

教学练



新课标 课时同步训练

英语 (新目标)
八年级 (初二) 上

人民教育出版社授权
配人教版教材使用

自主探究
化解难点
拓展训练
提升能力

教学练书系
配新课标专版

浙江教育出版社

人民教育出版社授权
配人教版教材使用

教 学 练

新课标课时同步训练

英 语 (新目标)

八年级(初二)上

《教学练》编写组 编写

浙江教育出版社

图书在版编目(CIP)数据

教学练 新课标课时同步训练·英语·八年级·上：
人教版/徐群力主编。—杭州：浙江教育出版社，
2004.6

ISBN 7-5338-5362-8

I.教... II.徐... III.英语课—初中—习题
IV.G634

中国版本图书馆 CIP 数据核字(2004)第 052679 号

本册主编 徐群力

本册编写 徐群力 奚秋月 申屠中亚 吴传洪

教学练 新课标课时同步训练·英语 八年级(初二)上

编 著 《教学练》编写组

责任编辑 陈 艳 责任校对 雷 坚

封面设计 晓 峰 责任出版 朱晓洁

标准书号 ISBN 7-5338-5362-8/G·5332

出版发行 浙江教育出版社

社 址 杭州市天目山路 40 号 邮编 310013

网 址 www.zjeph.com

电 话 0571-87214532(邮购) 87214466(传真)

印 刷 杭州杭新印务有限公司

经 销 浙江省新华书店

规 格 787×960(毫米) 1/16

印 张 7

字 数 130,000

版 次 2004 年 6 月第 1 版

印 次 2006 年 6 月第 2 次印刷

本次印数 0,001~5,000

定 价 8.50 元

目 录

Unit 1	How often do you exercise?	1
Unit 2	What's the matter?	9
Unit 3	What are you doing for vacation?	16
Unit 4	How do you get to school?	23
Unit 5	Can you come to my party?	29
Unit 6	I'm more outgoing than my sister.	37
Unit 7	How do you make a banana milk shake?	45
Unit 8	How was your school trip?	53
Unit 9	When was he born?	61
Unit 10	I'm going to be a basketball player.	68
Unit 11	Could you please clean your room?	75
Unit 12	What's the best radio station?	83
期末测试卷	92
参考答案	101

Unit 1 How often do you exercise?

重点、难点、精析

课文中的重点会在这里,攻下这些堡垒,胜利属于你!

Section A

1. How often do you exercise? 你多久锻炼一次?

句中 exercise 为动词,意思是“锻炼;运动”。例如:

You should exercise every day. 你应该每天锻炼(运动)。

exercise 也可作名词,意思是“运动;锻炼”,是不可数名词,当它表示“一系列有规则的运动;练习”时,作可数名词。例如:

If you want to keep healthy, you should take more exercise. 如果想保持健康,你应当多运动。

It's necessary for you to do eye exercises every day. 你有必要每天做眼保健操。

In English lessons, we often do a lot of exercises. 在英语课上,我们经常做很多练习。

2. —What do you usually do on weekends? 你在周末通常做些什么?

—I often go to the movies. 我经常去看电影。

1)句中 usually, often 为频度副词,用来表示某一动作或某一情况在单位时间内发生的次数。它们在句中通常位于行为动词之前,系动词、情态动词或助动词之后。对他们提问,都用 how often。频度副词按发生频率的高低依次为:always, usually, often, sometimes, hardly ever, never。

always=all the time,意思是:“一直;总是;永远”,它的频率最高,相当于 100%。例如:

The sun always rises in the east. 太阳总是从东方升起。

usually 的意思是“通常”,表示动作除个别情况外都在发生。例如:

He usually goes to school by bike. 他通常骑自行车上学。

often 的意思是“经常;常常”。例如:

She often takes a walk after supper. 她晚饭后经常散步。

sometimes 的意思是“不时;有时”,可放句首或句末。例如:

Sometimes she writes to me. 她有时候给我写信。

hardly ever 的意思是“几乎不;简直不”。例如:

He hardly ever goes out these days. 现在他几乎不出去。

never 的意思是“从来没有；决不；永不”，表示频率为零。例如：

He never tells a lie. 他从不说谎。

2) on weekends 意思是“在周末”，在英国英语中，使用 at the weekend, at weekends；而在美国英语中，则使用 on the weekend, on weekends。

