笔 记 在 手

成 竹 在 胸

英語笔记

刘名扬 主编

传授解题方法

西语笔记

归纳单元知识

总结重点难点・传授解题方法

训练运用能力

提高英语水平

倒北長江火級集**围** 湖北教育出版社





- 归纳单元知识 总结重点难点 传授解题方法
 - 训练运用能力 提高英语水平

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《英语笔记》是以人教版新课标初中英语教材为依据编写的同步教辅丛书。全套丛书由全国几所著名中学骨干教师执笔,该丛书以学习笔记的形式归纳总结单元知识、讲解单元重难点及考点、传授解题方法与技巧、训练学生综合运用英语知识的能力,帮助学生全面提高英语水平。

该丛书是针对新课标教材和新教学大纲的同步教辅,与各级课标或教纲规定的教学要点同步,包含了 7~9 年级英语教材教学内容,7~8 年级每学期一册,9 年级为合订本。

该丛书按单元编写,每个单元设立"重点知识积累"、"典例精析精解"、"能力巩固 提高"、"综合素能评估"等四大栏目。

重点知识积累——该栏目又分为两大部分,一是"重点归纳",以归纳总结该单元的知识点为主,起指引作用;二是"知识延伸",以讲述该单元的知识点以及带有规律性和总结性的内容为主,并对该单元的疑难之处及考点进行解惑,总结规律性的思维方法。

典例精析精解——分析典型例题,通过对具有一定代表性、典型性和综合性例题的分析,传授解题技巧和方法,规避易错题风险,指导解题的突破口和关键处,深入浅出,精析精讲。

能力巩固提高——分层次对单元知识点和重难点进行考查,以便学生对单元知识的把握和运用能力达到自动升级。

综合素能评估——通过"单项选择"、"完形填空"、"阅读理解"、"短文填词"、"书面表达"等栏目来评估学生对英语语言的综合应用能力,帮助学生全面提高英语水平。

全套丛书的编写内容充分体现初中学生的学习特点,展现轻松学习、快乐学习、探究创新的新课标理念,学练结合,体例新颖,层次分明,体现实用性、灵活性和创新性。特别是在知识的梳理方面突出了条理性和基础性;在能力的指导方面突出了综合性和操作性;在思路的点拨方面突出了启发性和探索性;在解题技巧的指点上突出了规律性指导。本套丛书主要可以当做学习笔记来使用,不仅可以作为初中学生课堂学习的指导用书,也可以作为课后学习的辅导用书。同时,也可供中学教师教学时参考,家长辅导孩子学习时也可选用。

编者

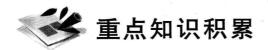
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Unit 1 O

How often do you exercise?



重点归纳

€ 単词

1. exercise 2. hardly

3. once 4. Internet

5. most

6. result

7. active

8. health 9. habit

10. maybe

11. although 12. try

2. try 13

13. pretty 14. improve

(日) 短语

1. on weekends

2. as for

3. be good for

4. kind of

5. a lot of

€ 句型

- 1. How often do you exercise?
- 2. Here are the results of the students activity survey at Green High School.
- 3. Grandpa is pretty healthy because he exercises every day.

€ 语法

- 1. 一般现在时的基本用法。
- 2. 本单元一些表示数量的形容词的用法。(all, most, some, no)

知识延伸

单词



A. 作为可数名词,意为"体操,练习,功课"。

I do morning exercises every day. 我每天做早操。

We have too many math exercises on weekends. 周末我们数学作业太多。

B. 作为不可数名词,意为"锻炼,运动"。

Exercise makes us strong. 运动使我们强壮。

We should take more exercise. 我们应该多做运动。

You should do more exercise. Don't always sit at the desk busy doing your exercises. 你应该多运动,不要总是坐在桌前做练习。

C. 作为动词,意为"锻炼,训练"。

How often does she exercise? 她每隔多久锻炼一次? She exercises every morning. 她每天早上锻炼。 He exercises the girls in swimming. 他训练女孩子们游泳。 You should exercise patience. 你得有耐心。

2. hardly

A. 用作副词,意为"几乎不,简直不",表示否定,相当于 almost not,通常和 can, could 连用,构成 can hardly, could hardly。既然属于副词,和其他副词一样通常放在 实义动词之前,be 动词和助动词之后,常和 ever 连用,表示几乎不做某事。

There's hardly anything she can do. 几乎没有她可做的事。 I can hardly keep my eyes open. 我困得都快睁不开眼了。 You can hardly see a person in the street at this time of day. 这个时候,你在街上简直看不到一个人。 Hardly anybody came to the meeting. 几乎没人来参加这个会议。 He could hardly have a rest, could he? 他几乎不能休息,对吗? I hardly ever watch TV. 我几乎不看电视。

