



# ENGLISH

تدريبات إثرائية

منتصف الفصل الأول

الصف السابع

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الصف : 7 / .....

التدريبات لا تفتسي عن الكتاب المدرسي

**1 -Read the passage, then answer the questions below :-**

1. Sleeping is very important for the brain. While we are asleep, the brain repairs itself. It also stores information that it learned during the day. If we do not get enough sleep, the brain cannot do these things. We become tired and we cannot remember things so well. Our body's 'immune system', which is its self-defense system, becomes weaker, so we are more likely to get ill.
2. Most people find sleep difficult because they are not relaxed. They do not exercise enough during the day, and in the evening they are still thinking about their work or studies. In addition, they make phone calls or look at email messages until late at night. They also have too many drinks which contain caffeine, such as cola drinks or coffee, and eat dinner before they go to bed.
3. There are other things we can do to help us get a good night's sleep. Firstly, the bed must be comfortable, with a good mattress and pillows. The bedroom should be dark and quiet. We should also have the same routine every evening before we go to bed. For example, we should read a book, have a hot bath, or listen to relaxing music.
4. Finally, we should try to go to bed at the same time every night. In this way, we will start to sleep better and feel more active during the day.

**1. What is the text **mainly** about?**

- A. sleeping and the brain
- B. sleeping and the food
- C. sleeping and dreams
- D. sleeping and disease

2. Read the following?

They also have too many drinks which contain caffeine, such as cola drinks or Coffee, and eat dinner before they go to bed.

What does the underlined word mean?

- A. get
- B. have
- C. come
- D. become

3. Why do most people find sleeping difficult?

.....

4- What can we do according to the text to get a good night's sleep?

.....

## Reading (2)

### Directions:

Read the following passage and answer the questions that follow.

1. Rashid is a Qatari boy. Last holiday Rashid and his family decided to visit London. They went there by plane. On the plane they had a hot, delicious meal and watched a nice film. Rashid was very excited. Rashid and his family arrived at London Airport at seven o'clock in the morning.
2. The weather was very cold and it was raining. The weather in London is often cold and rainy. Nasser and his family didn't know the way to the hotel. They asked a man in the road and he showed them that it is in the north and they should take a bus. Nasser and his family took the bus to the hotel which was not far from the airport. In the afternoon the weather changed. It became warm and sunny. Rashid asked his father to take them out to visit the lovely places in London.
3. Rashid and his family visited a lot of places in London. They went to the National Park and the zoo. They saw animals they have never seen in Qatar. They also went to the shopping malls and the National Museum.
4. Rashid and his family stayed in London for three weeks. Rashid met a lot of people who were very friendly and helpful. Rashid talked to them and took their e-mails. Rashid bought beautiful clothes and presents for his friends. Rashid's family enjoyed their holiday. They wished to come to London again. It was really fun.



4. 3- What is the text mainly about?

- A. A visit to London.
- B. London's airport.
- C. London's hotel.
- D. London's museum.

5. How did Rashid and his family know the hotel's place?

- E. They took a taxi.
- F. They used a map.
- G. They telephoned the hotel.
- H. They asked a person in the road.

6. How was the weather in London?

- A. rainy
- B. snowy
- C. windy
- D. cloudy

7. What was Rashid and his family's wish?

.....

8- How long did Rashid and his family stay in London?

.....



رؤيتنا : بناء جيل قوي دينه وخلقه متسلح بعلمه ومعرفته أمين على أمته حفيظ على وطنه.

✓ Choose a word to complete the following sentence:

Cartoon – slim – often – math - helpful

- 1- How ..... do you take out the rubbish?
- 2- ..... is my favourite TV program.
- 3- My friend Hamad always helps others so he is .....
- 4- I like ..... because it's my favourite school subject.
- 5- My best friend is tall and .....

A- Fill in the spaces from the following word list:

**biology – geography – history – PE – history – IT - soap opera**

1. My brother helped me solve the ..... problem.
2. I like to know about countries. That's why I love .....
3. Studying ..... in schools helps us to know about our past.
4. If you want to know more about plants, you better study .....
5. Studying ..... is very important. It helps us to keep fit.
6. .... Is my favourit TV program.



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✓ Choose the correct answer from a , b , c or d:

1- I always ..... the car on Fridays.

- a) washing      b) wash      c) washed      d) washes

2- She ..... the window now.

- a) Is cleaning      b) am cleaning      c) are cleaning      d) was clean

3- Are the boys..... basketball at the moment?

- a) play      b) plays      c) played      d) playing

4- We ..... go to school on Saturday.

- a) don't      b) doesn't      c) haven't      d) hasn't

5- My father was born ..... 1981.

- a) on      b) in      c) at      d) of

7. I usually go to the gym ..... 6 o'clock.

- a) in      b) on      c) at      d) until

8. We often play tennis in the .....

- a) Science lab      b) computer room      c) cinema  
d) sports club

9. Ahmed and Ali ..... their room every week.

- a) cleaned      b) cleans      c) clean      d) cleaning

10. I train for one hour ..... Six o'clock.

- a) on      b) in      c) at      d) to



11. Sir Edmund Hillary ..... climb since he was young.  
 a) can                      b. couldn't                      c. can't                      d. could.
12. – Ahmed drives .....  
 a) careful                      b. carefully                      c. carefulty                      d. carefull
13. – They ..... breath at the top of the mountain  
 because the air was thin last year.  
 a) couldn't                      b. can't                      c. can                      d. could
14. – My sister got excellent mark in the exam. She studies very  
 .....  
 a) Well                      b. bad                      c. goodly                      d. hard
15. - ..... Jacque Cousteau dive when he was young?  
 a) Was                      b. Is                      c. Must                      d. Could

### Do as shown between brackets:

- 1- We watched the match yesterday. (use: now)  
 .....
- 2- I always goes to school by bus. (correct the mistake)  
 .....
- 3- When I was 6 I can ride a bike. (correct the mistake)  
 .....
- 4- Ali is a good driver, he drives goodly. (correct the mistake)  
 .....









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Design a poster about a planet:

(the nearest to the sun- the red planet- the farthest from the sun- the coldest planet)

