

人民教育出版社授权  
配人教版教材使用

**新目标**

主编:任美琴



义务教育课程标准实验教材

for it

英语听力强化训练

八年级上

English Listening  
Comprehension  
Exercises for  
*Go for it*



浙江教育出版社

人民教育出版社授权  
配人教版教材使用

**新目标**



for

义务教育课程标准实验教材

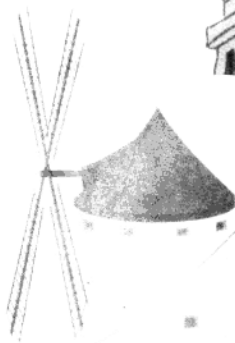
# 英语听力强化训练

it

八年级上

主编: 任美琴

编写: 任美琴 林 彤 蒋美红  
梁丹萍 丁红霞



浙江教育出版社

**图书在版编目(CIP)数据**

义务教育课程标准实验教材 英语听力强化训练(新目标). 八年级.  
上 / 任美琴编. —浙江: 浙江教育出版社, 2005.8 (2006.6 重印)  
ISBN 7-5338-6011-X

I. 义... II. 任... III. 英语-听说教学-初中-习题

IV. G634.415

中国版本图书馆CIP数据核字(2005)第088414号

---

责任编辑	王春晖	责任校对	戴正泉
责任出版	倪振强	封面设计	韩波

义务教育课程标准实验教材  
**英语听力强化训练(新目标)**  
八年级上

主编 任美琴

任美琴 林彤 蒋美红 梁丹萍 丁红霞 编写

- 
- 出版 浙江教育出版社  
(杭州市天目山路40号 邮编310013)
- 发行 浙江省新华书店集团有限公司  
图文制作 杭州万方图书有限公司
- 印刷装订 杭州钱江彩色印务有限公司
- 

- 开本 787 × 1092 1/16  
印张 7.5
- 字数 169 000  
版次 2005年8月第1版
- 印次 2006年6月第2次  
印数 00 001-37 000 本
- 书号 ISBN 7-5338-6011-X/G · 5981  
定价 7.90 元
- 

联系电话: 0571-85170300-80928

e-mail: zjjy@zjcb.com

网址: www.zjeph.com

## 编写说明

众所周知,外语已成为21世纪人类的通行证,是人类促进和平、繁荣经济、发展科学的重要工具,而听是英语交际中的首要技能。《英语听力强化训练(新目标)》力求为广大中学生提供具有时代感的全新听力教辅教程。

本书是遵循《义务教育课程标准》理念、渗透新课程精神、根据《义务教育课程标准实验教科书英语(新目标)》而编写的听力教辅教程。每个单元由三个部分组成:

第一部分为Let's sing(chant)。这部分的目的是起热身作用。选取小诗、绕口令、歌曲等,让学生体会英语语言的音律之美,学生以欣赏、模仿为主,逐步融入英语听力的氛围中。

第二部分为Let's practice。这部分的题型以近几年的高考和中考的听力形式为主,用来检测本单元所学内容,具有很强的实用性。

第三部分为Let's go for it。该部分的特点是根据本单元的话题、功能、结构,与任务相结合,把它串成一条线,以任务的形式让学生参与。既检测课文中的各语言项目,又是课文内容的扩展、延伸和升华。趣味性强,同时又能拓展学生的思维。

全书图文并茂,层次感强,编写的内容符合八年级学生的心理特征和认知水平。内容丰富、灵活,力求多角度、多方位地培养、提高学生听的能力。

本书由任美琴老师担任主编。参加编写的老师有:任美琴、林彤、蒋美红、梁丹萍、丁红霞。

每书另配录音磁带。为保证语言的纯真、地道,本书的录音带由外籍专家朗读。

本次印刷时,根据教材变化对内容作了相应调整并对个别差错作了校正。

编者

2006年6月



## CONTENTS

Unit 1	How often do you exercise?	1
Unit 2	What's the matter?	6
Unit 3	What are you doing for vacation?	12
Unit 4	How do you get to school?	17
Unit 5	Can you come to my party?	23
Unit 6	I'm more outgoing than my sister.	28
Review of units 1-6		33
.....		
Unit 7	How do you make a banana milk shake?	38
Unit 8	How was your school trip?	43
Unit 9	When was he born?	48
Unit 10	I'm going to be a basketball player.	54
Unit 11	Could you please clean your room?	59
Unit 12	What's the best radio station?	64
Review of units 7-12		69
.....		
Tapescript		73
Key		107

## How often do you exercise?



## Let's sing

One more try,  
One more try,  
Don't give up,  
And you'll reach the sky.  
Don't give up,  
And you'll wear a smile.  
High above the sky is fine,  
One more try,  
And you'll reach the sky.