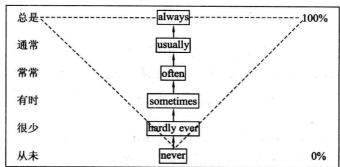
- B. hardly 与 hard 的区别
- a. hard 作为副词是"努力,使劲"的意思,用来修饰动词。

He studies/works hard. 他努力学习/工作。
His father beat him hard on the head. 他爸爸使劲地打了他的头一下。
It was raining hard outside. 外面雨下得很大。

b. hard 作为形容词,意为"困难的,艰苦的,坚硬的"。

It's hard work. 这是项艰苦的工作。 It's a hard stone. 这是一块坚硬的石头。 She has a hard life. 她一生艰辛。

C. 本单元表示频率的时间副词的排列顺序如下图:



3. once

作为副词,意为"一次,一回,曾经,一旦"。

I've only met her once. 我只见过她一面。

一How often do you exercise? 你每隔多久锻炼一次?

一Once a week. 每周一次。

Once in bed, the children usually stay there.

小孩一旦上了床,通常就待在那儿了。

Once he began, he couldn't stop. 他一旦开始,就不能停下来了。

He once fell in love with a bad girl. 他曾经爱上过一个坏女孩。

He once knew her, but they are no longer friends.

他曾经认识她,但现在不再是朋友了。

短语搭配:once a year 每年一次

at once 立刻,马上

once or twice 一两次

once in a while 偶尔,有时,间或

once in a blue moon 难得一次

once and for all 一劳永逸

once upon a time 从前

once bitten, twice shy 一遭被蛇咬,十年怕井绳

all at once 一下子,突然

once more once again

再一次,又一次

4. Internet

其全称为:international computer network, 意为"网络, 互联网"。该单词是由inter(互相的)+network(网络)两个词合成的。该单词的首字母要大写。

She surfs the Internet once a week. 她一周上一次网。

She often chats on the Internet and makes lots of friends.

她经常在网上聊天并且交了许多朋友。

(a) 5. most

A. 作为形容词,其用法如下:

a. 意为"大多数的,大部分的",后接名词。

Most students agree with me. 大部分学生同意我的意见。

Most people like going on a trip on vacation now.

时下,大多数人喜欢旅游度假。

b. 作为形容词,它也是 many, much 的最高级,意为"最高的,最大量的,最高程度的"。

She has the most apples of all. 在所有人中,她的苹果最多。

- B. 作为副词,其用法如下:
- a. 用在多音节形容词、副词前面,构成最高级。

He works (the) most carefully. 他学习最认真。

This is the most difficult unit I have ever learnt.

这是我所学的最难的一单元。

b. 作为副词,还有"非常,很"的意思,在这种用法当中,most 前不能用 the,而一般会出现 a。

It was most kind of you to meet me. 你来接我真是太好了。

C. 作为代词,意为"大部分,大多数",常与 of 连用,后接可数或不可数名词。

Most of paper is made in Shanghai. 大部分纸张是上海生产的。 Most of the students like doing sports. 大部分学生喜欢做运动。

6. result

作为名词,意为"结果,成果",用单数形式表示一种结果,用复数形式表示结果的 多样性。

All our hard work gets no result. 我们的辛勤努力毫无结果。

Here is the result of your often being late. 这就是你经常迟到的结果。

Here are the results of our market survey. 这些是我们市场调查的结果。

Here are the results of his telling lies. 这些是他说谎的结果。

7. active

形容词,意为"积极的,活跃的";其名词形式为 activity;复数形式为 activities。

Some students are active and exercise every day.

一些学生很活跃每天都锻炼。

He is very active in local politics. 他积极参加当地的政治活动。

She's been active in class. 在课堂上她很活跃。

I often take part in after-class activties. 我经常参加课外活动。

短语搭配: leisure activities 娱乐活动 the active voice 主动语态 active efforts 积极的努力

be active in (doing) sth. 积极参加(做)某事

8. health

名词,意为"健康,健康状况"。

Doing exercise is good for health. 锻炼对健康有好处。

I look after my health. 我照顾我的身体(健康)。

He is in good health. 他身体好。

其形容词形式为 healthy, 意为"健康的, 身体健壮的"; 其反义词为 unhealthy; 其副词形式为 healthily。

The old man looks healthy. 那位老人看上去健康。

I'm pretty healthy. 我很健康。

We should live and work healthily. 我们应当健康地生活和工作。

短语搭配: be in good/bad health 身体好/坏build up one's health 增进健康keep/stay healthy 保持健康drink to sb. 's health 举杯祝某人健康

