



主编：韩玉卓

单项填空

• 活页卷 •

Junior High
School English

周周练



八年级上

*****取材于6年精心打造易错易混常考题库 解析精准到位*****



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快捷英语·单项填空周周练

(八年级上)

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前言

单项填空是多年来中、高考英语试题中的重要而又基本的题型，主要考查词法、句法、习惯用法、交际用语等内容，覆盖面广而细，因而是检测和培养准确运用英语语言能力的基础，更是中、高考从容答卷、获取高分的保障。

为了帮助学生循序渐进地学习基础知识，本书采用了主题化和语境化的设计思路，以有针对性的“易错，易混，常考”为切入点，复现教材中的单词、语法和情景交际等内容。

我们根据市场和教学的实际要求，以多所名校多年总结积累的易错易混常考题库为后盾，特邀具有几十年教学经验的初、高中一线名师共同参与、精心设计了《快捷英语·单项填空周周练》系列丛书。本书具有以下几个鲜明特点：

1. 根据年级特点确定训练内容

七年级、八年级、高一年级、高二年级侧重词汇与语法的综合练习。周一至周四的内容是对易错易混常考词汇、短语、语法和句式的针对性训练，周五是对前四天的综合验收，周末是对前五天练习中出现的易错易混知识和中、高考常考点进行总结。

九年级和高三年级按照语法项目分周设置，每周的前五天对语法学习中常出现的错误进行针对性练习，周末对本语法的易错易混的内容以及解题方法作总结归纳。

2. 以常考为纲，以易错为鉴，扫清学习盲区

以学生在英语学习中常出现的词汇、短语、句型和语法的易错易混点入手，以练代讲，深挖错误根源，引导学生围绕知识点，突破易错易混常考的重点、难点，引发思考，启迪思维，实现由知识到能力的过渡。同时就解题方法与技巧进行归类点拨，使学生在练习的过程中了解问题、分析问题，最终解决问题。

3. 集萃单选考点，精选精练精析

以多年的题库为基础，沙里淘金，精选试题，准确把握试题难易度，基础与难点分离，适应教学的实际情况。在解析中阐明解题信息点，厘定易误选项，精当辨析疑难，帮助学生从应试技巧上建立大局观，从夯实基础知识中获得自信。

4. 高效便捷，实用灵活

单项填空是中高考的必考题型，通过计划性强的该专项训练的积淀，学生可以也应该在英语的语言知识和语言运用能力方面取得长足的进步。而且，本书采用活页装订，每天15小题，5到8分钟即可完成，既便于老师安排有组织的集体操练，也便于学生在课下利用点滴时间作自测自评。

总之，这套书的宗旨不仅是简单地推出一批单项填空训练题，而是要结合典型的、有实战性的练习题，启迪学生思路、指导学习方法，使之成为解决该专项疑难问题的必要学习工具，有助于广大学生发散性思维的发展，有助于学生创造性能力的提高。

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Week One

How often do you exercise?

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

词海拾贝



1. He hardly ever _____ TV.
A. sees B. reads C. looks D. watches
2. Tom is pretty healthy; he _____ smokes.
A. always B. usually C. sometimes D. never
3. "80% of students like reading English" means "_____ students like reading English".
A. All B. Most C. Some D. No
4. If you want to keep fit, you'd better eat more vegetables and _____ meat.
A. few B. a little C. less D. more
5. My _____ habits are pretty good.
A. eat B. eats C. eating D. ate
6. He always helps me study English, but I _____ help him _____ his study.
A. often; for B. usually; to C. never; with D. always; in
7. I _____ see him every day.
A. nearly B. often C. harder D. more often
8. His grandfather is well because he often _____.
A. exercises B. smokes C. sleeps D. sings
9. Tom often _____ clothes himself.
A. wash B. to wash C. washes D. washing
10. My mother goes to Beijing _____ a year.
A. two B. second C. twice D. the second



11. Although my grandfather is very old _____ he exercises every day.
A. but B. and C. so D. /
12. _____ you put your watch in your inside pocket.
A. May be B. Maybe C. May D. Can
13. —How often do you _____ English books?
—Twice a day.
A. look at B. see C. read D. watch
14. He _____ goes to the movies.
A. sometime B. sometimes C. some times D. some time
15. An apple a day is good for your _____.
A. healthy B. health C. healthier D. unhealthy

