

初中

新课标

英语读写周计划

主编 陈业莹

8 年级

- 阅读写作双管齐下
- 各种版本一网打尽
- 名师指导周周练习
- 详尽计划步步提高



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8 年级

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北京出版社出版集团

北京教育出版社

图书在版编目(CIP)数据

初中英语读写周计划. 八年级 / 陈业莹主编. —北京:
北京教育出版社, 2008. 4
(读写周计划)

ISBN 978 - 7 - 5303 - 6329 - 4

I. 初… II. 陈… III. ①英语—阅读教学—初中—教学参
考资料 ②英语—写作—初中—教学参考资料 IV. G634. 413

中国版本图书馆 CIP 数据核字(2008)第 038654 号

初中英语读写周计划·8 年级

CHUZHONG YINGYU DUXIE ZHOU JIHUA · BA NIANJI

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北京出版社出版集团 出版
北京教育出版社
(北京北三环中路 6 号)
邮政编码: 100011

网 址: [www. bph. com. cn](http://www.bph.com.cn)
北京出版社出版集团总发行
新华书店经销
北京颀园印刷有限责任公司印刷

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890 × 1240 32 开本 6.5 印张
2008 年 5 月第 1 版 2008 年 5 月第 1 次印刷
印数 1—20 000

ISBN 978 - 7 - 5303 - 6329 - 4/G · 6248

定价: 10.80 元

质量监督电话: 010 - 62380997 58572393

目录

Week 1	日常活动	Daily Routines	1
Week 2	健康	Health	11
Week 3	节假日活动	Festivals, Holidays and Celebrations	21
Week 4	交通	Transport	33
Week 5	社交聚会	Getting Together	45
Week 6	家人、朋友和周围的人	Family, Friends and People Around	54
Week 7	食物	Food	63
Week 8	学校生活	School Life	74
Week 9	名人	Famous People	84
Week 10	未来生活	Life in the Future	94

Week 11	家庭生活	Family Life	105
Week 12	周围环境	Personal Environments	115
Week 13	兴趣与爱好	Interests and Hobbies	125
Week 14	文娱与体育	Entertainment and Sports	135
Week 15	文学与艺术	Literature and Art	145
Week 16	旅游与休闲	Travel and Relaxation	157
答案与解析			167

英语新课程标准话题项目表

- | | | |
|---------------|-----------|---------------|
| 1. 个人情况 | 9. 计划与愿望 | 17. 语言学习 |
| 2. 家庭、朋友与周围的人 | 10. 节假日活动 | 18. 自然 |
| 3. 周围的环境 | 11. 购物 | 19. 世界和环境 |
| 4. 日常活动 | 12. 饮食 | 20. 科普知识与现代技术 |
| 5. 学校生活 | 13. 健康 | 21. 热点话题 |
| 6. 兴趣与爱好 | 14. 天气 | 22. 历史与地理 |
| 7. 个人情感 | 15. 文娱与体育 | 23. 社会 |
| 8. 人际关系 | 16. 旅游和交通 | 24. 文学与艺术 |



Daily Routines



建议用时: 3 minutes 难度系数: ★

Ted lives in a big city. Today he is very happy. It's the first day of school. Ted wants to go back to school. He wants to see his friends. He is going to meet his new teacher.

Ted gets up early in the morning. He washes and puts on his school uniform. He has breakfast with his parents. Now he is ready for school.

He goes to school by bike. He meets his friends outside the school gate. They are talking about something. Then the bell rings. Everyone runs to his or her classroom.



小词典

uniform 制服

ready 准备好的

outside 在外边



妙句点拨

He washes and puts on his school uniform.

【句意】他洗好了脸并穿上校服。

【点拨】句中的 put on 是常用的动词短语，意思是“穿上”。

Now he is ready for school.

【句意】现在他已准备好了要到学校去。

【点拨】ready 是形容词，短语 be ready for 的意思是“为……作好了准备”。



思维空间

根据短文选择正确的答案。

- () 1. Where does Ted live?
- A. He lives in a small house. B. He lives in a big city.
C. He lives on a farm. D. He lives in a small village.
- () 2. Does Ted want to go back to school?
- A. No, he doesn't. B. Yes, he wants.
C. Yes, he does. D. I don't know.
- () 3. Who does he want to see?
- A. His friends. B. His brother.
C. His father. D. His mother.
- () 4. Who does he have breakfast with?
- A. His brother. B. His friends.
C. His parents. D. His teacher.
- () 5. How does Ted go to school?
- A. He goes to school by bus. B. He goes to school by bike.
C. He goes to school on foot. D. He goes to school by car.