## Let's practice

## I. Listen and choose

听小对话，选择正确的图片。

1. What does the boy usually do on weekends?

A.



B.



C.



2. What does the girl like doing?

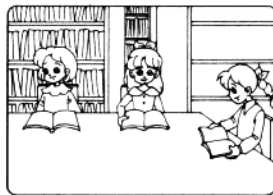
A.



B.

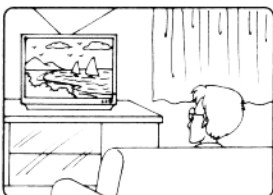


C.



3. What does the man do every night?

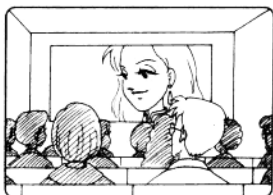
A.



B.



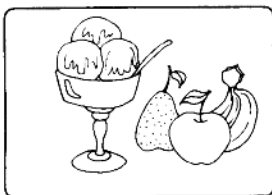
C.



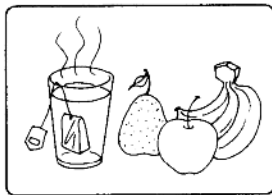


4. What does the man usually have after dinner?

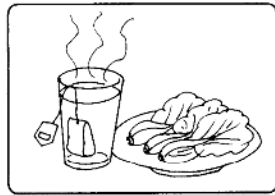
A.



B.



C.



5. Who has the healthiest lifestyle in the family?

A.



B.



C.



## II. Listen and choose

听小对话，选择正确的答案。

1. How often does Mr Baker exercise?

A. Once a week.

B. Twice a week.

C. Every afternoon.

2. What does the woman think of KFC?

A. They are expensive.

B. They are junk food.

C. They are not delicious.

3. When does Steve play tennis?

A. On weekends.

B. On weekdays.

C. On Wednesdays.

4. Why is Rosamund Kwan so beautiful?

A. Because she's a film star.

B. Because she's Guan Zhilin.

C. Because she has a healthy lifestyle.

5. What can we know from the dialogue?

A. Tina is often ill.

B. Tina likes vegetables.

C. Tina often does sports.

## III. Listen and answer

听较长的对话，回答问题。

Dialogue One

1. What sport does Mr Smith like?

A. Basketball.

B. Soccer.

C. Tennis.

2. How often does he play basketball?

A. Every evening.

B. Every weekend.

C. Twice a week.

Dialogue Two

3. How often does Linda watch TV?

A. Once a week.

B. Every evening.

C. Hardly any.

4. When does Linda surf the Internet?

A. On Thursday evening.

B. On Saturday evening.

C. On Sunday evening.

5. How long does Linda do her homework?

A. Half an hour.

B. One hour.

C. Two hours.

#### IV. Listen and answer

听独白，回答问题。

1. What does Susan do?

A. A student.

B. A P.E. teacher.

C. An English teacher.

2. How often does she give English classes?

A. Every weekday.

B. Four times a week.

C. Once a week.

3. What do the students do in her class?

A. Read English books and play games.

B. Give short plays and play basketball.

C. Sing English songs and watch TV.

4. What does Susan do after class?

A. Plays tennis with girls.

B. Plays football with boys.

C. Watches TV with students.

5. How many hours does she sleep a day?

A. 10.

B. 8.

C. 6.



### Let's go for it

#### I. Listen and tick

Alice Zhang 是一个学生杂志社的记者，她想了解一下学生的学习和生活情况。听 Alice 和 Hugo 之间的对话，完成下列表格。(在相应的表格内打“√”)

Note: experiment 实验

How often?	Once a week	Twice a week	Three times a week	Four times a week
Chinese & English				
Physics & chemistry				
Experiments				
Art				
P.E.				

#### II. Listen and tick

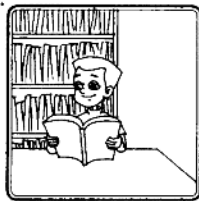
请继续听 Alice 和 Hugo 之间的对话，挑出 Hugo 每星期要进行的课外活动，在相应的图画下打“√”。

A.



( )

B.



( )

C.



