

Name:

Date: .../.../ 20...

Class: S7

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Reading and Use of English:

Listening:

Mini Test:

SPEAKING PRACTICE

Lưu ý: Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu để có chủ thích nghĩa: Con về nhà chép mỗi từ 1 dòng để ghi nhớ nhé.

CAMBRIDGE VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	select (v)	lựa chọn	8	thriller (n)	phim kinh dị, giật gân
2	compete (v)	cạnh tranh, thi đấu	9	biography (n)	tiểu sử
3	middle-distance (adj)	khoảng cách tầm trung	10	vegetarian (adj)	(đồ ăn) chay, không chứa thịt và cá/ ăn chay
4	maximum (adj)	tối đa	11	communication (n)	giao tiếp
5	motivated (adj)	có động lực	12	properly (adv)	đúng cách
6	suppose (v)	giả định, giả sử	13	value (n)	giá trị
7	necessarily (adv)	nhất thiết			

***Note:** *n = noun: danh từ; v = verb: động từ; adj = adjective: tính từ; adv = adverb: trạng từ*

***Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ 1 dòng vào vở ghi.**

Lưu ý:

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài đọc.

Part 3

For each question, choose the correct answer.

11 Why did the writer join an athletics club?

- A Because she enjoyed taking part in sports.
- B Because she thought she should get more exercise.
- C Because she wanted to become an athletics coach.
- D Because she wanted to become a professional long jumper.

12 What does the writer say about 800-metre running?

- A You have to know when to run fastest.
- B It's harder than running in the 100 metres.
- C It's more important to be quick than strong.
- D You need to forget everything and just run.

13 What does the writer say about competing in races now?

- A It always makes her feel scared.
- B It feels good to be in front during the race.
- C It's helped her to develop new skills.
- D She enjoys people watching her race.

14 What does the writer say about the food she eats?

- A If she eats a lot, she can run faster.
- B Eating plenty of food helps her to sleep better.
- C She eats the same kind of things as other people.
- D She would like to eat different types of food.

15 Which best describes the writer?

A

A young athlete who trains hard and hopes to be selected for the Olympics in the future.

B

A girl who was good at the long jump and likes running, but who doesn't see herself becoming an international athlete.

C

A girl who is a keen athlete, but doesn't like running in front of a crowd and who finds the training very boring.

D

A keen athlete who finds it enjoyable to practise with other people and compete as part of a team.

Kirsty Wade, young athlete

I've always been keen on sport and very fit so a few years ago I decided to join my local athletics club. In the beginning I put all my effort into the long jump because it was my best event, but the coach encouraged me to try different things.

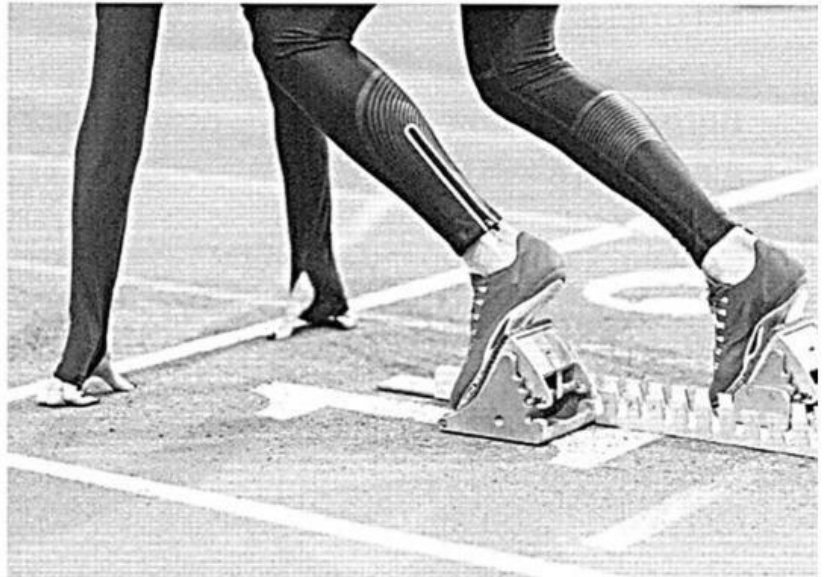
I ended up as a middle-distance runner, which means I don't run the short distances like 100 metres, or long cross-country races, but the in-between

ones like 800 metres. It's an interesting type of running because you have to mix speed with strength. You also have to think a lot about how you race, and choose the right moment to run at your maximum speed. You need to do quite a lot of regular training when you first start and it helps if you have a good coach who can keep you motivated and teach you the basics.

