



新课标

义务教育课程标准实验教科书(人教版)

鼎尖助学系列

同步练习

英语

八年级 上册

课程教材研究所 编著
英语课程教材研究开发中心

TONGBULIANXI



人民教育出版社

延边教育出版社



2013年12月第1版 2013年12月第1次印刷

义务教育教科书

同步练习

英语

八年级上册

人民教育出版社



人民教育出版社 北京

义务教育课程标准实验教科书(人教版)

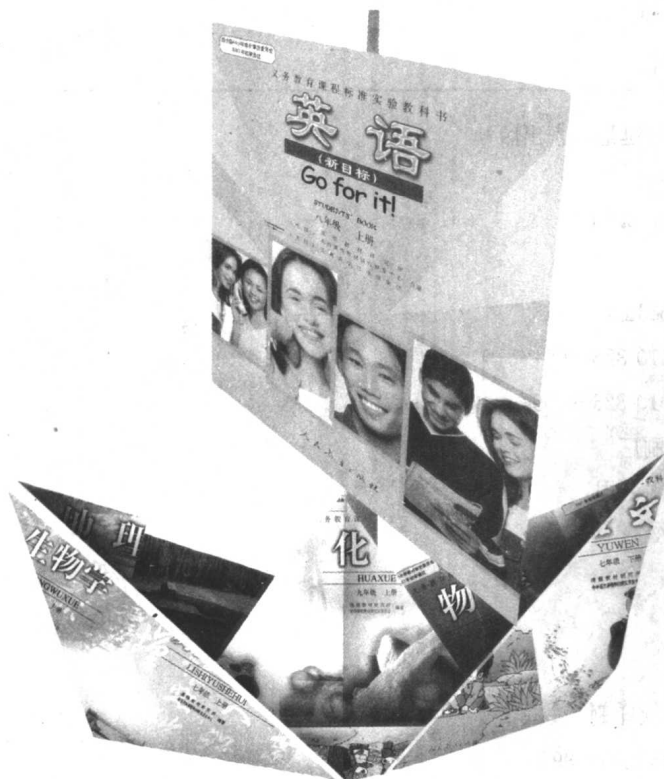
鼎尖助学系列

同步练习

英语

八年级 上册

课程教材研究所 编著
英语课程教材研究开发中心



____ 年级 ____ 班 姓名 _____

- ☐ 本册主编：史诏典
- ☐ 执行主编：金莺
- ☐ 副主编：赵丽萍
- ☐ 本册编者：肖杰 张林 吉启涛 张丽 郑莉 黄海霞
- ☐ 执行策划：鲁艳芳 黄俊葵
- ☐ 责任编辑：贺 铮
- ☐ 封面设计：林荣桓

鼎尖助学系列

义务教育课程标准实验教科书（人教版）

同步练习

新目标英语 八年级 上册

课程教材研究所 编著
英语课程教材研究开发中心

出版：人民教育出版社 延边教育出版社
发行：延边教育出版社
地址：吉林省延吉市友谊路 11 号
邮编：133000
网址：<http://www.topedu.net.cn>
电话：0433-2913975 010-82608051
传真：0433-2913971 010-82609059
排版：北京理工大学印刷厂
印刷：北京季蜂印刷有限公司
开本：787×1092 1/16
印张：6
字数：141 千字
版次：2004 年 6 月第 1 版
印次：2004 年 6 月第 1 次印刷
书号：ISBN 7-5437-5442-8/G · 3934
定价：7.40 元

如印装质量有问题，本社负责调换

致同学们

亲爱的同学,当你翻开这本书时,你就是在延续课堂上教科书的英语学习,也就是在进行一次自主性学习评价。在学习中,你已经慢慢成为自己学习的主人了:工具书自己查,练习自己做,学习过程自己关注,学习方法自己调整,学习习惯自己养成,学习结果自己记载,有意义的问题自己探究……