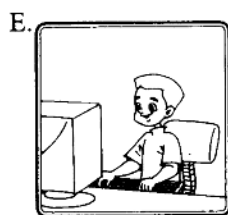
( )

D.

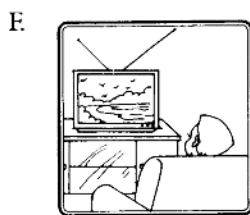


( )

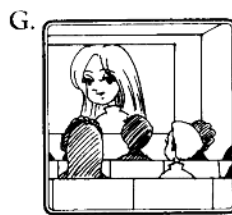




( )



( )



( )



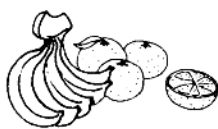
( )

### III. Listen and choose

Hugo的课余生活还是挺丰富的,那么他的饮食习惯怎么样呢?继续听他们的对话,完成下列图表。(请将相应图片的序号填在括号内)



A.



B.



C.



D.



Pork



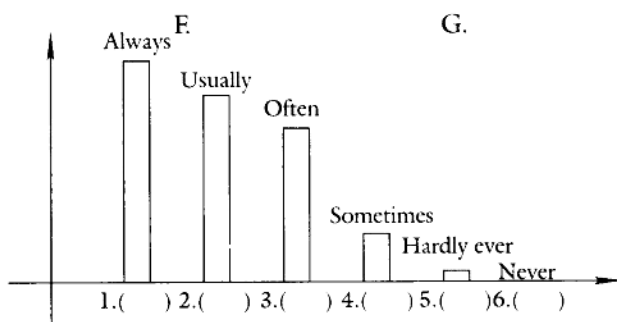
Beef



Mutton



H.



### IV. Listen and decide

Hugo邀请 Alice 来参加他们主题为“Who is the healthiest?”的班会课。Belinda 小组交上来的表格中有两张忘记写上名字了,请你根据Belinda 在班级上所作的汇报,看一看下面的调查表格到底是谁的。(请将正确图片的编号填在横线上)

Name 1. _____					
	Always	Usually/ often	Sometimes	Hardly ever	Never
Milk	✓				
Fruit		✓			
Vegetables	✓				
Junk food				✓	
Exercise	✓				
Go to bed late		✓			

Name 2. _____					
	Always	Usually/ often	Sometimes	Hardly ever	Never
Milk	✓				
Fruit		✓			
Vegetables	✓				
Junk food				✓	
Exercise			✓		
Go to bed late					✓



A. Alan



B. Bill



C. Anna



D. Belinda

**V. Listen and write**

班会课的最后，班长作了一个总结。听录音，帮助 Alice 完成她的采访笔记。

Note: almost 几乎，差不多

Most of the students are 1) \_\_\_\_\_ 2) \_\_\_\_\_.  
 They sleep about 3) \_\_\_\_\_ hours every night. They have  
 vegetables, fruit and milk ten or eleven times a 4) \_\_\_\_\_.  
 They like delicious 5) \_\_\_\_\_ 6) \_\_\_\_\_, too.  
 But they eat it only 7) \_\_\_\_\_ a week. Because they think  
 healthy lifestyle helps them 8) \_\_\_\_\_ better and get  
 9) \_\_\_\_\_ 10) \_\_\_\_\_. But some of them are  
 kind of 11) \_\_\_\_\_. Though some of them  
 12) \_\_\_\_\_ 13) \_\_\_\_\_ every day, they eat junk  
 food almost 14) \_\_\_\_\_ 15) \_\_\_\_\_, too. They  
 16) \_\_\_\_\_ 17) \_\_\_\_\_ eat vegetables and fruit.  
 They don't like to drink 18) \_\_\_\_\_. They go to bed  
 19) \_\_\_\_\_ 20) \_\_\_\_\_.

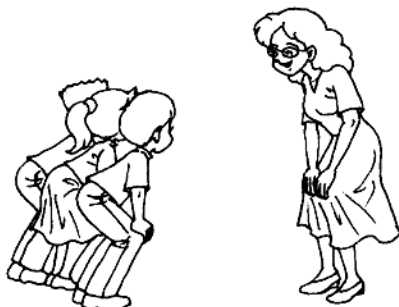
# Unit 2

## What's the matter?



### Let's sing

Head, shoulders, knees and toes, knees and toes,  
 Head, shoulders, knees and toes, knees and toes,  
 And eyes and ears and mouth and nose,  
 Oh, head, shoulders, knees and toes, knees and toes.  
 Head, shoulders, knees and toes, knees and toes,  
 Head, shoulders, knees and toes, knees and toes,  
 And eyes and ears and mouth and nose,  
 Oh, head, shoulders, knees and toes, knees and toes.



