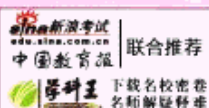




义务教育课程标准实验教科书最新配套用书  
YI WU JIAO YU KE CHENG BIAO ZHUN SHI YAN JIAO KE SHU ZUI XIN PEI TAO YONG SHU



源于教材·宽于教材·高于教材

# 实验班

## 提优训练

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本书不同于《1课3练》，那是一套名牌的基础性练习；  
本书是尖子班、提高班、精品班学生的提优秘卷。  
请慎重选择，量力而行。



NLIC 2970750378

### 八年级英语·上

(新目标)

总主编 严军 主编 丁泽林



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总主编 严 军

主 编 丁泽林

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# 走进实验班，

# 像成功者那样学习与思考



《实验班提优训练》丛书作为一套有别于侧重基础性的课时同步训练教辅，更为彰显同步提优性能，并突出“源于教材”“宽于教材”“活于教材”“高于教材”“直击中考”的全方位提优，为尖子生与争取成为尖子生的中等和中等以上学习能力的学生，铺就了一条通往学期考试、中考的成功之路。该丛书问世以来，表现出强劲的读者需求，并作为一个新的具有鲜明差异性的品牌，凸显于教辅丛书之林。

本学年，**春雨教育集团**邀请各册主编与编写老师，在广泛吸纳教育发达地区课改实验的最新成果，充分听取各大名校实验班教师使用建议的基础上，依托“学科王”教育出版与服务平台海量的资源优势对各册进行了精细打磨，使该丛书呈现出如下优势：

第一，以新课标、新中考为指针，切近“**课时精练+单元综合**”的教学实际需求，为尖子生和争取成为尖子生的学生逐步提升目标与训练档次，架设通往中考之巅的路。

第二，精心演绎阶梯栏目训练内容，突出重点、关键和趋势。

课时训练	学习目标视窗——给出提优训练要求	
	基础巩固提优——“源于教材”的提优训练	
	课外拓展提优——“宽于教材”的提优训练	
	开放探究提优——“高于教材”的提优训练	
	走进中考前沿——“直击中考”的提优训练	
单元	奥赛园地	教练平台——给方法、技巧、模式，提升解题水平
		挑战自我——选竞赛题供挑战自我训练
	单元综合提优测评卷——评估本单元提优训练效果	
期中	期中综合测试卷	按尖子生目标，契合重点班、实验班设计试卷
期末	期末综合测试卷	

第三，与一般普及性、基础性同步练习相比，更强调选题的综合性、前瞻性、开放探究性，内容与社会实际、科技前沿、新信息、新话题密切联系，以提升学科素质和中考应试能力。

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“**学科王**”网站和24小时专家免费咨询热线(025-68801800/68801900)全天候开通的“名师坐堂”解疑释难讨论版，不仅是一种售后增值服务，更体现了对中小學生这一特定的读者群的人性化的关怀与关切。

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**品质领先，品牌为王。**本丛书各册主编与编写老师预祝你成绩不断提高，永远信心满满！



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## 学习目标视窗

### 一、重点词汇

exercise 锻炼	hardly 几乎不
ever 曾经	once 一次
twice 两次	Internet 互联网
program 节目	result 结果
active 活跃的	about 大约
milk 牛奶	coffee 咖啡
chocolate 巧克力	drink 喝
health 健康	habit 习惯
try 试图	grade 分数
better 更好的(地)	same 同样的
different 不同的	difference 区别
maybe 大概	although 虽然
keep 保持	must 必须
how often 多久一次	on weekends 在周末
three times a week 一周三次	
as for 至于	junk food 垃圾食品
want sb to do 想要某人做……	
be good for 对……有益	look after 照看
how many 多少(接名词复数)	
try to do 努力(设法)做……	
a lot of 许多,大量的	of course 当然;自然
have a healthy lifestyle 拥有一个健康的生活方式	
keep in good health 保持身体健康	

### 二、重要句型

#### 1. How often do you watch TV?

你多久看一次电视?

how often 意思是“多久一次”,用来提问在某一特定的时间进行某个动作的次数,答语通常是 never, sometimes, often, usually, three times a year 等表示频率的副词或副词短语。