也许有的同学会说,不就是做练习题吗?是的。但是,这不仅是练习,更是自我检测,自我评价,如果你持之以恒,不断努力,通过自主性的学习评价,天天坚持下去,相信你一定能够提高英语水平,加深英语素养。

这本《同步练习》每一单元都有单元概述,引领你走进一个绚丽多彩的世界,使你再一次从单元的角度整体把握单元内容和学习方法,让你明确学习的具体任务。每课分为几个针对性很强的板块,要求你扎扎实实地进行基本功的积累与练习,并在此基础上能够纵横拓展。单元学习小结对本单元知识进行巩固性练习,并对该单元学习中自己的所有学习活动进行整理记载,再对自己的学习方法进行一次反思,以不断提高自主学习的能力。

在生活中,学习资源和实践机会无处不在,无时不有。因此,除了教科书的学习外,还应该更多地直接接触大量的课外英语学习材料,在大量英语实践中掌握英语学习的规律,全面提高自己的英语素养。

编 者

2004 年 4 月

目录

Unit 1 How often do you exercise? 1

Unit 1 自主学习测试 4

Unit 2 What's the matter? 7

Unit 2 自主学习测试 10

Unit 3 What are you doing for vacation? 13

Unit 3 自主学习测试 16

Unit 4 How do you get to school? 19

Unit 4 自主学习测试 22

Unit 5 Can you come to my party? 24

Unit 5 自主学习测试 27

Unit 6 I'm more outgoing than my sister. 29

Unit 6 自主学习测试 32

Unit 7 How do you make a banana smoothie? 34

Unit 7 自主学习测试 37

Unit 8 How was your school trip? 40

Unit 8 自主学习测试 43

Unit 9 When was he born? 46

Unit 9 自主学习测试 49

Unit 10 I'm going to be a baseball player. 52

Unit 10 自主学习测试 55

Unit 11 Could you please clean your room? 58

Unit 11 自主学习测试 61

Unit 12 What's the best radio station? 63

Unit 12 自主学习测试 66

期末测试题 68

听力稿及试题答案 74

Unit 1 How often do you exercise?



单元概说及文化小背景

同学们,我们在日常生活和学习中每天都要做很多的事情。本单元我们要学习如何了解他人经常做什么。What do you usually do on weekends? 或者多久做某事 How often do you go to the beach? 回答第一个问题我们可以用到 always, usually, often, sometimes 等表示时间频率的副词。回答第二个问题时,我们可以用到具体的表示次数的单词或词组: once, twice, three times a week 等。让我们来实践语言,让朋友们之间彼此了解得更多一些吧。

Topic: Free time activities

Function: Talk about how often you do things

Vocabulary: always, usually, often, sometimes, hardly ever, never, once, twice, three times a week, milk, junk food, drink

同学们,在紧张的学习之后,最令你们盼望的莫过于通过参加体育活动来放松自己吧,那么,你们喜欢哪种体育活动呢? 美国是个充满活力的移民国家,很多家庭喜欢在周末参加体育活动。跑步(running)、骑车(biking)、打网球(playing tennis)和游泳(swimming)是人们在夏天喜欢的体育活动,滑雪(skiing)、滑冰(skating)是人们在冬天喜欢的体育活动。棒球(baseball)是美国最具普遍性的体育项目之一,被称作美国的“国球”。不仅大、中学校的校队和职业球队打棒球,就连孩子们也热衷于它。美国的橄榄球,称美式足球(American football),因球形像橄榄,我们称它为橄榄球。橄榄球是美国最流行的运动之一,几乎所有的主要城市里都有职业橄榄球队。这些职业队员差不多全是原大专院校球队的主力。美国不少大专院校非常重视发展橄榄球运动,它们常常用提供奖学金和给予免费食宿的办法鼓励中学生中的优秀橄榄球队员入校。在美国所有的主要运动中,惟有篮球(basketball)是真正起源于美国。这些比较正式的体育运动项目已经深入到每个美国人的生活中。美国人有许多习惯用语出自体育运动。例如,美国人用棒球比赛中的“打了就跑”(hit-and-run)一词借指从车祸现场溜走的肇事司机,用“我们被罚出局了”(We were struck out before we go started)或“我们连一垒也没跑到”(We couldn't even get to the first base.)表示“失败”;“为你拿起球棒”(go to the bat for you)表示“帮助你摆脱困境”;“用自己的球棒干”(do something off one's own bat)表示不需要别人的帮助;“开球”(kick off)可以指“任何事情的开始”。由此可见,这些体育活动在美国人生活中占有多么重要的位置。



