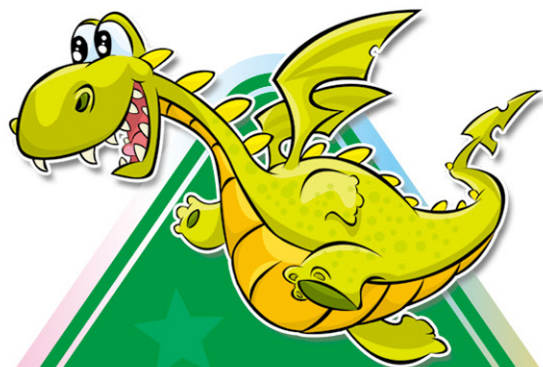


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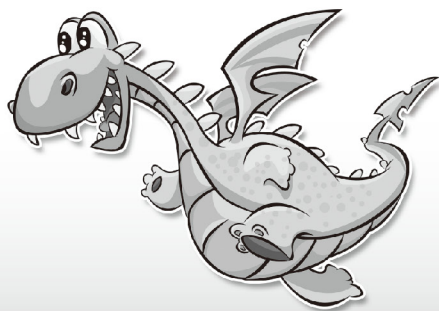


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编 写 出 版 说 明

为了适应国家有关部门加强中小学教辅材料使用管理工作的需要，并为中小学生学习各科课程提供有益的指导和帮助，夯实学习基础，巩固重点知识，培养创新能力，激发探究兴趣，我们组织省内专家、教研人员和教学一线骨干教师共同编写了这套《同步训练》。

该套《同步训练》的内容配人教版教科书，紧扣教材，与课堂同步，便于学生课后巩固课本知识，主要包括基础训练、拓展提高、单元测试部分，并且编写了期中测试卷和期末测试卷，帮助学生自己检测学习效果。

该套《同步训练》具有以下鲜明特点：

贯彻课标理念，提升学习能力。根据新的课程标准，强调科学性、实用性和发展性，充分体现课改精神，侧重学习方法的改进和学习能力的提升。

结合本身实际，适合学生使用。在编写中我们充分考虑全省学生的实际需要，特别是照顾到城乡学生的共同需要，强调基础练习，加强基础知识训练，适合全省学生使用。

编写阵容强大，作者队伍一流。我们组织了教材原创人员和全省教学一线骨干教师编写，充分把握了教材内容精华。

体例结构新颖，形式活泼多样。在充分遵循不同学科规律的基础上，力争体例结构创新，形式活泼多样，适宜学生学习。

通过本书的自主学习，一定会使你更好地掌握基础知识，使你变得越来越聪明，希望你喜欢这本书。愿这本书成为伴你成长的好朋友！

河北人民出版社

2012年3月

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Unit 1 How do you study for a test?

Section

A

→ 第一课时

知 识 感 悟

I. 根据句意及汉语提示完成下列句子

1. His _____ (发音) is very good and he won a prize in the speech contest last week.
2. You must study hard and _____ (提高) your English.
3. I like her sweet _____ (嗓音).
4. Reading English magazines can enlarge your _____ (词汇).
5. Our English teacher always asks us to read the text _____ (大声地) in the morning.

II. 根据句意及首字母提示完成下列句子

1. At the beginning of each new term, we can get many new t _____.
2. In English class, we always practice our listening skill by listening to English t _____.
3. If you can't remember all of our names, you can make a l _____.
4. I will have a math t _____ tomorrow. I must study for it now.
5. In the morning, we always read aloud to p _____ our English.

III. 用括号中所给词的适当形式填空

1. Tina makes her father happy by _____ (dance) for him.
2. He has _____ (study) English for six years.

3. If you want to improve your English, you should practice _____ (speak) it.

4. Do you always read aloud _____ (practice) your pronunciation?

5. You look unhappy. What about _____ (have) a walk with me?

IV. 用正确的介词填空

1. We're busy studying _____ a big test.
2. If you can't do it by yourself, you can ask others _____ help.
3. Don't get good grades _____ copying other students' answers.
4. I like studying _____ friends. We can help each other.
5. They are talking _____ how to study well at school.