9. habit

名词,意为"习惯,习性"。

I have a habit of reading in bed. 我有躺在床上看书的习惯。 My eating habits are pretty good. 我的饮食习惯很好。 Habit is a second nature. 习惯成自然。

短语搭配:a bad habit 恶习

be in the habit of...有做……的习惯 have the habit of...有……的习惯 get into the habit of...养成……的习惯 get out of a habit 戒除一种习惯

10. maybe

副词,意为"也许,大概",相当于 perhaps,用来修饰句中的谓语动词。may be"可能,也许",是情态动词与 be 动词连用,在句中作谓语。

Maybe he is a doctor. = He may be a doctor. 他可能是医生。
Maybe he knows about it. = He may know about it. 他大概知道这件事。
Maybe you put it in your bag. = You may put it in your bag.
也许你把它放在你包里了。

11. although

连词,意为"虽然,尽管,即使,纵然",引导让步状语从句。although 与 though 是同义词,都不能与 but 连用。两者必居其一,不能同时出现,但可与副词 still, yet 连用。although 引导的从句既可置于主句之前,也可置于主句之后;置于主句之前时,应用逗号与主句隔开。

Although (Though) he's young, he knows a lot. = He's young but he knows a lot. 尽管他年轻,但他懂得很多。

His clothes, though old, looked clean and good.

他的衣服虽然很旧,但看上去很不错,很干净。

Although (Though) he's not feeling well, (yet) he works hard. = He's not

feeling well, but he works hard. 尽管他觉得不舒服,但他还是努力工作。 even though 用来加强语气,而不说 even although。

Even though he didn't understand a word of what she said, he kept smiling.

尽管他对她说的话一个字也听不懂,但他仍然一直在微笑。

though 置于句尾作副词时,意为"但是,尽管如此",用在口语中。

He said he would come, he didn't, though. 他说他会来,可是没来。

12. try

动词,意为"试,尝试,试图,努力"。try to do sth. 意为"努力做某事",try one's best to do sth. 意为"尽力做某事"。

Try to relax before you go to bed. 睡觉之前设法放松一下。

She tried to finish it in given time but failed.

她尽力在规定时间内完成,但没做完。

We'll try our best to improve our English. 我们将尽力提高我们的英语。

try doing sth. 意为"试着做某事"。

Try taking deep, slow breath. 试着慢慢做深呼吸。

Try answering the question again. 再试着回答这个问题。

短语搭配:have a try 试一试

try on...试穿

try out 试验

try and try 试了又试



A. 作为形容词, 意为"漂亮的, 可爱的", 多用于修饰女性、小孩或小而漂亮的东西。

She looks very pretty in that dress. 她穿上那件连衣裙真是漂亮极了。

What a pretty present it is! 多么漂亮的礼物啊!

B. 作为副词,意为"颇,相当,很",相当于 very。

My eating habits are pretty good. 我的饮食习惯很好。

I'll have a new dress pretty soon. 我很快就有条新裙子了。

14. improve

及物和不及物动词,意为"改善,改进,提高"。

We should try our best to improve our environment.

我们应该尽力改善我们的环境。

I'll try to improve my oral English.

I'll try to improve myself in oral English.

我们将尽力提高我的英语口语水平。

Let's hope the weather improves before Saturday. 但愿周六前天气好转。

短语

1. on weekends

属于美国英语表达法,意思是"在周末"、"每逢周末"。on weekend 也可以作"在周末"解释,泛指周末。如果是指说话者和听话者双方都明白的特定的那个周末,可以用 on the weekend (the 也可以被 this, that 或 such a 代替)。英国人则习惯于使用 at weekends 或 at the weekend。如果没有特别说明或要求, at 和 on 可以任意选用。

It's relaxing to have a dancing party on weekends. It's relaxing to have a dancing party at weekends. 在周末参加舞会是一种令人放松的活动。

Many people go shopping on weekends.

Many people go shopping at weekends.

许多人在周末去购物。

They sometimes go to see a film on weekend.
They sometimes go to see a film at the weekend.

有时他们在周末去看电影。

(Do you want to go dancing on such a rainy weekend?

Do you want to go dancing at such a rainy weekend?

你想在这么一个下着雨的周末去跳舞吗?

② 2. as for...

