

CENTURY
ORIENTAL 21 世纪东方



Junior High
School English

快捷英语·听力



Junior High
School
English

周周练

•活页卷•

八年级上



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丛书主编 / 于 雨
分册主编 / 于 雨
宋兆会

初中英语

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(八年级上)

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编者的话

听能是理解的技能，在语言学习和交际中与其他三项技能相辅相成、相互促进。学生应通过大量的专项技能训练，切实提高听力水平，培养综合语言运用能力，为真实语言交际打好基础。同时，听力理解也是中高考听力测试中的重要题型。然而，由于缺乏高质量的训练用书和合理有效的训练计划，听力水平的提高成为很多学生头疼的问题，听力理解成为众多学生的得分难点。为帮助广大学生养成良好的听力训练习惯、有效提高听力理解水平，我们特组织了一批一线特、高级名师编写了这套《快捷英语·听力周周练》丛书，以期通过科学有效的训练安排、足量的听力训练时数和画龙点睛的技巧指导，帮助广大中学生较快地提高听力理解水平。

丛书特点

- ▶ **间隔训练** 高中每隔一日、初中每隔两日进行一次标准化的听力训练。保持最强的心理关注度，效果最好。
- ▶ **经典表达** 每周末均把本周录音中出现的常用表达列出，利于学生重点掌握高频常用表达，积累听力理解语言素材。
- ▶ **讲练结合** 每周末均安排一次技巧小讲座。讲述听力选练技巧及听力应试技巧。
- ▶ **语料真实** 所有语言材料均来自真实生活场景，语言流畅、自然，最大限度地保证了在真实语境中测试考生语言运用能力目标的实现。
- ▶ **设题规范** 考点全面，涵盖理解主旨要义，获取事实性具体信息，推断谈话背景及说话者之间的关系；理解说话者意图、观点和态度等各方面。话题丰富，完全涵盖课程标准、考试说明的话题范围。
- ▶ **审定权威** 所有听力素材及测试题均通过测试专家严格审读定稿，保证了素材语言准确生动，试题规范合理。
- ▶ **专家朗读** 全部录音均由英语听力专家朗读，吐字清晰，发音纯正。
- ▶ **数码录音** 超长数码磁带。全部采用数码录音，严格控制录音、剪辑和磁带制作过程，音质清晰。

训练建议

丛书分七年级上、七年级下、八年级上、八年级下、中考、高一年级上、高一年级下、

高二年级上、高二年级下和高考分册，共 10 分册。

间隔训练 高中每隔一日、初中每隔两日做一套听力训练测试题。

限时训练 训练前应保证周围环境比较安静，并限定训练时间长度（初中 15 分钟左右，高中 18 分钟左右）。

查缺补漏 训练完成后，核对答案。将做错的题再听一遍，查明做错的原因，并做好针对性的弥补计划。

周末总结 将本周训练的听力材料再重新听一遍，尽量默声复述听过的内容，并记下周末总结的“经典表达”。

举一反三 阅读周末的技巧指导栏目，理解其所讲述的方法，努力在以后的精听、泛听实践中应用。

目 录

WEEK 1	How often do you exercise?.....	1
WEEK 2	What's the matter?	6
WEEK 3	What are you doing for vacation?.....	11
WEEK 4	How do you get to school?.....	16
WEEK 5	Can you come to my party?	21
WEEK 6	I'm more outgoing than my sister.	26
WEEK 7	期中测试题 (一)	31
WEEK 8	期中测试题 (二)	33
WEEK 9	How do you make a banana milk shake?	35
WEEK 10	How was your school trip?	40
WEEK 11	When was he born?.....	45
WEEK 12	I'm going to be a basketball player.	50
WEEK 13	Could you please clean your room?	55
WEEK 14	What's the best radio station?	60
WEEK 15	期末测试题 (一)	65
WEEK 16	期末测试题 (二)	67
录音稿	69
参考答案	104

How often do you exercise?