(1) how long “多长时间”,常用于对“for + 时间段”或“since + 时间段 + ago”等时间短语提问;还可以提问物体的长度,意为“多长”。

(2) how soon 意为“多久以后”,一般用于将来时态中,往往对“in + 时间段”等进行提问,表示某一动作要多长时间后才能完成或发生。

(3) how far 意为“多远”,用于对距离进行提问。

2. As for homework, most students do homework every day. 至于家庭作业,大部分学生每天都做作业。

as for 意为“至于;关于”,后可跟名词、代词或 V-ing 形式作宾语。既可放在句首,也可放于句中。

#### 3. She says it's good for my health.

她说它有益于我的健康。

(1) 此句是一个含有宾语从句的句子, it's good for my health 作 says 的宾语。

(2) be good for 意为“对……有益”,其反义词组为: be

bad for 意为“对……有害”。be good at 意为“擅长于……”;be good to 意为“对……友好”。

#### 4. How many hours do you sleep every night?

你每天晚上睡几个小时?

how many 意为“多少”,用来对可数名词数量的提问。

how much 也意为“多少”,则用来对不可数名词数量的提问;还可以提问价格,意为“多少钱”。

#### 5. So you see, I look after my health.

你看,我关心我的健康。

look after 意为“照顾;照看”与 take care of 同意。

6. So maybe I'm not healthy, although I have one healthy habit.

因此,我可能不是很健康,尽管我有一个健康的习惯。

(1) healthy 是名词 health 的形容词形式,其反义词为 unhealthy。

(2) although 与 though 同义,意为“虽然,尽管”,引导让步状语从句时,不能与 but 同时连用。如:

Although he has a lot of money, he is unhappy.

→ He has a lot of money, but he is unhappy.

他虽然很有钱,但并不幸福。

### 三、核心语法

#### (一) 频度副词

1. 定义:表示次数、频率的副词称为频度副词。常见的频度副词有: always, usually, often, sometimes, seldom, hardly, never 等。

2. 频度副词在句中的位置

(1) 放在系动词、助动词或情态动词之后。

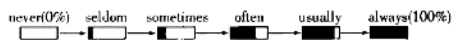
(2) 放在行为动词前。

(3) 有些频度副词可放在句首或句尾,用来表示强调。

注意:

(1) 对频度副词提问常用 how often, 意为“多久一次”。

(2) 为了更形象的表明常见频度副词的频率高低,我们可以用以下图示表示:



#### (二) 一般现在时

1. 动词变化:一般现在时主要用动词原形表示,但第三人称单数后要加词尾-s,另外 be 和 have 有特殊的人称形式。

在加词尾-s 时要注意:

情况	加法	例词
一般情况	加-s	reads, writes, says
以 ch, sh, s, x, 或 o 结尾的词	加-es	teaches, washes, guesses, goes
以“辅音字母 + y”结尾的词	变 y 为 i 再加-es	try - tries carry - carries





4. It's good for your study to speak \_\_\_\_\_ English .  
 A. everyday; everyday B. every day; every day  
 C. every day; everyday D. everyday; every day
5. —What do you usually do on weekends?  
 —I usually \_\_\_\_\_, because I like making friends.  
 A. watch TV B. surf the Internet  
 C. exercise D. read English books
6. —\_\_\_\_\_ do you go to the bookstore?  
 —Once a month.  
 A. How often B. How many times  
 C. How many D. How long
7. —Were you often late for school last term, Tom?  
 —No, \_\_\_\_\_. I go to school early every day.  
 A. always B. usually  
 C. sometimes D. never
8. —What's the TV news \_\_\_\_\_?  
 —A terrible earthquake struck off the coast of Japan.  
 A. at B. across  
 C. above D. about
9. My father watches TV \_\_\_\_\_.  
 A. two a week B. twice  
 C. second a week D. twice a week

### VII. 阅读理解

Saidie and Bessie are sisters. They are Americans. They live in the mountain village. Saidie is 104 years old and Bessie is 102 years old now. They tell their stories in a book called *Having Our Day*.

Here is some of their advice for living a long and healthy life.

