

SBD (Tự luận)	TRƯỜNG THPT LƯƠNG THẾ VINH KIỂM TRA CUỐI KỲ - HỌC KỲ 1 – Năm học: 2025 – 2026 Môn: ANH 11 – Thời gian: 60 phút		Mật mã
Chữ ký giám thị	ĐIỂM	Lời phê của giáo viên	Chữ ký giám khảo

ĐỀ 2111

A. PHẦN TRẮC NGHIỆM (8.0 ĐIỂM) (Học sinh làm bài trên Phiếu trả lời trắc nghiệm)

I. Listen to the recording and decide whether the statements are True (A) or False (B). (1 pt)

- The three Russian cosmonauts survived the space capsule accident in 1971. A. TRUE B. FALSE
- The scientist in 1966 woke up after the pressure became normal again. A. TRUE B. FALSE
- Scientists cannot know exactly how long humans can live without sleep. A. TRUE B. FALSE
- After the experiment, Randy Gardner slept for 50 hours. A. TRUE B. FALSE

II. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence. (2.5 pts)

- After a long and _____ day at work, all I wanted to do was relax and unwind.
A. enjoyable B. exhausting C. memorable D. unforgettable
- She has been studying very hard for the exam. She _____ definitely pass it.
A. will B. may C. will not D. could not
- The _____ smell from the garbage made everyone feel sick.
A. disgust B. disgusting C. disgusted D. disgustingly
- The historic villa was _____ by a team of architects who kept all the original features.
A. substantial B. conveniently located C. dilapidated D. beautifully restored
- If my grandfather _____ still alive, he would be a hundred today.
A. is B. has been C. were D. will be
- Don't wait for me after school tomorrow. I _____ extra math lessons at 4 PM.
A. have attended B. will have attended C. will attend D. will be attending
- The doctor examined him and _____ his temperature.
A. took B. did C. made D. looked
- I will feel bored if Mary and Susan _____ to the party with me tonight.
A. comes B. didn't come C. don't come D. came
- Don't worry! The workers _____ the new bridge by next month.
A. have finished B. will be finishing C. will finish D. will have finished
- I wish my neighbors _____ so much noise every night. I can't sleep!
A. don't make B. wouldn't make C. won't make D. made

III. Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 15 to 20. (1.5 pts)

Hi everyone,

I'm inviting you to join our Sleep (15)_____ Campaign this Friday night. We will sleep outside for one night to understand how it feels and (16)_____ money for people who can't (17)_____ accommodation.

Many people (18)_____ a blind eye to homelessness, but we want to help find a solution (19)_____ this problem.

Please bring a sleeping bag and warm clothes. Let's make a (20)_____ together!

Reply if you want to join.

Thanks,

15. A. roughly B. rough C. rougher D. roughness

- | | | | |
|-------------------|---------------|---------------|------------|
| 16. A. make | B. rise | C. save | D. raise |
| 17. A. afford | B. pay | C. charge | D. owe |
| 18. A. ignore | B. change | C. turn | D. swing |
| 19. A. of | B. for | C. to | D. against |
| 20. A. difference | B. revolution | C. betterment | D. World |

IV. Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 21 to 24. (1.0 pts)

21. a. **Tom:** Maybe. With all the new medicine and technology, people might live to be over 100 easily.
 b. **Lena:** Yeah, but I wonder if living that long would still mean being healthy and active.
 c. **Lena:** Do you think people will live longer in the future?
 A. c – a – b B. c – b – a
 C. b – a – c D. a – b – c
22. Hi Grandma,
 a. I thought it would be easy, so I stayed up late watching videos instead of revising.
 b. I couldn't answer half of them and felt really disappointed afterward.
 c. I wanted to tell you something that happened last week.
 d. Next time, I promise I'll take it seriously and prepare properly.
 e. When I saw the questions, I realized I'd made a big mistake.
 f. I had a math exam, but I didn't study as much as I should have.
 Love,
 Mia
 A. f – c – e – a – d – b B. c – f – a – e – b – d
 C. d – b – a – c – e – f D. b – d – c – a – f – e
23. a. Moving around isn't just fun, it actually helps the brain work better.
 b. If schools really cared about students' well-being, they'd make sure exercise was a daily priority, not an afterthought.
 c. That makes no sense, especially when kids are tired, stressed, or bored.
 d. Let's face it – students spend way too much time sitting at desks.
 e. Sadly, many schools act like physical activity is just extra, something to cut when time is tight.
 f. Think about how energised you feel after a good run or a quick basketball game.
 A. a – d – b – c – f – e B. d – e – b – c – a – f
 C. a – c – e – b – f – d D. d – a – f – e – c – b
24. a. **Estate Agent:** It was renovated last year, and all the appliances are brand new.
 b. **Estate Agent:** Welcome! This is the living room. It gets lots of natural light in the morning.
 c. **Estate Agent:** No, but we can discuss that with the owner if you're interested.
 d. **Client:** I see. How old is the kitchen?
 e. **Client:** Great! Is there a garden at the back?
 f. **Client:** Oh, that's nice. Is the furniture included?
 A. b – f – c – d – a – e B. f – b – d – c – e – a
 C. c – d – b – f – a – e D. d – c – f – b – e – a

V. Read the passage and mark the letter A, B, C or D to indicate the best answer to each of the following questions from 25 to 32. (2.0 pts)

There is a common misconception that working out every day will yield faster and better results. While consistent exercise is **vital** for progress, the body also requires adequate time to rest and recover. Overtraining can lead to fatigue, decreased performance, and an increased risk of injury. It is essential to strike a balance between challenging workouts and allowing sufficient recovery time for muscles to repair and grow stronger.

In reality, the duration and intensity of workouts should be tailored to individual fitness levels and goals. Quality workouts that target different muscle groups and incorporate cardiovascular exercises can be more effective than simply increasing the quantity of training sessions.

Some people believe that working out every day causes them to indulge in unhealthy eating habits or neglect other aspects of their well-being. While exercise is a crucial component of a healthy lifestyle, **it** should be complemented by a balanced diet, sufficient sleep, and stress management. Neglecting these other factors can hinder overall health and fitness progress.

Moreover, working out every day does not guarantee weight loss or body transformation. While exercise contributes to calorie burning and muscle development, weight loss also depends on factors like diet, genetics, and overall lifestyle habits. A holistic approach that combines regular exercise with a nutritious diet and healthy habits is key to achieving **sustainable** results.

25. The word "**vital**" in paragraph 1 is CLOSEST in meaning to _____.
A. unnecessary B. difficult C. important D. expensive
26. According to paragraph 1, overtraining can result in _____.
A. faster muscle growth B. increased risk of injury
C. better workout results D. improved performance
27. According to paragraph 2, how intense your workouts should be is determined by _____.
A. individual fitness levels and goals
B. the number of training sessions per week
C. the duration of each workout
D. the quantity of cardiovascular exercises
28. The word "**it**" in paragraph 3 refers to _____.
A. a healthy lifestyle B. exercise
C. overtraining D. rest and recovery
29. According to paragraph 3, what should complement exercise for a healthy lifestyle?
A. more intense workouts
B. daily training sessions
C. a balanced diet, sleep, and stress management
D. focusing only on cardiovascular exercises
30. Which of the following is NOT TRUE according to paragraph 4?
A. Working out every day guarantees weight loss.
B. Exercise contributes to calorie burning.
C. Weight loss depends on diet and genetics.
D. A nutritious diet should be combined with regular exercise.
31. The word "**sustainable**" in paragraph 4 is OPPOSITE in meaning to _____.
A. contemporary B. long-lasting C. temporary D. permanent
32. What is the main message of the passage?
A. People should exercise every single day without rest.
B. Working out every day is the only way to lose weight.
C. Diet is more important than exercise for health.
D. A balanced approach to fitness is more effective than daily workouts alone.

B. PHẦN TỰ LUẬN (2.0 ĐIỂM) (Học sinh làm bài trực tiếp lên đề)

VI. Put the words in the correct forms. (1.5 pts)

33. She became _____ after seeing her neighbor's big house. (ENVY)
34. _____ can cause headaches and make you feel tired. (DEHYDRATE)
35. We _____ books and clothes to poor children yesterday. (DONATION)

36. The _____ were grateful to be alive after the accident. (**SURVIVE**)
37. The movie's ending was very _____ and not surprising at all. (**PREDICT**)
38. The hotel is _____ located in the city center near many restaurants. (**CONVENIENT**)

Answers:

33. _____ 34. _____ 35. _____
36. _____ 37. _____ 38. _____

VII. Write the second sentence so that it has a similar meaning to the first sentence. (0.5 pt)

39. My brother works too much, so he doesn't spend time with his family. (**IF**)
→ My brother would _____
40. I'm not good at playing the guitar.
→ I wish I _____

Answers:

39. My brother would _____
40. I wish I _____

THE END!

