与人教版新目标教材同步配套





八年级上

# 師課程导学

王缪田主编



语 文 (七、八年级上、下,九年级) (R)

英 语 (七、八年级上、下,九年级) (R、W)

数 学 (七、八年级上、下,九年级) (ZH)

科 学 (七、八年级上、下,九年级) (ZH)

历史与社会 (七、八年级上、下,九年级) (R)

责任编辑 尤建忠

出版发行 浙江大学出版社

(杭州浙大路38号 邮政编码:310027)

(E-mail:zupress@mail.hz.zj.cn)

(网址: http://www.zjupress.com)

排 版 浙江大学出版社电脑排版中心

印 刷 德清县第二印刷厂

开 本 787mm×1092mm 1/16

印 张 8.75

字 数 263千字

版 印 次 2004年6月第1版 2006年6月第3次印刷

统一书号 7308・67

定 价 9.00元

# 编写说明

随着我国九年义务教育新课程标准的出台,初中新一轮课程改革又拉开了序幕。新课程以现代教学理念为出发点,以新课标为依据,按学生认知规律构建知识体系,倡导"自主学习"、"合作探究"的科学精神,着力学生"创新能力"的培养。

为了帮助广大学生深刻领悟新课程的思想精神,顺利完成学业,我社组织 了省内外著名的教改专家、教学一线的高级教师和特级教师编写了"新课程导 学丛书"。

丛书各分册密切配合教材,逐章逐节解读新课程,精心构建知识体系。特点是:

以现实生活为背景,引导学生发现问题,解决问题;

倡导自主学习,从不同的角度,通过变式原理的创设,着力培养学生分析问题、解决问题的能力;

通过开放性、探求性问题的设置,激发学生的探索热情,培养学生的创新能力。

丛书与教材相互启发,力求为学生的学习提供切实有效的帮助。

浙江大学出版社 2005年7月

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# Unit 1

# How often do you exercise?

# 知识达标

### 一、单元重点单词与词组

1. always adv. 总是 2. usually adv. 通常 3. often adv. 经常 4. sometimes adv. 有时 5. hardly ever 几乎不曾;很少 6. never adv. 从不 7. exercise v. 锻炼 n. 练习 8. ever adv. 曾经 9. twice adv. 两次,两倍 10. milk n. 牛奶 11. health n. 健康,健康状况 12. unhealthy adj. 不健康的 13. habit n. 习惯,习性 14. once adv. 一次 15. three times a week 一周三次 16. every day 每天 17. junk food 垃圾食品 18. how often 多长时间一次 19. a lot of 许多 20. look after 照料 21. try to do sth. 尽力去做某事 22. start with 以…开始 23. as for 至于 24. make a difference 与众不同 25. do exercise 做运动 26. surf the Internet 上隅

### 二、单元重点句型

- 1. What do you usually do on weekends? 周末你通常做种经外差技迹帮与从 I usually play soccer.: 我通常踢足球。""写头从"问题 电电影运动电影
- 2. What do they do on weekends? 他们周末干什么? They often go to the movies. 他们经常去看电影。
- 3. What does he do on weekends? 他周末干什么? He sometimes watches TV. 他有时候看电视。
- 4. How often do you shop? 你经常购物吗? / 你多久购物一次? I shop once a month. 我一个月购物一次。
- 5. How often does he watch TV? 他多久看一次电视? / 他经常看电视吗? He watches TV twice a week. 他一周看电视两次。

### 三、单元日常交际用语

- 1. What do you do on weekends? 周末你做什么?
- 2. I usually/often/sometimes play soccer. 我通常/经常/有时会踢球。
  How often do you surf the Internet? 你多久上一次网?
  I do exercise three times a week. 我一星期做运动三次。

# 随堂精析

- 1. always, usually, often, sometimes, hardly 和 never 是英语中最常见的频度副词,它们在句中的位置大致相同:通常放在行为动词之前,系动词 be、助动词和情态动词之后。但它们所表示的含义及频度是各不相同的。
  - (1) always 的频度为 100%,表示动作重复、状态继续,中间没有间断,意思是"总是"、"永远地"。例如:

Spring always comes after winter. 冬天之后总是春天。

Customers are always the first. 顾客永远第一。

(2) usually 的频度为 70% - 80% 左右,意为"通常"、"平常",即很少有例外。例如:

He usually gets up early to milk the cows. 他通常很早起床去挤奶。

(3)often 的频度为 50%左右,意为"常常",表示动作重复,中间有间断。例如:

She often did modeling jobs on weekends and worked for restaurants on weekdays. 她常常在周末做模特,其余时间就给饭店打工。

(4) sometimes 的频度为 20%左右,意为"有时",表示动作偶尔发生。可以位于句首,以示强调。例如:

It is sometimes hot and sometimes cold. 天气忽冷忽热。

Sometimes he does it this way and sometimes he does it that way. 他有时这样做,有时那样做。

(5) hardly 的频度为 5%左右,意为"几乎不"、"简直不",常和 ever 连用,表示强调。例如:

He hardly ever got any Christmas presents when he was a child. 他小时候几乎从没得到过圣诞礼物。

(6) never 的频度为 0, 意为"从来不"、"永不"。例如:

He is the top student of the class and he is never late for class. 他是我们班最好的学生,他上课从不迟到。

- 2. How often...?和 How long...?
  - (1) How often do you watch TV? 你多长时间看一次电视?

回答可以是:

Every day. / Once a week. / Three times a week. / Often. / Always. . .

(2) How long do you usually watch TV? 你通常看多长时间电视? 回答可以是:

About one hour. / Three hours. / Thirty minutes. /...

从以上例句中可以看出:

how often 询问的是频率"多久一次", how long 询问的是时间长短"多长时间"。

3. 英语中表次数的用法。

once 一次, twice 两次, three times 三次, four times 四次……

我们可以看出表示次数的词,除了"一次,两次"特殊外,后面的次数都是"基数词 +times"构成。 I so shedow my gampod en lany

4. 不定代词 all"全部", most"大部分", some"一些", none"没有一个"的用法,这些词 可以在句中作主语、宾语、表语或定语。例如:snan bownbindWindows

All the students in our school have to wear school uniforms, 在校的所有学生都 得穿校服。 VT dotsw . A health

Allow Long B. How often and how on

I know most people in this party. 这次聚会上的人我大部分都认识。

Tom has some great comic books. 汤姆有一些很棒的漫画书。

None of us could grow up in a day. 没人能在一天之内长大。

# 知识精练

## 

三、在下面的方框里。"ttow"拥有四条秦皇衣师。什么时候,哪一条蛋合适呢?请你

一、在繁重的学习压力下,你会给自己找乐趣放松一下吗?今天你解压了吗?请在 图画下写出对应的动作。







like it. I such the Internet

. . . ouce a month







- 二、你是今年校运动会上的短跑明星! 为了让你的崇拜者全方位多角度地了解你,校 园小记者 Katrina 要来采访你了。请根据实际情况回答:
  - 1. Katrina: You are good at sports, so you must often do sports. Right? And do you often run in the morning?

You: W (I how W D) . . . . . . . .

A. always C. often D. never

coffee would you	C. devery night 衣服。什么时候穿眼	D. never  D. How much  D. hardly ever  一条最合适呢?请你
B. usually t do you usually do on w yon week rk terdo you go to th week.  B. How often often do you surf the In I surf the Internet th B. never  里,"How"拥有四条漂亮  much often does your cousin e coffee would you hours a week do y	C. often veekends? ends. B. watch TV D. exercise ne movies? C. How soon nternet? C. every night 衣服。什么时候穿明 long many day? exercise? Twice a wellike?	D. How much  D. hardly ever  「一条最合适呢?请你
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much often  do you sleep each does your cousin e coffee would you hours a week do y	C. every night 衣服。什么时候穿眼 long many day? exercise? Twice a we like?	F一条最合适呢?请你
much often  do you sleep each does your cousin e coffee would you hours a week do y	long many day? exercise? Twice a we	eek.
much often  do you sleep each does your cousin e coffee would you hours a week do y	long many day? exercise? Twice a we	eek.
do you sleep each does your cousin e coffee would you hours a week do y	day? , exercise? Twice a we	
do you sleep each does your cousin e coffee would you hours a week do y	day? , exercise? Twice a we	
do you sleep each does your cousin e coffee would you hours a week do y	day? , exercise? Twice a we	
does your cousin of coffee would you hours a week do y	exercise? Twice a we	
does your cousin of coffee would you hours a week do y	exercise? Twice a we	
coffee would you hours a week do y	like?	
hours a week do y		nasuonanar <sup>o</sup>
		HEWSUNDEC!
第一部人 第二次	production of the second secon	
GE 80'71' ML J 12	:断性评估测试	
No MP 73 -1-70 (2)		
%)		
very much, so I	listen to the	tape in the morning.
	C. never	
		, As
		s everv dav.
• •	* **	
		<b></b>
_		
	C. read books	D. drink milk
		are weared littles
do you go skateboard ek.		
B. How many	C. When	D. What time
your grandfather do in t	he evening?	
	ter his sick brother for the B. How often by B. How often by your grandfather do in the B. exercises and you go skateboard	B. exercises C. read books do you go skateboarding?