一、词汇乐园

A. 填写所给单词的正确形式,使句子完整。

- 1 Where (do) _____ Cary go on vacation?
- 2 How often does Jane _____ (exercise)?
- 3 Mr Black _____ (run) two miles in the morning.
- 4 Anna _____ (want) me to get up early and run with her.
- 5 Bill always _____ (help) his mother do some housework.

B. 阅读下面短文,填写所缺单词,使短文意思完整(首字母已给出)。

I'm pretty healthy. I e _____ (1) every day, and my eating h _____ (2) are pretty good. I eat fruit every day and I drink m _____ (3) every day. Of c _____ (4) I love j _____ (5) food too, but I try to eat it only o _____ (6) a week. And I s _____ (7) nine hours every night. So you see, I look a _____ (8) my health. And it makes a big d _____ (9) to my grades. Good food and exercise h _____ (10) me to study better.

二、会话练习

根据上下文的内容完成对话。

A: _____ (1)

B: I usually go to movies on weekends.

A: _____ (2)

B: Comedies and romances.

A: But I don't like movies. I like watching TV.

B: _____ (3)

A: I watch TV every day.

B: _____ (4)

A: About three hours.

B: _____ (5)

A: It's Around the World.

三、语法小天地

小博士: A. 仔细观察下方框里的句子,你会发现动词在某些人称后要发生变形,是哪些人称呢?不是我 I(第一人称),也不是你 you(第二人称),而是他 he,她 she,它 it(单数第三人称),请找出动词遇单数第三人称时的变化规律,归纳填写到下面的表格里。

	表示人 称的词	表示时间 频度的词	表示动作的词	表示时间的词
1	I	often	surf the Internet	in the evening.
2	You	always	help me with my English	in the afternoon.
3	Jenny	sometimes	goes to the movies	on Saturdays.
4	His brother	hardly ever	watches TV	every day.
5	It	never	drinks milk	in the morning.
6	We	sometimes	play tennis	after school.
7	They	usually	read English books	in the morning.
8	Mr Smiths	sometimes	go shopping	on weekends.
9	She	always	eats hamburgers	at noon.
10	He	often	studies math	after dinner.

表示人 称的词	表示动作的词
(第一人 称)	
(第二人 称)	
(单数第三人 称)	1. 通常直接加_____ 2. 以-ch, -sh 以及-o 结尾加_____ 3. 以辅音加-y 结尾的动词_____

B. 仿造例句写对话。

Example: she / morning always / make / the bed

A: What does she do in the morning?

B: She always makes the bed in the morning.

1. they / weekends usually / go to / the movies

2. my father / evening often / watch / TV

3. Katrina / Sundays hardly ever / do / her homework

4. Bill / afternoon sometimes / read / English books

四、阅读理解

Mr And Mrs Jones seldom go out in the evening, but last Saturday Mrs Jones said to her husband, "There's a good film at the cinema tonight. Can we go and see it?"

They came out of the cinema at 11 o'clock, got into their car and began driving home. It was quite dark. Then Mrs Jones said, "Look, Bill. A woman is running along the road very fast. And a man is running after her. Can you see them?"

Mr Jones said, "Yes, I can." He drove the car slowly near the woman and said to her, "Can we help you?" "No, thank you." The woman said, but she did not stop running. "My husband and I always run home after the cinema, and the last one washes the dishes at home!"

