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义务教育课程标准实验教科书

# 英语


(新目标)

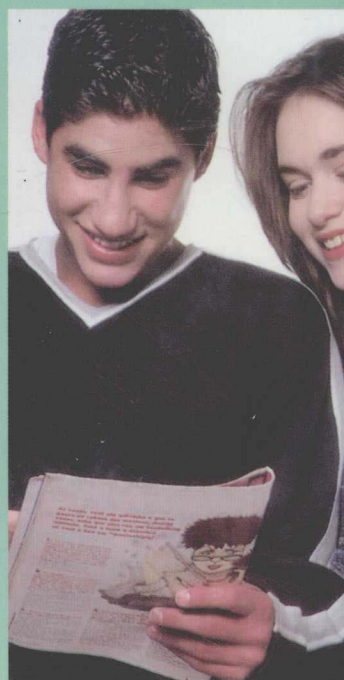
## Go for it!

STUDENTS' BOOK

八年级 上册

(中国) 课程教材研究所  
英语课程教材研究开发中心 合编  
(美国) 圣智学习出版公司

 CENGAGE  
Learning™



人民教育出版社

GO FOR IT!

英語聽說讀寫訓練教材



GO FOR IT!

# Go for it!

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ALAN LEE

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This Chinese edition is adapted from the original *Go for it!* series by David Nunan.

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ISBN 981-240-836-3

The original text © 1999 is published by:  
Heinle & Heinle Publishers  
20 Mark Plaza  
Boston, MA 02116  
USA

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图字: 01-2001-0867 号

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人民教育出版社 出版

(北京市海淀区中关村南大街 17 号院 1 号楼 邮编: 100081)

网址: <http://www.pep.com.cn>

广东教材出版中心代印  
广东省新华书店发行  
鹤山市教育印刷有限公司印装

\*

开本: 787 毫米×1 092 毫米 1/16 印张: 8 字数: 172 000

2007 年 3 月第 4 版 2010 年 6 月第 5 次印刷

印数: 2,854,601-3,354,600 (2010 秋)

ISBN 978-7-107-16843-7/G·9933(课) 定价: 7.63 元

批准文号: 粤价[2010] 180 号 举报电话: 12358

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# 说 明

本书是人民教育出版社出版的《义务教育课程标准实验教科书英语（新目标）》的系列教材之一。这套教材是在（美国）圣智学习出版公司最新出版的 *Go for it!* 教材的基础上，由人民教育出版社与圣智学习出版公司合作改编而成的。它采用任务型语言教学（Task-Based Language Teaching）模式，融汇话题、交际功能和语言结构，形成了一套循序渐进的生活化的学习程序。在修改过程中，编者依据国家教育部颁发的《英语课程标准》（实验稿），对原书的结构与内容作了适当的调整，增加了复习单元、文化背景知识和学习策略等部分，并增加了任务型学习成分和语篇输入。本书每个单元都列出明确的语言目标、主要的功能项目与语法结构、需要掌握的基本词汇，并分为A和B两部分。A部分是基本的语言内容，B部分是知识的扩展和综合的语言运用。每个单元还附有 Self Check 部分，学生可用来自我检测本单元所学的语言知识。

本书共 14 个单元，其中包括 2 个复习单元，供八年级上学期使用。

在 2002 年本书的改编过程中，北京八一中学史小鹃老师参与了部分工作，在此谨表谢意。

课程教材研究所  
英语课程教材研究开发中心

2007 年 5 月

# Acknowledgments

It was a great pleasure working with People's Education Press. Special thanks must go to Mr Gong Yafu and Ms Hao Jianping for their unwavering support for this project; to Ms Liu Daoyi and Mr Li Jingchun for their invaluable comments and guidance; and Mr Wei Guodong, Mr Deng Yanchang, Mr Ding Wangdao and Mr Hu Wenzhong without whom this project would never have happened. Special thanks should go to Edward Vickers for his skill in shaping the materials, and to Zhang Yajun for her help in keeping the project on track.