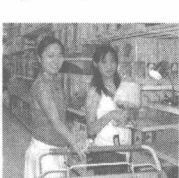
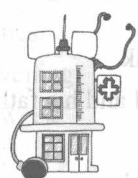


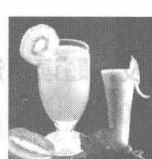



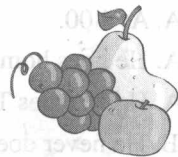



TEST 1

1



基础达标

I. 听句子，选出与之相符的图片。每个句子读一遍。(共 5 小题；每小题 1 分，满分 5 分)

<p>() 1. A. </p>	<p>B. </p>	<p>C. </p>
<p>() 2. A. </p>	<p>B. </p>	<p>C. </p>
<p>() 3. A. </p>	<p>B. </p>	<p>C. </p>
<p>() 4. A. </p>	<p>B. </p>	<p>C. </p>
<p>() 5. A. </p>	<p>B. </p>	<p>C. </p>

II. 听句子，选择适当的答语。每个句子读一遍。(共 5 小题；每小题 1 分，满分 5 分)

- | | | |
|------------------------------------|------------------------------------|--------------------------------------|
| () 6. A. He often plays sports. | B. I have a good habit. | C. I often do some reading at home. |
| () 7. A. Hardly ever. | B. It's a good movie. | C. Three times. |
| () 8. A. English songs. | B. Math. | C. I like swimming. |
| () 9. A. Because I don't like it. | B. Because it's bad for my health. | C. Because it is good for my health. |
| () 10. A. Yes, I am. | B. No, I can't. | C. I think so. |

III. 听对话，选择正确答案。(共 10 小题；每小题 1 分，满分 10 分)

A) 你将听到五段对话及五个问题。每段对话及问题读一遍。

- () 11. A. Yes, she often does that.
 B. Yes, she sometimes does that.
 C. No, she never does that.



- () 12. A. Once a day. B. Twice a day. C. Once a week.
- () 13. A. Yes, they usually do that.
B. No, they want to watch TV.
C. No, they decide to read English stories.
- () 14. A. Five. B. Few. C. 90 percent of all.
- () 15. A. He often plays sports. B. He always goes home. C. Me, too.
- B) 你将听到一段对话及五个问题。对话及问题读两遍。
- () 16. A. Health. B. Drinks. C. Parents.
- () 17. A. He never drinks milk.
B. He sometimes drinks milk.
C. He drinks milk every day.
- () 18. A. Tea. B. Milk. C. Coffee.
- () 19. A. Bill. B. Bill and his father. C. Betty and Bill's father.
- () 20. A. It's the most healthy drink.
B. It's the best drink in the world.
C. It's better to drink with milk.

IV. 听短文及问题, 选择正确答案。短文及问题读两遍。(共 5 小题; 每小题 1 分, 满分 5 分)

- () 21. A. At 6:30. B. At 6:40. C. At 7:30.
- () 22. A. By bike. B. By bus. C. He walks to school.
- () 23. A. At 4:00. B. At 5:30. C. At 3:30.
- () 24. A. He goes home. B. He has supper. C. He prepares his dinner.
- () 25. A. He watches TV.
B. He never does his homework.
C. He often does his homework.

V. 听短文, 填表格。短文读两遍。(共 5 小题; 每小题 1 分, 满分 5 分)

	Reading English	Learning English Words
Most students	26. _____	27. _____
Some students	28. _____	29. _____
No students	Every day	30. _____

TEST 2



每周一测

I. 听句子, 选出你所听到的信息。每个句子读一遍。(共 5 小题; 每小题 1 分, 满分 5 分)

- | | | |
|------------------|---------------|--------------|
| () 1. A. ever | B. never | C. catches |
| () 2. A. there | B. result | C. sitting |
| () 3. A. drink | B. cola | C. junk |
| () 4. A. wife | B. difference | C. different |
| () 5. A. though | B. eats | C. health |