- The word "seldom" in the passage (段) means _____.
A. 经常 B. 从不 C. 很少 D. 有时候
- Mr and Mrs Jones often _____ in the evening.
A. go to the cinema B. stay at home C. go out D. stay at school
- After Mr and Mrs Jones saw the film, they began to _____.
A. drive home B. run home C. wash some dishes D. play football
- This passage doesn't tell us _____.
A. why the woman and man ran B. when the woman and man got home
C. where the woman and man ran D. what Mr and Mrs Jones did
- Which of the following is not true?
A. The woman and man like running at night.
B. They wanted to help the woman.
C. The two persons always run home after they see the film.
D. Neither of them like washing dishes.

Unit 1 自主学习测试

完成时间: 40 分钟 得分 _____

一、听力部分

I. 听五句话, 将下面的活动与时间连接起来。(10 分)



- every day
- once a week
- twice a week
- three times a week
- twice a month



II. 情景反映: 听五句话, 然后根据所听的内容选择适当的答语。(10 分)

1. A. Jenny watches TV twice a week. B. Jenny watches TV twice a month.
C. Jenny watches TV once a week.
2. A. Cindy is unhealthy. B. Cindy is fine.
C. Cindy is ill.
3. A. I go to the English class on weekends. B. I go to the English class on Sundays.
C. I go to the English class on Saturdays.
4. A. Jane usually sees a film on weekends. B. Jane usually goes shopping on weekends.
C. Jane usually plays basketball on weekends.
5. A. I often eat junk food. B. I sometimes eat junk food.
C. I usually eat junk food.

二、笔试部分

I. 连词成句。(20 分)

1. surf, never, I, Internet, the

2. hardly, they, tennis, play, ever

3. go, do, often, to, how, you, movies, the

4. do, on, you, what, usually, weekends, do

5. TV, twice, watches, a, he, week

II. 用 How often do you...? Do you...? 或 What do you usually...? 给下列答句提问。(20 分)

1. A: _____
B: Yes, I often exercise on weekends.
2. A: _____
B: Well, I usually play basketball on Saturdays and volleyball on Sundays.
3. A: _____
B: No. I never watch TV after school.
4. A: _____
B: I don't exercise very often at all.
5. A: _____
B: I sometimes play tennis in my free time.

III. 完成对话下面是 Bill 与 Katrina 的一段对话, 对话顺序是正确的, 请选择合适的话语, 使对话完整。(20 分)

Bill: _____ (1)

a. May I ask you some questions?

b. Can I help you?

Katrina: _____ (2)

a. Yes, please.

Bill: _____ (3)

a. What's it like?

Katrina: _____ (4)

a. I usually play basketball on weekends.

Bill: _____ (5)

a. How often do you jog?

b. Hold on, please.

b. What's your favorite exercise?

b. I like jogging.

b. How many hours do you play basketball?

IV. 阅读短文,判断正(T)误(F)。(20分)

Tom never gets up early on Sunday. He sometimes stays in bed until lunch time. Last Sunday he got up very late. He looked out of the window. It was dark outside. "What a day!" he thought. "It's raining again." Just then the telephone rang. It was his aunt, Lucy. "I've just arrived by train." She said, "I'm coming to see you." "But I'm still having my breakfast." Tom said. She said, "Do you always get up so late? It's one o'clock."

- () 1. Tom always gets up very late on Sunday.
- () 2. Lucy was Tom's aunt.
- () 3. Lucy called Tom at one o'clock.
- () 4. Tom got up early last Sunday.
- () 5. Tom had his breakfast at one o'clock.

Unit 2 What's the matter?