建议用时: 4 minutes 难度系数: ★★

Tom is a little boy, and he is seven years old. Once he goes to a cinema. It is the first time for him to do that. He buys a ticket and goes in. But after two or three minutes he comes out, and buys the second ticket and goes in again. After a few minutes he comes out again and buys the third ticket. Two or three minutes after that, he comes out and asks for another ticket. When he holds the ticket, a girl asks him, "Why do you buy so many tickets? How many friends do you meet?" "No, I have no friends here, but a big woman always stops me at the door and cuts up my ticket."



小词典

only 仅 once 一次 ticket 票 another 又一, 再一
stop 阻止 cut up 撕碎



妙句点拨

It is the first time for him to do that.

【句意】这是他第一次去看电影。

【点拨】It is the first time for sb to do sth. 是常用句式, 意思是“这是某人第一次做某事”。time 前边的单词还可以用 second, third 等。

But after two or three minutes he comes out, and buys the second ticket and goes in again.

【句意】但是，两三分钟后，他出来了，又买了一张票进去。

【点拨】but 表示语意的转折，after two or three minutes 是句子的时间状语，短语 come out 意为“出来”，go in 则意为“进去”。



思维空间

根据短文内容回答下面的问题。

1. How old is Tom?

2. Is it the first time for him to go to the cinema?

3. How many tickets does Tom buy before the girl asks him?


4. Does Tom meet a few good friends of his that day?







建议用时：2.5 minutes 难度系数：★★★

A Health Club—Dragon

Dragon is a health club. It is a great place, fun and friendly.

	Basketball Court Let's play basketball.	3:00 pm - 10:00 pm Tel: 375-7682
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	Swimming Pool It's really cool.	4:00 pm - 12:00 pm Tel: 375-7442
	Free Classes Free classes including: dance	Dance 8:00 am - 12:00 am
	and tennis	Tennis 1:00 pm - 5:00 pm Tel: 375-7465
	Kids Club You can make friends here.	Tel: 375-9876

For further information, please call our club. Just do it!



小词典

health 健康 court 场地 really 真正地; 的确 free 免费的
including 包括 further 进一步的 information 信息



妙句点拨

It is a great place, fun and friendly.

【句意】这是一个很棒的地方，(会让你感到)有趣而且亲切。

【点拨】fun and friendly 相当于一个非限制性定语从句，起补充说明的作用。

Just do it!

【句意】行动吧!

【点拨】这是一句非常简练的口语,很实用。



思维空间

根据表格选择正确的答案。

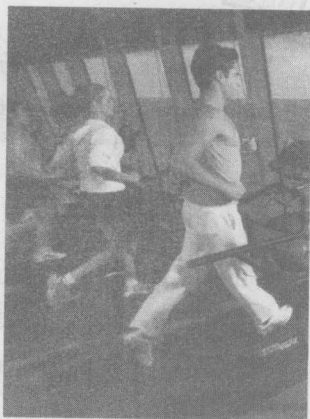
- () 1. Dragon is a _____ club.
A. health B. math C. music D. history
- () 2. If you want to play basketball, you can call _____.
A. 375-7442 B. 375-7682
C. 375-7465 D. 375-9876
- () 3. You can take the dance class at _____.
A. 8:00 am B. 1:00 pm
C. 3:00 pm D. 4:00 pm



建议用时: 6 minutes 难度系数: ★★★★★

Everyone knows that exercise is important. We all need to exercise. Doctors say it is good for us. It makes your heart and body strong. Children who often exercise are more alert. This means they do better in tests and schoolwork than those who don't exercise.

There are many ways to exercise. You can walk, run, swim, skate, or play ball games. Make sure you exercise in the



following ways: You have to like what you're doing. Exercise enough—but not too much. It's best to exercise twice each week. Thirty minutes each time is enough. Try all kinds of things until you find one, two or even three sports that feel right for you.

You can exercise at fitness centers. They have a lot of equipment there. The equipment will help exercise your arms, legs and other parts of your body to make you fit. Some people buy equipment for their homes. But it is very expensive.

Exercising can be fun. Friends can exercise together at a fitness center, or they can play sports together. How do you exercise?



小词典

alert 灵活的, 机敏的

equipment 设备

expensive 昂贵的



妙句点拨

This means they do better in tests and schoolwork than those who don't exercise.

【句意】这意味着他们在考试或做练习时要比那些不锻炼的孩子表现要好。

【点拨】这是一个复合句, 句子的主干是 this means, means 后接的是一个宾语从句。宾语从句的主干是 they do better than those, 其中 those 指代 children。those 后是一个 who 引导的定语从句, those who don't exercise 指“那些不锻炼的孩子”。

Try all kinds of things until you find one, two or even three sports that feel right for you.