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

短语PK

轻松登场



1. _____ the hotel, it's very clean and near the downtown.
A. As B. As for C. Because of D. For
2. I have _____ homework to do this evening.
A. too many B. many too C. too much D. much too
3. Her lifestyle is different _____ yours.
A. with B. from C. for D. in
4. — _____ do you go to the movies?
— Once a week.
A. How many B. How often C. How much D. How old
5. Is his pen _____ hers or different?
A. as B. the same C. the same as D. as for
6. What do your parents usually do _____ weekends?
A. in B. on C. for D. /
7. — _____ coffee do you drink each day?
— Three cups a day.
A. How soon B. How long C. How much D. How often
8. I _____ him to go there with me.
A. wish B. hope C. think D. let
9. — What's your father's favorite exercise?
— He likes to _____.
A. sing an English song B. watch TV
C. eat vegetables D. play soccer
10. Li Lei works in England. He comes to China _____.
A. three time a year B. three times a year C. three times year D. a year three times

快乐晋级



11. That's not your backpack. It _____ Peter's.
A. likes B. looks the same C. looks like D. looks after
12. His sister is only three years old so he must _____ her.
A. look after B. look for C. look at D. look over
13. I want _____ very much.
A. to go swim B. to go swimming C. go swimming D. go swim
14. Everyone wants to keep _____.
A. healthy B. health C. healthily D. to health
15. I speak _____ English _____.
A. every day; every day B. everyday; every day
C. everyday; everyday D. every day; everyday

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

词句跟踪

轻松登场



1. It's good _____ you _____ exercise.
A. for; to do B. for; do C. to; to do D. to; do
2. It is important _____ eight hours a night.
A. to sleep B. sleep C. sleeping D. slept
3. Can you help me _____ the house?
A. cleaning B. with clean C. of cleaning D. to clean
4. We should _____ to eat some vegetables.
A. try B. to try C. tries D. trying
5. He tries _____ English well, because it's important.
A. learn B. learning C. to learn D. learns
6. My teacher wants me _____ to school at six every morning.
A. come B. to come C. coming D. comes
7. Her habit is _____ his.
A. same as B. different from C. the different as D. the same at
8. —_____ have you been to Qingdao?
—Only once.
A. How often B. How long C. How many times D. How far
9. _____ I do have a healthy habit, _____ I am not very healthy.
A. Although; but B. But; although C. Although; / D. But; /
10. Good food and exercise _____ me to study better.
A. help B. helps C. helping D. to help

快乐晋级



11. It _____ me an hour _____ every day.
A. take; exercise B. takes; to exercise C. spends; to exercise D. spend; exercise
12. My habit is _____ with others after work.
A. to drink coffee B. to drinking coffee C. drinking coffees D. drink coffees
13. She says she _____ swimming.
A. is good at B. is good for C. is good in D. is good to
14. It is cold outside. Please _____.
A. keep the door open B. keeping the door opened
C. keeping the door close D. keep the door closed
15. —How long did you sleep last night?
—_____.
A. Twice a week B. For nine hours C. Half past nine D. Once or twice

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

语法专练

轻松登场



- My father likes football, but he _____ it. He only _____ football matches on TV!
A. plays; watches B. play; watch
C. doesn't play; watches D. plays; doesn't watch
- What about _____ Japanese next year?
A. studies B. to study C. studied D. studying
- _____ vegetables is _____ good for you.
A. Eat; too B. Eating; either C. Eat; also D. Eating; also
- How often do you take exercise?
—_____.
A. Every day B. Three hours C. At three o'clock D. In two hours
- _____ I'm a teacher, but I can't teach you everything.
A. Though B. Although C. / D. So
- It is important _____ English every day.
A. to read B. read C. reading D. reads
- _____ is not good for your health.
A. Eating junk food B. Eating junk foods
C. Eats junk foods D. Eats junk food
- I don't like _____.
A. to drink milks B. to drink milk C. drink milk D. drink milks
- Linda often _____ her homework in the evening, but now she _____ TV.
A. does; watches B. is doing; watches
C. does; is watching D. is doing; is watching
- _____ the Internet for a long time is not good for our eyes as well as health.
A. Surf B. Surfs C. Surfing D. Surfed