V. 单项填空

- () 1. His uncle makes a living _____ selling fruits.
A. on B. in C. by D. at
- () 2. It's really hard _____ us to understand English-language videos.
A. of B. to C. for D. as
- () 3. She has _____ that way many times, however, it doesn't work.
A. try B. tried

- C. to try D. been tried
- () 4. Peter has stayed in China for five years and he knows _____ about China.
- A. a lot B. lot
- C. lots of D. a lot of
- () 5. —_____ do you finish your work so quickly?
- By asking my friends for help.
- A. What B. Why
- C. When D. How
- () 6. He told us the bad news in a low _____.
- A. voice B. sound
- C. noise D. music
- () 7. —Reading the textbook is helpful.

—Yes. I've learned a lot _____ way.

- A. this B. that
- C. it D. its
- () 8. After reading English newspapers for half a year, his English improved _____.
- A. slow B. quick
- C. a lot D. a little
- () 9. You should get _____ practice before you can do it well.
- A. lot of B. little
- C. a lot D. a lot of
- () 10. That's the biggest fish I have _____ seen.
- A. never B. not
- C. yet D. ever

能 力 提 高

VI. 选择恰当的句子补全对话

Tom: There is a big test on Friday. Can you tell me how I can study for a test?

Tina: 1. _____ I learn new words by making flashcards. Why not have a try?

Tom: 2. _____ But I do't think it can improve my English quickly.

Tina: Nobody can get good grades by working hard for only a few days. 3. _____

You will make progress.

Tom: I'll do it right now. 4. _____

Tina: You're welcome. 5. _____

- A. That sounds good.
- B. Thanks a lot.
- C. Sure.
- D. Good luck to you.
- E. Keep trying.

思 维 拓 展

VII. 阅读理解

There are thousands of different languages in the world. Everyone seems to think that his native (本族的) language is the most important one, as it is their first language. For many people it is even their own language all their life. But English is the

world's most widely used language.

As a native language, English is spoken by nearly three hundred million people: in the USA, England, Australia and some other countries.

For people in India and many other countries, English is often necessary for business, education,

information and other activities. So English is the second language there.

As a foreign language, no other language is more widely studied or used than English. We use it to listen to the radio, to read books or to travel. It is also one of the working languages in the United Nations and is more used than the others.

() 1. The native language is a person's _____ language.

- A. first B. only
C. living D. important

() 2. People in _____ use English as their second language.

- A. the USA B. India
C. China D. Australia

() 3. English is mainly used in _____ ways by people in many non-English-speaking countries.

- A. one B. two C. three D. four

() 4. English is the world's most widely

used language because _____.

- A. it has the largest number of speakers in the world
B. it is the first important language
C. it is one of the working languages in the UN
D. it is used as the native language in many countries

() 5. What is the main idea about this passage?

- A. People are learning English as their native languages.
B. English is widely used throughout the world.
C. English is the most important working language in the world.
D. English is quite necessary in business, education, information and other activities.

第二课时

知识感悟

I. 根据句意及汉语提示完成下列句子

1. If you want to learn a foreign language well, you should learn some _____ (语法).

2. My parents want me to get good grades in exams, but they never give me some _____ (具体的) suggestions.

3. If you have problems doing it, you can ask your partner for some _____ (建议).

4. He got _____ (兴奋) about seeing his old friends again and forgot about time.

5. He likes _____ (熟记) new words by u-

sing flashcards.

II. 用括号中所给词的适当形式填空

1. What about _____ (listen) to the English tapes?

2. I think _____ (watch) English videos is frustrated.

3. Have you ever _____ (study) with a group?

4. The best way _____ (improve) your English is to use it as much as possible.

5. People in the north and the people in the

south celebrate the festival _____ (different).