SBD (Tự luận)	TRƯỜNG THPT LƯƠNG THẾ VINH KIỂM TRA CUỐI KỲ - HỌC KỲ 1 – Năm học: 2025 – 2026 Môn: ANH 11 – Thời gian: 60 phút		Mật mã
Chữ ký giám thị	ĐIỂM	Lời phê của giáo viên	Chữ ký giám khảo

ĐỀ 2112

A. PHẦN TRẮC NGHIỆM (8.0 ĐIỂM) (Học sinh làm bài trên Phiếu trả lời trắc nghiệm)

I. Listen to the recording and decide whether the statements are True (A) or False (B). (1 pt)

1. The Russian cosmonauts died after approximately 30 to 40 seconds in the vacuum. A. TRUE B. FALSE
2. The scientist in 1966 passed out after 15 seconds in the vacuum. A. TRUE B. FALSE
3. Scientists know exactly how long humans can live without sleep. A. TRUE B. FALSE
4. After the experiment, Randy Gardner slept for a week. A. TRUE B. FALSE

II. Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 5 to 10. (1.5 pts)

Hi everyone,

I'm inviting you to join our Sleep (5)_____ Campaign this Friday night. We will sleep outside for one night to understand how it feels and (6)_____ money for people who can't (7)_____ accommodation.

Many people (8)_____ a blind eye to homelessness, but we want to help find a solution (9)_____ this problem.

Please bring a sleeping bag and warm clothes. Let's make a (10)_____ together!

Reply if you want to join.

Thanks,

- | | | | |
|-------------------|---------------|------------|---------------|
| 5. A. rougher | B. roughness | C. roughly | D. rough |
| 6. A. save | B. raise | C. make | D. rise |
| 7. A. charge | B. owe | C. afford | D. pay |
| 8. A. change | B. turn | C. swing | D. ignore |
| 9. A. to | B. against | C. of | D. for |
| 10. A. revolution | B. betterment | C. World | D. difference |

III. Read the passage and mark the letter A, B, C or D to indicate the best answer to each of the following questions from 11 to 18. (2.0 pts)

There is a common misconception that working out every day will yield faster and better results. While consistent exercise is **vital** for progress, the body also requires adequate time to rest and recover. Overtraining can lead to fatigue, decreased performance, and an increased risk of injury. It is essential to strike a balance between challenging workouts and allowing sufficient recovery time for muscles to repair and grow stronger.

In reality, the duration and intensity of workouts should be tailored to individual fitness levels and goals. Quality workouts that target different muscle groups and incorporate cardiovascular exercises can be more effective than simply increasing the quantity of training sessions.

Some people believe that working out every day causes them to indulge in unhealthy eating habits or neglect other aspects of their well-being. While exercise is a crucial component of a healthy lifestyle, **it** should be complemented by a balanced diet, sufficient sleep, and stress management. Neglecting these other factors can hinder overall health and fitness progress.

Moreover, working out every day does not guarantee weight loss or body transformation. While exercise contributes to calorie burning and muscle development, weight loss also depends on factors like diet, genetics, and overall lifestyle habits. A holistic approach that combines regular exercise with a nutritious diet and healthy habits is key to achieving **sustainable** results.

11. The word "**vital**" in paragraph 1 is CLOSEST in meaning to _____.
 A. important B. expensive C. unnecessary D. difficult
12. According to paragraph 1, overtraining can result in _____.
 A. improved performance B. faster muscle growth
 C. increased risk of injury D. better workout results
13. According to paragraph 2, how intense your workouts should be is determined by _____.
 A. the number of training sessions per week
 B. the duration of each workout
 C. the quantity of cardiovascular exercises
 D. individual fitness levels and goals
14. The word "**it**" in paragraph 3 refers to _____.
 A. overtraining B. rest and recovery
 C. a healthy lifestyle D. exercise
15. According to paragraph 3, what should complement exercise for a healthy lifestyle?
 A. daily training sessions
 B. a balanced diet, sleep, and stress management
 C. focusing only on cardiovascular exercises
 D. more intense workouts
16. Which of the following is NOT TRUE according to paragraph 4?
 A. Weight loss depends on diet and genetics.
 B. A nutritious diet should be combined with regular exercise.
 C. Working out every day guarantees weight loss.
 D. Exercise contributes to calorie burning.
17. The word "**sustainable**" in paragraph 4 is OPPOSITE in meaning to _____.
 A. long-lasting B. temporary C. permanent D. contemporary
18. What is the main message of the passage?
 A. A balanced approach to fitness is more effective than daily workouts alone.
 B. People should exercise every single day without rest.
 C. Working out every day is the only way to lose weight.
 D. Diet is more important than exercise for health.

IV. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence. (2.5 pts)

19. She has been studying very hard for the exam. She _____ definitely pass it.
 A. could not B. will C. may D. will not
20. I wish my neighbors _____ so much noise every night. I can't sleep!
 A. made B. don't make C. wouldn't make D. won't make
21. Don't worry! The workers _____ the new bridge by next month.
 A. will have finished B. have finished C. will be finishing D. will finish
22. I will feel bored if Mary and Susan _____ to the party with me tonight.
 A. didn't come B. don't come C. came D. comes
23. Don't wait for me after school tomorrow. I _____ extra math lessons at 4 PM.
 A. will have attended B. will attend C. will be attending D. have attended
24. If my grandfather _____ still alive, he would be a hundred today.
 A. were B. will be C. is D. has been
25. The historic villa was _____ by a team of architects who kept all the original features.
 A. dilapidated B. beautifully restored C. substantial D. conveniently located
26. The _____ smell from the garbage made everyone feel sick.
 A. disgusted B. disgustingly C. disgust D. disgusting

27. The doctor examined him and _____ his temperature.
 A. did B. made C. looked D. took
28. After a long and _____ day at work, all I wanted to do was relax and unwind.
 A. exhausting B. memorable C. unforgettable D. enjoyable

V. Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 29 to 32. (1.0 pts)

29. a. **Estate Agent:** It was renovated last year, and all the appliances are brand new.
 b. **Estate Agent:** Welcome! This is the living room. It gets lots of natural light in the morning.
 c. **Estate Agent:** No, but we can discuss that with the owner if you're interested.
 d. **Client:** I see. How old is the kitchen?
 e. **Client:** Great! Is there a garden at the back?
 f. **Client:** Oh, that's nice. Is the furniture included?
 A. f – b – d – c – e – a B. c – d – b – f – a – e
 C. d – c – f – b – e – a D. b – f – c – d – a – e
30. a. Moving around isn't just fun, it actually helps the brain work better.
 b. If schools really cared about students' well-being, they'd make sure exercise was a daily priority, not an afterthought.
 c. That makes no sense, especially when kids are tired, stressed, or bored.
 d. Let's face it – students spend way too much time sitting at desks.
 e. Sadly, many schools act like physical activity is just extra, something to cut when time is tight.
 f. Think about how energised you feel after a good run or a quick basketball game.
 A. d – a – f – e – c – b B. a – d – b – c – f – e
 C. d – e – b – c – a – f D. a – c – e – b – f – d
31. Hi Grandma,
 a. I thought it would be easy, so I stayed up late watching videos instead of revising.
 b. I couldn't answer half of them and felt really disappointed afterward.
 c. I wanted to tell you something that happened last week.
 d. Next time, I promise I'll take it seriously and prepare properly.
 e. When I saw the questions, I realized I'd made a big mistake.
 f. I had a math exam, but I didn't study as much as I should have.
 Love,
 Mia
 A. d – b – a – c – e – f B. b – d – c – a – f – e
 C. f – c – e – a – d – b D. c – f – a – e – b – d
32. a. **Tom:** Maybe. With all the new medicine and technology, people might live to be over 100 easily.
 b. **Lena:** Yeah, but I wonder if living that long would still mean being healthy and active.
 c. **Lena:** Do you think people will live longer in the future?
 A. a – b – c B. c – a – b
 C. c – b – a D. b – a – c

B. PHẦN TỰ LUẬN (2.0 ĐIỂM) (Học sinh làm bài trực tiếp lên đề)

VI. Write the second sentence so that it has a similar meaning to the first sentence. (0.5 pt)

33. She doesn't know the answer, so she can't help you with the homework. (IF)
 → She could _____
34. Our classroom is very hot in the summer.
 → We wish our classroom _____

Answers:

33. She could _____
34. We wish our classroom _____

VII. Put the words in the correct forms. (1.5 pts)

35. My school is _____ situated close to the bus station and subway. (**CONVENIENT**)
36. The _____ in Ho Chi Minh City is very high in summer. (**HUMID**)
37. Many students feel _____ when they have to speak in front of the class. (**ANXIETY**)
38. Her daily routine is _____ because she does the same things every day. (**PREDICT**)
39. The _____ were rescued after the earthquake. (**SURVIVE**)
40. They _____ the old castle and discovered a secret room. (**EXPLORATION**)

Answers:

- | | | |
|-----------|-----------|-----------|
| 35. _____ | 36. _____ | 37. _____ |
| 38. _____ | 39. _____ | 40. _____ |

THE END!