介词短语,意为"至于······,就······而言,关于",后接名词、代词等,此短语的位置 既可置于句首,也可置于句中,常用逗号将其与句子隔开。

As for being shy, you'll get over that. 说到害羞,你会克服的。

As for me, I have nothing to say. 至于我,没有什么可说的。

I enjoy going to the movies. But as for the theater, I prefer staying at home. 我喜欢看电影,但至于看戏,我宁愿留在家里。

3. be good for...

意为"对······有益处",反义词组为 be bad for...意为"对······有害处"。

It's probably good for you to get some criticism sometimes.

有时受点批评或许对你还有好处。

Eating an apple a day is good for your health.

每天吃一个苹果对身体有好处。

Reading in the sun or in bed is bad for your eyes.

在阳光下或在床上看书对眼睛有害。

A. be good/bad to sb. 意为"待······好/不好",介词 to 后接表示人的名词或代词。

The boss is bad (not good) to his workers. 老板对他的工人不好。 She's very good to us students. 她对我们学生很好。 B. be good with sb. 意为"与人打交道"。

Are you good with kids? 你与小孩们相处得好吗?

C. be good at (doing) sth. 意为"擅长(做)某事"。

He is good at (playing) basketball. 他擅长(打)篮球。

4. kind of

是一个副词短语,意为"有点儿,有几分",相当于 a little, a bit,用来修饰形容词。

He looks kind of unhappy. Do you know why? 他看来有点不高兴,你知道为什么吗?

That made me feel kind of stupid. 那使我感到有点儿愚蠢。

A. kind 作为名词,意为"种类"。例如:a kind of 一种;all kinds of 各种各样; different kinds of 不同种类。

There are many kinds of flowers in the garden. 花园里有许多种花。 The cat is a kind of animal. 猫是一种动物。

B. kind 作形容词, 意为"和蔼的, 慈祥的"。

My mother is kind to others. 我妈妈对别人很和蔼。

⇔ 5. a lot of

意为"许多",等同于 lots of。一般用在肯定的陈述句中,后面既可接可数名词,也 可接不可数名词。在否定句和疑问句中要用 many 和 much 来修饰可数和不可数 名词。

I have a lot of/lots of things to do. 我有许多事情要做。

He doesn't have much homework today. He is lucky.

他很幸运,今天家庭作业不多。

Do you have many interesting books? 你有许多有趣的书吗?

句型



- (卡) 1. —How often do you exercise? 你每隔多久锻炼—次?
 - -Four times a week. 每周四次。

A. 对动作频率进行提问时常用 how often 意为"每隔多久一次",回答时常用 once a week, twice a month, three times a year, always, usually, sometimes, hardly ever 和 never 等。

- —How often do you go online? 你每隔多久上一次网?
- 一Sometimes. 有时候。
 - 一How often do you watch TV? 你每隔多久看一次电视?
- 一Every night. 每天晚上。
- 一How often does he eat junk food? 他每隔多久吃一次垃圾食物?

- 一He hardly ever eats junk food. 他几乎不吃垃圾食物。
- 一How often does he hear from her? 他多久会收到她的信?
- 一He hears from her now and then. 他时常收到她的来信。
- B. how long 有"多长时间"之意,用来对某一动作或状态时间持续长短的提问,常用于现在完成或将来时。谓语一般要用延续性动词。回答 how long 问句一般用for...,until(till)...,since...等引导的短语或句子来回答。
 - 一How long have you studied English? 你学英语多长时间了?
 - —I have studied English for two years. 我学英语 2 年了。
 - 一How long will the meeting last? 会议将开多长时间?
 - 一The meeting will last for 3 hours. 会议将开 3 个小时。
- C. how soon 表示"要过多久以后",常用于将来时。回答 how soon 问句一般用 in two days(weeks, months, years etc.), after Friday, very soon, before long 等短 语或含有这些短语的句子来回答。
 - 一How soon will you finish the work? 你要多久才能完成这项工作?
 - 一I will finish the work in two days. 我两天后才能完成这项工作。
 - 一How soon will the dinner be ready? 宴会将在何时准备好?
 - —The dinner will be ready in 20 minutes. 宴会将在 20 分钟之内准备好。
 - 一How soon will the train leave? 火车将在什么时候离开?
 - 一The train will leave in an hour. 火车将在一个小时之后离开。
 - D. 下面的三个句子或许有助于你进一步了解这三个疑问词组之间的区别。

How often do you go and see you best friend?

你隔多久去看一次你最好的朋友?

How long is it since you went to see your best friend last time?

自从上次你去看你最好的朋友有多久了?

How soon will you go and see your best friend?

你过多久去看你最好的朋友?