III. 单项填空

- () 1. There are many good ways of learning English, _____, reading English magazines every day.
A. for example B. and
C. like D. however
- () 2. _____ an English club is a good way to improve your spoken English.
A. Join B. Joining
C. Take part D. Taking part in
- () 3. It's helpful _____ some English tapes before going to bed.
A. to listen B. listen to
C. to listen to D. hear
- () 4. Working with a group is good _____ you can ask for help when you have questions.
A. so B. because
C. but D. however
- () 5. Mrs Smith always _____ flashcards for her son to learn English words.

A. does B. sends

C. gives D. makes

- () 6. It isn't enough to just read your _____, you have to do your homework as well.
A. videos B. schoolbags
C. pens D. textbooks
- () 7. To save time, you should _____ before going shopping.
A. make list B. make a list
C. do list D. do a list
- () 8. Wish you have fun _____ English this term.
A. learns B. learned
C. learning D. to learn
- () 9. I usually ride my bike to school, but _____ bus on rainy days.
A. with B. on C. at D. by
- () 10. I'm _____ tired to think of anything else now.
A. too B. very
C. so D. such

能力提高

IV. 根据内容填入所缺单词完成对话

- A: Hello, Mike! Have you had an English 1. _____?
- B: Yes, we 2. _____ it yesterday.
- A: Did you do 3. _____ in it?
- B: Yes, I've got a high mark.
- A: Great. 4. _____ do you 5. _____ English well?
- B: I learn by 6. _____ conversations with friends. Often we 7. _____ in groups.
- A: How 8. _____ listening and writing?

B: Always I watch CCTV English news, and I keep writing English diaries.

A: That sounds 9. _____. Can you tell me the easiest but best way?

B: It's hard to say. Just remember to use English all the 10. _____. Don't be lazy.

V. 按要求变换句式, 每空一词

1. She studies English by having the English class carefully. (就画线部分提问)

_____ she study English?

2. Watching English program on TV is a good

way to learn English. (改为同义句)

_____ a good way to learn English
_____ watch English program on TV.

3. I don't know how I can learn English well.

(改为同义句)

I don't know _____ learn
English well.

4. I can't understand the English songs. That's too hard for me. (合并成一句)

_____ too hard for me _____
_____ the English songs.

5. He tried to make progress in English. (改为同义句)

He tried to _____ his English.

思维拓展

VI. 完形填空

Many people think the 1 time is spent, the more work will be done. So students have to spend the whole 2 doing schoolwork except the three meals.

Modern students have many 3. They love sports, computers and music. A 4 holiday can get them away from too much schoolwork, and they can do what they like. But still teachers do not think about it. Because they have too much homework, they have no time to 5 themselves. Students are really tired of their weekend homework. So they don't do it 6 Sunday night. And there is not enough time to finish the homework carefully. The poor weekend homework usually makes teachers 7.

Things always get 8 without right ideas. Too much schoolwork makes students lose interest of learning. It's also bad for their health.

A horse runs faster after a 9. But for students only rest isn't enough. So such a condition should be 10 to give students both pleasure and

knowledge.

- ()1. A. many B. much
 C. more D. most
- ()2. A. week B. morning
 C. evening D. day
- ()3. A. interests B. books
 C. pens D. friends
- ()4. A. two days B. two-days
 C. two-day D. two-day's
- ()5. A. learn B. look
 C. teach D. look after
- ()6. A. in B. on
 C. after D. until
- ()7. A. happy B. angry
 C. worried D. thirsty
- ()8. A. better B. best
 C. worse D. worst
- ()9. A. meal B. rest
 C. moment D. while
- ()10. A. changed B. kept
 C. taught D. made

Section

B

知识感悟

I. 根据所给单词及汉语提示完成下列句子

1. I can't understand _____ (speak) English.
2. I read English very _____ (slow).
3. The teacher said that I need much _____ (写作) practice.
4. He made too many _____ (错误) in his test, so he felt frustrated.
5. Could you _____ (拼写) your name again, please?
6. I can't understand the words in _____ (杂志).