II. 听句子, 选择适当的答语。每个句子读一遍。(共 5 小题; 每小题 1 分, 满分 5 分)

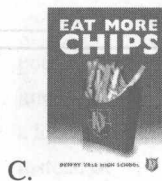
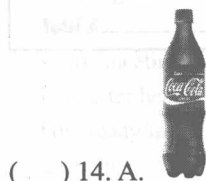
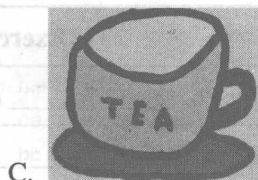
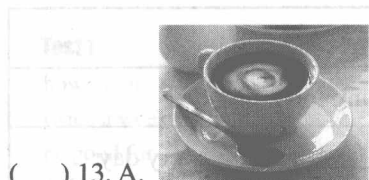
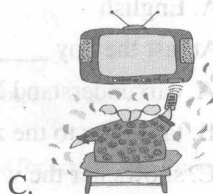
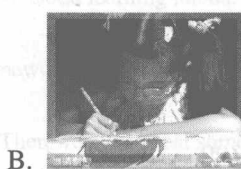
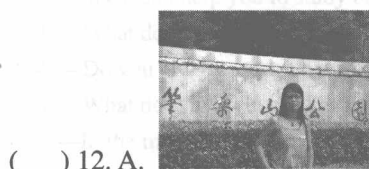
- | | | |
|------------------------------------|--------------------|------------------|
| () 6. A. By bus. | B. Sometimes. | C. Sometime. |
| () 7. A. Twice a day. | B. In the evening. | C. Two hours. |
| () 8. A. Four hours. | B. Once a week. | C. Once. |
| () 9. A. Yes, I do. | B. Me, too. | C. Neither do I. |
| () 10. A. Good food and exercise. | | |

B. Having a good grade.




C. Eating junk food.

III. 听对话, 选择正确答案。(共 10 小题; 每小题 1 分, 满分 10 分)

A) 你将听到五段对话及五个问题。每段对话及问题读一遍。





- () 15. A.  B.  C. 
- B) 你将听到一段对话及五个问题。对话及问题读两遍。
- () 16. A. 30. B. 40. C. 50.
- () 17. A. They play basketball. B. They go running. C. They play soccer.
- () 18. A. Yes, they eat them much.
B. No, they eat some vegetables.
C. No, they eat eggs.
- () 19. A. Hardly ever. B. Often. C. Always.
- () 20. A. Yes, he eats healthy food.
B. Yes, he often eats junk food.
C. No, he eats junk food.

IV. 听短文, 选择正确答案。短文读两遍。(共 5 小题; 每小题 1 分, 满分 5 分)

- () 21. Mary is _____.
A. American B. English C. Chinese
- () 22. Mary is in _____ with her parents now.
A. Shanghai B. Beijing C. New York
- () 23. Mary doesn't know how to get to _____.
A. the zoo B. the park C. her school
- () 24. Mary can't speak _____ very well.
A. English B. Japanese C. Chinese
- () 25. At last the boy _____.
A. can understand Mary's Chinese
B. takes her to the zoo
C. shows her the way to the zoo

V. 听短文, 填表格。短文读两遍。(共 5 小题; 每小题 1 分, 满分 5 分)

Exercise	Food
Run for 26. _____ every morning.	Never eat junk food.
Swim in the club 27. _____.	Drink 29. _____ every day.
Go to work 28. _____ every day.	For dinner, only 30. _____.

WEEKEND 周末

锦囊妙计，应对听力（一）

● 锦囊妙计一 轻装上阵，放松心情

面对听力测试，不能有丝毫的恐惧心理，要控制自己的情绪，将注意力集中在考卷上。不要把听力测试想得那么神秘，要始终保持积极、乐观的态度，轻轻松松上阵，才能在听力考试中立于不败之地。

● 锦囊妙计二 加强训练，培养习惯

“听能塑造在平时”，所以在平时大家要多加强听力的训练，做到“听说领先，读写跟上”。听录音、听广播或互读互听等都是训练听力的好方法，听得多了，就会像上台阶似的一级一级地提高。另外，听英语要具有良好的习惯，例如坚持不看听力材料，听时集中注意力，听说结合等等。

● 锦囊妙计三 掌握方法，注意审题

在听力考试中，首先要有足够的心理准备，要在发卷到答题的短短的 3—5 分钟时间里，快速浏览听力试题，做到心里有数，这样在听录音时才不至于手忙脚乱。还要注意题目中提到的重点内容，听的时候才能有重点地捕捉信息。

重点句型

1. My mother would like me to drink milk in the morning.
2. Although he eats too much, he is healthy.
3. If you have a cup of coffee, you don't feel sleepy.
4. We hardly ever eat junk food.
5. But she doesn't know how to get there.
6. In the evening, she only eats fruit and drinks milk for dinner.