- 2. Here are the results of the students activity survey at Green High School. 这些是格林高中学生活动调查的结果。
- A. here 置于句首,当主语是名词时要倒装,此时谓语动词应与后面的名词保持一致。

Here's a seat for you. Please sit here. 这个座位是给你的,请坐下。

Here are the results of his cheating here and there.

这些是他到处行骗的结果。

Here comes the bus. 车来了。

B. 当主语是人称代词时,不倒装。

Here it is. 这就是。

Here you are. 给你。

3. Grandpa is pretty healthy because he exercises every day.

爷爷很健康因为他每天锻炼。

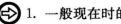
A. because 连词,"因为"的意思,引导表示原因的状语从句。可置于主句之前, 也置于主句之后,但不能与 so 连用。

He didn't come because he was ill. 因为他病了,所以他没来。 Because it rained heavily, I stayed at home. 因下大雨,所以我呆在家里。

B. because of 是介词短语,意为"因为",后接名词、人称代词的宾格或动名词。

He didn't take part in the sports meeting because of his bad leg. 他因腿有毛病而没有参加运动会。

语法



1. 一般现在时的基本用法:

一般现在时表示经常发生的动作或存在的状态。本单元所讲的一般现在时所表 示的是一种反复出现的动作。常与 always, usually, often, seldom, occasionally, sometimes, every······等表示频率的时间状语连用。

He is always busy with his farm work. 他总是忙于他的农活。

It doesn't often rain in summer here. 这儿夏天常不下雨。

The Winter Olympic Games are usually held two years before the Summer

Olympic Games. 冬季奥运会通常在夏季奥运会之前2年举行。

The poor boy hardly ever watches TV. 那可怜的男孩几乎不看电视。

My father gets up at 6:00 every morning. 我的爸爸每天早上6点钟起床。

He sometimes plays football after school. 他有时放学后踢足球。

The sun rises in the east and sets in the west. 太阳东升西落。

(云) 2. 本单元介绍了一些表示数量的形容词,它们的用法如下:

A. all 作为形容词,意为"所有的,全部的",它表示所指人或事物百分之百都…… All students are active. 所有的学生都很活跃。

B. most 作为形容词,意为"大多数的",它表示数量的范围是大于一半,不到 全部。

Most apples are red. 大多数的苹果都红了。

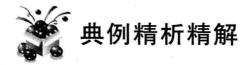
C. some 作为形容词,意为"一些",它表示的数量就少于一半。

Some children are swimming. 一些孩子在游泳。

D. no 作为形容词,意为"没有",它是个否定词。

There are no clouds in the sky. 天上没有云。

同时,这些词还具有其他词性,用于不同句子。



1.	Doing eye is good for your eyes.
	A. exercise B. exercises C. exercising D. exercised
	B。做眼保健操和早操都应用复数形式,即 do eye/morning exercises。
2.	English people use Mr before a man's first name.
	A. never B. often C. sometimes D. usually
	A。本题考查频率副词的用法。根据常识外国人是不把 Mr, Mrs, Miss 和
	Ms 等词放在名字的前面的, first name 是名, last/family name 是姓,这些词应放
	在姓的前面。
3.	He hardly ever watches TV,?
	A. isn't he B. is he C. doesn't he D. does he
	D。根据反意疑问句特点,前后两部分的谓语动词要一致,可排除 A、B答案。
	又因为 hardly 为表示否定含义的词,那么后半部分须用肯定形式,又排除 C,故
	选 D。
4.	My grandfather looks pretty now.
	A. health B. healthy C. healthily D. healthful
	B。look 是系动词,后需接形容词作表语,因此排除 A。healthful 是有益于健
	康的,修饰物; healthily 为副词,修饰动词或形容词、副词。形容人健康要用
	healthy.
5.	His bike under the big tree.
	A. maybe B. may be C. may is D. may be is
	B。本题考查 maybe 与 may be 的用法区别。A 项 maybe 用在动词前,而句中
	无动词,故排除;B项用来作谓语;C项 may 后接动词原形,故排除;D项应排除。
6.	He went to the hospital last year.
	A. sometime B. sometime C. sometimes D. sometimes
	C。sometime 表示"某时", some time 意为"一段时间", some times 意为"几
	次,几倍",sometimes 意为"有时",根据题意应选 C。
7.	Here for you.
	A. is some books B. are some books
	C. some books are D. some books have
	B。以 Here 开头的句子当主语是名词时,主谓要倒装,故先排除 C、D,主语
	some books 是复数,故排除 A,选 B。
8.	Betty often helps her mother the homework on Sunday.