I would like to thank Mr Tan Tat Chu, Paul Tan, and Caroline Ma at Cengage Learning Asia for their contribution to the project. Special mention must be made of Guy de Villiers who managed the project and steered it to completion. I would also like to acknowledge and thank Ken Keobke for his critical review of the early drafts of the materials.

I would like to thank all those who have helped shape this project. Particular thanks go to Erik Gundersen, who helped me through the tough times, to Amy Mabley, Maryellen Killeen, Evelyn Nelson, Stan Galek and Charlie Heinle.

Finally, thanks must go to editors Nancy Jordan and Thomas Healy for their dedication to this project. Their commitment of time and critical review went well beyond what any author could hope or expect.

Additional thanks to Robert Lee for contributing his skill as singer/musician to the series, and to Zhang Linlin, Lu Xiqin and Guo Juan for their valuable contributions. Special thanks to Andrew Robinson for his hard work, dedication and commitment to the project.

David Nunan

The author and publisher would like to thank the following individuals who offered many helpful insights, ideas and suggestions for change during the development of **Go for it!**

- Vera Andre de Almeida, Instituto Brasil-Estados Unidos, Rio de Janeiro
- Lucia de Aragão, União Cultural Brasil-Estados Unidos, Sao Paulo
- Jennifer Bixby, Acton, Massachusetts
- Lucia Santos, Casa Thomas Jefferson, Brasilia
- Elizabeth Rabello, Casa Thomas Jefferson, Brasilia
- Marta Diniz, Casa Thomas Jefferson, Brasilia
- Walkiria Darahem, Associacao Cultural Brasil-Estados Unidos, Riberao Preto
- Marilyn Bach, Bronx Public Schools, New York
- David Bohlke, Sejong University Language Research Institute, Seoul
- Wendy Brooks, YBMSi-Sa-young-O-Sa, Seoul
- Dr Melvin Clark, ClarkHeller Education Center, San Juan, Texas
- Mary Corbin, Manatee County Public Schools, Florida
- Katy Cox, Casa Thomas Jefferson, Brasilia
- Nanette Dougherty, Richmond Hills High School, Queens, New York
- Jo Fritschel, San Diego City Schools, California
- Alejandra Gallegos, Interlingua Aguascalientes, Mexico
- Angie Ginty, District 15, Brooklyn, New York
- Raquel de Gomez, Instituto Culturale Mexicanoxas Norte Americano de Jalisco, Jalisco
- Carol CH Feng, Taipei
- Anne-Marie Hadzima, National Taiwan University, Taipei
- Hui-wen Huang, YMCA, Taipei
- Seung Eun Kang, YBM Si-Sa-young-O-Sa, Seoul
- Jennifer Kellie, AEON, Okayama
- Sung Mi Kim, YBM Si-Sa-young-O-Sa, Seoul
- Athina Leite, ACBEU, Salvador
- Claudina Lo Valvo, Instituto Cultural Argentino, Buenos Aires
- Peter Oram, So Jung Middle School, Dong-gu
- Mary Riggs, Simi Valley USD, California
- Joyce Chin Shao, The Language Training and Testing Center, Taipei
- Stephen Sloan, James Monroe High School, Los Angeles, California
- John Alan Smith, Owada High School, Osaka
- Claudia Spelman, Conejo Valley USD, California
- Barbara Tedesco, Roselle Board of Education, New Jersey
- Lilian Vaisman, Instituto Brasil-Estados Unidos, Rio de Janeiro
- Maria Vasquez, San Marcos ISD, Texas