注意：表示“这个周末”时，前面一般不用介词，只用 this weekend。例如：

I'm having a birthday party this weekend. 这个周末我要举办生日会。

3. How often do you watch TV? 你多长时间看一次电视？

how often... 意思是“多久”，是对动作发生的频率进行提问，回答应该是表示频率的副词或词组，如 once a week/month/year..., very often, every day, never 等。例如：

—How often do you go to the cinema? 你多长时间看一次电影？

—Once a month. 一个月一次。

注意：一次 once；两次 twice；三次或三次以上用 times(time 作“时间”讲时，是不可数名词；而作“次数”讲时，是可数名词)。例如：

12 次 twelve times 几次 some times

词语辨析：1) how often 和 how many times

how often 是对频率提问。例如：

—How often does your father go abroad? 你父亲多久出一次国？

—Very often. 他经常出国。

而 how many times 是对“次数”提问。例如：

—How many times have you been to Shanghai? 你去过上海几次？

—I have been to Shanghai three times. 我已去过三次。

如果 how many times 后跟限定的时间时，用法与 how often 相似。例如：

—How many times a week does he play volleyball? 他一个星期打几次排球？

—He plays volleyball three times a week. 他一个星期打三次。

2) how often, how soon 和 how long

how long 意思是“多久；多长(时间)”，是询问某个动作或状态所持续的时间。例如：

—How long did it take you to clean the house? 打扫屋子花了你多长时间？

—It took me half an hour. 花了我半小时的时间。

how long 还可以用于对物体的长度进行提问。例如：

—How long is the bridge? 这桥有多长？

—It's more than fifty meters long. 它有 50 多米长。

how soon 的意思是“多久”，用于询问某个动作在多久将来发生。例如：

—How soon will we get there? 我们要过多久才到那里？

—We will get there in ten minutes. 我们将在 10 分钟后到那里。

4. I watch TV every day. 我每天都看电视。

词语辨析: every day 与 everyday

every day 意思是“每天”, 而 everyday 意思是“日常的; 每日的”。例如:

Liu Ying practices her everyday English every day. 刘英每天都练习日常英语。

5. Here are the results of the student activity survey at Green High School. 以下是格林高中学生活动的调查结果。

这是一个倒装句, 正常语序为 The results of... are here. 在英语中, 当某些方位副词如 here, there 等在句首时, 通常要倒装。常用的谓语动词有 be, come, go 等。例如:

Here's your coffee. 你的咖啡来了。

注意: 如果主语是代词, 则不用倒装。例如:

Here he comes. 他来了。

6. As for homework, most students do homework every day. 说起家庭作业, 大多数学生每天都在做。

as for 的意思是“谈起; 至于”, 是一个介词短语, 主要置于句子开头用以引出话题。例如:

As for me, it's nothing. 对我来说, 这不算什么。

Section B

7. junk food 垃圾食品

通常指汉堡包、薯片、薄饼、炸鸡、冰激凌, 以及各种零食如饼干、巧克力等。还有 junk drink (垃圾饮料), 指味道好但缺乏营养价值的饮料。例如:

Junk food or junk drink is bad for your health. 垃圾食品或饮料对身体有害。

8. She says it's good for my health. 她说这对我的身体有好处。

1) it's good for... 的意思是“对……有好处”, for 后面跟名词。It's good 后面也可再跟动词不定式。例如:

It's good for your eyes to look at green plants. 看绿色植物对你的眼睛有好处。

同样的句型还有: it's bad for... 意思是“对……有害处”。例如:

It's bad for your eyes to read in bed. 躺在床上看书对你的眼睛有害。

2) health 意思是“健康”, 名词。它的形容词为 healthy。healthy 的反义词为 unhealthy。例如:

Health is better than wealth. 健康胜于财富。

A healthy mind is in a healthy body. 健康的思想寓于健康的身体之中。

I think I'm kind of unhealthy. 我认为我有点不健康。

9. I try to eat a lot of vegetables. 我尽量多吃蔬菜。

try to do sth. 的意思是“设法、尽力去做某事”。例如:

I'll try to learn English well. 我要设法学好英语。

词语辨析: try to do sth. 与 try doing sth.

try doing sth. 的意思是“试着做某事”,表示想知道结果而尝试着做做看。try to do sth. 的意思是“尽力做……”。例如:

Let's try knocking at the window. 咱们敲窗户试试。

He tried to climb the tree, but he could not. 他试图爬树,可爬不上去。

10. What are the differences? 不同点是什么?

difference 的意思是“不同;差异;区别”,是可数名词。例如:

I'm studying the differences between boys and girls. 我正在研究男生和女生的区别。

注意:它的形容词形式是 different,常用词组是 be different from(与……不同)。例如:

My thought is quite different from his. 我的想法和他的想法有很大差别。

11. So maybe I'm not very healthy, although I have one healthy habit. 所以尽管我有良好的习惯,但可能不是很健康。

although 的意思是“虽然;尽管”,引导的让步状语从句既可置于主句前,也可置后。例如:

Although my grandmother is 80 years old, she is still healthy. 我的祖母虽然 80 岁了,但还是很健康。

He often helps me with my English, although he is quite busy. 尽管他很忙,但还常常帮助我学英语。

注意:表示转折的 although 和 but 不能同时出现在一个句子里,只能选其一。例如:

Although it was very late, he was still doing his homework.

It was very late, but he was still doing his homework. 虽然很晚了,但他还在写作业。

能力提升训练

全新的题型 精选的题目 定能帮你提高运用知识的能力

一、选择填空。

- _____ students in your class are from Beijing?
— Only one.
A. How often B. How many C. How much D. How
- _____ do your grandparents come to see you?
— Twice a week.
A. How often B. How many C. When D. How
- What _____ she _____ on weekends?
A. is, do B. does, does C. do, do D. does, do
- Most students in my class _____ exercise every day.
A. does B. do C. is doing D. are doing
- Although he is very old, _____ he works very hard.
A. and B. but C. / D. so

6. The old man is well because he often _____.
 A. exercises B. drinks C. sleeps D. plays
7. Lily usually _____ her friends _____ their English.
 A. helps, with B. helps, studying C. helps, to D. helps, /
8. Please try to have more fruit, _____ you'd like to keep in good health.
 A. and B. so C. if D. as for
9. He's a very lazy student. As a result, he always gets _____ grades.
 A. a good B. high C. terrible D. an awful
10. —Is her telephone number 8705904?
 —_____.
 A. That's all right. B. Yes, she is. C. All right. D. Of course.

二、根据中文, 补全下列句子。

1. 做眼保健操对你的眼睛有好处。
 Doing eye exercises _____ your eyes.
2. 这是第二中学学生活动的调查结果。
 Here _____ the student activity _____ at No. 2 Middle School.
3. 你多久看一次动物世界?
 _____ do you _____ *Animal World*?
4. 我们尽量准时到达那里。
 We _____ on time.
5. 你爸爸的生活方式跟你是一样的吗?
 Is your _____ yours?

三、用方框内所给词的适当形式填空。

health, watch, go, nine, swim, surf, be, help, look after, with

1. China is a country _____ a long history.
2. There _____ some milk in the cup.
3. If you want to be _____, you must eat fruit.
4. September is the _____ month of the year.
5. Thanks for _____ my dogs these days.
6. He sometimes _____ TV in the evening.
7. What about going _____ this afternoon?
8. Good food and exercise _____ me study better.
9. You must _____ to see the doctor.
10. I _____ the Internet now.

四、完形填空。

A good night's sleep is very important for everyone. But a new study 1 that over 77% of junior high school students do not 2 enough time on sleep!

A junior student in Beijing is one of those 3 .

She gets up at six in the morning and she arrives at 4 by seven. Then it's time 5 classes. After school, she does homework: math, English, Chinese, history.... And she 6 to bed nearly at midnight. "I always get about six hours of sleep every night. Many of my classmates fall asleep in class," she said. "And we don't have any time to 7 at all."

Teens are 8 sleepy to be happy. Scientists say school should 9 later. And if students have 10 homework, then they can get more sleep.