#### ★Get up early.

They get up at 6:00 in the morning.

#### ★Have a good breakfast.

The sisters eat oatmeal (燕麦片), half a banana, bran (麸皮) and eggs with a little cheese.

#### ★Take exercise every day.

The sisters like to do yoga (瑜伽). They also walk every afternoon.

#### ★Eat a lot of fruit and vegetables.

The sisters like eating apples. Just like the saying "An apple a day keeps the doctor away."

#### ★Don't get married (结婚).

The sisters have no husbands or children to worry about.

#### ★Don't always listen to the doctors.

When something is wrong with us, the doctors don't know what to do with us. They are always surprised to see us live so longer.

1. How old is Saidie?  
 A. 100. B. 102.  
 C. 104. D. 106.
2. What kinds of fruit do the sisters like?  
 A. Bananas. B. Pears.  
 C. Strawberries. D. Apples.
3. How many pieces of advice are mentioned (提及到) in this passage?  
 A. Five. B. Six.  
 C. Seven D. Eight.

4. According to the passage, the sisters \_\_\_\_\_.  
 A. get up too late in the morning  
 B. live in New York in the USA  
 C. exercise very day  
 D. always listen to the doctors
5. The passage mainly (主要地) tells us \_\_\_\_\_.  
 A. how to keep a diet  
 B. how to keep healthy  
 C. how to live a long and healthy life  
 D. some ways of exercises

### IX. 完形填空

What do the people usually do on weekends? Some people like to 1 at home, but others like to go out for a walk or play football. Mr Smith 2 hard in a factory during (在期间) the 3. On the weekends, he usually 4 the same thing. On Saturday he washes his car and on 5 he goes with his family to a village (村庄) by car. His uncle and aunt 6 a farm there. It isn't a big one, but there is always 7 to do on the farm. The children help with the animals and give them some 8. Mr and Mrs Smith help in the field. At the end of the day, they are all 9 and Mr Smith's aunt 10 them a big meal.

1. A. play B. stay  
 C. be D. so
2. A. works B. does  
 C. makes D. studies
3. A. day B. year  
 C. week D. month
4. A. does B. do  
 C. make D. has
5. A. Sunday B. Saturday  
 C. Thursday D. Friday
6. A. have B. has  
 C. bring D. find
7. A. much B. many  
 C. any D. most
8. A. food B. rice  
 C. cakes D. fruit
9. A. hungry B. angry  
 C. full D. happy
10. A. give B. puts  
 C. makes D. does

### 开放探究提优

对未知的探究, 你准行!

### X. 任务型阅读

Do you get enough sleep every day? With so much homework, maybe you can not get enough sleep. But you need to try, because enough sleep can keep you healthy and stop you from getting fat.

A group of scientists (科学家) did a survey of some kids between 8 and 13. They said if kids slept for just one extra (额外的) hour each day, they wouldn't get fat easily. Why? Because if people don't get enough sleep, they will feel tired. When they are tired, they wouldn't like to do exercise. Many kids like



snacks (零食). If they are awake (醒着的) for one extra hour or two every day, they will have more time to eat snacks or other healthy food.

So, how much sleep should you get? Scientists suggest (建议) 10 to 11 hours a night for kids between 5 to 12. For older kids, 8 to 9 hours will be OK.

根据短文内容,完成下面的句子,每空一词。

- 1. Because of much \_\_\_\_\_, many children can't get enough \_\_\_\_\_ every day.
2. Enough sleep can keep children \_\_\_\_\_ and stop them from getting \_\_\_\_\_.
3. When kids don't get enough sleep, they wouldn't like to \_\_\_\_\_ and may often eat \_\_\_\_\_ food.
4. Scientists suggest \_\_\_\_\_ to \_\_\_\_\_ hours' sleep a

night for kids between 13 to 16.

- 5. The writer thinks that kids need to try to get enough sleep to keep \_\_\_\_\_.

