_\_\_\_.  
A. the same grade    B. different grades    C. the same class
- ( ) 3. Bill is \_\_\_\_\_.  
A. 13                      B. 14                      C. 15
- ( ) 4. They go home at \_\_\_\_\_ in the afternoon.  
A. 6:00                      B. 7:00                      C. 7:30
- ( ) 5. Tom is \_\_\_\_\_.  
A. short                      B. tall                      C. strong

# Exercise 4

阅读理解

限时分配	浏览试题	浏览文章	查读解答	反思感悟	实际用时
	1'	2'	2'	1'	



Emma and Carla are new students in my school. Emma is twelve. She is from America. Carla is thirteen. She is from England. They are in Class 3, Grade 7. They can speak English very well and Emma can speak a little Chinese, but Carla can't. They live in Ningbo with their parents. Carla's mother is a teacher. They are studying in Carla's mother's school. On Sundays, they often do homework with their Chinese friends. They love Chinese food and their Chinese friends very much.



- ( ) 1. How old is Carla?  
A. She is eleven.    B. She is twelve.    C. She is thirteen.    D. She is fourteen.
- ( ) 2. Emma and Carla are \_\_\_\_\_.  
A. twins                      B. new students    C. Chinese                      D. Americans
- ( ) 3. Where do they live? They live in \_\_\_\_\_.  
A. Ningbo                      B. America                      C. England                      D. Hangzhou
- ( ) 4. On Sundays, they often \_\_\_\_\_ with their Chinese friends.  
A. play basketball    B. play football    C. watch TV                      D. do homework
- ( ) 5. Which is TRUE according to the passage?  
A. Emma's mother is a teacher.    B. They are studying in Class 7, Grade 3.  
C. Carla can speak a little Chinese.    D. They love their Chinese friends very much.

# Exercise 5

阅读理解



限时分配	浏览试题	浏览文章	查读解答	反思感悟	实际用时
	1'	2'	2'	1'	

Hello, I'm Kate. This is a photo of my aunt's family. The woman in the photo is my aunt, Jane. She is a teacher and she is very kind. These are my cousins Jeff and Jack. They are seven and they are twins(双胞胎). Look! That lovely(可爱的) baby is my aunt's little daughter, Rose. She is only one. I love them very much.



- ( ) 1. There are \_\_\_\_\_ people in the photo.
  - A. three
  - B. four
  - C. five
  - D. six
- ( ) 2. My aunt has \_\_\_\_\_.
  - A. two daughters
  - B. two sons and a daughter
  - C. two daughters and a son
  - D. two sons
- ( ) 3. Rose is my aunt's \_\_\_\_\_.
  - A. son
  - B. sister
  - C. daughter
  - D. twin
- ( ) 4. Jeff and Jack are \_\_\_\_\_.
  - A. brother and sister
  - B. mother and son
  - C. twins
  - D. sisters
- ( ) 5. Kate and Rose are \_\_\_\_\_.
  - A. sisters
  - B. daughters
  - C. brothers
  - D. cousins

班级: \_\_\_\_\_

姓名: \_\_\_\_\_

# Exercise 6

阅读理解

限时 分配	浏览试题	浏览文章	查读解答	反思感悟	实际用时
	1'	1'	3'	1'	



This is a pencil box. It's red. It's on the desk. Look! This is a pencil. It's black. And this is an eraser. It's orange and white. They're both in the pencil box. This is a ruler. It's blue. It's next to the pencil box. That is a pen. It's yellow. It's in the drawer (抽屉). Where's my math book? Oh, it's there, under the chair.

- ( ) 1. The pencil box is \_\_\_\_\_.  
 A. yellow B. black  
 C. orange and white D. red
- ( ) 2. The ruler is \_\_\_\_\_.  
 A. in the schoolbag B. in the bookcase  
 C. next to the pencil box D. in the drawer
- ( ) 3. \_\_\_\_\_ in the pencil box.  
 A. A pencil is B. An eraser is  
 C. A pencil and an eraser are D. A ruler is
- ( ) 4. The \_\_\_\_\_ is blue.  
 A. pen B. ruler C. pencil box D. math book
- ( ) 5. Where is my math book?  
 A. In the drawer. B. On the desk.  
 C. Sorry, I don't know. D. Under the chair.