- | | | | |
|----------------|-------------|------------|--------------|
| 1. A. tells | B. speaks | C. reads | D. shows |
| 2. A. take | B. spend | C. pay | D. cost |
| 3. A. teens | B. sleepers | C. classes | D. girls |
| 4. A. class | B. bus stop | C. school | D. classroom |
| 5. A. in | B. for | C. at | D. on |
| 6. A. gets | B. takes | C. goes | D. makes |
| 7. A. exercise | B. sleep | C. rest | D. study |
| 8. A. so | B. very | C. more | D. too |
| 9. A. end | B. begin | C. gets | D. takes |
| 10. A. less | B. fewer | C. no | D. little |

五、阅读理解。

A

American children are excited after school life, a new study says. Many junior and senior students have lots of funny things to do in their free time. More than 57% have activities every day. 82% have activities at least four times a week. American students spend their free time doing sports, or enjoying arts, music and dancing. They like to have life outside school because they can make a lot of friends during their activities.

- What is American children's life like after school?

A. Unhappy.	B. Exciting.	C. Boring.	D. Unhealthy.
-------------	--------------	------------	---------------
- How many students have activities every day if there are 2,000 students?

A. More than 570.	B. More than 820.
C. More than 1,840.	D. More than 1,140.
- How often do 82% students have activities?

A. Every day.	B. Every weekend.
C. At least four times a week.	D. Every Sunday.

4. American students, _____ or enjoy arts, music and dancing in their free time.
A. do sports B. surf the Internet C. have fun D. watch TV
5. American students like to have life outside school because _____.
A. activities outside school are more interesting
B. they can make a lot of friends
C. they don't like school life
D. they are free to do anything outside school

B

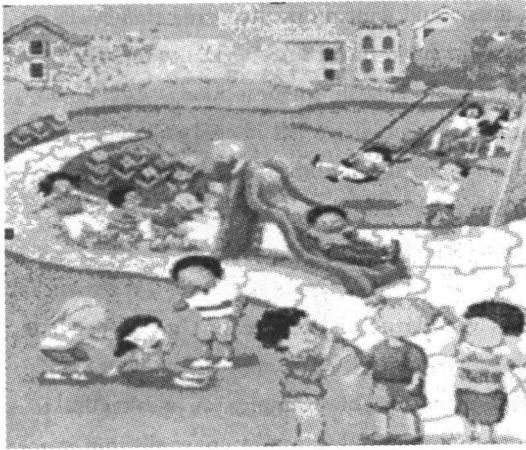
Two friends visit the zoo together. The zoo is very large and they can't go everywhere. They have to decide where to go and what animals to visit.

Life is like this. You often have to make some choices. For example, on weekends, it is sunny outside. But you are tired. If you spend time sleeping, you can't enjoy playing soccer with your friends. Don't be sad about it because sometimes we need to give up something in our life. But before you choose, you should know which one is more important.

6. The passage tells the story about two friends visiting the zoo because _____.
A. it is an interesting beginning
B. it's difficult to decide where to go and what animals to visit
C. the author wants to say the following theory(道理)
D. a lot of people like to visit the zoo
7. What's the meaning of "life is like this"?
A. In our life, we often have to make some choices.
B. In our life, we often don't know where to go.
C. In our life, we only can do one thing.
D. In our life, we can go to the zoo.
8. Don't feel _____ when you have to give up something.
A. happy B. sad C. pleasant D. worry
9. You can give up something after _____.
A. feeling sad B. thinking which is more important
C. playing soccer D. sleeping
10. Which of the following is the best title?
A. Choose. B. Visit zoo.
C. Life is like this. D. Learn to give up in the life.

六、书面表达。

仔细观察图片,写一篇关于课间活动的小短文,60词左右。开头已为你写好,你只需接着写。



参考词汇：

操场 playground

滑梯 sliding board

秋千 swing

摔倒 fall down

排队 stand in line

Play after class

Kids go out to play after class.

Unit 2 What's the matter?

重点、难点、精析

课文中的重点会在这里,攻下这些堡垒,胜利属于你!

Section A

1. What's the matter? 怎么啦?

What's the matter? 后可接 with, 即构成:

What's the matter with...? 意思是“……怎么啦? ……生什么病了?”, 常用的其他表达方式还有:

What's wrong with you? What's the trouble with you? What's your trouble?

2. I have a sore throat. 我喉咙痛。

have 在这里的意思是“患(病); 得(病)”。它不用于进行时态, 一般用 have + a/ an + n. 表示“患了某种疾病”。例如:

have a cold 感冒

have a stomachache 胃痛; 腹痛

have a headache 头痛

3. You should go to bed. 你应该卧床休息。

should 是情态动词, 意思是“应该”, 其否定形式为 shouldn't, 后面接动词原形, 没有人称和数的变化, 用于提出建议。例如:

You should do it more carefully. 你应该更加小心地做这件事。

She shouldn't drink water immediately after doing sports. 做完运动后, 她不应该立即喝水。

注意: 还可以用下面的句型表示建议:

Let's go to school together. 让我们一块去上学吧。

Why not go to the movies? 为什么不去看电影呢?