XI. 书面表达

根据要求及提示,以“My Sunday”为题写一篇短文。

- 提示:1. 星期天早上七点半起床;
2. 中午和妈妈一起去动物园;
3. 中午短暂休息以后去买东西;
4. 下午和朋友一起去踢足球;
5. 喜欢看电视,晚上看《喜洋洋和灰太狼》(Pleasant Goat and Big Big Wolf)。

- 要求:1. 条理清楚,语句通顺,语法正确,书写规范;
2. 提示内容全部体现在文章中;
3. 不少于50个单词。

Section B

★基础巩固提优

夯实基础,才能有所突破.....

I. 用所给词的适当形式填空

- 1. How many \_\_\_\_\_ (hour) do you spend on your homework every day?
2. The teacher wants his students \_\_\_\_\_ (keep) happy in class.
3. Let's try \_\_\_\_\_ (find) some more information about the new movie on the Internet.
4. There are many \_\_\_\_\_ (different) between Chinese names and English names.
5. Good food and exercise make me study \_\_\_\_\_ (well).

II. 选词填空

pretty, habit, look after, health, drink

- 1. Our eating \_\_\_\_\_ are very good. We eat vegetables and fruits every day.
2. —How's everything, my friend?
— \_\_\_\_\_ good. Everything goes well.
3. The kid \_\_\_\_\_ milk every morning.
4. If you want to be \_\_\_\_\_, you must eat more vegetables and fruit.
5. I'll \_\_\_\_\_ my parents when they are old.

III. 翻译句子

- 1. 做眼保健操对你的眼睛有好处。
Doing eye exercises \_\_\_\_\_ your eyes.
2. 不用担心的,我会为你照看好鸟的。
Don't worry. I can \_\_\_\_\_ the bird for you.
3. 多吃蔬菜对你的健康有益。
Eating \_\_\_\_\_ vegetables is good for your health.
4. 我认为韩庚不是一位出色的歌手。
I \_\_\_\_\_ Han Geng \_\_\_\_\_ a great singer.
5. 你最好设法准时到达那里。

You'd better \_\_\_\_\_ get there on time.

IV. 从II栏中选择与I栏相对应的答语

I

- 1. How often do you eat junk food?
2. Thank you very much.
3. How many hours do you do your homework every day?
4. I always go shopping on weekends. How about you?
5. Is his lifestyle the same as Jim's?

II

- A. About two hours.
B. No, it isn't.
C. You're welcome.
D. I eat it three or four times a week.
E. I never go shopping on weekends.

●课外拓展提优

课内与课外的桥梁是这样架设的。

V. 单项选择

- 1. —I think drinking milk every morning is good \_\_\_\_\_ our health.
—Yes. I agree \_\_\_\_\_ you.
A. to; to B. with; to
C. at; with D. for; with
2. —Taking a walk in the evening is a good \_\_\_\_\_.
—So it is, and it keeps us healthy.
A. habit B. hobby
C. rule D. sport
3. If you don't want to be too heavy, you must eat \_\_\_\_\_ meat.
A. much B. less
C. many D. more
4. \_\_\_\_\_ he is tired, he is still doing his homework.
A. Because B. As
C. When D. Although
5. Mary has the same hair color \_\_\_\_\_ her favorite pop star.
A. as B. with
C. of D. like



## VI. 句型转换

- I watch TV for about one hour every day. (对画线部分提问)  
\_\_\_\_\_ do you watch TV every day?
- Sports can help you keep healthy. (改为同义句)  
Sports can help you \_\_\_\_\_.
- Miss Read wants us to read English every morning. (对画线部分提问)  
\_\_\_\_\_ Miss Read want you \_\_\_\_\_ every morning?
- Could you please take care of my little dog for a while? (改为同义句)  
Could you please \_\_\_\_\_ my little dog for a while?
- My brother drinks milk every day. (改为一般疑问句)  
\_\_\_\_\_ your brother \_\_\_\_\_ milk every day?

## VII. 完形填空

If you go to a fast food restaurant, you will probably see a lot of teenagers (年轻人). Today, many teenagers are very fat because of their bad 1 habits. Most teenagers love food that has a lot of fat, oil, salt, and sugar in it. People often call this kind of food "junk food", which 2 delicious.