# Exercise 7

新题型

限时 分配	浏览试题	浏览文章	查读解答	反思感悟	实际用时
	1'	3'	1'	1'	



阅读下面的短文,从方框中选择恰当的句子填入短文空白处,使短文内容完整、意思连贯。

My name is Tommy. I come from Canada. 1 I have big blue eyes and blond hair. I'm tall. 2 Now I'm in Class Seven, Grade Eight. Look! That boy in a green coat is my friend, Paul. 3 He's twelve. He is strong. We are in the same school, but we are in different classes. 4 I give my photo to him, too. 5

- |                              |                            |
|------------------------------|----------------------------|
| A. He's from the USA.        | B. We are good friends.    |
| C. He gives his photo to me. | D. I'm thirteen years old. |
| E. I'm not short.            |                            |

# Exercise 8

写作

限时  
15 min

限时 分配	连词成句	完成句子	句子翻译	检查完善	实际用时
	5'	3'	5'	2'	

## A. 连词成句

- turned, I, around
- never, Sundays, get up, I, early, on
- in, you, Class 2, are, Grade 1?
- week, to, went, last, the, I, theatre
- she, does, in, Beijing, live?
- go, hands, your, wash, and
- there, flowers, many, park, are, in, the
- met, early, him, we, the, the, at, airport, in, morning
- juice, how much, orange, you, can, buy?
- now, living, in, we, are, a, the, beautiful, in, house, country

## B. 根据中文完成句子

- 农民们正在田间辛勤耕作。  
The farmers \_\_\_\_\_ in the field.
- 杰克一直站在那儿。  
Jack \_\_\_\_\_ all the time.
- 最后一片树叶从树上掉了下来。  
The last \_\_\_\_\_ the tree.
- 我的朋友迈克来自美国。  
My friend Mike \_\_\_\_\_ the USA.
- 王老师带着她的学生在河边唱歌。  
Mrs. Wang \_\_\_\_\_ the river with her students.

## C. 句子翻译

- 这个用英语怎么说?
- 这是什么颜色?
- 这是一块橡皮擦。
- 他通常走路去学校。
- 太阳从东方升起。

# Exercise 1

完形填空

限时	浏览文章	查读解答	反思感悟	实际用时
分配	3'	4'	1'	



My uncle works in a shop. It's near an English 1. Every day the students come to 2 things. In the morning, my uncle gets up 3 six o'clock and after breakfast he 4 his bike to the shop. He 5 there at about ten to seven. The shop 6 at seven o'clock. The shop sells things 7 food and drink. It sells school things, too. So there 8 a lot of people in the shop 9 morning to evening. My uncle is very busy. He is friendly(友好的) to the students and the students like 10 very much.

- |                 |            |               |            |
|-----------------|------------|---------------|------------|
| ( ) 1. A. farm  | B. factory | C. school     | D. shop    |
| ( ) 2. A. buy   | B. sell    | C. take       | D. borrow  |
| ( ) 3. A. on    | B. in      | C. from       | D. at      |
| ( ) 4. A. on    | B. by      | C. rides      | D. riding  |
| ( ) 5. A. goes  | B. gets    | C. stays      | D. returns |
| ( ) 6. A. opens | B. open    | C. is opening | D. is open |
| ( ) 7. A. with  | B. like    | C. for        | D. about   |
| ( ) 8. A. are   | B. come    | C. have       | D. see     |
| ( ) 9. A. in    | B. at      | C. on         | D. from    |
| ( ) 10. A. his  | B. he      | C. him        | D. it      |

# Exercise 2

完形填空

限时	浏览文章	查读解答	反思感悟	实际用时
分配	2'	3'	1'	



Hello, everyone. My name is Wang Hong. Here is a picture 1 my family. This is my father. 2 is 40 years 3. This is 4 mother. She is 38. She is 5 English teacher in our school. This is my brother. His 6 is Wang Lin. He is fourteen. He is in 7 One, Grade Three. He is 8 clever boy. 9 are my grandparents. Where am 10? I am behind(在……后面) my brother.