II. 单项填空

- () 1. Have you _____ supper ready?
A. get B. got
C. cook D. cooked
- () 2. When I read magazines, I can't understand the English words _____ them.
A. in B. on C. at D. for
- () 3. He doesn't get _____ writing practice every day, so he is weak in writing English articles.
A. much B. many
C. few D. a few
- () 4. I don't have a partner _____.
A. to practice English
B. to practice English with
C. practicing English
D. practicing English with
- () 5. The boy talking in the classroom isn't Tom. I know his _____.
A. sound B. noise
C. voice D. music
- () 6. Thanks for _____ me _____.
A. helping; a lot of
B. help; lot
C. helping; a lot
D. help; lots of
- () 7. —Can you help me solve the problem?
—Sorry, I can't. Why _____ ask the teacher _____ help?
A. don't; for B. not; for
C. don't; about D. not; about
- () 8. _____ is really hard _____ old people to live alone.
A. This; to B. It; for
C. This; for D. It; to
- () 9. We are going to go over these answers one by one until you get them _____.
A. right B. wrong
C. fun D. boring
- () 10. Why don't you _____ a sports club to keep fit?
A. join in B. take part
C. take part in D. join

能力提高

III. 根据单词首字母提示完成下列对话

A: Welcome to the English club. Today we're going to talk a 1 the best ways to learn English. Who has g 2 ideas?

B: Do you learn English b 3 watching English language videos?

C: No. I 4 too hard to understand the movies.

B: W 5 about keeping a diary in English? Do you learn English that way?

C: I think so. It improves my writing skills.

D: Have you ever studied w 6 a group?

C: Yes, I have! I've learned a lot that w 7.

A: Do you ever practice conversations with friends?

C: Oh, yes. It improves my s 8 skills.

B: What about reading a 9 to practice pronunciation?

D: I do that sometimes. I think it helps.

C: I do, too. And I always look up new words in a d 10.

D: That's a great idea!

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

7. _____ 8. _____ 9. _____

10. _____

思维拓展

IV. 阅读理解

English is one of the world's most widely used languages now. People use a language in these ways: as a native language, as a second language, or a foreign language. English is spoken as a native language by nearly three hundred million people in the United States, Britain, Australia, New Zealand, Canada and some countries in South Africa. As a second language, English is often necessary for official business, education, information and other activities in a great many countries such as India, Pakistan, Nigeria, Singapore and the Philippines. It's one of the working languages of the United Nations and is more often used than the others. It's said that English has become the language of international trade and transport. Most pilots in planes trav-

eling from one country to another use it to talk with airports. All ships sailing on the ocean call for help by radio in it. It has been said that 60% of the world's radio broadcast (广播) and 70% of the mails are in English. At international sports, and at talks of writers and artists all around the world, English is the language which is most commonly used and most widely understood.

English has, in fact, become the language of international cooperation (合作) and technology. The most advanced (先进) results in space, nuclear and computer research are published in English. A scientist who speaks and writes in English is in closer touch with the scientists in other countries than one who doesn't.

() 1. English is the most popular language in

- the world because it _____.
- A. is only the most widely used language
B. is spoken as a native language by the largest people of the world
C. is a native language
D. has already become the world-wide used language
- ()2. When you travel in Pakistan, Nigeria and Singapore, you _____.
- A. will be able to use English
B. can't use English
C. can't use English and Chinese
D. must use English
- ()3. English is spoken as _____ language in India.
- A. their first B. a second
C. a foreign D. a useful
- ()4. If a scientist can speak and write in English, he _____.
- A. can take part in an international sports meeting
B. will be able to publish some science books
C. will be able to learn and understand more
D. may travel to many countries in the world
- ()5. If we know English, we'll be able to _____.
- A. read many science magazines in the world
B. become scientists in the future
C. work with scientists and make things even better
D. do everything better than before

⇒ 第二课时

知 识 感 悟

I. 根据所给单词及首字母提示完成下列句子

1. Don't I _____ at people who are in trouble.
2. The old man felt tired, so he walked s _____.
3. Everyone can make m _____. No one is good at all the things.
4. Many visitors were i _____ by the Great Wall in China.
5. I want to learn _____ (swim) during the summer vacation.
6. I find _____ (learn) English is not as hard as I thought at first.

