



清江外国语学校
Qingjiang Foreign Languages School

YIGANG LIANG'AN YIMO
一纲两案一模

英语·八年级上册

姚源波 主编

课程纲要
训练案

导学案
生本模式



四川大学出版社



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前 言

《基础教育课程改革纲要〈试行〉》的颁布，标志着我国基础教育将进入一个崭新的时代。为了建构一种对话、合作与探究的课程练习文化，形成一种开放、民主、科学的课程练习体系。在校本练习开发的过程中我们坚持认为：校本练习开发的主体是教师。校本练习开发应从学校教育教学实际出发，从学生和教师实际需要出发，从地区经济文化氛围和社会人才需求出发，对国家课程和地方课程进行必要的补充和完善。

校本练习开发的目标：首先要体现校本练习与国家课程、地方课程在培养目标一致的前提下根据本校的课程资源状况，了解学生多样化发展的需要，设置可供学生选择的练习；其二要满足教师专业发展的需要，提供恰当的培训，给予教师参与课程开发与练习的机会；其三独立或合作开发富有特色的课后练习，促进学生个性发展，培养学生可持续发展能力；其四要兼顾地区发展需要，丰富课后练习资源，鼓励学生家长或社会人士参与校本练习的开发。

我校校本练习开发是在广泛考查社会对人才素质的需求以及学生自我发展需要的基础上展开的，我们在校本练习开发和编写的过程中坚持以下几个原则：

一、课程练习设计要尊重人

这种构建过程必须最大限度地尊重每一个个体的需求和选择。校本练习作为课程改革的必然产物，要想最大限度地满足个体的需求和选择，就必须尊重每个人的选择，走自下而上的群众路线，体现较强的民主意识，使课程练习设计的每个环节都充分体现以人为本的价值观，达到课程练习主客体之间互动互需互馈的理想效果。

二、课程练习内容体现人

教师要引导和组织学生利用一切可利用的课程练习资源，启发他们发现问题，并力求运用已有的知识、能力和智慧来解决问题，从而提升自己的综合素质与能力。课程练习设计的目标应该指向人，使之定位于学生的健康成长与全面发展、和谐发展和自主发展。

三、课程练习评价判断人

作为研究性学习载体之一的校本练习，其评价必须变客体为主体，将评价手段和方式由单一的、定量的、静态的变为多元的、定性的、动态的。评价的内容应该侧重于个体成长的创造性和个体在群体实践的团队合作中表现出来的非智力因素的变化。评价的目的不在于选拔，而在于发现每个个体的独立人格和独特个性，肯定其在学习活动中的体验和感受，激发每一个个体的创新意识，使个体的实践精神和创新意识变成自我发展的一种内驱力，并使之在其他领域的社会实践与团队合作中的价值达到最大化，从而使个体的竞争意识与合作精神得到协调发展。

基于以上思考，我们组织了骨干教师参加的编写组，编写了本套校本练习教材。然而，由于我们对校本练习开发的认识还很肤浅，探索和实践活动也刚刚起步，因此内容显得十分的稚嫩；课程的开设和教材练习的编写也十分仓促。但可喜的是，我们的一些初步想法和行动得到了广大教育界专家和同行的支持与鼓励，以及广大教师、学生的积极参与。在此表示衷心的感谢。



为了在今后的校本练习开发过程中进一步拓宽思路，积极、主动、稳妥地加大改革力度，实现校本练习开发的制度化和校本练习的网络化，逐步形成具有我校鲜明特色的校本课程练习体系，我们热切期望关心课程开发和校本练习教材编写工作的专家和教育界同仁以及使用校本练习教材的广大教师、同学对我们工作中的疏漏和不足之处提出宝贵的意见和建议。

我们的理念是：没有最好，只有更好。我们愿与所有同仁一起，不断地追求更好！

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Unit

1



Playing Sports

Topic 1 I'm going to play basketball

Section A

I. Studying aims (学习目标)

1. 学会用 be going to 表达篮球及相关运动;
2. 学会表达希望、邀请、喜好的功能句。

II. The key points and difficult points (重难点)

掌握 be going to do 表将来计划与打算的肯定句、否定句、疑问句的用法;

III. 知识详解

1. 【课文原句】I often saw you play basketball during the summer holiday.