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# 《英语(新目标)》学生用书 (八年级上册) 目录

Unit	Title	Topic	Functions	Structures
<b>1</b> Page 1	<b>How often do you exercise?</b>	<b>Free time activities</b>	Talk about how often you do things	<i>Wh-</i> questions <i>What do ...?</i> <i>How often ...?</i> Adverbs of frequency <i>All / most / some / none</i>
<b>2</b> Page 7	<b>What's the matter?</b>	<b>Health</b>	Talk about your health Give advice	<i>Have</i> for talking about health problems Modal <i>should / shouldn't</i>
<b>3</b> Page 13	<b>What are you doing for vacation?</b>	<b>Vacation plans</b>	Talk about future plans	Present progressive as future <i>Where, when, how long</i> questions
<b>4</b> Page 19	<b>How do you get to school?</b>	<b>Transportation</b>	Talk about how to get to places	<i>How</i> questions Affirmative and negative statements
<b>5</b> Page 25	<b>Can you come to my party?</b>	<b>Invitations</b>	Make, accept and decline invitations Talk about obligations	<i>Can</i> for invitations Modal <i>have to</i> Present progressive as future for planned actions



Target Language	Vocabulary	Recycling	Learning Strategies
<p>What do you usually do on weekends? I sometimes go to the beach.</p> <p>How often do you eat vegetables? Every day.</p> <p>Most students do homework every day.</p>	<p>always, usually, often, sometimes, hardly ever, never</p> <p>how often, once, twice, three times a week, every day</p> <p>milk, junk food, health, unhealthy, habit</p>	<p>shop, read, watch TV, go to the movies</p> <p>fruit, vegetables</p>	<p>Using context</p> <p>Transforming information</p>
<p>What's the matter? I have a headache.</p> <p>You should drink some tea. That sounds like a good idea.</p> <p>I have a sore back. That's too bad. I hope you feel better soon.</p>	<p>head, nose, eye, ear, tooth, neck, stomach, back, leg, arm, foot, throat</p> <p>thirsty, stressed out</p> <p>cold, fever, headache, toothache, stomachache, sore throat</p> <p>dentist, lie, rest, honey, water, illness, advice</p> <p>should, shouldn't</p>	<p>hot, go to bed, listen to music, eat, drink</p> <p>tired, hungry</p>	<p>Using what you know</p> <p>Inferring content</p>
<p>What are you doing for vacation? I'm spending time with my friends.</p> <p>When are you going? I'm going next week.</p> <p>How long are you staying? We're staying for two weeks.</p>	<p>babysitting, sightseeing, fishing, renting videos</p> <p>how long</p> <p>plan, decide</p> <p>at home, get back</p>	<p>where, when</p> <p>shopping, visiting my grandmother, relaxing, spending time, going bike riding, taking walks</p> <p>Monday, Friday, video, book</p> <p>beach, weekend, family, home, friend, cousin</p>	<p>Role playing</p> <p>Listening for key words</p>
<p>How do you get to school? I take the bus.</p> <p>How long does it take? It takes 20 minutes.</p> <p>How far is it? It's 10 miles.</p>	<p>get to, how far</p> <p>bicycle, subway, car, train</p> <p>bus stop, train station, bus station, subway station</p> <p>minute, kilometer, mile</p> <p>transportation</p> <p>calendar</p>	<p>numbers</p> <p>bike, bus, school</p> <p>take, ride, walk</p>	<p>Personalizing</p> <p>Inferring vocabulary</p>
<p>Can you come to my birthday party? Yes, I'd love to.</p> <p>Sorry, I can't. I have to study for a test.</p> <p>I'm sorry. I'm playing soccer on Saturday.</p> <p>When is the party? It's at seven-thirty.</p>	<p>today, tomorrow, the day after tomorrow, next week</p> <p>lesson, invitation</p>	<p>study, help, play, visit, test, piano, party</p> <p>Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday</p> <p>morning, afternoon, evening, parents, brother, sister, doctor, dentist, mom, aunt</p> <p>have to</p>	<p>Inducing</p> <p>Cooperating</p>