交际用语

1. —How often do they eat junk food? —Once a week.
2. —What can help you to study better? —Good learning habits.
3. —What do you usually do on weekends? —We usually play sports.
4. —Do you always stay at home and do homework on Saturday? —Sometimes I watch TV.
5. —What do you eat every day?
—In the morning we have eggs and milk. Then we always eat some vegetables for lunch. For dinner, we often eat fruit. We hardly ever eat junk food.

Test 1

how often	多久一次	do exercise	做操	hardly ever	很少
twice a week	每周两次	as for	至于	on weekends	在周末
be good for	有益于	at noon	在正午	be over	结束
TV program	电视节目				

Test 2

sports meeting	运动会	be different from	不同于	potato chips	土豆片
look after health	关注健康	be bad for	对……有害	junk food	垃圾食品
how many/much	多少	eating habits	饮食习惯	a lot of	许多
take out	拿出来	lose weight	减肥	instead of	代替



What's the matter?



TEST

3

(一) 听力训练



基础达标

I. 听句子，选出你所听到的信息。句子读一遍。(共 5 小题；每小题 1 分，满分 5 分)

- | | | |
|-------------------|--------------|-----------|
| () 1. A. hurry | B. must | C. matter |
| () 2. A. badly | B. coat | C. cold |
| () 3. A. fever | B. ever | C. thirty |
| () 4. A. problem | B. tradition | C. day |
| () 5. A. here | B. few | C. die |

II. 听句子，选择适当的答语。每个句子读一遍。(共 5 小题；每小题 1 分，满分 5 分)

- | | | |
|--|-----------------------|--------------------------------|
| () 6. A. I'm too tired. | B. Yes. I'm hungry. | C. I have a healthy lifestyle. |
| () 7. A. Yes, I do. | B. I have a headache. | C. No, I have a stomachache. |
| () 8. A. You should drink hot tea with honey. | | |

B. You should see a dentist.

C. You shouldn't see a doctor.

- | | |
|---|--|
| () 9. A. Because tofu is a Chinese food. | B. Because tofu is a kind of healthy food. |
| C. Because you shouldn't eat too much. | |
| () 10. A. Yes, I should. | B. Thank you. |
| C. Just so-so. | |

III. 听对话，选择正确答案。(共 10 小题；每小题 1 分，满分 10 分)

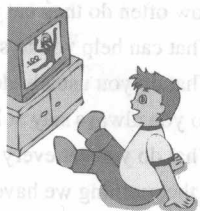
A) 你将听到五段对话及五个问题。对话及问题读一遍。



() 11. A.



B.



C.



() 12. A.



B.



C.



() 13. A.



B.

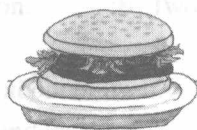


C.

() 14. A.



B.



C.



() 15. A.



B.



C.



B) 你将听到一段对话及五个问题。对话及问题读两遍。

() 16. A. He is going with Zhang Wen.

B. He is going to buy a basketball.

C. He is going to play basketball.

() 17. A. Because she has to see Han Mei in the hospital.

B. Because she can't play basketball.

C. Because she is ill.

() 18. A. She has a stomachache.

B. She has a sore throat.

C. She needs to see a dentist.

() 19. A. He will go to see her.

B. He can't go to see her.

C. He wants her to have a good rest.

() 20. A. A football.

B. Some flowers.

C. Some fruits.

IV. 听短文及问题, 选择正确答案。短文及问题读两遍。(共 5 小题; 每小题 1 分, 满分 5 分)

() 21. A. Mike works in a factory.

B. Mike works in an office.

C. Mike works in a restaurant.

() 22. A. Because she likes cooking.

B. Because she loves her husband very much.

C. Because she doesn't have a job.

() 23. A. Because he wanted to have dinner in a restaurant.

B. Because he had a lot of work to do.

C. Because his wife didn't cook dinner.

() 24. A. Mike was happy.