SBD (Tự luận)	TRƯỜNG THPT LƯƠNG THẾ VINH KIỂM TRA CUỐI KỲ - HỌC KỲ 1 – Năm học: 2025 – 2026 Môn: ANH 11 – Thời gian: 60 phút		Mật mã
Chữ ký giám thị	ĐIỂM	Lời phê của giáo viên	Chữ ký giám khảo

ĐỀ 2113

A. PHẦN TRẮC NGHIỆM (8.0 ĐIỂM) (Học sinh làm bài trên Phiếu trả lời trắc nghiệm)

I. Listen to the recording and decide whether the statements are True (A) or False (B). (1 pt)

- The three Russian cosmonauts survived the space capsule accident in 1971. A. TRUE B. FALSE
- The scientist in 1966 woke up after the pressure became normal again. A. TRUE B. FALSE
- Scientists cannot know exactly how long humans can live without sleep. A. TRUE B. FALSE
- After the experiment, Randy Gardner slept for 50 hours. A. TRUE B. FALSE

II. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence. (2.5 pts)

- If my grandfather _____ still alive, he would be a hundred today.
A. is B. has been C. were D. will be
- The historic villa was _____ by a team of architects who kept all the original features.
A. substantial B. conveniently located C. dilapidated D. beautifully restored
- She has been studying very hard for the exam. She _____ definitely pass it.
A. will B. may C. will not D. could not
- After a long and _____ day at work, all I wanted to do was relax and unwind.
A. enjoyable B. exhausting C. memorable D. unforgettable
- I wish my neighbors _____ so much noise every night. I can't sleep!
A. don't make B. wouldn't make C. won't make D. made
- Don't worry! The workers _____ the new bridge by next month.
A. have finished B. will be finishing C. will finish D. will have finished
- I will feel bored if Mary and Susan _____ to the party with me tonight.
A. comes B. didn't come C. don't come D. came
- The doctor examined him and _____ his temperature.
A. took B. did C. made D. looked
- Don't wait for me after school tomorrow. I _____ extra math lessons at 4 PM.
A. have attended B. will have attended C. will attend D. will be attending
- The _____ smell from the garbage made everyone feel sick.
A. disgust B. disgusting C. disgusted D. disgustingly

III. Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 15 to 20. (1.5 pts)

Hi everyone,

I'm inviting you to join our Sleep (15)_____ Campaign this Friday night. We will sleep outside for one night to understand how it feels and (16)_____ money for people who can't (17)_____ accommodation.

Many people (18)_____ a blind eye to homelessness, but we want to help find a solution (19)_____ this problem.

Please bring a sleeping bag and warm clothes. Let's make a (20)_____ together!

Reply if you want to join.

Thanks,

15. A. rough B. rougher C. roughness D. roughly

In reality, the duration and intensity of workouts should be tailored to individual fitness levels and goals. Quality workouts that target different muscle groups and incorporate cardiovascular exercises can be more effective than simply increasing the quantity of training sessions.

Some people believe that working out every day causes them to indulge in unhealthy eating habits or neglect other aspects of their well-being. While exercise is a crucial component of a healthy lifestyle, **it** should be complemented by a balanced diet, sufficient sleep, and stress management. Neglecting these other factors can hinder overall health and fitness progress.

Moreover, working out every day does not guarantee weight loss or body transformation. While exercise contributes to calorie burning and muscle development, weight loss also depends on factors like diet, genetics, and overall lifestyle habits. A holistic approach that combines regular exercise with a nutritious diet and healthy habits is key to achieving **sustainable** results.

25. The word "**vital**" in paragraph 1 is CLOSEST in meaning to _____.
A. difficult B. important C. expensive D. unnecessary
26. According to paragraph 1, overtraining can result in _____.
A. increased risk of injury B. better workout results
C. improved performance D. faster muscle growth
27. According to paragraph 2, how intense your workouts should be is determined by _____.
A. the quantity of cardiovascular exercises
B. individual fitness levels and goals
C. the number of training sessions per week
D. the duration of each workout
28. The word "**it**" in paragraph 3 refers to _____.
A. rest and recovery B. a healthy lifestyle
C. exercise D. overtraining
29. According to paragraph 3, what should complement exercise for a healthy lifestyle?
A. focusing only on cardiovascular exercises
B. more intense workouts
C. daily training sessions
D. a balanced diet, sleep, and stress management
30. Which of the following is NOT TRUE according to paragraph 4?
A. Exercise contributes to calorie burning.
B. Weight loss depends on diet and genetics.
C. A nutritious diet should be combined with regular exercise.
D. Working out every day guarantees weight loss.
31. The word "**sustainable**" in paragraph 4 is OPPOSITE in meaning to _____.
A. temporary B. permanent C. contemporary D. long-lasting
32. What is the main message of the passage?
A. Working out every day is the only way to lose weight.
B. Diet is more important than exercise for health.
C. A balanced approach to fitness is more effective than daily workouts alone.
D. People should exercise every single day without rest.

B. PHẦN TỰ LUẬN (2.0 ĐIỂM) (Học sinh làm bài trực tiếp lên đề)

VI. Put the words in the correct forms. (1.5 pts)

33. The movie's ending was very _____ and not surprising at all. (**PREDICT**)
34. We _____ books and clothes to poor children yesterday. (**DONATION**)
35. She became _____ after seeing her neighbor's big house. (**ENVY**)

36. The hotel is _____ located in the city center near many restaurants. (**CONVENIENT**)

37. _____ can cause headaches and make you feel tired. (**DEHYDRATE**)

38. The _____ were grateful to be alive after the accident. (**SURVIVE**)

Answers:

33. _____ 34. _____ 35. _____

36. _____ 37. _____ 38. _____

VII. Write the second sentence so that it has a similar meaning to the first sentence. (0.5 pt)

39. I'm not good at playing the guitar.

→ I wish I _____

40. My brother works too much, so he doesn't spend time with his family. (**IF**)

→ My brother would _____

Answers:

39. I wish I _____

40. My brother would _____

THE END!

SBD (Tự luận)	TRƯỜNG THPT LƯƠNG THẾ VINH KIỂM TRA CUỐI KỲ - HỌC KỲ 1 – Năm học: 2025 – 2026 Môn: ANH 11 – Thời gian: 60 phút		Mật mã
Chữ ký giám thị	ĐIỂM	Lời phê của giáo viên	Chữ ký giám khảo

ĐỀ 2114

A. PHẦN TRẮC NGHIỆM (8.0 ĐIỂM) (Học sinh làm bài trên Phiếu trả lời trắc nghiệm)

I. Listen to the recording and decide whether the statements are True (A) or False (B). (1 pt)

1. The Russian cosmonauts died after approximately 30 to 40 seconds in the vacuum. A. TRUE B. FALSE
2. The scientist in 1966 passed out after 15 seconds in the vacuum. A. TRUE B. FALSE
3. Scientists know exactly how long humans can live without sleep. A. TRUE B. FALSE
4. After the experiment, Randy Gardner slept for a week. A. TRUE B. FALSE

II. Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 5 to 10. (1.5 pts)

Hi everyone,

I'm inviting you to join our Sleep (5)_____ Campaign this Friday night. We will sleep outside for one night to understand how it feels and (6)_____ money for people who can't (7)_____ accommodation.

Many people (8)_____ a blind eye to homelessness, but we want to help find a solution (9)_____ this problem.

Please bring a sleeping bag and warm clothes. Let's make a (10)_____ together!

Reply if you want to join.

Thanks,

- | | | | |
|-----------------|---------------|---------------|---------------|
| 5. A. roughness | B. roughly | C. rough | D. rougher |
| 6. A. raise | B. make | C. rise | D. save |
| 7. A. pay | B. charge | C. owe | D. afford |
| 8. A. swing | B. ignore | C. change | D. turn |
| 9. A. against | B. of | C. for | D. to |
| 10. A. World | B. difference | C. revolution | D. betterment |

III. Read the passage and mark the letter A, B, C or D to indicate the best answer to each of the following questions from 11 to 18. (2.0 pts)

There is a common misconception that working out every day will yield faster and better results. While consistent exercise is **vital** for progress, the body also requires adequate time to rest and recover. Overtraining can lead to fatigue, decreased performance, and an increased risk of injury. It is essential to strike a balance between challenging workouts and allowing sufficient recovery time for muscles to repair and grow stronger.