# 《英语(新目标)》学生用书 (八年级上册) 目录

Unit	Title	Topic	Functions	Structures
<b>6</b> Page 31	<b>I'm more outgoing than my sister.</b>	<b>Personal traits</b>	Talk about personal traits Compare people	Comparatives with <i>-er</i> , <i>-ier</i> <i>more</i> and <i>both</i>
<b>Page 37</b>	<b>Review of units 1-6</b>			
<b>7</b> Page 41	<b>How do you make a banana milk shake?</b>	<b>Cooking at home</b>	Describe a process Follow instructions	Imperatives Countable / Uncountable nouns <i>How much / how many</i> questions
<b>8</b> Page 47	<b>How was your school trip?</b>	<b>School trips</b>	Talk about events in the past	Simple past of regular and irregular verbs <i>Did you, were there</i> questions Affirmative and negative statements in the past tense
<b>9</b> Page 53	<b>When was he born?</b>	<b>People we admire</b>	Talk about famous people	Passive voice Adverbial clauses with <i>when</i> <i>When / How long</i> questions

Target Language	Vocabulary	Recycling	Learning Strategies
<p>Is that Sam?</p> <p>No, that's Tom. He has shorter hair than Sam.</p> <p>He's calmer than Sam.</p>	<p>more, than</p> <p>taller, shorter, thinner, longer, calmer, wilder, quieter, funnier, heavier, smarter</p> <p>more athletic, more popular</p> <p>twin, both</p> <p>be good at</p>	<p>tall, short, long hair, short hair, curly hair, funny, heavy, quiet</p> <p>like to</p> <p>members of the family</p>	<p>Classifying</p> <p>Listening for specific information</p>
<p>How do you make a banana milk shake?</p> <p>First, peel the bananas and cut them up. Then put the milk into the blender ...</p> <p>How many bananas do we need?</p> <p>We need three bananas.</p>	<p>turn on, cut up, peel, pour, put, mix up</p> <p>how much, how many, amount</p> <p>blender, milk shake, yogurt, watermelon, ingredient, sauce, teaspoon, cup, popcorn</p> <p>sandwich, butter, lettuce, relish, turkey, bread</p> <p>first, then, next, finally</p> <p>recipe</p>	<p>apple, banana, orange, onion, tomato, chicken</p> <p>drink, need, milk, honey</p> <p>Let's ...</p>	<p>Guessing</p> <p>Sequencing</p>
<p>What did you do on your school trip?</p> <p>Did you go to the zoo?</p> <p>No, I didn't. I went to the aquarium.</p> <p>Were there any sharks?</p> <p>No, there weren't any sharks, but there were some really smart seals.</p>	<p>aquarium, science center, gift shop</p> <p>seal, shark, octopus</p> <p>autograph, win</p> <p>ate, took, hung out, got</p> <p>go for a drive, sleep late, yard sale, day off</p>	<p>museum, baseball game, beach, zoo, dolphin</p> <p>ice cream, friend, movie, photo, prize vacation</p> <p>I like ... / I love ...</p> <p>did / didn't, bought, went, saw, were / weren't, played, read, visited, stayed, watched, cleaned, helped, had, met</p> <p>first, after that, then, finally</p>	<p>Reflecting</p> <p>Practicing</p>
<p>Who's that?</p> <p>That's Deng Yaping. She is a great ping-pong player.</p> <p>When was she born?</p> <p>She was born in 1973.</p> <p>Who is Shirley Temple?</p> <p>She is a movie star.</p> <p>When did she become a movie star?</p> <p>When she was three years old.</p>	<p>achievement, record</p> <p>Brazilian</p> <p>skater, violinist, pianist</p> <p>sneezing, hiccuping</p> <p>start, stop</p> <p>first went, first had, learned</p> <p>talented, loving, creative, outstanding, unusual</p>	<p>ping-pong player, basketball player, tennis player, soccer player, champion, great, born, star, music, musician, sports, bicycle, movie, party</p> <p>beautiful, kind</p> <p>Who is ...</p> <p>When questions</p>	<p>Cooperating</p> <p>Using what you know</p>