B. Mike was angry.

C. Mike was hungry.

() 25. A. She could have dinner ready.

B. She could make a phone call.

C. She could get herself ready to go to the restaurant.

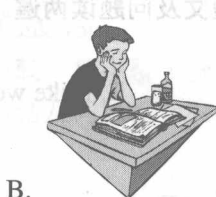
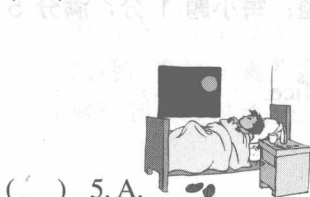
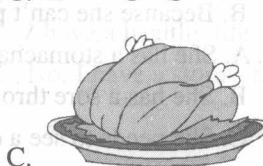
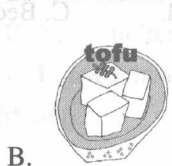
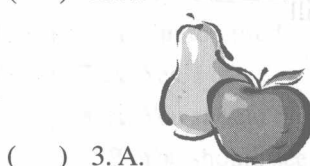
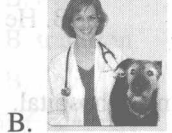
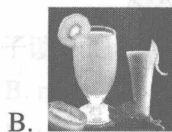
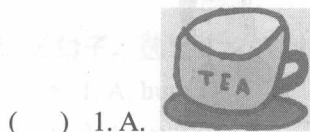
V. 听短文, 填表格。短文读两遍。(共 5 小题; 每小题 1 分, 满分 5 分)

Name	Illness
Li Ming	26. _____
Zhang Hai	27. _____
Feng Li	28. _____
Li Li	29. _____
Wang Hai	30. _____

TEST 4

每周一测

I. 听句子, 选出与之相符的图片。每个句子读一遍。(共 5 小题; 每小题 1 分, 满分 5 分)



II. 听句子, 选择适当的答语。每个句子读一遍。(共 5 小题; 每小题 1 分, 满分 5 分)

- () 6. A. Yes, me too. B. Really? I can't believe. C. I hope so.
- () 7. A. I'm fine, thank you. B. It's good for me. C. I'm improving it.
- () 8. A. I should drink some water. B. I study late until 11 o'clock these days. C. I need to talk with you.
- () 9. A. I'm sorry to hear that. B. You don't need to see a doctor. C. You should study hard.
- () 10. A. Playing basketball can help you a lot. B. Eating Dangshen and Huangqi herbs is good for that. C. Don't ask me.

III. 听对话, 选择正确答案。(共 10 小题; 每小题 1 分, 满分 10 分)

A) 你将听到五段对话及五个问题。每段对话及问题读一遍。

- () 11. A. He's hungry. B. He cuts his arm badly. C. He has a little cold.
- () 12. A. Yes, it does. B. No, it doesn't. C. We don't know.

- () 13. A. She has to look after her grandson. B. Two days ago.
C. She has a fever.
- () 14. A. Have a math test. B. Worry about himself. C. Listen to music.
- () 15. A. Ice cream. B. Cakes and ice cream. C. Nothing sweet.

B) 你将听到一段对话及五个问题。对话及问题读两遍。

- () 16. A. She has a headache. B. She can't sleep very well at night.
C. She is too weak to do any work.
- () 17. A. Last night. B. Last month. C. Two months ago.
- () 18. A. Because she wants to keep thin. B. Because she wants to sleep well.
C. Because she has a problem.
- () 19. A. No, she doesn't eat any food. B. Yes, she eats too much.
C. Yes, she only has a little milk.
- () 20. A. Eating too little. B. Eating two meals a day.
C. Taking more food and some exercise.

IV. 听短文及问题, 选择正确答案。短文及问题读两遍。(共 5 小题; 每小题 1 分, 满分 5 分)

- () 21. A. He was very sick. B. He was too fat and could not walk quickly.
C. He came to send a letter to him.
- () 22. A. Because the man spoke to him like a doctor.
B. Because he thought he knew the man's problem.
C. Because the man was slow in speaking.
- () 23. A. Because they ate too much junk food.
B. Because they spent much time on their computer.
C. Because they did not have enough exercise.
- () 24. A. It happened in the doctor's room. B. It happened in the man's office.
C. It happened near the post office.
- () 25. A. Twenty minutes. B. Seven hours. C. Twenty hours.