How/What about playing basketball? 打篮球好吗?

Section B

4. I'm not feeling well. 我觉得不舒服。

feel 的意思是“感到; 觉得”, 后面跟形容词。例如:

I feel hungry. 我(觉得)饿了。

注意:well 在这里作形容词,意思是“健康的”,作 feel 的表语。但 well 多用作副词“好”。

5. I hope you feel better soon. 我希望你很快好起来。

词语辨析:hope 与 wish

作为动词,两者都有“想;希望”等含义,后面都可接不定式。例如:

I hope/wish to meet you soon. 我希望很快见到你。

两者又都可以作名词,含义如同动词。例如:

We are full of hope for the future. 我们都对未来充满希望。

He has no wish to see her. 他并不想见她。

wish 还有 wish + sb. + to do 的用法,而 hope 无此用法。另外,两者都可以跟从句,但 hope 跟从句表示的是可以实现或能达到的“希望”;而 wish 跟从句一般表示某种强烈又难以实现的“愿望”。例如:

I hope you will be better soon. 我希望你能很快好起来。

I wish I were ten years old. 我但愿自己是 10 岁。

6. Maybe you have too much yin. 也许你有太多的“阴”。

词语辨析:1) maybe 与 may be

maybe 是副词,意思是“也许;可能”,通常作状语,位于句子的开头或主谓之间,有时也放在句子的最后。例如:

He maybe likes light music. 他可能喜欢轻音乐。

may be 的意思是“也许是”,在句中构成谓语。例如:

The old man may be our new teacher.

= Maybe the old man is our new teacher. 那位老人也许是我们的新老师。

词语辨析:2) too much 与 much too

too much 的意思是“太多”,常作副词,也可作形容词修饰不可数名词。例如:

Watching TV too much is bad for your eyes. 电视看得太多对你的眼睛有害。

If you're often tired, maybe you have too much yin. 如果你经常疲倦,可能你阴盛。

而 much too 的意思是“太”,常作副词,后接副词或形容词。例如:

He runs much too fast. 他跑得太快了。

7. Eating Dangshen and Huangqi herbs is also good for this. 吃党参和黄芪对这(病)也有好处。

eating...herbs 是 V-ing 短语,在句中用作主语。当某一 V-ing 短语用作主语时,相应的谓语动词要用单数形式。例如:

Smoking too much is bad for your health. 烟抽得太多有损你的健康。

8. Then ask your classmates for advice. 然后向你的同班同学征求建议。

advice 的意思是“建议;忠告”,是不可数名词。例如:

a piece of advice 一条建议

some advice 一些建议

give sb. advice 给某人建议

two pieces of advice 两条建议

ask sb. for advice 请某人提建议

take one's advice 采纳建议

9. I like your school in Beijing, but I'm not feeling very well at the moment. 我喜欢你在北京就读的学校,但现在我感到身体有些不舒服。

at the moment 常用在一般现在时态的句子中,意思是“此刻;目前”,相当于 now, the 可用 this 替换;用在一般过去时态的句子中,意思是“那时”,相当于 just then,这时的 the 可用 that 替换。例如:

There are still some difficulties at the/ this moment. 目前还有些困难。

He was busy at the/ that moment. 当时他很忙。

10. I study late every night, sometimes until 2 am, but I don't think I'm improving. 我每天晚上学习到很晚,有时甚至到凌晨两点,但我认为自己没有提高。

1) until 为介词,意思是“直到……为止”。在肯定句中,until 通常与延续性动词连用;而在否定句中则通常与终止性动词连用。例如:

I shall stay here until 6 o'clock. 我将一直待到6点。

We didn't go home until 6 o'clock. 我们直到6点才回家。

2) think, believe 等谓动词引导的宾语从句表示否定意义时,从句中的否定词 not 通常要前移,放在主句中。例如:

I don't think it's a good idea. 我认为这不是一个好主意。

能力提升训练

全新的题型,精选的题目,定能帮你提高运用知识的能力!