In reality, the duration and intensity of workouts should be tailored to individual fitness levels and goals. Quality workouts that target different muscle groups and incorporate cardiovascular exercises can be more effective than simply increasing the quantity of training sessions.

Some people believe that working out every day causes them to indulge in unhealthy eating habits or neglect other aspects of their well-being. While exercise is a crucial component of a healthy lifestyle, **it** should be complemented by a balanced diet, sufficient sleep, and stress management. Neglecting these other factors can hinder overall health and fitness progress.

Moreover, working out every day does not guarantee weight loss or body transformation. While exercise contributes to calorie burning and muscle development, weight loss also depends on factors like diet, genetics, and overall lifestyle habits. A holistic approach that combines regular exercise with a nutritious diet and healthy habits is key to achieving **sustainable** results.

11. The word "**vital**" in paragraph 1 is CLOSEST in meaning to _____.
 A. expensive B. unnecessary C. difficult D. important
12. According to paragraph 1, overtraining can result in _____.
 A. better workout results B. improved performance
 C. faster muscle growth D. increased risk of injury
13. According to paragraph 2, how intense your workouts should be is determined by _____.
 A. the duration of each workout
 B. the quantity of cardiovascular exercises
 C. individual fitness levels and goals
 D. the number of training sessions per week
14. The word "**it**" in paragraph 3 refers to _____.
 A. exercise B. overtraining
 C. rest and recovery D. a healthy lifestyle
15. According to paragraph 3, what should complement exercise for a healthy lifestyle?
 A. a balanced diet, sleep, and stress management
 B. focusing only on cardiovascular exercises
 C. more intense workouts
 D. daily training sessions
16. Which of the following is NOT TRUE according to paragraph 4?
 A. A nutritious diet should be combined with regular exercise.
 B. Working out every day guarantees weight loss.
 C. Exercise contributes to calorie burning.
 D. Weight loss depends on diet and genetics.
17. The word "**sustainable**" in paragraph 4 is OPPOSITE in meaning to _____.
 A. permanent B. contemporary C. long-lasting D. temporary
18. What is the main message of the passage?
 A. Diet is more important than exercise for health.
 B. A balanced approach to fitness is more effective than daily workouts alone.
 C. People should exercise every single day without rest.
 D. Working out every day is the only way to lose weight.

IV. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence. (2.5 pts)

19. If my grandfather _____ still alive, he would be a hundred today.
 A. were B. will be C. is D. has been
20. Don't wait for me after school tomorrow. I _____ extra math lessons at 4 PM.
 A. will have attended B. will attend C. will be attending D. have attended
21. I will feel bored if Mary and Susan _____ to the party with me tonight.
 A. didn't come B. don't come C. came D. comes
22. Don't worry! The workers _____ the new bridge by next month.
 A. will have finished B. have finished C. will be finishing D. will finish
23. I wish my neighbors _____ so much noise every night. I can't sleep!
 A. made B. don't make C. wouldn't make D. won't make
24. She has been studying very hard for the exam. She _____ definitely pass it.
 A. could not B. will C. may D. will not
25. The doctor examined him and _____ his temperature.
 A. did B. made C. looked D. took
26. After a long and _____ day at work, all I wanted to do was relax and unwind.
 A. exhausting B. memorable C. unforgettable D. enjoyable

27. The _____ smell from the garbage made everyone feel sick.
 A. disgusted B. disgustingly C. disgust D. disgusting
28. The historic villa was _____ by a team of architects who kept all the original features.
 A. dilapidated B. beautifully restored C. substantial D. conveniently located

V. Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 29 to 32. (1.0 pts)

29. Hi Grandma,
 a. I thought it would be easy, so I stayed up late watching videos instead of revising.
 b. I couldn't answer half of them and felt really disappointed afterward.
 c. I wanted to tell you something that happened last week.
 d. Next time, I promise I'll take it seriously and prepare properly.
 e. When I saw the questions, I realized I'd made a big mistake.
 f. I had a math exam, but I didn't study as much as I should have.
 Love,
 Mia
 A. d – b – a – c – e – f B. b – d – c – a – f – e
 C. f – c – e – a – d – b D. c – f – a – e – b – d
30. a. **Estate Agent:** It was renovated last year, and all the appliances are brand new.
 b. **Estate Agent:** Welcome! This is the living room. It gets lots of natural light in the morning.
 c. **Estate Agent:** No, but we can discuss that with the owner if you're interested.
 d. **Client:** I see. How old is the kitchen?
 e. **Client:** Great! Is there a garden at the back?
 f. **Client:** Oh, that's nice. Is the furniture included?
 A. f – b – d – c – e – a B. c – d – b – f – a – e
 C. d – c – f – b – e – a D. b – f – c – d – a – e
31. a. **Tom:** Maybe. With all the new medicine and technology, people might live to be over 100 easily.
 b. **Lena:** Yeah, but I wonder if living that long would still mean being healthy and active.
 c. **Lena:** Do you think people will live longer in the future?
 A. a – b – c B. c – a – b
 C. c – b – a D. b – a – c
32. a. Moving around isn't just fun, it actually helps the brain work better.
 b. If schools really cared about students' well-being, they'd make sure exercise was a daily priority, not an afterthought.
 c. That makes no sense, especially when kids are tired, stressed, or bored.
 d. Let's face it – students spend way too much time sitting at desks.
 e. Sadly, many schools act like physical activity is just extra, something to cut when time is tight.
 f. Think about how energised you feel after a good run or a quick basketball game.
 A. d – a – f – e – c – b B. a – d – b – c – f – e
 C. d – e – b – c – a – f D. a – c – e – b – f – d

B. PHẦN TỰ LUẬN (2.0 ĐIỂM) (Học sinh làm bài trực tiếp lên đề)

VI. Write the second sentence so that it has a similar meaning to the first sentence. (0.5 pt)

33. Our classroom is very hot in the summer.
 → We wish our classroom _____
34. She doesn't know the answer, so she can't help you with the homework. (IF)
 → She could _____

Answers:

33. We wish our classroom _____

34. She could _____

VII. Put the words in the correct forms. (1.5 pts)

35. The _____ were rescued after the earthquake. **(SURVIVE)**

36. They _____ the old castle and discovered a secret room. **(EXPLORATION)**

37. Her daily routine is _____ because she does the same things every day. **(PREDICT)**

38. The _____ in Ho Chi Minh City is very high in summer. **(HUMID)**

39. My school is _____ situated close to the bus station and subway. **(CONVENIENT)**

40. Many students feel _____ when they have to speak in front of the class. **(ANXIETY)**

Answers:

35. _____ 36. _____ 37. _____

38. _____ 39. _____ 40. _____

THE END!

[illegible]

SBD (Tự luận)	TRƯỜNG THPT LƯƠNG THẾ VINH KIỂM TRA CUỐI KỲ - HỌC KỲ 1 – Năm học: 2025 – 2026 Môn: ANH 11 – Thời gian: 60 phút		Mật mã
Chữ ký giám thị	ĐIỂM	Lời phê của giáo viên	Chữ ký giám khảo

ĐỀ 2111

A. PHẦN TRẮC NGHIỆM (8.0 ĐIỂM) (Học sinh làm bài trên Phiếu trả lời trắc nghiệm)

I. Listen to the recording and decide whether the statements are True (A) or False (B). (1 pt)

- The three Russian cosmonauts survived the space capsule accident in 1971. A. TRUE B. FALSE
- The scientist in 1966 woke up after the pressure became normal again. A. TRUE B. FALSE
- Scientists cannot know exactly how long humans can live without sleep. A. TRUE B. FALSE
- After the experiment, Randy Gardner slept for 50 hours. A. TRUE B. FALSE

II. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence. (2.5 pts)

- After a long and _____ day at work, all I wanted to do was relax and unwind.
A. enjoyable B. exhausting C. memorable D. unforgettable
- She has been studying very hard for the exam. She _____ definitely pass it.
A. will B. may C. will not D. could not
- The _____ smell from the garbage made everyone feel sick.
A. disgust B. disgusting C. disgusted D. disgustingly
- The historic villa was _____ by a team of architects who kept all the original features.
A. substantial B. conveniently located C. dilapidated D. beautifully restored
- If my grandfather _____ still alive, he would be a hundred today.
A. is B. has been C. were D. will be
- Don't wait for me after school tomorrow. I _____ extra math lessons at 4 PM.
A. have attended B. will have attended C. will attend D. will be attending
- The doctor examined him and _____ his temperature.
A. took B. did C. made D. looked
- I will feel bored if Mary and Susan _____ to the party with me tonight.
A. comes B. didn't come C. don't come D. came
- Don't worry! The workers _____ the new bridge by next month.
A. have finished B. will be finishing C. will finish D. will have finished
- I wish my neighbors _____ so much noise every night. I can't sleep!
A. don't make B. wouldn't make C. won't make D. made

III. Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 15 to 20. (1.5 pts)

Hi everyone,

I'm inviting you to join our Sleep (15)_____ Campaign this Friday night. We will sleep outside for one night to understand how it feels and (16)_____ money for people who can't (17)_____ accommodation.