《英语(新目标)》学生用书 (八年级上册) 目录

Unit	Title	Topic	Functions	Structures
<div>10</div> <div>Page 59</div>	I'm going to be a basketball player.	Life goals	Talk about future intentions	Future with <i>going to</i> <i>Want to be</i> <i>What, Where, When, How</i> questions
<div>11</div> <div>Page 65</div>	Could you please clean your room?	Chores	Make polite requests Ask for permission	<i>Could</i> for polite request <i>Could</i> for permission <i>Make</i> versus <i>do</i>
<div>12</div> <div>Page 71</div>	What's the best radio station?	Your town	Discuss preferences Make comparisons	Superlatives with - ( <i>iest</i> , <i>the most</i> ) Irregular comparisons <i>good, better, the best, bad, worse, the worst</i>
Page 77	Review of units 7-12			
Page 81	Additional Material			
Page 85	Tapescripts			
Page 93	Grammar			
Page 99	Words and Expressions in Each Unit			
Page 108	Vocabulary Index			
Page 116	Irregular Verbs			



Target Language	Vocabulary	Recycling	Learning Strategies
<p>What are you going to be when you grow up? I'm going to be a computer programmer.</p> <p>How are you going to do that? I'm going to study computer science.</p>	<p>computer programmer, professional, engineer, pilot</p> <p>computer science, dream job, grow up, move to, retire, save resolution, get good grades, get a part-time job, make more friends</p>	<p>want to</p> <p>actor, doctor, basketball player, reporter, teacher</p> <p>study, practice, learn, eat, make, get, exercise, grade every day</p> <p>math, basketball</p> <p><i>What / How / Where</i> questions</p>	<p>Using context</p> <p>Role playing</p>
<p>Could you take out the trash? Sure.</p> <p>Could I borrow the car? Sorry, but I need it. I have to go to a meeting.</p> <p>I have to make the bed and do the laundry.</p>	<p>do the chores, do the dishes, sweep the floor, take out the trash, fold the clothes, clean the living room, do the laundry</p> <p>buy some drinks and snacks, borrow some money, invite your friends</p> <p>teenager, hate</p> <p>take care of, feed</p>	<p>I have to ..., I need ..., I like ...</p> <p>I can ..., I can't ..., I have to ..., I don't have to ...</p> <p>movie, party, breakfast, tomorrow, room, homework, supermarket, store, CD, friend, chair</p> <p>stay out late, clean, cook, use the car, get a ride</p> <p>fun, boring, relaxing</p> <p><i>Who / What</i> questions</p>	<p>Self-evaluating</p> <p>Personalizing</p>
<p>What's the best cinema? Showtime Cinema. It's the cheapest.</p> <p>Jason's has good quality clothes. It's better than Trendy Teens.</p> <p>Jason's is the best store in town.</p>	<p>theater, cinema</p> <p>trendy, quality, comfortable, close to</p> <p>seat, screen, jeans, performer, radio station</p>	<p>new, big, friendly, fun, boring, popular, cheap, service, creative</p> <p>clothes, clothing, store, music, piano, actor, music video, TV show, book</p> <p>home, town</p> <p>French fries</p>	<p>Scanning</p> <p>Deducing</p>



## SECTION A

### Language Goal:

- Talk about how often you do things

## How often do you exercise?



1a

Look at the picture. Make a list of the different weekend activities.

1. skateboarding
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



1b

Listen and write the letters from the picture above on the lines below.

always (100%) \_\_\_\_\_ usually \_\_\_\_\_ often \_\_\_\_\_ sometimes \_\_\_\_\_ hardly ever \_\_\_\_\_ never (0%) \_\_\_\_\_

1c

### PAIRWORK

Talk about the people in the picture above.  
What do they do on weekends?

A: What does she do on weekends?

B: She often goes to the movies.