【归纳用法】see sb. do sth. 表示看见某人_____;

see sb. doing sth. 看到某人_____

【尝试运用】他看见她过桥了。_____

你能看见他正在那里踢足球吗? _____ 2. 【课文原句】Which do you prefer, swimming or rowing?

【归纳用法】prefer 后接_____, _____ 或_____, 相当于_____和……相比更喜欢……

【尝试运用】我爷爷更喜欢读报纸。_____

和数学相比我更喜欢英语。_____

她去年喜欢跳舞胜过唱歌。_____

3. 【课文原句】Are you going to join the school rowing team?

【归纳用法】加入某人的行列, 和某人一起_____

加入某个组织_____

参加某项活动、会议_____相当于_____

【尝试运用】你愿意加入我们吗? _____

这学期我打算加入学校滑冰队。_____

Jane 打算参加乒乓球比赛。_____

4. 【课文原句】... but he has to practice every day.

【归纳用法】practice n. & v. 练习某事_____

练习做某事_____

【尝试运用】他每天练习打网球。_____



Section A

I. 根据所给汉语提示, 写出空缺处单词的正确形式

1. He has to practice _____ (划船) every day.
2. James feels _____ (相当) happy when he knows his best friend is coming.
3. Yesterday they _____ (赢) the game.
4. Our class is going to play _____ (对着) Class Four next week.
5. There are some girls in our school soccer _____ (队).

II. 用括号内所给单词的适当形式填空

1. I often see some students _____ (run) on the playground in the afternoon.
2. This is our _____ (one) soccer game in our school this term.
3. I'm going to go _____ (cycle) this evening.
4. Jane _____ (do) sports this evening.

III. 单项选择

- () 1. We'll play _____ Class Two this afternoon. Will you come and _____?
A. with; cheer our on B. to; cheer we on C. against; cheer us on
- () 2. —Did your brother play basketball much last term?
—Yes, _____.
A. quite a few B. quite a bit C. seldom
- () 3. —Does Tom prefer _____?
—Yes, I often see him _____ it on weekends.
A. skate; playing B. skating; play C. skating; playing
- () 4. —Would you like to go shopping with me this weekend?
—Yes, _____.
A. I'd love to B. I'd like C. I'd love to do
- () 5. Jane is going _____ the sports club.
A. to join B. joining C. will join

IV. 根据汉语完成句子, 每空一词

1. 你将去打篮球吗?
_____ you _____ basketball?
2. 你愿意来为我加油吗?
Would you like to come and _____ me _____?
3. 我希望我们队获胜。
I _____ our team _____.
4. 游泳和跑步你更喜欢哪一个?
_____ do you _____, swimming or running?
5. 你要参加校运会吗?
Are you going to _____ the school _____?



Section B

I. Studying aims (学习目标)

1. 能够用 be going to 谈论自己的梦想。

II. The key points and difficult points (重难点)

1. 认识并掌握关于职业的单词；
2. 用 be going to 表达理想。

III. 知识详解

1. 【课文原句】He played for the Houston Rockets in the NBA.

【归纳用法】为(某球队)效力_____

【尝试运用】我女儿将要为学校篮球队打球。

2. 【课文原句】What are you going to be when you grow up?

【归纳用法】be going to be 强调_____

be going to do 强调_____

grow 过去式为_____；grow up _____

【尝试运用】我将来打算当一名舞蹈家。

你的弟弟长大了想做什么？

今天下午他要去唱歌。

3. 【课文原句】... but she is going to be ... in the future. It's her dream.

【归纳用法】in the future _____；

dream n. & v. 我梦想中的工作_____

【尝试运用】他今后想成为一名飞行员。

她梦想中的工作是女警。



Section B

I. 根据所给首字母提示, 写出空缺处单词的正确形式

1. Alice's is going to be a great singer when she g _____ up.
2. What will life be like in the f _____?
3. He wants to be a p _____.
4. My sister's d _____ is to be a dancer.
5. There are two s _____ talking in the lab (实验室).