II. 单项填空

- ()1. She speaks so _____ that I can't follow her.
- A. slow B. quick
C. slowly D. quickly
- ()2. I was afraid _____ speak English in class. Because I am afraid _____ being laughed at.
- A. to; of B. of; to
C. in; of D. of; in
- ()3. He made many _____ in the test and he felt very upset.
- A. progress B. plans
C. lists D. mistakes
- ()4. I did it badly and I thought my

- classmates _____ laugh at me.
- A. may B. can () 8. I really enjoy _____ with such a kind person like you.
- C. might D. need A. work B. working
- () 5. Working hard is one of the secrets of _____ famous.
- A. become B. became () 9. I studied hard for the test and I got _____ A in it.
- C. to become D. becoming A. a B. an
- () 6. I found my English is poor and I decided _____ it.
- A. to improve B. improving () 10. I argued with my parents. _____, I knew I was wrong.
- C. improved D. improves A. First
- () 7. Our English teacher always check our notebooks to see if we _____ in class.
- A. finish our homework B. Later on
- B. answer questions C. At the same time
- C. take notes D. Now

能力提高

III. 用所给单词的正确形式填空

listen, help, learn, worry,
right, borrow, in, forget

- Ms Li: You look 1. _____, Paul.
- Paul: I am having trouble 2. _____ English.
- Ms Li: What's the problem?
- Paul: I can't get pronunciation 3. _____.
- Ms Li: Well, 4. _____ can help. Why don't

you 5. _____ the teacher's tapes?

Paul: That's a good idea. But what about the new words? I always 6. _____ them.

Ms Li: You can write the new word 7. _____ a small notebook and keep it in your pocket. You can memorize them at any time.

Paul: That might really 8. _____. Thanks.

Ms Li: That's all right.

思维拓展

IV. 阅读短文,回答问题

Taking exams always makes me nervous. What about you? Here are some suggestions that my friend offers me.

Preparing for exams

The most important part of preparing for an exam is to know what to study. Review subjects you've spent a long time on during classes, look through

what you were asked to read and topics of essays and homework, or ask your teachers to see if they can give a few suggestions. Once you know what to study, the next is to know how to study.

Arriving at an exam

How you arrive at an exam will decide how you take your exam. Be sure to arrive Early.

With a full stomach.

Well rested.

With all the things you will need for the exam.

Having your own exam habits

Before you begin your exam, be sure to: set up your things close by.

Put your name and other information on your exam-answer sheet.

Read all the directions.

Make a brief plan about how you will divide your time between sections.

Take a few deep breaths every time you feel nervous.

If you prepare well for your exam, arrive confidently and settle in before you begin. Don't spend more time on a question that you should unless you're ahead of schedule (时间表).

