

 金点思维系列

八年级


英语 5·2·1综合练习

丛书主编 蔡晔



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金点思维系列

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前言

一本以短期英语综合训练为目的的教辅书,如何能够最大限度地发挥作用,帮助学生学习?以下两点必不可少:一是全书的整体性,二是各个章节间的逻辑性。

《金点思维 英语 5·2·1 综合练习》按不同的话题分类,以周为阶段,用阅读、完形、写作的形式对学生进行训练。5·2·1 即每周进行 5 篇阅读、2 篇完形和 1 篇作文训练。本书的目的是更好地服务于学生,使不同层次水平的同学都能获益,通过对同一话题内容的反复训练,真正做到将知识化为己用。

本书有如下几个方面的优势:

- 以“5·2·1”的方式划分训练内容。
- 根据考纲要求严格筛选话题,使用最新内容。
- 针对不同的话题,选择高度统一的内容,使阅读、完形的内容能够为后面的写作提供素材,充分体现了训练的完整性和逻辑性。
- 配合不同水平学生的训练要求,按难易程度对文章分类,使各单元及全书的训练内容以递进的形式分布,帮助学生逐步提高。
- 将考纲要求融入篇章内,对每周内篇章的考纲考点进行了汇总,保障做到周练有目的,周练有效果。

因此,5·2·1 系列的整体特色为精确目标、话题一致,内容与考纲融合,阅读、完形、写作有机结合,难易层次化、训练整体化,是一种目标明确、层次递进、整体性强的综合训练方法。

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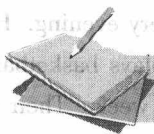
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Week 1 Sports and Health

Monday 热身训练

● 阅读理解

阅读下面短文,回答后面的问题。

Exercise is very 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 athletic. 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, or play ball games and so on. But you have to like what you are doing. And you should exercise enough but not too much. It is best to exercise twice each week. Thirty minutes each time is enough.

You can exercise at fitness (健康) centers. They have a lot of equipments (设备) there. The equipment will help exercise your arms, legs and other parts of your body. Exercising can be fun. Friends can exercise together at a fitness center, or you can play sports together.

1. What makes your heart and body strong?

2. What can we do to exercise every day?

3. According to the passage, how often do you exercise every week?

4. How long do you exercise each time?

5. Where can you exercise with your friends together?

Tuesday 能力提升

● 阅读理解

阅读下面短文,从每题所给的 A、E、C、D 四个选项中,选出最佳选项。

Do you know what we should do to keep healthy? One important rule is to exercise

often. The Greens try to exercise every day. Mr. Green can't exercise in the morning because he must get to work at exactly seven thirty. But he runs every evening. He walks a lot, too. He often walks to school every day, and after school he plays basketball with his friends. Mrs. Green goes to the yoga (瑜伽) class three times a week. Their daughter, Kate, joins the tennis club in her school and practices it every day.

But it wasn't always this way. Last year Mr. and Mrs. Green used to drive everywhere in their car, even to the restaurant only one block (街区) away from their home. They thought they had to use the car all the time. They wouldn't walk.

The Greens all feel better now. They believe they shouldn't be lazy. We needn't exercise every day, but we should try to exercise as often as possible.

- () 1. Why can't Mr. Green exercise in the morning?
- A. Because he gets up late in the morning.
B. Because he must send his daughter to school in the morning.
C. Because he must go to work early in the morning.
D. Because he doesn't like taking exercise in the morning.
- () 2. Mr. Green does all the following things except _____.
- A. walking
B. running
C. playing basketball
D. playing tennis
- () 3. Kate takes exercise by _____.
- A. playing tennis
B. walking
C. running
D. practicing yoga
- () 4. What did Mr. and Mrs. Green usually do last year?
- A. They used to drive everywhere in their car.
B. They used to run to their offices.
C. They used to walk to their offices.
D. They used to go to the restaurant near their home on foot.
- () 5. Which of the following is TRUE?
- A. The Greens think that they needn't try their best to exercise as often as possible.
B. Now the Greens feels better as a result of exercise.
C. Last year the Greens tried their best to exercise every day, but now they don't.
D. Mrs. Green goes to the yoga class four times a week.