一、根据首字母或汉语提示,完成下列单词。

1. The matter is rather s _____, and you shouldn't always laugh.

2. —What's _____ (毛病)?

—I can't find my key.

3. All the students go to visit the Great Wall e _____ Sam.

4. The couple(夫妇) _____ (抚养) three children.

5. After walking a long way, I felt very t _____.

二、选择填空。

1. —When are you _____ for Beijing, Tom?

—Tomorrow morning.

A. going

B. leaving

C. left

D. been

2. —_____ have you lived in the small village?

—Twenty years.

A. How many

B. How much

C. How long

D. How often

3. —Would you like _____ apple?
—No, thanks. I have had two already.
A. another B. more C. one D. some
4. —_____ students in your class are from Beijing?
—Only one.
A. How often B. How many C. How much D. How
5. The doctor asks me to _____ some medicine.
A. eat B. drink C. have to D. take
6. You should keep your house _____.
A. cleaning B. to clean C. clean D. cleans
7. There _____ medicine on the table.
A. are much B. is few C. is much D. are many
8. The old man enjoys _____ in the big house.
A. living B. to live C. lives D. live
9. The little girl likes fruit, such as apples, oranges and _____.
A. tea B. bananas C. broccoli D. milk
10. You should go to bed early, _____ you are tired.
A. so B. how C. because D. but
11. —Where is Scott?
—_____ he is in the classroom.
A. May B. Maybe C. May be D. May not
12. Kim has a stomachache, so she _____ eat anything.
A. can B. should C. shouldn't D. may not
13. If you are stressed out, you should have a good rest to _____.
A. stay healthy B. stay health C. keep health D. healthy
14. —When you have a cold, you should drink more water.
—_____.
A. you are wrong B. I will feel better C. Ok. Thank you D. I know
15. —What's the matter?
—_____.
A. I don't know B. I finished my work
C. I have a cold D. I like music

三、完形填空。

The summer vacation is over. It's true that time always 1 fast. During the vacation, the 2 was hot and I could not do much 3, but I lived happily.

As the afternoon was hot, I did my work in the 4. I used to get up at 6:30 and take a walk in the garden for half an hour. After 5, I began reading English and Chinese and did some exercises in math. Those 6 me three hours or more. I worked quite hard and made good progress.

I spent the afternoon outside. I went to swim 7 it was funny. I would not go home 8 it was about five or six o'clock. Sometimes a friend would come to see me and we would spend some hours 9 to music.

In this way I spent my vacation happily. And I not only studied well but also became a good 10. Now I am in good health and high spirits.

- | | | | |
|-----------------|--------------|------------|-------------|
| 1. A. runs | B. walks | C. goes | D. comes |
| 2. A. water | B. weather | C. rain | D. sun |
| 3. A. sports | B. talking | C. game | D. work |
| 4. A. morning | B. afternoon | C. evening | D. night |
| 5. A. supper | B. breakfast | C. dinner | D. lunch |
| 6. A. cost | B. spent | C. paid | D. took |
| 7. A. so | B. but | C. and | D. while |
| 8. A. until | B. after | C. since | D. when |
| 9. A. listening | B. hearing | C. reading | D. singing |
| 10. A. singer | B. swimmer | C. student | D. musician |

四、阅读理解。

A

Mabel is a cashier(收银员) in a big shop in New York. People can buy medicine, watches, sweets, and many other things there. They pay Mabel for the things they buy.

At the shop people can also buy lottery tickets(彩票). They pay one dollar for a lottery ticket. There are pictures on the ticket. Some pictures are winning pictures. Some pictures are losing pictures. Most people win nothing. Some people win two dollars. A few lucky people win thousands of dollars. One day Mabel was working at the shop. She sold three lottery tickets to a woman. The woman looked at the pictures on the tickets. Then she threw the tickets on the counter(柜台) and walked away. "These are losing pictures", she thought.

Mabel picked up the tickets and looked at them. She was surprised. Then she was excited. One ticket was a winning ticket.

"Excuse me!" Mabel called to the woman. "You won \$50000!"

The woman came back to the counter. She took the winning ticket and looked at it. "You are right." she said. "I won \$50000." The woman walked away slowly, looking at the ticket again and again. Then she turned around. "Thank you! Thank you very much!" she said to Ma-