I take part in some quite major competitions now, but I still remember my first race. I was so nervous before it started. And when it finished, I could still feel my hands shaking. It was a great race and I came second so I was very pleased. Since then I've learned to stay calm before and during races. I do a lot of breathing exercises that help me stay focused and relaxed. Competing has really helped me to trust in my own abilities. And now I find that I love running in front of a crowd – I suppose it's a sort of performance.

One thing I don't enjoy so much is how hard you have to work to stay fit and strong enough to race, although it helps that I often train with others. I try to eat and sleep well, but I don't have a special diet. Mostly it's a case of getting plenty of variety and eating more of everything because I'm so active.

I sometimes watch Olympic athletes on TV and imagine myself in their position. It must be a fantastic experience, but at the moment I don't feel that is necessarily where I'm aiming. I think you have to give up so much if you want to reach that level.



Part 4

For questions **25–30**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **two** and **five** words, including the word given. Here is an example (0).

Example:

0 I'll be very happy when I go on holiday.

FORWARD

I'm on holiday.

The gap can be filled by the words 'looking forward to going' so you write:

Example: 0

Write only the missing words **IN CAPITAL LETTERS** on the separate answer sheet.

25 Richard asked me how much I had paid for the theatre tickets.

COST

Richard wanted to the theatre tickets.

26 It wasn't a good idea for you to delete that file.

SHOULD

You that file.

27 The ferry couldn't sail because the weather was bad.

DUE

The ferry couldn't sail weather.

28 The teacher told us not to be late on Friday.

BETTER

'You late on Friday,' the teacher said.

29 There are Spanish and French translations of the book.

BEEN

The book into Spanish and French.

30 She will only phone if she gets lost.

UNLESS

She will lost.

Con hãy làm bài nghe theo link sau:

<https://youtu.be/OgJqx-Cmf40>

Part 3

 25 For each question, write the correct answer in the gap. Write one or two words or a number or a date or a time.

You will hear a recorded message giving information about a museum.

DORSET CHOCOLATE MUSEUM

Displays

Exhibition showing the **14**_____ of chocolate production

See how chocolates and **15**_____ are made

Opening times

12.00 midday – 6.00 p.m.

July and August 12.00 midday – 8.00 p.m.

Not open in **16**_____

Prices

Adults: ten pounds

Students: **17**_____ pounds

Group visits

Discounts available for groups of at least **18**_____ visitors

Free **19**_____ of chocolates

I. Write the correct English meaning of the Vietnamese word or phrase

No.	Vietnamese	English
1.	sự trục trặc, sự cố (n)	m_____
2.	tổng giám đốc (n.phr)	g_____ m_____
3.	tạo không gian cho ai/ điều gì (phr.v)	m_____ r_____ f_____
4.	qua, thông qua (pre)	v_____

II. Rewrite the sentences into REPORTED SPEECH

1. Suzy said: "I am going to the movies tonight."

→ Suzy said that _____.

2. They told us: "We will meet you at the park."

→ They told us that _____.

3. "What time does the movie start?" – Alice wanted to know.

→ Alice wanted to know _____.

4. "Can you please turn off the lights?" – he said.

→ He asked me _____.

Lưu ý: Với những từ con không nhớ và viết sai, con chép từ đó vào vở 1 dòng.

Mọi ý kiến đóng góp của phụ huynh sẽ là động lực để StarLink nâng cao chất lượng đào tạo. Mời bố mẹ quét mã ở đây để thực hiện khảo sát ạ!