	A. to eat	B. eating	C. eat	D. eats
	6. 80% students like to s	surf the Internet. W	hat does "80%" 1	mean?
	A. None of the studen	nts	B. All the stud	ents
	C. Some of the studer	nts	D. Most of the	students and
*, -	7. Bill is a	boy. He does exer	cise every day.	
	A. health	B. unhealthy	C. healthy	D. healthily
	8. Doing sports and eating	ng vegetables	our healt	t <b>h.</b>
	A. are good for	B. are good at	C. is good for	D. is good at
	9. Is her backpack the sa	nmey	ours or different?	?
	A. at	B. from	C. as	D. in
	10. Maybe I'm not very	healthy,	I have health	y habits.
	A. and	B. because	C. although	D. so
	11. I love junk food very	much, but I try to	eat	only once a week.
	A. its	B, it	C. them	D. they
	12. His science isn't ver	y good. You must	him	n.
	A. try help		B. trying to hel	lp · · ·
	C. try to helps		D. try to help	
	13. She smokes a lot. The	his is an	lifestyle.	
	A. healthy			
	14. My father likes foo	tball. But he	it. H	e only
	football matches on	TV!		
	A. plays, watches		B. doesn't play	, watch
	C. doesn't play, wa	tches	D. plays, does	n't watch
	15. " give t	up, then you can be	successful(成功)	1. The said of the said
	'A. Always	B. Sometimes	C. Never	D. often
	二、找找看,下面哪个句子	的空白处是方框里:	词语的最佳位置,	找到后别忘了给他们
变身	<b> 哦。</b> (10%)			
	hardly ever like	grade sleep	program	difference
	result how often		e good for	
L	e controller de			
	1. A: Would you		coffee?	
	B: No, I like coffee w	=	¥	
	2. Mary is unhealthy bed			
	3. My cousin has a heal	thy habit, he usual	lly	for nine hours every
	night. 4. What's your favorite	9 I+1°	Animal World	
	5. We must study hard of			
	6. I never eat anything in			others
	o. I hever car anything h		I talk with	omers.

7. do you eat junk food? Twice a week.
8. Tom's constant of the English exam is pretty good.
9. Can you see any between the twin brothers?
10. When you are not happy, talking to othersyou.
三、学习了这个单元之后,相信大家认识单词的本领又增加了不少。让我们用神探般
敏锐的眼睛来找出隐藏的真正单词吧! (10%) deceder asks
Food is very important(重要的). Everyone needs to e well if he or
she wants to have a strong body. Our minds(思想) also na kind of food.
This kind of food is knowledge(知识). We begin to get keven when we
are very y ng. Small children are interested in everything around them.
They learn when they are watching and li ing. When they are getting
older(长大一点), they begin to r story books, science books anything
they like. When they find something new, they love to ask questions and
tto find out(找出) answers.
What is the best w to get knowledge? If we learn by ourselves, we
will get knowledge. If we are getting an s from others and do not ask
why, we will nlearn well. When we study in the right way, we will learn
more and understand(理解) better.
四."放学喽! 上网玩游戏喽!" 这就是你的 kill time 方式吗? 学学 Kate 看看她是怎
么做的。(10%) no 9H ni en de
Tom: Hi, Bill. What do you usually do on weekends? To and the state of
Bill: I (通常) do my homework 2 (有时) I watch TV. But I
3 (从不)help my mother4 the housework, so she5 (总是)
complains(抱怨) about it a real form? Ambourty ham a furning
Tom: I (几乎不) do the housework. I think we must learn from Kate.
She 8 (经常) helps her mother with many things.
Bill: Does her father help them?
Tom: No. He 9 (不常) come back home. He works in 10 city.  1. 3. 4. 5. 6. 7. 8. 9. 10.
1
6
五、"你当我是吃素的啊?!"你还真别小看吃素。素食主义大行其道还是有它的道理
的。Ania 就是一名素食主义者,听听她怎么说。(10%)
2. Alery is unhealthy because
of Michael her actually with the season of Michael every
.triuin
the Wheel's your favorite to the common of t
5. We make sindy head only