快乐晋级



- It's easy _____.
A. keep in good healthy B. to keep in good health
C. to keep in good healthy D. keep in good health
- He _____ with his friends on weekends.
A. go shopping B. to go shopping C. goes shopping D. going shopping
- It's very good _____ healthy food.
A. eat B. eating C. eats D. to eat
- He always buys _____ presents for his mother on her birthday.
A. many too B. too many C. too much D. much too
- The students have PE classes once _____ twice a week.
A. and B. but C. or D. so

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

综合演练

一、选择填空。

1. There is _____ meat at home. I must go to buy some.
A. few B. a few C. little D. a little
2. My healthy lifestyle helps me get _____.
A. good grade B. good grades C. well grade D. well grades
3. I try to eat _____ vegetables. It is good for my health.
A. much B. a lot C. lot of D. a lot of
4. Here _____ the results of the teacher activity survey at school.
A. am B. is C. are D. be
5. She looks _____ her health.
A. for B. at C. after D. around

二、判断改错。

6. —How soon are they going to play football? —For two hours.
A B C D
7. —Let's to play computer games. —That sounds interesting.
A B C D
8. —How long does she exercise? —Twice a day.
A B C D
9. Is your lifestyle the same as hers and different from hers?
A B C D
10. You look tired. You'd better to have a good sleep.
A B C D

三、选择单词或短语，用其适当形式填空，完成短文，每词限用一次。

hungry	do	weekdays	or	help	Sunday
big	food	washes	stay	clothes	but

What do you do at the weekend? Some people like to 11 at home, but others like to go for a walk 12 play football. My friend, Jack, works hard in a factory on 13. On weekends he always 14 different things. On Saturday he 15 his car and on 16 he goes with his family to a village by car. His uncle and aunt have a farm there. It isn't a 17 one, but there's always much work to do on the farm. The children 18 with the animals and give them their 19. Jack and his wife help his uncle in the fields. At the end of the day, they are all 20 and Jack's aunt gives them a big meal.

- | | | | | |
|-----------|-----------|-----------|-----------|-----------|
| 11. _____ | 12. _____ | 13. _____ | 14. _____ | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ | 19. _____ | 20. _____ |

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

周末点睛

一、辨析 be good for 与 be good at:

1. be good for 表示“对……有好处”，其反义词组是 be bad for，表示“对……有害”。注意介词 for 后需要用(动)名词或代词。例如：

Doing morning exercises is good for your health. 做早操对你的健康有好处。

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

2. be good at 表示“擅长，在……方面做得好”，而 be bad at 表示“在……方面做得不好”。注意介词 at 后需要用(动)名词或代词。例如：

Li Lei is good at singing, but I'm bad at it. 李雷擅长唱歌，但是我不擅长。

I am good at swimming, but my sister is good at drawing. 我擅长游泳，而我妹妹却擅长画画。

二、辨析 how often 与 how many times:

1. how often 是就频率提问，意为“多久……次”，用来提问在某一特定的时间进行某个动作的次数，答语通常是 usually, always, sometimes, often, once/twice a day/month, every day/week/month/year 等。例如：

—How often do you go to movies? 你多久去看一次电影？

—Often. 经常。

—How often do you go to see your aunt? 你多久去看一次你的姑姑？

—Once a month. 每月一次。

2. how many times 是就次数提问。

—How many times have you been to Beijing? 你去过北京几次？

—Three times. 三次。

三、辨析 some time, sometime, some times 与 sometimes:

1. some time 表示“一段时间”。例如：

After some time, he moved to another city. 过了一段时间，他就搬到了另一座城市。

2. sometime 表示“将来某个时候”。例如：

Li Lei will go to work in Chengdu sometime next year. 明年的某个时候李雷将去成都工作。

3. some times 表示“几次，几倍”。例如：

My father has been to England some times. 我父亲去过英国好几次。

4. sometimes 表示“有时，偶尔”。例如：

Sometimes they write to each other. 有时他们互相通信。

① 注意

巧记 some time 等的用法：分开是“一段”，相连为“某时”；分开 s 是“倍、次”，相连 s 是“有时”。

四、辨析 may be 与 maybe:

1. maybe 是副词，意思是“也许，可能”，在句中做状语，相当于 perhaps，常位于句首。例如：

Maybe he'll come tomorrow afternoon. 他可能明天下午来。

Maybe she put the letter in her pockets. 大概她把信放在衣袋里了。

2. 在 may be 中，may 是情态动词，be 是动词原形，两者构成完整的谓语形式，与主语形成系表结构，意为“也许是，可能是”。例如：

My watch may be in your pocket. 我的手表可能在你的口袋里。

He may be a teacher. 他可能是教师。

3. maybe 和 may be 可相互转换。例如：

He may be in the factory. = Maybe he is in the factory. 他或许在工厂。

They may be right. = Maybe they are right. 他们或许是对的。

Week Two

How often do you exercise?