单元概说及文化小背景

在本单元我们要谈论健康,并对朋友提出好的建议。看到别人不舒服 What's the matter? 或者 What's wrong with you? 不舒服了:I have headache/ stomachache/teethache/sore throat... 等。关心朋友:You should stay in bed and have a good rest/You should drink more water/You shouldn't eat anything for two hours. 想要表示对朋友建议的接受和感谢:That's a good idea./ That sounds like a good idea./Thank you. 等。学好本单元,我们可以更好地关心朋友和家人的健康。

Topic: Health

Function: Talk about your health and make suggestions

Vocabulary: head, noses, eye, ear, mouth, tooth, neck, stomach, back, leg, arm, hand, foot, tired, hungry, thirsty, stressed, out, a cold, headache, backache, toothache, stomachache, sore throat, dentist

同学们,你们生过病吧,看过病吗?你们知道在美国,人们生病了怎么办呢?在这里我们来了解一下美国的医疗制度。美国人为自己国家取得的医疗成就(medical achievement)感到自豪,美国的医学水平(medical level)和医疗制度(medical system)已经发展到了一个相当高的水平。医学家们尤其对癌症(cancer)和心脏病(heart disease)作了大量的研究,许多生命因此得救。在美国,医疗费用很昂贵。美国没有国家医疗保健计划(health plan),不过,在这方面存在着许多其他计划,许多人在他们工作的公司里能享受到医疗保险(health insurance)。根据这些计划公司定期将一笔固定资金投入一项基金。雇员看病需要医疗帮助(medical help),他可以用这项基金的钱去支付费用。另外一些人有了医疗保险。他们每月向保险公司缴保险费,医疗费用由保险公司来支付。有些保险本身就是医疗单位(medical institution),人们直接向它定期交纳保险费。一旦有病,就到那里去治疗,不必再支付很多的钱。不过,买了保险,也不是能随便去看病。普通的医疗保险范围有很大的限制,例如不包括牙齿,看牙医还得另买保险。同时,即使买了牙齿保险,一般第一年只能洗牙,连续的第二年才能在你所保险的范围內去看牙医。看牙医最便宜的算拔牙,镶牙和补牙就更贵,上千元是常有的事。除了范围限制外,还有一个基本费用限制的问题。如最初的\$400必须由患者承担,超出\$400以外的部分才由保险公司支付。政府针对老年人、生活贫困和久病不愈的人还有专门的医疗保险计划,这些计划为没有医疗保险的人提供了有效的医疗保护。实际上,美国人看病的负担并不比中国人轻。



知识与能力

一、词汇乐园

A. 看图, 将所给单词放到适当的位子。

leg	hand
ear	tooth
arm	head
nose	neck
face	back
eye	mouth
foot	hair



B. 以上是在本单元学到的有关身体部位的单词, 读下面的句子, 请选择填写合适的单词。

1. What has eyes, ears, a mouth, and a nose? _____
2. Air goes through this, it's above your lips. _____
3. Everyone walks on their _____. _____
4. What are hard and white and chew food? _____
5. These are on the sides of your head. _____

C. 选择单词的正确形式完成句子, 并在合适的单词上画圈。

1. What's the (matter, matters)?
2. Alex is (stress, stressed).
3. Tyler's got a (headaching, headache).
4. If you're stressed out, you should (relax, relaxed).
5. How is Mr Smith (feelings, feeling) today?

二、会话练习

根据上下文内容填写适当的句子, 使对话意思完整。

A: _____ (1)

B: I feel very weak. I can hardly do any work, doctor.

A: _____ (2)

B: About two weeks ago.

A: _____ (3)

B: No, I don't often have breakfast. And I have a little food for lunch, because I want to keep thin.

A: Oh, I see. _____ (4)

B: Yes, I think so.

A: _____ (5)

B: Thank you.

三、语法小天地

A. 用 have 写词组，越多越好。

Example: have a cold

B. 仿造例句，写对话。

Example: Jimmy / (a headache) / an earache / see a doctor.

A: What's the matter with Jimmy? Does Jimmy have a headache?

B: No, he doesn't have a headache. He has an earache.

A: So he should see a doctor.