$O_{R_{const}}$	

Last January I chose to do	something not ofte	n doné in China oi	America. I tried to
stop1 meat and becar	me a vegetarian(素:	食主义者). At für	st, I ate chicken or
beef times a week.	Then3	a month, now I	eat meat
again. I eat nuts, yogurt, tofu			
same 5 meat. Take pe	otatoes for example	(举例). They con	tain (包含) vitamins
A, B6, C, E and more! I thin			
Of course I7 eve			
hours every night. It is a (an	n): 9 way	of leaving. Good	d food and exercise
10 me to live better.			
1. A. eat	B. eating	C. to eatting	D. eatting
2. A. one	B. first	C. twice	D. two
3. A. one	B. once	C. twice	D. two
4. A. often	B. sometimes	C. always	D. never
5. A. in	B. office a second	C. 4se - 1	D. for
6. A. good	B. bad	C, her	D. his
7. A. exercise	B. exercises	C. running	D. swam
8. A. to	B. by	C. for	D. of
9. A. unhealth	B. health	C. unhealthy	D. healthy
10. A. helps	B. help	C. to help	D. helping
六.阅读理解。(20%)			
		The second second	

(1)

### 多吃水果美容又健康。看人家老外,水果可是当饭吃的哦。

Fruit is good for people. Many people in America eat some fruit every day. Mr and Mrs Green like fruit very much and every Monday Mrs Green goes to buy some fruit in the shop near her house. The man in the shop knows her well and helps a lot. She can buy all kinds of fruit there, apples, pears, oranges and bananas. In different time of the year, the price of each kind of fruit is not the same, sometimes high, sometimes low. Mrs Green wants to buy cheap fruit. But Mr Green likes bananas only. She buys bananas for him every week. She only buys cheap fruit for herself.

l. How often does Mrs Green go	to buy some fr	uit?
A. once a week	В.	once a month
C. twice a week	D.	every day
2. Where does Mrs Green buy fru	iit?	
A. In the shop away from her	house. B.	In the town.
C. Near the shop.	D.	In the shop near her house
3. Mrs Green buys	for Mr Green.	

R

of bird A. spears A to mild of B. apples of the C. bananas and D. st	rawberr	ies
4. Which of following is NOT right?		ijç.le
A. Fruit is good for people.		
B. Mrs Green buys bananas for herself.		
C. Mrs Green can buy all kinds of fruit in that shop.	7	
D. The price of each kind of fruit is always the same.		
5. In different time of the year, the price of each kind of fruit is	swing or in	).
A. the same B. different C. high D. lo	w	

gnities (2) same it

# owindhey is on vi () 任务型阅读ono sti

Cover Cher

一一因为有了史努比,"幸福是一只温暖的小狗"。

当你完成下面的题目,可爱小狗史努比就离你更近了一步。





Activities	How often
Sleeping on top of his dog house and daydreaming(做白日梦)	1 1 1 1 1
Doing sports	1 1 1 1
Eating Pizza, cookie and ice-cream	\ \ \ \
Writing novels	7
Be unhappy and the sense and bases are very sense of	In a state of the
Play with the cat next door	o brish dono. X - my an ag

Ir	my eyes,	Snoopy is	a happy-go-l					
skateb	oarding. I		ing a lot so he			novels	and makes	himself a
World	War I airp	lane pilot(-	一战飞行员).		e 1		V rabori s	
but he		1.8WAL	5 1 0 1	1150		4,500	odk m lavi	

$\mathscr{H}_{lacklacklack}$	<b>**</b>		Unit 1	How often do	you exercise?
			建康它究竟是个什么? 留你的生活习惯和 <b>饮</b>		<b>保持快</b> 乐的心
心州	健康的分件呢!	,谓与一扁粒又介约	17的生命之项和以	<b>長づ頂。(2</b> 070)	•
·					
			•		what '
	1		Mark to the second seco	s egine s egine	
·					
•				- · · · · · · · · · · · · · · · · · · ·	