V. 听短文, 填表格。短文读两遍。(共 5 小题; 每小题 1 分, 满分 5 分)

Ways to keep healthy	
Easy ways	Walking to school
	Cleaning 26. _____
	Climbing stairs
Out-of class activities	27. _____
	28. _____
	29. _____
To keep a healthy weight	Eat lower-fat food
	Don't eat 30. _____

WEEKEND 周末

锦囊妙计, 应对听力(二)

● 锦囊妙计四 听写结合, 边听边记

首先通过审题了解每个题目的特点和意义, 然后听录音时注意捕捉有效信息, 抓住关键性的词语或句子, 尤其注意理解和记忆特殊疑问词, 如 Where, Who, What, When, Which, How 等, 把握住考点。听的时候最好用笔简要要点(如数字、时间等), 创建自己的速记符号。对于听写题, 更要作好记录(如记下单词的首字母等)。

● 锦囊妙计五 整体把握, 捕捉大意

把握整体, 目的就是捕捉所听内容的大意、语气等。同时要注意连续思考, 结合眼睛所看到的信息, 将题目做好。切忌答题时眼睛离开试卷去思考过久, 那样会耽误下面的听、答。

● 锦囊妙计六 仔细检查, 验证答案

听力测试不同于笔试, 有严格的时间限制, 一旦录音放过, 就很难补救。但是, 这并不意味着无事可做, 要重新检查一下听力试题, 进一步验证答案, 看是否有遗漏的题目。特别是听写题, 更要检查单词的拼写是否正确, 语法的运用是否准确等。

重点句型

1. You should solve the problem in a traditional way.
2. I hear few of you eat a balanced diet.
3. When you have too much yin, you should eat more yang foods like beef.
4. I didn't sleep well last night because I had too much coffee.
5. I can be ready to go with you in five minutes.
6. I'm sure you're enjoying your school in New York.
7. You needn't worry about it.
8. You should brush your teeth twice a day.

交际用语

1. —What's the matter with Jiang Ming? —He's ill in bed at home.
2. —Would you like some beef, Sam? —Sorry. I think it is junk food.
3. —How long have you been like this? —Ever since last month.
4. —She has a sore throat. She hardly say a word. —I'm sorry to hear that. Tell her to have a good rest.
5. —Why not come earlier? —I'm busy looking after my grandson.

Test 3

It doesn't matter.	没关系	be stressed out	紧张	have a good rest	好好休息
get home	到家	be angry with	对……生气		
shout at	对……喊; 训斥	wait for	等……	send for	派人去叫(请)

Test 4

see a dentist	看牙医	look over	仔细检查	make a snowman	堆雪人
have a bad fever	发高烧	What's up?	怎么了? / 什么事?	at least	至少
worry about	担心	ever since	自从那时起一直到现在		
all day	一整天	in front of	在前面		

What are you doing for vacation?



TEST 5



基础达标

I. 听句子，选出与之相符的图片。每个句子读一遍。(共 5 小题；每小题 1 分，满分 5 分)



() 1. A.



B.



C.



() 2. A.



B.



C.



() 3. A.



B.



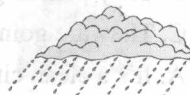
C.



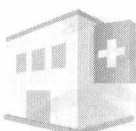
() 4. A.



B.



C.



() 5. A.



B.



C.

II. 听句子，选择适当的答语。每个句子读一遍。(共 5 小题；每小题 1 分，满分 5 分)

() 6. A. In a shop.

B. At home.

C. In a zoo.

() 7. A. Julia is going fishing with the boy.

B. Julia wants to be an artist.

C. Julia has to do homework.

() 8. A. Yes. Mike is taking a vacation in Beijing.

B. No. Mike is on vacation in Tibet.

C. Yes. Mike is going there for vacation.

() 9. A. She has to look after her brother.

B. She is going to school.

C. She is going to her piano lesson.

() 10. A. Bill is.

B. With his father.

C. He is going to buy some food.