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

词海拾贝

轻松登场



1. There are three _____ in our school these days.
A. active B. activity C. activities D. activitys
2. He tries _____ English well and finishes _____ two English articles every day.
A. to learn; to read B. learning; reading C. to learn; reading D. learning; to read
3. —How long are you going to stay in Japan?
—_____ two weeks.
A. For B. At C. In D. When
4. —When _____ he _____ coffee?
—About half an hour ago.
A. does; drink B. did; drink C. did; drank D. does; drinks
5. His mother wants him _____ good food.
A. buy B. to buy C. buying D. buys
6. Can you find the _____ between this box and that one?
A. different B. differences C. differents D. a difference
7. The girl in the white T-shirt likes _____.
A. junk food B. junk foods C. junks foods D. junks food
8. She is _____ than me.
A. more healthy B. healthier C. healthy D. much healthy
9. The weather in Beijing is different from _____ in Shanghai.
A. this B. that C. these D. those
10. We must _____ hard at school.
A. study B. studying C. to study D. studys

快乐晋级



11. I should try _____ again in class because it is too bad.
A. not sleep B. to sleep C. to not sleep D. not to sleep
12. Liu Mei is good at _____ English but I'm not.
A. learn B. learning C. to learn D. learns
13. You must read everyday English every day in the morning or you can't _____.
A. speaks good B. speaks well C. speak well D. speak good
14. She looks tired this morning because she _____ last night.
A. sleeps late B. slept late C. slept early D. sleep early
15. Today is the first day of this term. There must be _____ students in the school now.
A. much B. too much C. a little D. many

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

短语PK

轻松登场



1. —I have a toothache.
—You should _____ at once.
A. see a dentist B. drink some honey C. have a good rest D. listen to music
2. If you have some bad milk, you may _____.
A. have a headache B. have a stomachache C. have a sore throat D. have a cold
3. You are too tired. You should _____ and _____.
A. lie down; have a good rest B. lie down; have good rest
C. lies down; have a good rest D. lie down; has a good rest
4. What should I do? Can you give me _____?
A. an advice B. some advice C. any advices D. a advice
5. This time I want to do _____.
A. different something B. different anything
C. anything different D. something different
6. I have a bad cold, so I _____.
A. hurt my back B. have a stomachache C. have a sore throat D. have a toothache
7. She has a fever, she should _____.
A. drink lots of hot water B. drink lot of hot water
C. drink lot of hot waters D. drink lots of hot waters
8. It's difficult for them _____ before seven.
A. get there B. gets there C. getting there D. to get there
9. Mom was ill yesterday, but she says she is feeling very well _____.
A. in a moment B. a moment ago C. at the moment D. at that moment
10. He is staying in Beijing for only _____ days.
A. a little B. little C. a few D. few

快乐晋级



11. Do you have _____ or have _____?
A. a sore back; a stomachache B. sore back; stomachache
C. a sore back; stomachache D. sore back; a stomachache
12. He eats _____ meat, so he's _____ heavy.
A. much too; much too B. too much; too much
C. much too; too much D. too much; much too
13. My sister catches _____. She has two or three _____ a year.
A. colds; colds B. a cold; cold C. colds; cold D. a cold; colds
14. When you get _____, please listen to light music.
A. stress out B. stressed out C. thirsty D. hungry
15. —What's wrong with you?
—I'm not _____.
A. feel good B. feel well C. feeling good D. feeling well

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

词句跟踪

轻松登场



1. — _____?
— I have a headache, doctor.
A. What's the matter with you
B. What wrong with you
C. What's your name
D. What the matter with you
2. You are too tired. You _____ a good rest. You _____ so hard.
A. should have; should work
B. shouldn't have; should work
C. should have; shouldn't work
D. shouldn't have; shouldn't work
3. _____ is pretty difficult for me _____ science well.
A. That; to learn
B. That; learning
C. It; to learn
D. It; learning
4. Eating more fruit _____ your health.
A. is good at
B. is good for
C. is bad for
D. does well in
5. Yesterday she _____ to bed _____ 10 o'clock.
A. doesn't go; until
B. goes; until
C. didn't go; until
D. went; until
6. I think she _____ her spoken English.
A. need to improving
B. needs to improve
C. need to improve
D. needs to improving
7. It is important _____ a balanced diet.
A. for we to eat
B. for us to eat
C. for we eat
D. for us eating
8. Your son is 3 years old. He should practice _____.
A. to get dressed
B. stay health
C. stay healthy
D. getting dressed
9. She is often weak and tired. _____ she eats too much *yin*.
A. Maybe
B. May
C. May be
D. May
10. _____ you're not feeling well.
A. I'm sorry to hear that
B. I'm sorry hear that
C. I'm glad to hear that
D. I'm glad hear that