Unit 2

# What's the matter?

# 知识达标

### 一、单元重点单词与词组

1. head n. 头 2. nose n. 鼻子 3. eye n. 眼睛 4. ear n. 耳朵 5. tooth n. 牙齿 6. neck n. 脖子 7. stomach n. 胃 8. back n. 后背,背脊 9. leg n. 腿 10. arm n. 手臂 11. throat n. 咽喉 12. foot n. 脚 13. cold n. 伤风,感冒 14. fever n. 发烧 15. rest n. 休息 16. headache n. 头痛 17. toothache n. 牙痛 18. stomachache n. 胃痛 19. sore throat 咽喉痛 20. dentist n. 牙医 21. honey n. 蜂蜜 22. water n. 水 23. illness n. 疾病 23. advice n. 忠告,建议 25. should v. 应该 26. shouldn't 不应该 27. stressed out 紧张的,有压力的 28. see a doctor / dentist 看医生/牙医 29. get / have a cold 感冒 30. have a toothache 患牙痛 31. have a headache 患头痛 32. have a fever 发烧 33. lie down and rest 躺下休息 34. drink lots of water 喝大量水 35. drink hot tea with honey 喝热蜂蜜茶 36. get tired 累了 37. stay healthy 保持健康 38. on the other hand 在另一方面

### 二、单元重点句型

- 、1. I have a headache. 我头痛。
  You should go to bed. 你应该上床睡觉。
  - 2. He has a stomachache. 他胃痛。
    He shouldn't eat anything for 24 hours. 他不能在 24 小时之内吃任何东西。
  - She has a toothache. 她牙疼。
     She should see a dentist. 她应该去看牙医。

### 三、单元日常交际用语

- 1. What's the matter? 你怎么了?
- 2. I have a toothache. 我牙疼。
- 3. You should lie down and rest. 你该躺下休息。
- 4. I hope you feel better soon. 希望你马上好起来。

# 随堂精析

1. 问某人哪儿不舒服。

What's wrong (with you)?

What's the matter (with you)?

What's the trouble?

都表示"你怎么了"。with 是个介词,后边可以跟名词或代词。

2. 叙述病情。

There is something wrong with my tooth. 我的牙出问题了。

Doctor, I'm not feeling well. 我感觉不好,医生。

I feel terrible. 我感觉糟透了。

I feel very ill. 我感觉病得很重。

My leg hurts. 我腿疼。

I don't feel like eating. 我不想吃东西。

I have a cold. 我感冒了。

I have a fever. 我发烧了。

I have a headache. 我头疼。

3. 提出建议。

You certainly shouldn't go to that party tonight. 你绝对不能去参加今天晚上的聚会了。

Take this medicine three times a day. 这个药一天吃三次。

Take three pills before you go to bed. 睡前服用三片。

Drink lots of water and have a good rest. 多喝水,好好休息。

You should lie down and rest. 卧床多休息。

You should see a dentist. 你应该去看牙医。

4. 情态动词 should 的用法。

should 在课文中表示"应该,必须",用于表示忠告、建议等,其否定形式为shouldn't。在其后应为动词原形。如: You should go to bed early. 你应该早点上床(休息)。

You shouldn't eat too much junk food, it's bad for your health. 你不应该吃太多的垃圾食品,它们对你的健康没好处。

在表示要求、命令时,语气由 should(应该)、had better(最好)、must(必须)逐渐加强。

5. 动词 have 的,用法。

(1)表示"有,拥有"的意思,如:I have a backpack with pink hearts. 我有一个带粉红桃心的双肩背包。

How many subjects do you have at school? 你在学校要学习多少课程啊?

(2)表示"吃,饮"的意思。

What do you have for lunch? 你午饭吃什么?

I have a bad cold today so I should have a good rest. 我今天得了重感冒,因此我要好好休息。

(4)词组"have to"表示"必须,不得不"。

The students have to clean the classrooms after class. 学生们必须在课后打扫教室。

# 知识精练

l feel terrible, 我感觉槽透了。 I feel verv ill, 我感觉病得很重。

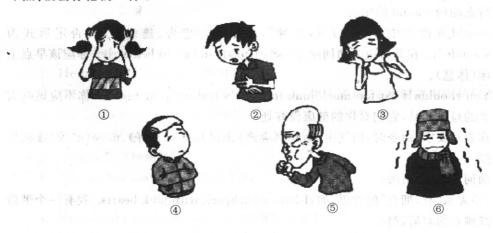
Foctor, I'm not feeling well. 我感觉不好

My leg hurts. 我懸字執動自己重元車 分部 W

一、字智波佐助也有这么卡通的一面啊。请写出你知道的身体部位的名称。



二、健康的身体是一切工作学习的基础。在努力学习的同时别忘了经常锻炼身体哦。 不然,就会像他们一样了……



3. He eats