Many people (18)_____ a blind eye to homelessness, but we want to help find a solution (19)_____ this problem.

Please bring a sleeping bag and warm clothes. Let's make a (20)_____ together!

Reply if you want to join.

Thanks,

15. A. roughly B. rough C. rougher D. roughness

- | | | | |
|--------------------------|---------------|----------------|-----------------|
| 16. A. make | B. rise | C. save | D. raise |
| 17. A. afford | B. pay | C. charge | D. owe |
| 18. A. ignore | B. change | C. turn | D. swing |
| 19. A. of | B. for | C. to | D. against |
| 20. A. difference | B. revolution | C. betterment | D. World |

IV. Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 21 to 24. (1.0 pts)

21. a. **Tom:** Maybe. With all the new medicine and technology, people might live to be over 100 easily.
 b. **Lena:** Yeah, but I wonder if living that long would still mean being healthy and active.
 c. **Lena:** Do you think people will live longer in the future?
A. c – a – b B. c – b – a
 C. b – a – c D. a – b – c
22. Hi Grandma,
 a. I thought it would be easy, so I stayed up late watching videos instead of revising.
 b. I couldn't answer half of them and felt really disappointed afterward.
 c. I wanted to tell you something that happened last week.
 d. Next time, I promise I'll take it seriously and prepare properly.
 e. When I saw the questions, I realized I'd made a big mistake.
 f. I had a math exam, but I didn't study as much as I should have.
 Love,
 Mia
A. f – c – e – a – d – b B. c – f – a – e – b – d
 C. d – b – a – c – e – f D. b – d – c – a – f – e
23. a. Moving around isn't just fun, it actually helps the brain work better.
 b. If schools really cared about students' well-being, they'd make sure exercise was a daily priority, not an afterthought.
 c. That makes no sense, especially when kids are tired, stressed, or bored.
 d. Let's face it – students spend way too much time sitting at desks.
 e. Sadly, many schools act like physical activity is just extra, something to cut when time is tight.
 f. Think about how energised you feel after a good run or a quick basketball game.
A. a – d – b – c – f – e B. d – e – b – c – a – f
 C. a – c – e – b – f – d D. d – a – f – e – c – b
24. a. **Estate Agent:** It was renovated last year, and all the appliances are brand new.
 b. **Estate Agent:** Welcome! This is the living room. It gets lots of natural light in the morning.
 c. **Estate Agent:** No, but we can discuss that with the owner if you're interested.
 d. **Client:** I see. How old is the kitchen?
 e. **Client:** Great! Is there a garden at the back?
 f. **Client:** Oh, that's nice. Is the furniture included?
A. b – f – c – d – a – e B. f – b – d – c – e – a
 C. c – d – b – f – a – e D. d – c – f – b – e – a

V. Read the passage and mark the letter A, B, C or D to indicate the best answer to each of the following questions from 25 to 32. (2.0 pts)

There is a common misconception that working out every day will yield faster and better results. While consistent exercise is **vital** for progress, the body also requires adequate time to rest and recover. Overtraining can lead to fatigue, decreased performance, and an increased risk of injury. It is essential to strike a balance between challenging workouts and allowing sufficient recovery time for muscles to repair and grow stronger.

In reality, the duration and intensity of workouts should be tailored to individual fitness levels and goals. Quality workouts that target different muscle groups and incorporate cardiovascular exercises can be more effective than simply increasing the quantity of training sessions.

Some people believe that working out every day causes them to indulge in unhealthy eating habits or neglect other aspects of their well-being. While exercise is a crucial component of a healthy lifestyle, **it** should be complemented by a balanced diet, sufficient sleep, and stress management. Neglecting these other factors can hinder overall health and fitness progress.

Moreover, working out every day does not guarantee weight loss or body transformation. While exercise contributes to calorie burning and muscle development, weight loss also depends on factors like diet, genetics, and overall lifestyle habits. A holistic approach that combines regular exercise with a nutritious diet and healthy habits is key to achieving **sustainable** results.

25. The word "**vital**" in paragraph 1 is CLOSEST in meaning to _____.
A. unnecessary B. difficult **C. important** D. expensive
26. According to paragraph 1, overtraining can result in _____.
A. faster muscle growth **B. increased risk of injury**
C. better workout results D. improved performance
27. According to paragraph 2, how intense your workouts should be is determined by _____.
A. individual fitness levels and goals
B. the number of training sessions per week
C. the duration of each workout
D. the quantity of cardiovascular exercises
28. The word "**it**" in paragraph 3 refers to _____.
A. a healthy lifestyle **B. exercise**
C. overtraining D. rest and recovery
29. According to paragraph 3, what should complement exercise for a healthy lifestyle?
A. more intense workouts
B. daily training sessions
C. a balanced diet, sleep, and stress management
D. focusing only on cardiovascular exercises
30. Which of the following is NOT TRUE according to paragraph 4?
A. Working out every day guarantees weight loss.
B. Exercise contributes to calorie burning.
C. Weight loss depends on diet and genetics.
D. A nutritious diet should be combined with regular exercise.
31. The word "**sustainable**" in paragraph 4 is OPPOSITE in meaning to _____.
A. contemporary B. long-lasting **C. temporary** D. permanent
32. What is the main message of the passage?
A. People should exercise every single day without rest.
B. Working out every day is the only way to lose weight.
C. Diet is more important than exercise for health.
D. A balanced approach to fitness is more effective than daily workouts alone.

B. PHẦN TỰ LUẬN (2.0 ĐIỂM) (Học sinh làm bài trực tiếp lên đề)

VI. Put the words in the correct forms. (1.5 pts)

33. She became _____ after seeing her neighbor's big house. (**ENVY**)
34. _____ can cause headaches and make you feel tired. (**DEHYDRATE**)
35. We _____ books and clothes to poor children yesterday. (**DONATION**)

36. The _____ were grateful to be alive after the accident. (**SURVIVE**)
37. The movie's ending was very _____ and not surprising at all. (**PREDICT**)
38. The hotel is _____ located in the city center near many restaurants. (**CONVENIENT**)

Answers:

- | | | |
|----------------------|------------------------|-------------------------|
| 33. ENVIOUS | 34. DEHYDRATION | 35. DONATED |
| 36. SURVIVORS | 37. PREDICTABLE | 38. CONVENIENTLY |

VII. Write the second sentence so that it has a similar meaning to the first sentence. (0.5 pt)

39. My brother works too much, so he doesn't spend time with his family. (**IF**)

→ My brother would _____

40. I'm not good at playing the guitar.

→ I wish I _____

Answers:

39. My brother would **spend time with his family if he didn't work too much.**
40. I wish I **was/were good at playing the guitar.**

THE END!

SBD (Tự luận)	TRƯỜNG THPT LƯƠNG THẾ VINH KIỂM TRA CUỐI KỲ - HỌC KỲ 1 – Năm học: 2025 – 2026 Môn: ANH 11 – Thời gian: 60 phút		Mật mã
Chữ ký giám thị	ĐIỂM	Lời phê của giáo viên	Chữ ký giám khảo

ĐỀ 2112

A. PHẦN TRẮC NGHIỆM (8.0 ĐIỂM) (Học sinh làm bài trên Phiếu trả lời trắc nghiệm)

I. Listen to the recording and decide whether the statements are True (A) or False (B). (1 pt)

- | | |
|--|--------------------------------|
| 1. The Russian cosmonauts died after approximately 30 to 40 seconds in the vacuum. | A. TRUE B. FALSE |
| 2. The scientist in 1966 passed out after 15 seconds in the vacuum. | A. TRUE B. FALSE |
| 3. Scientists know exactly how long humans can live without sleep. | A. TRUE B. FALSE |
| 4. After the experiment, Randy Gardner slept for a week. | A. TRUE B. FALSE |

II. Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 5 to 10. (1.5 pts)

Hi everyone,

I'm inviting you to join our Sleep (5)_____ Campaign this Friday night. We will sleep outside for one night to understand how it feels and (6)_____ money for people who can't (7)_____ accommodation.

Many people (8)_____ a blind eye to homelessness, but we want to help find a solution (9)_____ this problem.

