

# ВПР-7

## Тренажер устной части

Английский язык



<https://vk.com/club194776323>

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ВПР  
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# Устная часть

## Чтение текста вслух

90 сек-

подготовка

90 сек- чтение

Мах-2  
балла

## Описание картинки

90 сек-

подготовка

2 мин-ответ

Мах-8  
баллов

# Письменная часть

**Аудирование**

**7 МИН**

Мах-5  
баллов

**Текст  
(установление  
соответствий)**

Мах-5  
баллов

**Грамматика+  
лексика**

**30  
МИН**

Мах-10  
баллов

# Устная часть

Чтение текста  
вслух



1. Просмотрите текст и разделите его на условные сегменты.
2. Используйте повышающую интонацию для перечисления и понижающую интонацию для утвердительных предложений.
3. Сначала прочитайте текст для себя, а затем прочитайте его вслух.
4. Не читайте текст слишком медленно или слишком быстро.
5. Будьте осторожны со временем. У вас есть 1,5 минуты на подготовку и 1,5 минуты на чтение.

# Reading

**Physical Education** is one of the subjects **taught** at school. Students do many different sports, exercises, and activities. There are many types of physical fitness. Physical education keeps kids and **adults** fit and active. It is very important for their **health** and well-being.

**Scientists** have shown that brain development and physical exercise go hand in hand. Physical education can help academic **success**. It is important to educate people in the field of healthy and smart ways to stay active.

90

45

0

## Reading

The Internet entered the life of people in the 20th century. It took us less than ten years to face the fact of its **spreading** all over the world, **including** the developing countries. It has become not only the hugest information **resource** in the world, but one of the most rapid means of communication. People from different countries have got an **opportunity** to communicate with each other in quite a short time. In comparison with a snail-mail or even airmail, an e-mail gets over distance and time, borders of states with a **fascinating** speed.

**Thus**, people get closer to each other. Now they have got a chance to get to know each other better, to become aware of what is common **among** nations and **unites** them, and what is different.

90

45

0



# Reading

Sleep is food for the brain. **During** sleeping, important body functions and brain activity **occur**. Skipping sleep can be really harmful. You can look bad, you may feel moody, perform poorly. Sleepiness can make it hard to get along with your family and friends and hurt your scores on school exams. Teens need about 8 to 10 hours of sleep each **night** to function best. Unfortunately, most teens do not get **enough** sleep.

Not getting enough sleep or having sleep difficulties can limit your ability to learn, listen, concentrate and solve problems. You may **even** forget important information like names, numbers, your homework or a date with a special person in your life. Moreover, lack of sleep can lead to aggressive or **inappropriate behavior**.

90

45

0

## Reading

The **earth's** soil is home to large **populations** of **natural** agents that help promote the **environment**. While mushrooms have the ability to **support** Mother Nature, they are also capable of promoting our own **health**, from helping **strengthen** our **immune** system to preventing some **diseases**. One study showed that **substituting** red meat with mushrooms may support a healthy weight. So, adding more mushrooms to your diet may help **improve** diet **quality**.

What is more, many medications are **derived** from mushrooms. Studies show that mushrooms have cancer-fighting properties. At the same time, not all mushrooms may be good for our health. Some **species** are toxic and can **cause** serious health problems. We should avoid eating these harmful **varieties** of mushrooms at all costs.

90

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# Reading

**Scientists** have discovered that being an only child doesn't just lead to differences in **behaviour**. It actually influences a child's brain development. The **participants** in this latest study were given tests to **measure** their intelligence and personality. In addition, their brains were scanned with special machines. **Although** the results didn't show any difference in intelligence between the two groups, they did **reveal** that only children are more flexible in their thinking. But according to personality tests, they are not always really nice people. As for the brain scanning, only children had more volume in the areas **associated** with language understanding. By contrast, the brains of only children had less volume in the areas which are responsible for emotions.

90

45

0

# Описание картинки план описания, шаблоны



- Выберите фотографию и опишите человека на ней. У вас есть полторы минуты на
- подготовку и не более двух минут для ответа. У вас должен получиться связный рассказ
- (7–8 предложений).

### **План ответа поможет вам:**

- the place
- the action
- the appearance of the person
- whether you like the picture or not
- why

Start with: "I'd like to describe picture № ..."

# Шаблон

## Ы

I want to describe this picture (picture number ...)

The picture was taken at school/ at home/ in the park/outside

In the picture I can see....

There is/are....

He/she has got fair/dark hair.

He/she is wearing .....

He/she is good-looking.

In the middle we can see...

In the foreground we can see...

In the background we can see...

The weather is nice. The sun is shining. I guess it's warm.

I like this picture because it makes me think of summer/winter holidays/my family/friends...

That's all I wanted to say.