快乐晋级



11. I hope _____ a good time in the UK.
A. you to have
B. you have
C. to you have
D. for you to have
12. Sometimes I do my homework _____ 12 o'clock _____ night.
A. when; in
B. until; at
C. until; in
D. after; on
13. Her English isn't good; she _____ it.
A. is good at
B. is good for
C. is weak in
D. does well in
14. Everyone in our class _____ there.
A. want to go
B. wants to go
C. want going
D. wants going
15. Don't _____ him. He is only a child.
A. is angry to
B. is angry with
C. be angry to
D. be angry with

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

语法专练

轻松登场



1. I hope she is _____ herself in New York.
A. enjoy B. enjoys C. enjoying D. enjoyed
2. It is important _____ conversation practice.
A. to have B. have C. having D. had
3. You look so pale. You _____ go to the party.
A. should B. shouldn't C. have to D. may
4. You should _____ and apologize to him.
A. call B. to call C. calls D. called
5. Too much sun _____ you.
A. isn't good for B. aren't good for C. isn't good at D. aren't good at
6. _____ some hot tea with honey sounds like a good idea.
A. Drink B. Drinking C. Drinks D. Drank
7. He never _____ sports games _____ TV on school days.
A. watching; over B. to watch; in C. watch; by D. watches; on
8. —When _____ he _____ to our school?
—About half an hour ago.
A. does; come B. did; come C. did; came D. does; came
9. My headache started two weeks _____.
A. until B. ago C. before D. in front of
10. He shouldn't eat _____ for 24 hours.
A. something B. nothing C. anything D. many food

快乐晋级



11. You don't look well. You should _____ a doctor.
A. go to look at B. go to see C. watch D. look
12. I was doing my homework _____ 10 o'clock _____ evening.
A. at; yesterday B. until; last C. until; in D. after; on
13. People _____ are often tired should have hot yang foods.
A. / B. when C. what D. who
14. He has a sore back, so he _____ see a doctor.
A. have to B. has to C. had to D. to have
15. He _____ stay at home and looked after his mother yesterday.
A. need to B. has to C. had to D. must

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

综合演练

一、选择填空。

- What's the matter? You don't look very _____ today.
—I have a cold.
A. good B. better C. sad D. well
- I want to be a good English teacher _____ Miss Bai.
A. likes B. liking C. like D. to like
- We should eat a healthy _____ to stay healthy.
A. food B. habit C. medicine D. diet
- You should eat _____ two days after the operation (手术).
A. something in B. nothing for C. anything for D. everything at
- When people are always angry, they might have _____ *yang* in their lives.
A. a lot B. too many C. a little D. too much

二、判断改错。

- His sister wants to drink hot tea have honey. _____
A B C D
- There are a little students in the classroom. Where are they? _____
A B C D
- I have a sore throat. —You should eat hot food. _____
A B C D
- If you have a headache, you should see a dentist. _____
A B C D
- We go there may be once or twice a month. _____
A B C D

三、选择单词或短语，用其适当形式填空，完成短文，每词限用一次。

healthy	having	vegetables	shouldn't	advice	If
gets	exercise	for	listen to	to eat	water

Everyone 11 tired sometimes. When you are tired, you should follow the doctor's 12. First, you should go to bed early 13 a few nights. You 14 study late at night. 15 a good rest is good for your health. Second, you should 16 every day. Third, you should eat fruit and other 17 food, and it's important 18 a balanced diet. Don't get stressed out, or it makes you sick. You should 19 some music. You shouldn't study when you are tired. 20 you take the advice above, you'll be a healthy person.

- | | | | | |
|-----------|-----------|-----------|-----------|-----------|
| 11. _____ | 12. _____ | 13. _____ | 14. _____ | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ | 19. _____ | 20. _____ |