Please bring a sleeping bag and warm clothes. Let's make a (10)_____ together!

Reply if you want to join.

Thanks,

- | | | | |
|-------------------|-----------------|------------------|----------------------|
| 5. A. rougher | B. roughness | C. roughly | D. rough |
| 6. A. save | B. raise | C. make | D. rise |
| 7. A. charge | B. owe | C. afford | D. pay |
| 8. A. change | B. turn | C. swing | D. ignore |
| 9. A. to | B. against | C. of | D. for |
| 10. A. revolution | B. betterment | C. World | D. difference |

III. Read the passage and mark the letter A, B, C or D to indicate the best answer to each of the following questions from 11 to 18. (2.0 pts)

There is a common misconception that working out every day will yield faster and better results. While consistent exercise is **vital** for progress, the body also requires adequate time to rest and recover. Overtraining can lead to fatigue, decreased performance, and an increased risk of injury. It is essential to strike a balance between challenging workouts and allowing sufficient recovery time for muscles to repair and grow stronger.

In reality, the duration and intensity of workouts should be tailored to individual fitness levels and goals. Quality workouts that target different muscle groups and incorporate cardiovascular exercises can be more effective than simply increasing the quantity of training sessions.

Some people believe that working out every day causes them to indulge in unhealthy eating habits or neglect other aspects of their well-being. While exercise is a crucial component of a healthy lifestyle, **it** should be complemented by a balanced diet, sufficient sleep, and stress management. Neglecting these other factors can hinder overall health and fitness progress.

Moreover, working out every day does not guarantee weight loss or body transformation. While exercise contributes to calorie burning and muscle development, weight loss also depends on factors like diet, genetics, and overall lifestyle habits. A holistic approach that combines regular exercise with a nutritious diet and healthy habits is key to achieving **sustainable** results.

11. The word "**vital**" in paragraph 1 is CLOSEST in meaning to _____.
 A. **important** B. expensive C. unnecessary D. difficult
12. According to paragraph 1, overtraining can result in _____.
 A. improved performance B. faster muscle growth
 C. **increased risk of injury** D. better workout results
13. According to paragraph 2, how intense your workouts should be is determined by _____.
 A. the number of training sessions per week
 B. the duration of each workout
 C. the quantity of cardiovascular exercises
 D. **individual fitness levels and goals**
14. The word "**it**" in paragraph 3 refers to _____.
 A. overtraining B. rest and recovery
 C. a healthy lifestyle D. **exercise**
15. According to paragraph 3, what should complement exercise for a healthy lifestyle?
 A. daily training sessions
 B. **a balanced diet, sleep, and stress management**
 C. focusing only on cardiovascular exercises
 D. more intense workouts
16. Which of the following is NOT TRUE according to paragraph 4?
 A. Weight loss depends on diet and genetics.
 B. **A nutritious diet should be combined with regular exercise.**
 C. Working out every day guarantees weight loss.
 D. Exercise contributes to calorie burning.
17. The word "**sustainable**" in paragraph 4 is OPPOSITE in meaning to _____.
 A. long-lasting B. **temporary** C. permanent D. contemporary
18. What is the main message of the passage?
 A. **A balanced approach to fitness is more effective than daily workouts alone.**
 B. People should exercise every single day without rest.
 C. Working out every day is the only way to lose weight.
 D. Diet is more important than exercise for health.

IV. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence. (2.5 pts)

19. She has been studying very hard for the exam. She _____ definitely pass it.
 A. could not B. **will** C. may D. will not
20. I wish my neighbors _____ so much noise every night. I can't sleep!
 A. made B. don't make C. **wouldn't make** D. won't make
21. Don't worry! The workers _____ the new bridge by next month.
 A. **will have finished** B. have finished C. will be finishing D. will finish
22. I will feel bored if Mary and Susan _____ to the party with me tonight.
 A. didn't come B. **don't come** C. came D. comes
23. Don't wait for me after school tomorrow. I _____ extra math lessons at 4 PM.
 A. will have attended B. will attend C. **will be attending** D. have attended
24. If my grandfather _____ still alive, he would be a hundred today.
 A. **were** B. will be C. is D. has been
25. The historic villa was _____ by a team of architects who kept all the original features.
 A. dilapidated B. **beautifully restored** C. substantial D. conveniently located
26. The _____ smell from the garbage made everyone feel sick.
 A. disgusted B. disgustingly C. disgust D. **disgusting**

27. The doctor examined him and _____ his temperature.
 A. did B. made C. looked D. took
28. After a long and _____ day at work, all I wanted to do was relax and unwind.
 A. exhausting B. memorable C. unforgettable D. enjoyable

V. Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 29 to 32. (1.0 pts)

29. a. **Estate Agent:** It was renovated last year, and all the appliances are brand new.
 b. **Estate Agent:** Welcome! This is the living room. It gets lots of natural light in the morning.
 c. **Estate Agent:** No, but we can discuss that with the owner if you're interested.
 d. **Client:** I see. How old is the kitchen?
 e. **Client:** Great! Is there a garden at the back?
 f. **Client:** Oh, that's nice. Is the furniture included?
 A. f – b – d – c – e – a B. c – d – b – f – a – e
 C. d – c – f – b – e – a D. b – f – c – d – a – e
30. a. Moving around isn't just fun, it actually helps the brain work better.
 b. If schools really cared about students' well-being, they'd make sure exercise was a daily priority, not an afterthought.
 c. That makes no sense, especially when kids are tired, stressed, or bored.
 d. Let's face it – students spend way too much time sitting at desks.
 e. Sadly, many schools act like physical activity is just extra, something to cut when time is tight.
 f. Think about how energised you feel after a good run or a quick basketball game.
 A. d – a – f – e – c – b B. a – d – b – c – f – e
 C. d – e – b – c – a – f D. a – c – e – b – f – d
31. Hi Grandma,
 a. I thought it would be easy, so I stayed up late watching videos instead of revising.
 b. I couldn't answer half of them and felt really disappointed afterward.
 c. I wanted to tell you something that happened last week.
 d. Next time, I promise I'll take it seriously and prepare properly.
 e. When I saw the questions, I realized I'd made a big mistake.
 f. I had a math exam, but I didn't study as much as I should have.
 Love,
 Mia
 A. d – b – a – c – e – f B. b – d – c – a – f – e
 C. f – c – e – a – d – b D. c – f – a – e – b – d
32. a. **Tom:** Maybe. With all the new medicine and technology, people might live to be over 100 easily.
 b. **Lena:** Yeah, but I wonder if living that long would still mean being healthy and active.
 c. **Lena:** Do you think people will live longer in the future?
 A. a – b – c B. c – a – b
 C. c – b – a D. b – a – c

B. PHẦN TỰ LUẬN (2.0 ĐIỂM) (Học sinh làm bài trực tiếp lên đề)

VI. Write the second sentence so that it has a similar meaning to the first sentence. (0.5 pt)

33. She doesn't know the answer, so she can't help you with the homework. (IF)
 → She could _____
34. Our classroom is very hot in the summer.
 → We wish our classroom _____

Answers:

33. She could **help you with the homework** if she knew the answer.

34. We wish our classroom **wasn't/weren't very hot in the summer**.

VII. Put the words in the correct forms. (1.5 pts)

35. My school is _____ situated close to the bus station and subway. (**CONVENIENT**)

36. The _____ in Ho Chi Minh City is very high in summer. (**HUMID**)

37. Many students feel _____ when they have to speak in front of the class. (**ANXIETY**)

38. Her daily routine is _____ because she does the same things every day. (**PREDICT**)

39. The _____ were rescued after the earthquake. (**SURVIVE**)

40. They _____ the old castle and discovered a secret room. (**EXPLORATION**)

Answers:

35. CONVENIENTLY

36. HUMIDITY

37. ANXIOUS

38. PREDICTABLE

39. SURVIVORS

40. EXPLORED

THE END!