II. 用括号内所给单词的适当形式填空

1. My daughter wants to be a _____ (music) one day.
2. They _____ (watch) animals in the zoo the day after tomorrow.
3. Phelps _____ (win) eight gold medals in swimming in the 2008 Beijing Olympics.
4. Many _____ (fisherman) are fishing by the river.
5. Who's your favorite football _____ (play)?

III. 句型转换

1. The old man is going to do exercise with his grandson. (改为一般疑问句)

2. Is your mother going to Shanghai next week? (作肯定回答)

3. Kangkang is going to help his father clean the car tomorrow. (对画线部分提问)

4. Tom is going to Japan tomorrow. (对画线部分提问)

5. Bill is going to the beach with some friends next month. (对画线部分提问)
-



Section C

I. Studying aims (学习目标)

1. 进一步学习有关运动的表达;
2. 正确使用 There be 句型的一般将来时;
3. 能通过图片和信息进行预测。

II. The key points and difficult points (重难点)

2. 学会运用 spend;
3. 熟练掌握 there be 句式的将来时态。

III. 知识详解

1. 【课文原句】She spends half an hour doing exercise in the gym every day.

【归纳用法】spend 表示“花费; 度过”, 通常接表示_____和_____的名词。

spend ... (in) doing sth. 或者 spend ... on sth. 其过去式为_____

【尝试运用】我妈妈昨天花了 3 小时打扫卫生。

她花很多钱买衣服。(用两种句型表达)

他们度过了一个美好的夜晚。

2. 【课文原句】There is going to be a school sports meet next weekend.

【归纳用法】此句是_____句型的一般将来时。结构是_____

或者 There will be ...

【尝试运用】下周四将有一次班会。

今天下午在操场上将有一些男生踢足球。(用两种句型表达)

3. 【课文原句】Because it makes him strong and it's popular all over the world.

... help her heart and lungs healthy

【归纳用法】make /keep +sb. /sth. +adj 使某人/某物 (保持)

make+ sb. /sth. +do 使某人/某物做某事

保持健康_____ / _____

使我健壮_____ ; 使我笑 _____

【尝试运用】不要让他讲话。_____

He always keeps the door _____ (close).



Section C

I. 根据所给汉语提示, 写出空缺处单词的正确形式

1. Tom _____ (花费) 10 yuan on the story book.
2. I often go to the movies with my parents on _____ (周末).
3. Jim does _____ (锻炼) in the gym every morning.
4. Swimming is a good way to _____ (放松).
5. Doing sports is good for our _____ (健康).

II. 单项选择

- () 1. Michael Jordan is good _____ playing basketball.
A. for B. at C. in
- () 2. They spend much time _____ TV last year.
A. watch B. seeing C. watching
- () 3. —How often does Mary go to the gym?
—_____.
A. Twice a week B. For two hours C. At two o'clock
- () 4. The news makes him _____.
A. happy B. happily C. happiness
- () 5. He is going to _____ the sports meeting this year.
A. join B. be C. take part in

III. 完形填空

Swimming is very popular. People like 1 in summer because water makes people feel 2. If you like swimming but swim in a wrong place, it may be 3. These years, a lot of people 4 when they were 5 themselves in the water, and most of them were students. Some people are not 6 in swimming. They often think they swim so well that 7 will happen to them in the water. Summer is here again. If you 8 swimming this summer, don't get into water when you are 9. If there is a "No Swimming" sign, still don't get into water. If you remember these, swimming 10 safe. Swimming is good for your health.