I'd like to describe picture number 1/ I've chosen picture number 2

1. The picture shows .....	a boy/a girl/a woman/a man
<b>PLACE</b>	
2. In the picture the action is taking place .....	inside/outdoors at home/in the classroom/in the park/ on the beach/by the river/.....
3. I think the girl is .....	
<b>ACTION</b>	
4. Looking at the girl I get the impression that the girl.....	is playing a computer game /is reading a book/
<b>APPEARANCE</b>	
5. The girl looks like she is .....	about 13 years old/ in her early(late) teens
6. She has .....	a round face,a small nose and short/long hair.
7. She is wearing .....	
8. The girl looks ..... <u>because she has a beautiful smile.</u> The girl has a nice expression on her face.	happy /quiet/kind/nice
<b>LIKE/DISLIKE</b>	
I like the picture	
<b>WHY</b>	
<u>because</u> the picture. ....	makes me think about ...(summer holidays/ my hobby/ because the boy/girl looks like my brother/sister.
Besides the picture reminds me of .....	myself/my younger sister/my own pet/the time that I spent by the sea/
and makes me think about my	family/summer holidays/ .....

That's all I wanted the say.

## **Описание действия**

In the foreground you can see a family/group of people/boy/girl having a family dinner/working on computer/doing sport activities/having a rest after work.

That is how he/she/they usually spends/spend weekends/free time/day at work. He/she/they is/are smiling/talking to/sitting/lying/standing next to/holding smth/cooking/reading/listening to smth or smb/driving/riding a bike.

## **Описание внешности человека/людей на картинке**

The man looks happy/unhappy. He/she is beautiful. They are beautiful/ugly. He/she has big brown/green eyes. His/her/their face is pretty. He/she/they is/are tall, short, fat, slim. He/she/they is/are wearing light/warm simple/fashionable blue/yellow/dark/red/orange/white/green/black clothes/skirt/trousers/suit/t-shirt/shirt.



# PLAN

- the place
- the action
- the appearance of the person
- whether you like the picture or not
- why

# Example



Photo 1



Photo 2



Photo 3

I'd like to describe picture number 2. The picture shows us a girl. The photo was (probably) taken **outside**. In this picture the **action is taking place in the park**. Looking at this girl I get the impression that she is **reading a book**. The girl **looks like she is about 15 years old**. **She is slim**. **Her hair is dark**. She is wearing a **fair blouse** and a dark skirt.

I guess she is **quiet and kind**, because she has a beautiful smile. **I like the picture because** the atmosphere is peaceful. **It makes me think of summer**.

# Example



Photo 1



Photo 2



Photo 3

I'd like to describe picture **№ 3**. The picture shows us a girl. The photo was (probably) taken **inside**. In this picture **the action is taking place** in the supermarket. Looking at this picture I get the impression that **she is choosing** her favorite products. **The girl is holding her cart**. She is standing in front of the counter. The girl is wearing casual clothes. She looks like she is about 17 years old. **She is slim. Her hair is dark. I guess she is serious and kind**, because she has a beautiful smile.

**I like the picture because the atmosphere is peaceful. It makes me think of my sister.**

# Example



I'd like to describe picture № 3. The picture shows us a **hockey match**. The photo was (probably) taken **inside**. In this picture the action is taking place **on the hockey rink**. Looking at this picture I get the impression that **they are competing**. **They are wearing special hockey equipment**. The boys look like they are about 10 years old. They are **short but strong**. I guess they are **ambitious** and competitive, because they look very determined. **I like** the picture because the **atmosphere is enthusiastic**. **It makes me think of my brother**.



- the place
- the action
- the appearance of the person
- whether you like the picture or not
- why

Start with: **“I’d like to describe picture № ... . The picture shows ...”**

**2 min**

**1 min**

**0**



1



2



3

- the place
- the action
- the person's appearance
- whether you like the picture or not
- why

Start with: **“I’d like to describe picture № ... . The picture shows ...”**

**2 min**

**1 min**

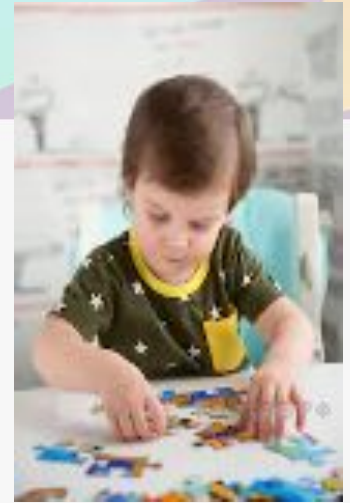
**0**



1



2



3

- the place
- the action
- the person's appearance
- whether you like the picture or not
- why

**2 min**

**1 min**

**0**



1



2



3

- the place
- the action
- the person's appearance
- whether you like the picture or not
- why

**2 min**

**1 min**

**0**





1



2



3

- the place
- the action
- the person's appearance
- whether you like the picture or not
- why

**2 min**

**1 min**

**0**