SBD (Tự luận)	TRƯỜNG THPT LƯƠNG THẾ VINH KIỂM TRA CUỐI KỲ - HỌC KỲ 1 – Năm học: 2025 – 2026 Môn: ANH 11 – Thời gian: 60 phút		Mật mã
Chữ ký giám thị	ĐIỂM	Lời phê của giáo viên	Chữ ký giám khảo

ĐỀ 2113

A. PHẦN TRẮC NGHIỆM (8.0 ĐIỂM) (Học sinh làm bài trên Phiếu trả lời trắc nghiệm)

I. Listen to the recording and decide whether the statements are True (A) or False (B). (1 pt)

- The three Russian cosmonauts survived the space capsule accident in 1971. A. TRUE B. FALSE
- The scientist in 1966 woke up after the pressure became normal again. A. TRUE B. FALSE
- Scientists cannot know exactly how long humans can live without sleep. A. TRUE B. FALSE
- After the experiment, Randy Gardner slept for 50 hours. A. TRUE B. FALSE

II. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence. (2.5 pts)

- If my grandfather _____ still alive, he would be a hundred today.
A. is B. has been C. were D. will be
- The historic villa was _____ by a team of architects who kept all the original features.
A. substantial B. conveniently located C. dilapidated D. beautifully restored
- She has been studying very hard for the exam. She _____ definitely pass it.
A. will B. may C. will not D. could not
- After a long and _____ day at work, all I wanted to do was relax and unwind.
A. enjoyable B. exhausting C. memorable D. unforgettable
- I wish my neighbors _____ so much noise every night. I can't sleep!
A. don't make B. wouldn't make C. won't make D. made
- Don't worry! The workers _____ the new bridge by next month.
A. have finished B. will be finishing C. will finish D. will have finished
- I will feel bored if Mary and Susan _____ to the party with me tonight.
A. comes B. didn't come C. don't come D. came
- The doctor examined him and _____ his temperature.
A. took B. did C. made D. looked
- Don't wait for me after school tomorrow. I _____ extra math lessons at 4 PM.
A. have attended B. will have attended C. will attend D. will be attending
- The _____ smell from the garbage made everyone feel sick.
A. disgust B. disgusting C. disgusted D. disgustingly

III. Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 15 to 20. (1.5 pts)

Hi everyone,

I'm inviting you to join our Sleep (15)_____ Campaign this Friday night. We will sleep outside for one night to understand how it feels and (16)_____ money for people who can't (17)_____ accommodation.

Many people (18)_____ a blind eye to homelessness, but we want to help find a solution (19)_____ this problem.

Please bring a sleeping bag and warm clothes. Let's make a (20)_____ together!

Reply if you want to join.

Thanks,

15. A. rough B. rougher C. roughness D. roughly

- | | | | |
|--------------------|------------------|----------------------|---------------|
| 16. A. rise | B. save | C. raise | D. make |
| 17. A. owe | B. afford | C. pay | D. charge |
| 18. A. turn | B. swing | C. ignore | D. change |
| 19. A. for | B. to | C. against | D. of |
| 20. A. betterment | B. World | C. difference | D. revolution |

IV. Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 21 to 24. (1.0 pts)

21. a. Moving around isn't just fun, it actually helps the brain work better.
b. If schools really cared about students' well-being, they'd make sure exercise was a daily priority, not an afterthought.
c. That makes no sense, especially when kids are tired, stressed, or bored.
d. Let's face it – students spend way too much time sitting at desks.
e. Sadly, many schools act like physical activity is just extra, something to cut when time is tight.
f. Think about how energised you feel after a good run or a quick basketball game.
- A. a – d – b – c – f – e
B. d – e – b – c – a – f
C. a – c – e – b – f – d
D. d – a – f – e – c – b
22. a. **Tom:** Maybe. With all the new medicine and technology, people might live to be over 100 easily.
b. **Lena:** Yeah, but I wonder if living that long would still mean being healthy and active.
c. **Lena:** Do you think people will live longer in the future?
- A. c – a – b
B. c – b – a
C. b – a – c
D. a – b – c
23. a. **Estate Agent:** It was renovated last year, and all the appliances are brand new.
b. **Estate Agent:** Welcome! This is the living room. It gets lots of natural light in the morning.
c. **Estate Agent:** No, but we can discuss that with the owner if you're interested.
d. **Client:** I see. How old is the kitchen?
e. **Client:** Great! Is there a garden at the back?
f. **Client:** Oh, that's nice. Is the furniture included?
- A. b – f – c – d – a – e
B. f – b – d – c – e – a
C. c – d – b – f – a – e
D. d – c – f – b – e – a
24. Hi Grandma,
a. I thought it would be easy, so I stayed up late watching videos instead of revising.
b. I couldn't answer half of them and felt really disappointed afterward.
c. I wanted to tell you something that happened last week.
d. Next time, I promise I'll take it seriously and prepare properly.
e. When I saw the questions, I realized I'd made a big mistake.
f. I had a math exam, but I didn't study as much as I should have.
- Love,
Mia
- A. f – c – e – a – d – b
B. c – f – a – e – b – d
C. d – b – a – c – e – f
D. b – d – c – a – f – e

V. Read the passage and mark the letter A, B, C or D to indicate the best answer to each of the following questions from 25 to 32. (2.0 pts)

There is a common misconception that working out every day will yield faster and better results. While consistent exercise is **vital** for progress, the body also requires adequate time to rest and recover. Overtraining can lead to fatigue, decreased performance, and an increased risk of injury. It is essential to strike a balance between challenging workouts and allowing sufficient recovery time for muscles to repair and grow stronger.

In reality, the duration and intensity of workouts should be tailored to individual fitness levels and goals. Quality workouts that target different muscle groups and incorporate cardiovascular exercises can be more effective than simply increasing the quantity of training sessions.

Some people believe that working out every day causes them to indulge in unhealthy eating habits or neglect other aspects of their well-being. While exercise is a crucial component of a healthy lifestyle, **it** should be complemented by a balanced diet, sufficient sleep, and stress management. Neglecting these other factors can hinder overall health and fitness progress.

Moreover, working out every day does not guarantee weight loss or body transformation. While exercise contributes to calorie burning and muscle development, weight loss also depends on factors like diet, genetics, and overall lifestyle habits. A holistic approach that combines regular exercise with a nutritious diet and healthy habits is key to achieving **sustainable** results.

25. The word "**vital**" in paragraph 1 is CLOSEST in meaning to _____.
A. difficult **B. important** C. expensive D. unnecessary
26. According to paragraph 1, overtraining can result in _____.
A. increased risk of injury B. better workout results
C. improved performance D. faster muscle growth
27. According to paragraph 2, how intense your workouts should be is determined by _____.
A. the quantity of cardiovascular exercises
B. individual fitness levels and goals
C. the number of training sessions per week
D. the duration of each workout
28. The word "**it**" in paragraph 3 refers to _____.
A. rest and recovery B. a healthy lifestyle
C. exercise D. overtraining
29. According to paragraph 3, what should complement exercise for a healthy lifestyle?
A. focusing only on cardiovascular exercises
B. more intense workouts
C. daily training sessions
D. a balanced diet, sleep, and stress management
30. Which of the following is NOT TRUE according to paragraph 4?
A. Exercise contributes to calorie burning.
B. Weight loss depends on diet and genetics.
C. A nutritious diet should be combined with regular exercise.
D. Working out every day guarantees weight loss.
31. The word "**sustainable**" in paragraph 4 is OPPOSITE in meaning to _____.
A. temporary B. permanent C. contemporary D. long-lasting
32. What is the main message of the passage?
A. Working out every day is the only way to lose weight.
B. Diet is more important than exercise for health.
C. A balanced approach to fitness is more effective than daily workouts alone.
D. People should exercise every single day without rest.

B. PHẦN TỰ LUẬN (2.0 ĐIỂM) (Học sinh làm bài trực tiếp lên đề)

VI. Put the words in the correct forms. (1.5 pts)

33. The movie's ending was very _____ and not surprising at all. (**PREDICT**)
34. We _____ books and clothes to poor children yesterday. (**DONATION**)
35. She became _____ after seeing her neighbor's big house. (**ENVY**)

36. The hotel is _____ located in the city center near many restaurants. (**CONVENIENT**)
37. _____ can cause headaches and make you feel tired. (**DEHYDRATE**)
38. The _____ were grateful to be alive after the accident. (**SURVIVE**)

Answers:

33. PREDICTABLE 34. DONATED 35. ENVIOUS
36. CONVENIENTLY 37. DEHYDRATION 38. SURVIVORS

VII. Write the second sentence so that it has a similar meaning to the first sentence. (0.5 pt)

39. I'm not good at playing the guitar.

→ I wish I _____

40. My brother works too much, so he doesn't spend time with his family. (**IF**)

→ My brother would _____

Answers:

39. I wish I **was/were good at playing the guitar.**
40. My brother would **spend time with his family if he didn't work too much.**

THE END!