- () 1. A. boating B. running C. swimming
- () 2. A. hot B. cool C. cold
- () 3. A. dangerous B. safe C. danger
- () 4. A. dying B. died C. dead
- () 5. A. enjoying B. enjoyed C. helping
- () 6. A. careless B. care C. careful
- () 7. A. nothing B. anything C. everything
- () 8. A. will go B. go C. goes
- () 9. A. alone B. lonely C. safe
- () 10. A. is B. be C. will be



Section D

I. Studying aims (学习目标)

1. 总结 be going to 的相关语法和功能;
2. 通过阅读有关运动明星的情况训练对细节信息的捕捉。

II. The key points and difficult points (重难点)

1. 熟练掌握 be going to 的用法。

III. 知识详解

1. 【课文原句】He arrived in Beijing with his teammates yesterday.

【归纳用法】arrive _____ 到达 (大地方); arrive _____ 到达 (小地方)

相当于 get to

【尝试运用】你妈妈将要到达北京火车站了。

他们上个月到达美国。

你昨天什么时候到的?

2. 【课文原句】They're going to play against China's national team tomorrow.

【归纳用法】play against 意为 _____; play with 意为 _____

【尝试运用】我们明天将和 3 班进行比赛。

他经常在花园里和他的小狗一起玩。

- 3 【课文原句】It's too bad that the team isn't going to stay for long.

【归纳用法】It's too bad that ... 相当于 It's a pity that ... 意为 _____

【尝试运用】遗憾的是我不能和你一起去看 NBA 了。

4. 【课文原句】They are leaving for Japan the day after tomorrow for a game with Japan's national team.

【归纳用法】leave for 意为 _____ leave A for B 意为 _____

are leaving for 为进行时态表将来, 类似的还有 go, come, arrive, fly, start ...

【尝试运用】他们后天将去北京。

他们后天将离开恩施去北京。

今天下午我要飞往武汉。



Section D

I. 阅读理解

In almost every big university in the United States, football is a favorite sport. American football is not like soccer.

Players sometimes kick (踢) the ball, but they also throw (扔) the ball and run with it. They try to take it to the other end of the field; they have four chances to move the ball ten yards (码). They can carry it or throw it. If they move it to the end of the field, they receive six points. This is called a touch-down (持球触地).

It's difficult to move the ball. Eleven men on the team try to stop the man who has the ball. If the man does not move the ball ten yards, his team kicks the ball to the other team.

Thousands of people come to watch. They all yell for their favorite team. They dance and jump while they yell. Each team plays ten or eleven games each season. The season begins in September and ends in November. If a team is very good, it may play another game after the season ends. The best teams play again on January the first. Many people go to see these games and many others watch them on TV.

- () 1. In America, football players can _____.
A. only kick the ball B. only carry the ball
C. kick, throw and carry the ball
- () 2. There are _____ on each team.
A. ten players B. eleven players C. twelve players
- () 3. If the man does not move the ball ten yards, his team has to _____.
A. go home B. carry the ball ten yards
C. kick the ball to the other team
- () 4. The best teams play again _____.
A. on Christmas B. after the season ends C. on New Year's Day
- () 5. The underlined word "yell" in the passage means "_____".
A. shout (喊) loudly B. jump C. talk loudly

II. 书面表达

下面是 Mike 的锻炼计划, 请根据时间提示, 写一篇 60 词左右的短文, 注意要有一定的感想。

Time	Activity
8: 30—9: 30 Wednesday morning	do sports in the gym
4: 00—5: 30 Friday afternoon	swim
1: 00—2: 30 Saturday afternoon	climb mountains
tomorrow morning	fly kites



Topic 2 I'll kick you the ball again

Section A

I. Studying aims (学习目标)

1. 学习并掌握本课生词及短语;
2. 学习提出请求句型 “Would /Do you mind (not) doing sth. ?/Will you ...?”;
3. 能够灵活使用双宾语结构。

II. The key points and difficult points (重难点)

1. 能掌握并运用 Would you mind ...? 句型;
2. 能掌握并运用双宾语结构。

III. 知识详解

1. 【课文原句】Would you mind teaching me?

【归纳用法】mind 意为_____，后接_____或_____；never mind 意为_____

“Would/Do you mind doing sth. ?” 是表达请求允许的常用句型。

如果介意，回答为_____

如果不介意，回答为_____

它的否定结构是：_____

类似的句型还有：_____

【尝试运用】你介意和我一起打网球吗?