### Let's practice

#### I. Listen and choose

听小对话，选择正确的图画。

1. What's the matter with the boy?

A.



B.



C.



2. Which picture is right?

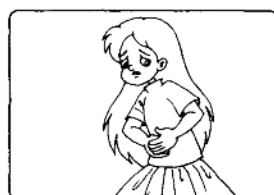
A.



B.



C.



3. What should the boy have?

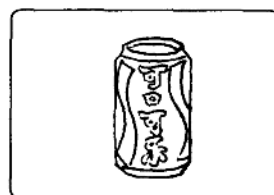
A.



B.

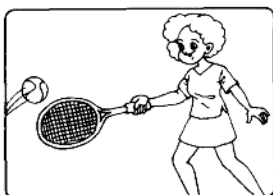


C.



4. What is Jane going to do?

A.



B.

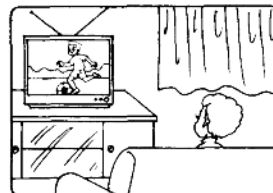


C.



5. What did Gary do last night?

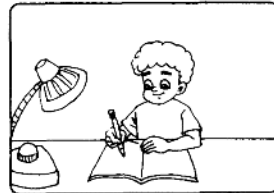
A.



B.



C.



## II. Listen and choose

听小对话，选择正确的答案。

1. What would Tommy like to have?

A. Some cakes.

B. Some medicine.

C. Some drink.

2. Where are they talking?

A. In the office.

B. At the doctor's.

C. At home.

3. What does Frank eat every day to keep healthy?

A. An apple.

B. An orange.

C. A banana.

4. What's the matter with the woman?

A. She's tired.

B. She drinks too much milk.

C. She can't go to sleep.

5. Why can't Jill visit the museum?

A. She has a fever.

B. She's stressed out.

C. She has a toothache.

## III. Listen and answer

听较长的对话，回答问题。

### Dialogue One

1. What is wrong with Lily's sister?

A. She has a bad cold.

B. She has a fever.

C. She has a sore throat.

2. Where should Lily be tomorrow?

A. At the party.

B. At home.

C. At work.

### Dialogue Two

3. What's the matter with the young man?

A. He has a toothache.

B. He has a stomachache.

C. He has a headache.

4. When did it start?

A. Two days ago.

B. Three days ago.

C. Three weeks ago.

5. What shouldn't he do?

A. He shouldn't take any medicine.



B. He shouldn't eat too many ice creams.

C. He shouldn't go to school.

#### IV. Listen and answer

听独白，回答问题。

1. What does Mr Wang do?

A. A dentist in a hospital.

B. A teacher in a medicine school.

C. A traditional Chinese medicine doctor.

2. Who has a sore throat?

A. Mr Smith.

B. Mrs Henry.

C. Mrs Johnson.

3. For whom are apples good for?

A. Patients with too much *yang* only.

B. Patients with too much *yin* only.

C. Patients with too much *yin* and *yang*.

4. Who should eat some American ginseng?

A. Mr Smith.

B. Mrs Johnson.

C. Miss Brown.

5. Which of the following is NOT right?

A. Some fruits are with *yang* and some fruits are with *yin*.

B. Eating too much *yin* food will give you a toothache.

C. Playing *taiji* is a good way to keep a balance of *yin* and *yang*.



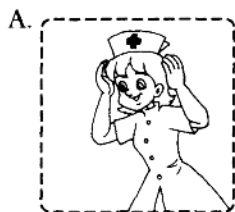
### Let's go for it

#### I. Listen and order

Jenny 是一所护士学校的学生，她和她的同学们正和聋哑学校的孩子们进行一次联欢活动。Jenny 将和他们一起进行一个“跟我一起动起来的”的四肢游戏。听 Jenny 的独白，将下列图片编上正确的序号。

Notes: 1. wave 挥动

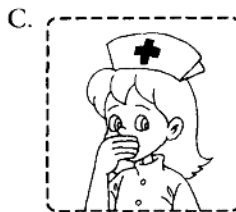
2. step 踏



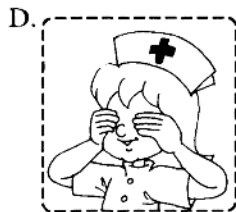
( )



( )



( )



( )



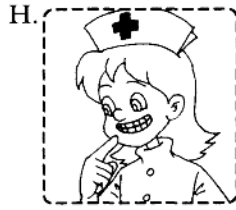
( )



( )



( )



( )

I.