● 完形填空

阅读下面短文,掌握其大意,然后从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

What do the people usually do on weekends? Some people like to stay at home, but others like to go out 1 a walk or play football. Mr. Smith 2 hard in a factory during the 3. On the weekends, he usually 4 the same thing. On Saturday he washes his car and on 5 he goes with his family to a village by car. His uncle and aunt 6 a farm there. It isn't a big one, but there is always 7 to do on the farm. The children help with the animals and give them some 8. Mr. and Mrs. Smith help in the field. At the end of the day, they are all 9 and Mr. Smith's aunt 10 them a big meal.

- | | | | |
|--------------------|-------------|-----------|------------|
| () 1. A. with | B. for | C. at | D. through |
| () 2. A. works | B. does | C. makes | D. studies |
| () 3. A. day | B. year | C. week | D. month |
| () 4. A. does | B. do | C. make | D. has |
| () 5. A. Thursday | B. Saturday | C. Sunday | D. Friday |
| () 6. A. find | B. has | C. bring | D. have |
| () 7. A. many | B. much | C. any | D. most |
| () 8. A. food | B. rice | C. cakes | D. fruit |
| () 9. A. hungry | B. angry | C. full | D. happy |
| () 10. A. gives | B. puts | C. makes | D. does |

Wednesday 素质积累

On Achieving Success

关于成功

We can't travel every path. Success must be won along one line. We must make our business the one life purpose to which every other must be subordinate.

I hate a thing done by halves. If it be right, do it boldly. If it be wrong, leave it undone.

我们不可能把每条路都走一遍。必须执着于一条道路才能获得成功。我们必须有一个终生追求的目标,其他的则从属于这个目标。

我不喜欢做事半途而废。如果这件事是对的,就大胆勇敢地去;如果这件事不对,就不要去做。



The men of history were not perpetually (不断地) looking into the mirror to make sure of their own size. Absorbed in their work they did it. They did it so well that the wondering world sees them to be great, and labeled them accordingly.

To live with a high ideal is a successful life. If we do not work with our might, others will; and they will outstrip(超过) us in the race, and pluck the prize from our grasp.

Success grows less and less dependent on luck and chance. Self-distrust is the cause of most of our failures.

The great and indispensable help to success is character. Every character is influenced by heredity, environment and education.

The true way to gain much is never to desire to gain too much.

Wise men don't care for what they can't have.

历史长河中的伟人并不是靠终日瞻观镜中的自己来衡量自身的形象的。他们的形象来自于对事业全身心的投入与追求。他们是如此的卓越超凡,于是芸芸众生觉得他们很伟大,并因此称他们为伟人。

为崇高的理想而活着是一种成功的人生。倘若我们不尽全力工作,而别人尽全力工作,随后他们将在竞争中超越我们,从我们手中夺取胜利的果实。

成功越来越不依赖于运气和巧合。丧失自信是我们失败的主要原因。

性格是取得成功不可或缺的重要助力。每个人的性格都会受到遗传因素、环境和教育的影响。

智者不会在意他们得不到的东西。

1. Translate the underlined sentence into Chinese.

2. Find out your favorite sentence from the article and write it down.

3. How do you want to be successful in your study?

佳句
存储

Success grows less and less dependent on luck and chance. Self-distrust is the cause of most of our failures.

成功越来越不依赖于运气和巧合。丧失自信是我们失败的主要原因。



Thursday 年级挑战

● 阅读理解

阅读下面短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

Having an exercise plan is important, but you should always ask your doctor for advice before starting it. Keep in mind that you can have too much of good thing, over-exercising and exercising in a wrong way can hurt your body. The following suggestions can help you avoid(避免) this.

Warm up before exercise. This helps to prepare your body for activities. It's especially important in the morning.

Cool down after exercise. Rather than stop immediately, do a few light activities to avoid aches and pains later.