SBD (Tự luận)	TRƯỜNG THPT LƯƠNG THẾ VINH KIỂM TRA CUỐI KỲ - HỌC KỲ 1 – Năm học: 2025 – 2026 Môn: ANH 11 – Thời gian: 60 phút		Mật mã
Chữ ký giám thị	ĐIỂM	Lời phê của giáo viên	Chữ ký giám khảo

ĐỀ 2114

A. PHẦN TRẮC NGHIỆM (8.0 ĐIỂM) (Học sinh làm bài trên Phiếu trả lời trắc nghiệm)

I. Listen to the recording and decide whether the statements are True (A) or False (B). (1 pt)

1. The Russian cosmonauts died after approximately 30 to 40 seconds in the vacuum. **A. TRUE B. FALSE**
2. The scientist in 1966 passed out after 15 seconds in the vacuum. **A. TRUE B. FALSE**
3. Scientists know exactly how long humans can live without sleep. **A. TRUE B. FALSE**
4. After the experiment, Randy Gardner slept for a week. **A. TRUE B. FALSE**

II. Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 5 to 10. (1.5 pts)

Hi everyone,

I'm inviting you to join our Sleep (5)_____ Campaign this Friday night. We will sleep outside for one night to understand how it feels and (6)_____ money for people who can't (7)_____ accommodation.

Many people (8)_____ a blind eye to homelessness, but we want to help find a solution (9)_____ this problem.

Please bring a sleeping bag and warm clothes. Let's make a (10)_____ together!

Reply if you want to join.

Thanks,

- | | | | |
|--------------------|----------------------|-----------------|------------------|
| 5. A. roughness | B. roughly | C. rough | D. rougher |
| 6. A. raise | B. make | C. rise | D. save |
| 7. A. pay | B. charge | C. owe | D. afford |
| 8. A. swing | B. ignore | C. change | D. turn |
| 9. A. against | B. of | C. for | D. to |
| 10. A. World | B. difference | C. revolution | D. betterment |

III. Read the passage and mark the letter A, B, C or D to indicate the best answer to each of the following questions from 11 to 18. (2.0 pts)

There is a common misconception that working out every day will yield faster and better results. While consistent exercise is **vital** for progress, the body also requires adequate time to rest and recover. Overtraining can lead to fatigue, decreased performance, and an increased risk of injury. It is essential to strike a balance between challenging workouts and allowing sufficient recovery time for muscles to repair and grow stronger.

In reality, the duration and intensity of workouts should be tailored to individual fitness levels and goals. Quality workouts that target different muscle groups and incorporate cardiovascular exercises can be more effective than simply increasing the quantity of training sessions.

Some people believe that working out every day causes them to indulge in unhealthy eating habits or neglect other aspects of their well-being. While exercise is a crucial component of a healthy lifestyle, **it** should be complemented by a balanced diet, sufficient sleep, and stress management. Neglecting these other factors can hinder overall health and fitness progress.

Moreover, working out every day does not guarantee weight loss or body transformation. While exercise contributes to calorie burning and muscle development, weight loss also depends on factors like diet, genetics, and overall lifestyle habits. A holistic approach that combines regular exercise with a nutritious diet and healthy habits is key to achieving **sustainable** results.

11. The word "**vital**" in paragraph 1 is CLOSEST in meaning to _____.
 A. expensive B. unnecessary C. difficult **D. important**
12. According to paragraph 1, overtraining can result in _____.
 A. better workout results B. improved performance
 C. faster muscle growth **D. increased risk of injury**
13. According to paragraph 2, how intense your workouts should be is determined by _____.
 A. the duration of each workout
 B. the quantity of cardiovascular exercises
C. individual fitness levels and goals
 D. the number of training sessions per week
14. The word "**it**" in paragraph 3 refers to _____.
 A. **exercise** B. overtraining
 C. rest and recovery D. a healthy lifestyle
15. According to paragraph 3, what should complement exercise for a healthy lifestyle?
A. a balanced diet, sleep, and stress management
 B. focusing only on cardiovascular exercises
 C. more intense workouts
 D. daily training sessions
16. Which of the following is NOT TRUE according to paragraph 4?
 A. A nutritious diet should be combined with regular exercise.
B. Working out every day guarantees weight loss.
 C. Exercise contributes to calorie burning.
 D. Weight loss depends on diet and genetics.
17. The word "**sustainable**" in paragraph 4 is OPPOSITE in meaning to _____.
 A. permanent B. contemporary C. long-lasting **D. temporary**
18. What is the main message of the passage?
 A. Diet is more important than exercise for health.
B. A balanced approach to fitness is more effective than daily workouts alone.
 C. People should exercise every single day without rest.
 D. Working out every day is the only way to lose weight.

IV. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence. (2.5 pts)

19. If my grandfather _____ still alive, he would be a hundred today.
 A. **were** B. will be C. is D. has been
20. Don't wait for me after school tomorrow. I _____ extra math lessons at 4 PM.
 A. will have attended B. will attend **C. will be attending** D. have attended
21. I will feel bored if Mary and Susan _____ to the party with me tonight.
 A. didn't come **B. don't come** C. came D. comes
22. Don't worry! The workers _____ the new bridge by next month.
 A. **will have finished** B. have finished C. will be finishing D. will finish
23. I wish my neighbors _____ so much noise every night. I can't sleep!
 A. made B. don't make **C. wouldn't make** D. won't make
24. She has been studying very hard for the exam. She _____ definitely pass it.
 A. could not **B. will** C. may D. will not
25. The doctor examined him and _____ his temperature.
 A. did B. made C. looked **D. took**
26. After a long and _____ day at work, all I wanted to do was relax and unwind.
 A. **exhausting** B. memorable C. unforgettable D. enjoyable

27. The _____ smell from the garbage made everyone feel sick.
 A. disgusted B. disgustingly C. disgust **D. disgusting**
28. The historic villa was _____ by a team of architects who kept all the original features.
 A. dilapidated **B. beautifully restored** C. substantial D. conveniently located

V. Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 29 to 32. (1.0 pts)

29. Hi Grandma,
 a. I thought it would be easy, so I stayed up late watching videos instead of revising.
 b. I couldn't answer half of them and felt really disappointed afterward.
 c. I wanted to tell you something that happened last week.
 d. Next time, I promise I'll take it seriously and prepare properly.
 e. When I saw the questions, I realized I'd made a big mistake.
 f. I had a math exam, but I didn't study as much as I should have.
 Love,
 Mia
 A. d – b – a – c – e – f B. b – d – c – a – f – e
 C. f – c – e – a – d – b **D. c – f – a – e – b – d**
30. a. **Estate Agent:** It was renovated last year, and all the appliances are brand new.
 b. **Estate Agent:** Welcome! This is the living room. It gets lots of natural light in the morning.
 c. **Estate Agent:** No, but we can discuss that with the owner if you're interested.
 d. **Client:** I see. How old is the kitchen?
 e. **Client:** Great! Is there a garden at the back?
 f. **Client:** Oh, that's nice. Is the furniture included?
 A. f – b – d – c – e – a B. c – d – b – f – a – e
 C. d – c – f – b – e – a **D. b – f – c – d – a – e**
31. a. **Tom:** Maybe. With all the new medicine and technology, people might live to be over 100 easily.
 b. **Lena:** Yeah, but I wonder if living that long would still mean being healthy and active.
 c. **Lena:** Do you think people will live longer in the future?
 A. a – b – c **B. c – a – b**
 C. c – b – a D. b – a – c
32. a. Moving around isn't just fun, it actually helps the brain work better.
 b. If schools really cared about students' well-being, they'd make sure exercise was a daily priority, not an afterthought.
 c. That makes no sense, especially when kids are tired, stressed, or bored.
 d. Let's face it – students spend way too much time sitting at desks.
 e. Sadly, many schools act like physical activity is just extra, something to cut when time is tight.
 f. Think about how energised you feel after a good run or a quick basketball game.
 A. **d – a – f – e – c – b** B. a – d – b – c – f – e
 C. d – e – b – c – a – f D. a – c – e – b – f – d

B. PHẦN TỰ LUẬN (2.0 ĐIỂM) (Học sinh làm bài trực tiếp lên đề)

VI. Write the second sentence so that it has a similar meaning to the first sentence. (0.5 pt)

33. Our classroom is very hot in the summer.
 → We wish our classroom _____
34. She doesn't know the answer, so she can't help you with the homework. (IF)
 → She could _____

Answers:

33. We wish our classroom **wasn't/weren't** very hot in the summer.

34. She could **help** you with the homework if she knew the answer.

VII. Put the words in the correct forms. (1.5 pts)

35. The _____ were rescued after the earthquake. **(SURVIVE)**

36. They _____ the old castle and discovered a secret room. **(EXPLORATION)**

37. Her daily routine is _____ because she does the same things every day. **(PREDICT)**

38. The _____ in Ho Chi Minh City is very high in summer. **(HUMID)**

39. My school is _____ situated close to the bus station and subway. **(CONVENIENT)**

40. Many students feel _____ when they have to speak in front of the class. **(ANXIETY)**

Answers:

35. SURVIVORS

36. EXPLORED

37. PREDICTABLE

38. HUMIDITY

39. CONVENIENTLY

40. ANXIOUS

THE END!