【句意】尝试各种各样的运动直到你找到一种、两种甚至三种适合你的运动。

【点拨】这是一个祈使句。all kinds of 是常用短语，意为“各种各样的”。sports 后是一个 that 引导的定语从句，sports that feel right for you 的意思是“适合你的运动”。

The equipment will help exercise your arms, legs and other parts of your body to make you fit.

【句意】这些设备会帮助你锻炼你的手臂、腿和其他身体部位，使你强健。

【点拨】help do sth 表示“有助于……”；句末的动词不定式 to make you fit 是目的状语，to 在此处可理解为“为了”。



思维空间

根据短文选择正确的答案。

() 1. In the text, the writer tells us that we all need to _____.

A. drink B. sleep C. exercise D. work

() 2. The doctor says exercise can _____.

A. make you grow taller B. make students study faster
C. make people healthier D. make people happier

() 3. Which of the following sports is NOT mentioned in the text?

A. Fishing. B. Running. C. Swimming. D. Walking.

() 4. About “exercise” which statement of the following is WRONG?

A. Thirty minutes' exercise each time is enough.

B. You have to exercise as much as you can.

C. You needn't do all kinds of sports to keep fit.

D. You have to like the sports that you are doing.

() 5. The underlined words “fitness centers” in the text mean

“_____”.

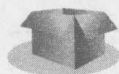
A. 商务中心 B. 健身中心 C. 购物中心 D. 医疗中心





日积月累

always 总是, 一直	usually 通常	often 经常	sometimes 有时
hardly 几乎不	seldom 很少	ever 曾经	never 从不
every day 每天	habit 习惯	once 一次	twice 两次
lifestyle 生活方式		go shopping 购物	
exercise 锻炼		go to the movies 看电影	
surf the Internet 上网		go out for a walk 去散步	



阅读百宝箱

良好的阅读习惯很重要

要提高阅读速度, 首先应从培养良好的阅读习惯做起:

1. 培养视读能力, 扩大视幅。阅读时每次要认知一个词组或短句, 即一组、一句地读, 而不是一字一词地读; 学会整体认知, 实现从“点读”到“句读”到“段读”的过渡。
2. 控制阅读节奏, 加快阅读速度。在阅读时要给自己限定时间, 并尽力在限定的时间内完成阅读任务。
3. 阅读时应眼手并用, 边读文章边标出重要信息, 以备需要时查找。
4. 克服回读、声读、指读等不良阅读习惯。





写作链接

学习生活紧张而忙碌，你的每一天一定充实而快乐，请把你忙碌而快乐的一天写出来与大家共享。词数：30~40。（开头部分已给出）

I am busy every day but I am happy. I get up ...

参考范文：

I am busy every day but I am happy. I get up very early in the morning. After having a quick breakfast, I rush to school. I stay at school all day on weekdays. I usually play with my friends after school. It may be my happiest time of the day. I do my homework in the evening and go to bed late.

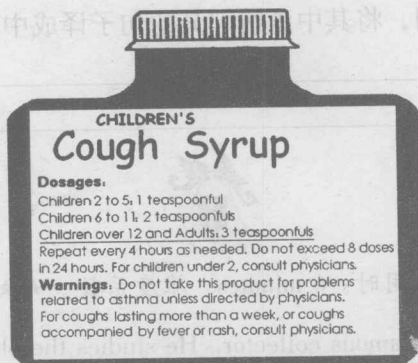




Health



建议用时: 3 minutes 难度系数: ★★★★★



Remember: Children should never take medicine without their parents' knowledge.



小词典

syrup 糖浆	dosage 剂量, 服用量	teaspoonful 一茶匙的量
exceed 超过	consult 请教, 参考	physician 内科医生
warning 警告	product 产品	asthma 哮喘
accompany 伴随	rash 皮疹	knowledge 知晓



妙句点拨

Do not take this product for problems related to asthma unless directed by physicians.

【句意】除非有医生的指导，否则由哮喘引起的咳嗽（患者）不要服用此产品。

【点拨】这是一个祈使句，句子的主干是 do not take this product, for 在句中意为“对于”；related to asthma 做定语，修饰 problems；unless 意为“除非”，引导一个条件状语从句，directed 前省略了 it is，完整的从句应该是 unless it is directed by physicians。



思维空间

阅读药瓶说明，将其中画线部分的句子译成中文。

1. _____
2. _____



建议用时：6 minutes 难度系数：★★★★

Mr. Howe is a famous collector. He studies the old things and sometimes buys some for himself. So he gets a lot of money. Eight years ago, when Mr. Howe was sixty-five, he retired.

Mr. Howe needn't worry about food or clothes. He loves playing ping-pong and spends most of his time on the game. But now he is ill. He is taken to a hospital.

The doctors look him over carefully and do their best to save him. But he feels worse and worse. He sends his son for a witch.