( )

J.



( )

K.



( )

## II. Listen and match

Jenny 现在 Doctor Clark 诊所做见习护士, Doctor Clark 需要她去回访几个病人。听他们的对话, 看看他们曾经得了什么病。(请将 A 栏和 B 栏的图片连上线)

A



Mr Brown

B



Mr Thomson

C



Mr Denver

D



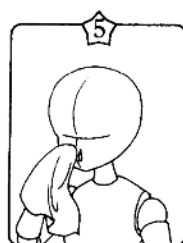
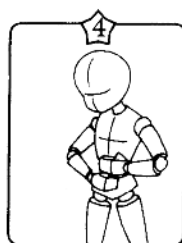
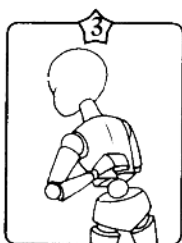
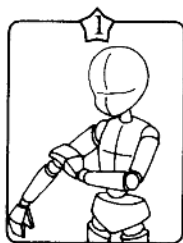
Mrs Keller

E



Mrs Miller

B



## III. Listen and judge

Jenny 来到了 Mr Thomson 家, 听他们的对话, 看看 Mr Thomson 有没有遵医嘱。请你帮助 Jenny 在她的笔记本上做好记录, 在相应的表格内打上“√”和“×”。

Patient's Name: Mr Thomson	
State of health (健康状况)	Better but still a little sore
Take medicine three times a day	
Ask for a leave	
Stay in bed ten hours a day	
Walk backwards an hour a day	
Don't work in the garden	
Don't sit in a sofa	



#### IV. Listen and match

Mr Thomson的儿子Jackie是一个可爱但非常调皮的孩子, Jenny很快就和他成了好朋友。他有一些不好的习惯, Jenny正在告诉他坏习惯的不良后果。听他们的对话, 在左栏中挑出Jackie的坏毛病, 并和右栏的疾病连上线。

A

1.



( )

2.



( )

3.



( )

4.



( )

5.



( )

B

a.



b.



c.



d.



e.



## V. Listen and fill

Doctor Clark 对 Jenny 的工作非常满意。这时, 诊所里来了一位新病人, 听她和 Doctor 之间的对话, 帮助 Jenny 完成她的病历记录。你能帮助 Doctor Clark 给她提一些建议吗?

Name: Christina May    Time: August 12th

State: Often feel 1) \_\_\_\_\_. Have to rest every 2) \_\_\_\_\_ minutes  
when walking in the streets.

More: For breakfast, a cup of 3) \_\_\_\_\_, two 4) \_\_\_\_\_, some  
5) \_\_\_\_\_, and an 6) \_\_\_\_\_. Get up 7) \_\_\_\_\_,  
go to bed 8) \_\_\_\_\_.

Diagnosis( 诊断 ): Eating too much and not enough 9) \_\_\_\_\_.  
Too 10) \_\_\_\_\_.

Suggestion ( 建议 ): \_\_\_\_\_  
\_\_\_\_\_



# Unit 3

## What are you doing for vacation?



### Let's sing

Shake my hand and then go clap, clap, clap,  
Shake my foot and then go tap, tap, tap.  
One, two, three. I take a little hop.  
So we'll dance till the music stops.



Shake my fingers and then go snap, snap, snap,  
Shake my nose and then go wrap, wrap, wrap,  
Four, five, six and take a little hop,  
Then go around until the music stops.



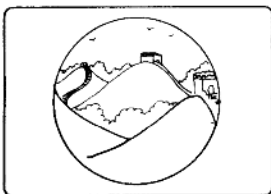
### Let's practice

#### I. Listen and choose

听小对话，选择正确的图画。

1. Where is the family going for vacation?

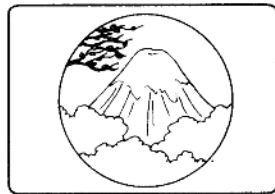
A.



B.

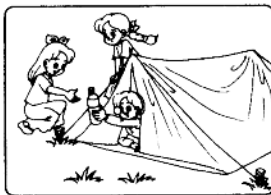


C.



2. What is Alice doing tomorrow?

A.



B.



C.



3. What is the man doing now?

A.



B.



C.