Exercise with your limits(极限). Build up slowly. Never try to exercise when you feel painful. If you don't listen to your body, you will hurt yourself.

Avoid being thirsty. Water is important to keep your normal temperature during exercise and prevent(预防) tiredness.

Wear sports shoes. These shoes can keep you feel safe and prevent you from being hurt.

- () 1. The writer gives us _____ suggestions in the passage.
 - A. three
 - B. four
 - C. five
 - D. six
- () 2. Before you start your exercise plan, you should _____.
 - A. make up these suggestions
 - B. ask your doctor for advice
 - C. find your health problems
 - D. have a careful health exam
- () 3. _____ is important before exercise, especially in the morning.
 - A. Warming up our body
 - B. Cooling our body down
 - C. Drinking enough water
 - D. Putting on sports shoes
- () 4. The third suggestion can help us to _____.
 - A. prepare for our activities
 - B. avoid aches or pains later
 - C. keep normal temperature
 - D. avoid hurting ourselves
- () 5. This passage mainly tells us _____.
 - A. to warm up before exercise
 - B. how to keep healthy
 - C. how to exercise in a right way
 - D. not to exercise too much



●完形填空

阅读下面短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

Which is more important, wealth or health? Different people have different opinions.

Some people like wealth (财富) better, holding a lot of money. It cannot 1 everything, but without it, one can do 2. In order to get more money they can do anything. However, other people think health 3 more important. Once (一旦) health is 4, it is no use having a lot of money.

As for me, I love wealth, 5 I value health more. Everybody wants to live a 6 life. So they try their best 7 money which they believe they can lead a comfortable life, but if happiness and comfort are achieved at the cost of their health, how can they be happy 8 health. The money becomes meaningless.

9 my opinion, no one agrees that a wealthy person without good health can be happy. So just do our best and 10 fit.

- () 1. A. bring B. take C. want D. ask
- () 2. A. something B. anything C. everything D. nothing
- () 3. A. be B. is C. are D. am
- () 4. A. find B. lose C. lost D. found
- () 5. A. and B. but C. next D. then
- () 6. A. happy B. happily C. happiness D. more happy
- () 7. A. earned B. earns C. to earn D. earn
- () 8. A. without B. with C. no D. as
- () 9. A. At B. On C. In D. Of
- () 10. A. let B. make C. want D. keep

Friday 能力转化

●任务型阅读

阅读下面的短文,并完成下列任务。

Almost every day, we discuss the topic of health, especially for kids. But what is health? "Health" means eating well, getting enough exercise, and having a healthy weight. Let's read the following rules. They can help you stay healthy.

1. Eat many kinds of foods, especially fruits and vegetables. We all know that eating fruits and vegetables can help us stay healthy, but many of us only eat our favorite foods. Remember that we can get the nutrition (营养) we need by eating different kinds of foods,



especially fruits and vegetables.

2. Drink water and milk most often. Everyone knows that water is important. Besides that, kids need plenty of calcium(钙) to grow strong bones, and milk has a lot of it. Every day, you should drink at least three cups of milk (1300 milligrams of calcium) when you are 9 years old or older. You should also try to have less sugary drinks, like soda and coca. They include a lot of added sugar. Sugar just adds calories(卡路里), not important nutrition.

3. Listen to your body. When you are eating, notice how your body feels. When your stomach feels comfortably full, stop eating. Eating too much makes you feel uncomfortable. If you do it too often, it can make you unhealthy and fat.

4. Limit screen time. What's screen time? It's the amount of time you spend on watching TV, movies, and playing computer games. The more time you spend on these sitting-down activities, the less time you spend playing sports, like basketball, and doing other activities like bike riding and swimming. Try to spend no more than 2 hours a day on screen time.