**2a**

**Listen. Cheng is talking about how often he does different activities. Number the activities you hear [1-5].**

**Activities****How often**

- |                              |                    |
|------------------------------|--------------------|
| <b>a.</b> — go to the movies | every day          |
| <b>b.</b> <u>1</u> watch TV  | once a week        |
| <b>c.</b> — shop             | twice a week       |
| <b>d.</b> — exercise         | three times a week |
| <b>e.</b> — read             | once a month       |
|                              | twice a month      |

**2b**

**Listen again. How often does Cheng do the activities above? Match his activities with the number of times he does them.**

**2c****PAIRWORK**

**How often do you do these activities?**

**Fill in the chart and then make conversations.**

Activities	How often
watch TV	<i>every day</i>
surf the Internet	
read English books	
go to the movies	
exercise	

- A: How often do you watch TV?  
 B: I watch TV every day.  
 A: What's your favorite program?  
 B: It's *Animal World*.  
 A: How often do you watch it?

## Grammar Focus

What do you usually do on weekends?

I usually play soccer.

What do they do on weekends?

They often go to the movies.

What does he do on weekends?

He sometimes watches TV.

How often do you shop?

I shop once a month.

How often does Cheng watch TV?

He watches TV twice a week.

3

Read the magazine article. Use the information in the boxes below to help you.

### Green High School: Activity Survey

Activity	Every Day	Once or Twice a Week	Three or Four Times a Week
Exercise	15%	10%	75%
Do homework	95%	0%	5%
Watch TV	85%	2%	13%

All students = 100%

Most students = 51%-99%

Some students = 1%-50%

No students = 0%

## What Do Students Do at Green High School?

Here are the results of the student activity survey at Green High School. Most students (1) exercise three or four times a week. Some students exercise once or twice a week. (2) students are very active and exercise every day. As for homework, (3) students do homework every day. (4) students do homework three or four times a week. (5) students do homework once or twice a week. The results for "watch TV" are interesting. (6) students watch TV once or twice a week, some students watch TV (7) a week, but most students watch TV (8).

4

## GROUPWORK Who's the best English student?

What can you do to improve your English? Add more things to the chart. Then ask your classmates the questions and find the best English student.

A: How often do you read English books?

B: I read English books about twice a week.

How often do you ...	once a week	twice a week	three times a week	once a month
read English books?		Lin Ying		



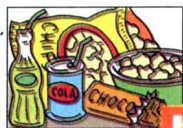
# SECTION B

## 1a Match the words with the pictures.

1. b junk food      3. \_\_\_\_\_ fruit      5. \_\_\_\_\_ sleep  
2. \_\_\_\_\_ milk      4. \_\_\_\_\_ vegetables      6. \_\_\_\_\_ coffee



a



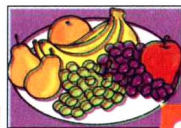
b



c



d



e



f

## 1b PAIRWORK

Ask and answer questions. Use the words from 1a.

A: How often do you drink milk, Liu Fang?  
B: I drink milk every day.  
A: Do you like it?  
B: No. But my mother wants me to drink it.  
She says it's good for my health.



## 2a Listen. Then circle your answer to each question.

Is Bill healthy?	Yes.	No.	I don't know.
Is Katrina healthy?	Yes.	No.	I don't know.



## 2b Listen again. Fill in the blanks in the survey.



Bill



Katrina

### Questions

- How often do you exercise?
- How often do you eat vegetables?
- How often do you eat fruit?
- How many hours do you sleep every night?
- How often do you drink milk?
- How often do you eat junk food?
- How often do you drink coffee?

### Katrina

### Bill

<u>every day</u>	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## 2c PAIRWORK

Role play. Student A is the interviewer. Student B is Katrina. Then change roles. Student B is the interviewer and Student A is Bill.

Interviewer: How often do you exercise?  
Katrina: I exercise every day.  
Interviewer: And how often do you ...?