1. What is the most important before you take an exam?

2. Should you arrive at an exam early or on time?

3. What should you do if you feel nervous just before an exam?

4. How would you feel if you got everything ready?

Reading

知识感悟

I. 根据所给单词及汉语提示完成下列句子

1. Don't worry. Let's _____ (面对) the challenge together.

2. He was so clever that he solved the problem _____ (容易).

3. It's our _____ (责任) to keep our classroom clean.

4. Many _____ (士兵) lost their lives in the fire.

5. People in the modern world are very busy. They always have too much work _____ (do).

6. It's _____ (fair) to ask me to do more work than him.

7. Education is an important part of our

_____ (develop).

8. He is a doctor. He knows that it's his duty to try his best _____ (save) every patient.

9. He always helps others first and regards his problems _____ (important).

10. Everyone _____ (regard) him as an excellent student.

II. 单项填空

- ()1. He can't finish the work _____ he asks someone to help him.
A. if B. unless
C. because D. but
- ()2. He becomes old so he gets tired _____.
A. easily B. easy
C. hardly D. hard
- ()3. Our teachers always regard us _____ their friends.
A. to B. as
C. is D. for
- ()4. If you have some problems, you can ask me to help _____ them.
A. know about B. talk about
C. make up D. deal with
- ()5. — _____ do you deal with the problem?
—By regarding it as challenges.
A. When B. What
C. Why D. How
- ()6. Don't annoy her. She can stay _____ for years about a small problem.
A. happy B. angry
C. friendly D. healthy
- ()7. Time goes by and the _____ between you and me becomes stronger and stronger.
A. friend B. friends
C. friendship D. friendly
- ()8. If you _____ in a forest, don't try to find others, stay in a place and wait for others to find you.
A. are missed B. miss
C. lose D. are lost
- ()9. He knew he was wrong and he decided _____ lies to others again.
A. to tell B. tell
C. doesn't tell D. not to tell
- ()10. I went to a concert _____ Sunday. The concert _____ three hours.
A. next; last B. next; lasted
C. last; last D. last; lasted

能力提高

III. 阅读短文,完成表格

“USA? Britain? Which country is better to study in?” We often hear such discussions. As China opens its door, it is a dream for many Chinese students to study abroad. They want to learn about the outside world.

It's true that studying abroad can help students develop themselves. Their foreign language skills will be improved and it may be easier to find jobs.

But there are problems that should be considered. Language is the first. Students must spend a lot of time learning another language.

Students must also learn to live without

parents' care and deal with all kinds of things they haven't had to do before, like looking after themselves. There are reports about Chinese students abroad running into an ocean of difficulties and giving up finally. When they have to take care of themselves, it is hard for students to study well.

Finally, studying abroad brings a heavy burden (负担) to the family. For most Chinese parents, the cost of studying abroad is very high. But is it worth it?

We know that there are many famous people who have achieved success through their hard work in China. Liu Xiang is a good example. Once an A-

merican teacher invited him there, but he refused. He kept training hard with his Chinese teacher. He surprised the world when he won a gold medal at the Athens Olympic Games. So when you wonder which country is better to study in, think again.

Title: Studying at 1. _____ or abroad	
Phenomenon (现象)	Studying abroad has become a 2. _____ for Chinese students.
Advantages	◆ It is helpful to the future 3. _____ of Chinese students.
	◆ It helps to 4. _____ foreign language skills.
	◆ It enables Chinese students to find jobs more 5. _____.

6. _____	◆ It 7. _____ Chinese students too much time to learn a foreign language.
	◆ It's hard for Chinese students to get used to the life abroad 8. _____ parents' care.
	◆ Parents may be under pressure because the cost of studying abroad is very 9. _____.
Purpose	To tell us studying abroad is not the only way to be 10. _____ by describing Liu Xiang's example.

思维拓展

IV. 书面表达

下面是 Tina 同学在校园网英语留言板中的一个留言。请你根据 Tina 的留言和所给的提示, 以 Dudu 的名义用英语回复她的问题。字数控制在 80 个词左右。开头已给出, 不计入总词数。

提示:

- 告诉她学好这一科并不难, 但学习方法很重要。
- 根据你自己的体会给她提几条建议(不少于三条)。
- 激励她坚持做下去, 并祝愿她进步。

Tina-22 June 2012 18:41

I'm a middle school student in Junior Two.

I need help with my maths. I'm really bad at

that. Please help!

Dudu-22 June 2012 10:30

Hi there. First I want to tell you that many

students have the same problem like yours. _____