1. Elizabeth / (an earache) / a headache / lie down and rest

2. Jim / (a headache) / a toothache / see a dentist

3. Jane / (a stomachache) / a fever / drink lots of water

4. George / (a headache) / a sore throat / drink hot tea with honey

四、阅读理解

根据短文内容选择合适的答语。

Mrs Brown has some trouble with her heart. She often goes to see her doctor. Yesterday she went to see the doctor again. But this doctor was new in the hospital, and knew nothing about her. He asked some questions. One of them was "How old are you?"

"Well," she answered, "I don't remember now, doctor, But I'll try to think." She thought for a few minutes and then said, "Yes, I remember now, doctor! When I married, I was eighteen years old, and my husband was thirty. I know, and this is twice thirty. So I'm thirty-six, twice eighteen." The doctor was

very surprised.

- Mrs Brown went to see the doctor because _____.
A. she didn't know the doctor
B. she often goes to see the doctor
C. she had some trouble with her heart
D. she had some trouble with her memory
- She was _____ years old and her husband was _____ years old when they married.
A. eighteen, thirty
B. eighteen, sixty
C. thirty, thirty-six
D. thirty-six, sixty
- The doctor was very surprised at her answer because she _____.
A. made fun of him
B. gave him a wrong answer
C. was so old
D. was so funny
- In fact, Mrs Brown was _____ years old.
A. eighteen
B. thirty-six
C. forty-eight
D. sixty
- Which of the following is not true?
A. She didn't want to tell the doctor her real age.
B. Her husband was twelve years older than her.
C. She married when she was eighteen.
D. Her husband was eighteen years older than her.

五、猜一猜、想一想

将题号填进图片旁边的圆圈里。



- What has a neck but no throat?
- When do people have two mouths?
- With which do you write?
- I am something that has teeth but can't eat.
What am I?
- When can we see things without our eyes open?

Unit 2 自主学习测试

完成时间: 40 分钟

得分 _____

一、听力部分

I. 听五句话, 选择每句中所含的单词。(10 分)

1. A. toothache

B. stomachache

C. headache

- | | | |
|--------------|------------|-------------|
| 2. A. tired | B. thirsty | C. hungry |
| 3. A. tea | B. water | C. honey |
| 4. A. back | B. neck | C. leg |
| 5. A. doctor | B. dentist | C. daughter |

II. 情景反映: 听五句话, 然后根据所听的内容选择适当的答语。(10分)

- | | |
|--|-----------------------------|
| 1. A. Judy has a headache. | B. She has a cold. |
| C. He feels ill. | |
| 2. A. Drinking some tea is good for your health. | |
| B. Drinking some water is a good idea. | |
| C. Drinking some milk is bad for your health. | |
| 3. A. The man has a sore throat. | B. His back is sore. |
| C. There's nothing wrong with the man. | |
| 4. A. Ben hardly ever has breakfast. | B. Ben often has breakfast. |
| C. Ben sometimes has breakfast. | |
| 5. A. Jennifer is feeling better. | B. Jennifer is fine. |
| C. Jennifer feels terrible. | |

二、笔试部分

I. 从B栏中选择与A栏句子意思相近的一项, 用线连接。(20分)

- | A | B |
|-----------------------|----------------------------|
| 1. What's the matter? | a. My head feels terrible. |
| 2. My throat is sore. | b. What's wrong? |
| 3. I feel sad. | c. I'm not happy. |
| 4. That's too bad. | d. I have a sore throat. |
| 5. I have a headache. | e. I'm sorry to hear that. |
| | f. I'm very tired. |

II. 从下面方框中选择合适的词组填入句子中使句子完整。(20分)

- Katrina has a stomachache. She shouldn't _____.
- You have a fever, you should _____.
- Bill has a sore throat. He should _____.
- I am stressed out. I should _____.
- My mother is very tired. She should _____.

- lie down and rest
 - hot tea with honey
 - see a dentist
 - drink lots of water
 - listen to music
 - eat anything for 24 hours