- |                 |                |               |          |
|-----------------|----------------|---------------|----------|
| ( ) 1. A. of    | B. in          | C. at         | D. on    |
| ( ) 2. A. She   | B. It          | C. His        | D. He    |
| ( ) 3. A. young | B. new         | C. old        | D. olds  |
| ( ) 4. A. her   | B. my          | C. his        | D. your  |
| ( ) 5. A. the   | B. a           | C. an         | D. /     |
| ( ) 6. A. names | B. family name | C. first name | D. name  |
| ( ) 7. A. class | B. Class       | C. school     | D. Grade |
| ( ) 8. A. a     | B. an          | C. the        | D. one   |
| ( ) 9. A. These | B. This        | C. Them       | D. That  |
| ( ) 10. A. she  | B. you         | C. he         | D. I     |

# Exercise 3

阅读理解



限时 分配	浏览试题 1'	浏览文章 2'	查读解答 3'	反思感悟 1'	实际用时
----------	------------	------------	------------	------------	------

Mr. Smith is an Englishman. He teaches English well. His English classes are interesting. He likes us and we like him, too. Mr. Smith has two children—Tom and Lucy. Tom is seven and his sister Lucy is four. Tom goes to school but Lucy doesn't.

Mr. Smith likes to wear a T-shirt and jeans. Football is his favorite sport. After school we often have a basketball game. Sometimes Mr. Smith watches and joins us. He plays basketball just(仅仅) for fun.

- ( ) 1. Mr. Smith is a(n) \_\_\_\_\_ teacher.
  - A. Chinese
  - B. English
  - C. math
  - D. PE.
- ( ) 2. How old is Tom?
  - A. Four.
  - B. Five.
  - C. Six.
  - D. Seven.
- ( ) 3. Lucy doesn't go to school because \_\_\_\_\_.
  - A. she is only four
  - B. she is seven
  - C. she looks beautiful
  - D. she doesn't like school
- ( ) 4. What's Mr. Smith's favorite sport?
  - A. Baseball.
  - B. Football.
  - C. Basketball.
  - D. Volleyball.
- ( ) 5. What do we often do after school?
  - A. Watch basketball games.
  - B. Watch football games.
  - C. Have a basketball game.
  - D. Have a football game.



班级: \_\_\_\_\_

姓名: \_\_\_\_\_

# Exercise 4

阅读理解

限时分配	浏览试题	浏览文章	查读解答	反思感悟	实际用时
	1'	2'	3'	1'	



Rick is a good man. He makes birthday cakes in a store. His cakes are great and have very good prices, so many people buy his cakes. He makes friends with lots of his customers (顾客). They all like him very much. One evening, he wants to go home, but many of his old customers come in. Rick smiles to them, "I am sorry. It is late today. If you need cakes, please come tomorrow." One of the customers takes out a nice cake and says to him, "You make so many great cakes for us. This birthday cake is for you. Happy birthday, Rick."

- ( ) 1. Where does Rick work?
- A. At school. B. In the classroom.  
C. In a store. D. At a party.
- ( ) 2. When the customers come, Rick \_\_\_\_\_.  
A. is making cakes B. is at home  
C. wants to go home D. is playing basketball
- ( ) 3. His customers give him \_\_\_\_\_.  
A. many cakes B. a birthday cake  
C. some vegetables D. some fruit
- ( ) 4. Rick's customers like him because \_\_\_\_\_.  
A. he is a good man B. his cakes are big  
C. his cakes are at a very good price D. A and C
- ( ) 5. The customers come to Rick's store because \_\_\_\_\_.  
A. they want to buy cakes  
B. today is Rick's birthday  
C. Rick asks them to come  
D. they come for a party