1. What does "health" mean in this article? (根据短文内容,回答问题)

2. 将文中划线部分译成汉语。

3. You should drink at least three cups of milk when you are 9 years old or older. (对划线部分进行提问)

_____ of milk should you drink at least when you are 9 years old or older?

4. Eating too much makes you feel uncomfortable. (改为同义句)

_____ makes you feel uncomfortable _____ too much.

● 写作

“运动和健身”是当今社会的主题。某中学响应国家的号召,组织和开展了一系列的强身健体活动,并举办了一次运动与健康的演讲会。请你针对这一主题写一篇词数在 60 左右的演讲稿。

要求:1. 文中不能出现真实的姓名和学校名称。

2. 语句通顺,语法准确,意思连贯,可适当发挥。

3. 书写工整,卷面整洁,大小写、标点符号正确。



考纲词句检测

单 词

1. exercise *n.*

①作“锻炼”讲,为不可数名词。

如:He hardly takes exercise. 他很少锻炼。

②作“体操,练习”讲时,它是可数名词。

如:She often does morning exercises. 她经常做早操。

③exercise 也可用作动词,也是“锻炼”的意思。

如:How often do you exercise? I often exercise three times a week? 你多久锻炼一次?
我经常一周锻炼三次。

2. health *n.* “健康”。

如:A lot of vegetables can help you keep in good health. 很多蔬菜有助于你保持健康。
keep in good health = keep healthy = stay healthy (保持健康)

3. twice *adv.* “两次”。英语中,一次是 once,两次是 twice,三次是 three times,三次或三次以上是:基数词 + times。

如:She went to Beijing four times last year. 她去年去过北京四次了。对次数提问,应该用 how many times。

词 组

1. be good for 表示“对……有益(有好处)”,其反义词组为 be bad for。这里的 for 是介词,后跟名词、代词或动名词。

如:Reading in bed is bad for your eyes. 在床上读书对你的眼睛有害。

2. how often 是问频率“多久一次”,回答一般是用表示频率的副词,如:once a week, twice a month, three times a day, three or four times a month..., sometimes, often, always, hardly ever, never, every day 等。

如:How often do you go to the movies? Twice a week. 你们多久看一次电影? 每星期两次。

3. as for “至于”,常位于句首作状语,其后跟名词、代词或动词的-ing 形式(即动名词)。

如:As for him, I never want to see him here. 至于他,我永远不希望在这里见到他。

4. help...with 意思是“帮助某人做某事”。

如:Tony usually helps me with my English. 托尼通常帮助我学英语。

help...with = help sb. do sth. 意思是“帮助某人做某事”。



如: My healthy lifestyle helps me get good grades. 我的健康生活方式帮助我取得了更好的成绩。

5. on weekends “在周末”, 常常放在句子开头或结尾作状语。

如: What do you usually do on weekends? I usually play soccer. 周末你通常做什么? 我通常踢足球。

6. how many 是“多少”的意思, 它后面跟可数名词的复数形式。

如: How many hours do you sleep every night? 你每天睡几个小时的觉?

句子

1. This means they do better in tests and schoolwork than those who don't exercise. 意思是“他们比那些不锻炼的孩子在考试和功课上做得都要好”。

这是一个含有宾语从句的复合句, they do better... 在句中作 means 的宾语, 其中宾语从句中又含有 who 引导的定语从句。

2. We should try to exercise as often as possible. 我们应该尽可能地经常去锻炼。

句中的 as often as possible 为副词短语修饰动词 exercise, 意思是“尽可能经常去锻炼”。try to do sth. 表示“尽力做某事”。

如: I try to eat a lot of vegetables every day. 我每天尽可能地多吃蔬菜。

3. Never try to exercise when you feel painful. 当你感到疼痛时, 永远不要进行锻炼。

此句是“never + 动词原形”的祈使句, 句中 when you feel... 是 when 引导的时间状语从句。

4. Everybody wants to live a happy life. 每个人都想要过一种快乐的生活。

句中的 wants to live... 是 want to do sth. 的用法, 意思是“想要做某事”。

如: Do you want to go to the movies with me? 你想和我一起去看电影吗?

want sb. to do sth. 意思是“想要某人做某事”。

如: Mom wants me to get up at 6:00 and play ping-pong with her. 妈妈想让我6点起床和她一起打乒乓球。