你介意别人在这吸烟吗?

如果我把自行车停这儿，你介意吗?

2. 【课文原句】Could you please give me a hand?

【归纳用法】give sb. a hand=_____

3. 【课文原句】I'll kick the ball to you. /And you pass me the ball like this.

【归纳用法】kick sth. to sb. =_____ pass sb. sth. =_____

此为双宾语结构，类似的用法还有：

buy sb. sth. =buy sth. for sb.

show sb. sth. =show sth. to sb.

give sb. sth. = give sth. to sb.

make sb. sth. =make sth. for sb.

bring sb. sth. = bring sth. for/to sb.

注：当 sth. 为代词时，只能用动词+代词+to/for sb.

4. 【课文原句】Keep trying.

【归纳用法】keep doing sth. 意为_____；

keep sb. /sth. doing sth. 意为_____

【尝试运用】你要继续努力学习英语哦!

老师让他一直练习打篮球。



Section A

I. 根据句意及首字母补全单词

1. Kangkang, I'll k _____ the ball to you. Catch!
2. Don't stand here. You can go s _____ else.
3. Jane was i _____ yesterday, so she didn't come to school.
4. —Would you m _____ passing me a book?
—C _____ not.
5. Don't t _____ the food into the cage in the zoo.

II. 根据汉语提示完成句子

1. I'd like to _____ (帮他一个忙).
2. You should go home _____ (立刻, 马上).
3. It was cold yesterday. He _____ (病倒了).
4. Will you join us? I'd _____ (十分乐意).
5. Never mind. _____ (继续努力).

III. 单项选择

- () 1. —Could you please _____ me?
—Sure.
A. teaches B. teach C. teaching
- () 2. —Would you mind _____ me your phone number?
—Not at all.
A. telling B. tell C. tells
- () 3. One of my classmates _____ Chinese, but I like math.
A. like B. likes C. liked
- () 4. —Let's go and practice _____.
—OK.
A. swimming B. swim C. swims
- () 5. —I'd like to read the book over there. Could you pass _____, please?
—Certainly. Here you are.
A. me it B. it to me C. me for it

IV. 按要求完成句子

1. —Would you mind waiting for a little while? (做出回答)
—_____ not.
2. She is not good at English. (同义句)
She _____ English.
3. I'll pass you the pencil. (同义句)
I'll _____ the pencil _____ you.
4. Don't throw bottles around. (同义句)
Don't throw bottles _____.
5. She wants to go to somewhere else. (否定句)
She _____ to go to _____.



Section B

I. Studying aims (学习目标)

1. 学习并掌握本课生词及短语;
2. 学会用英文表达歉意和接受道歉;
3. 灵活运用双宾语结构。

II. The key points and difficult points (重难点)

1. 能够准确运用双宾语结构;
2. 能够用英文表达歉意和接受道歉。

III. 知识详解

1. 【课文原句】Don't shout at me like that!

【归纳用法】shout at sb. 意为_____ ; shout to sb. 意为_____

【尝试运用】现在, 孩子经常会对着父母大吼大叫。

他大声跟他爷爷讲话, 但他爷爷没听见。

2. 【课文原句】Michael doesn't do well in soccer but he did his best.

【归纳用法】do one's best 意为_____, 同义词组_____

do one's best to do sth. 意为: _____

【尝试运用】我会尽力帮助你。

3. 【课文原句】Don't be angry with each other.

【归纳用法】be angry with sb. 意为_____ 同义词组为 be mad at sb.

【尝试运用】他昨天真的生我的气了。

4. 【课文原句】—Kangkang, what about saying sorry to Michael?

—Michael, I am sorry for what I said.

—It's nothing.

【归纳用法】say ... to sb. 意为_____ ;

向某人道谢/道歉/道别/问候_____

be sorry for. 意为_____, 还可表达为 be sorry + that 从句/to do

对于别人的道歉可回答为 It's nothing. 还可回答为_____

【尝试运用】请向你的父母问好。_____

我对我所做的感到抱歉。_____

对不起我迟到了。(用三种方法表达)