Bad eating habits also include eating 3 besides (除了) fast food. Some teenagers don't have breakfast before they go to school. It is bad for their health. We found out that over two thirds of the students didn't 4 a balanced diet in a recent survey at one school. They didn't like vegetables or fruits. 5, they preferred to eat food with a lot of salt, sugar, fat, or burnt or fried food.

Parents today also worry about their children's diet. Some 6 give the following advice:

\* Teenagers should 7 junk food. The food with too much salt can cause high blood pressure. The burnt or fried food can increase the risk of cancer. They should eat food with 8 fat, oil, or sugar.

\* Teenagers need to eat some fruits and vegetables 9 are rich in vitamins every day.

\* Teenagers need to eat 10 that is good for their body and mind every day. And they need to drink more milk that will help them grow very well.

- |                |                |
|----------------|----------------|
| 1. A. sleeping | B. eating      |
| C. exercising  | D. studying    |
| 2. A. tastes   | B. looks       |
| C. sounds      | D. smells      |
| 3. A. simply   | B. unhealthily |
| C. too little  | D. too much    |
| 4. A. like     | B. need        |
| C. understand  | D. have        |
| 5. A. But      | B. Though      |
| C. Because     | D. Instead     |
| 6. A. doctors  | B. teachers    |
| C. students    | D. officers    |

- |                  |             |
|------------------|-------------|
| 7. A. love       | B. give up  |
| C. look after    | D. hate     |
| 8. A. more       | B. less     |
| C. no            | D. a little |
| 9. A. these      | B. those    |
| C. this          | D. that     |
| 10. A. breakfast | B. lunch    |
| C. supper        | D. dinner   |

## VIII. 阅读理解

We all need to exercise. Doctors say it is good for us. It makes your heart and body strong. It also gives you more energy. And you will feel better about yourself. It's best to exercise twice a week. Twenty minutes each time is enough(足够).

There are many ways to exercise. You can walk, run, play sports, or swim. Many people go to special (特殊) places to exercise.

They are called "fitness centers". These places have a lot of equipments (设备). Some people buy equipment for their homes. But it is very expensive.

Exercising can be fun. Friends can exercise together at a fitness center. Or, they can play sports together. How do you exercise?

- What is the main idea?
  - Exercise equipment is expensive.
  - Playing sports is a good way to exercise.
  - Every person should exercise.
  - Only students need exercise.
- We should exercise \_\_\_\_\_.
  - every day
  - 20 minutes a week
  - twice a week
  - twice a month
- At fitness centers, \_\_\_\_\_.
  - you can buy expensive equipment
  - people can do many kinds of exercising
  - it is very expensive
  - you can only run
- Which of these kinds of exercising is not in the article?
  - Dancing.
  - Swimming.
  - Sports.
  - Running.
- Which of these sentences about exercising is true?
  - Exercising is expensive.
  - Exercise is not good for old people.
  - Only doctors exercise.
  - Exercise is good for your heart and body.

## 开放探究提示

对未知的探究,你准行!

## IX. 任务型阅读

(A) You can make your body healthy by bathing. Do you know? It was popular hundreds of years ago. Modern bathing with medicine or hydrotherapy (水疗法) first became popular in America. For many years people thought if you always bathed, it was bad for health. They didn't think bathing every day just to keep clean was a good idea. By the 18th century some doctors started to think that soap and water were good for health. They believed that it was good for people to be clean. (B) Dur-



## IV. 句型转换

- Bill always gets up late. (改为否定句)  
Bill \_\_\_\_\_ up late.
- I sometimes eat dumplings for dinner. (改为一般疑问句)  
\_\_\_\_\_ you sometimes \_\_\_\_\_ dumplings for dinner?
- Ann often goes shopping. (对画线部分提问)  
\_\_\_\_\_ Ann \_\_\_\_\_ shopping?
- They usually go to the movies on Sundays. (对画线部分提问)  
\_\_\_\_\_ do they usually \_\_\_\_\_ on Sundays?
- Alice often does her homework at 7 pm. (改为否定句)  
Alice \_\_\_\_\_ her homework at 7 pm.

## V. 找出下面各题中的错误并改正

- In our school a lots of students play computer games.  
A B C D
- You should eat less meats and more vegetables.  
A B C D
- I eat a lot of vegetables ten time a week.  
A B C D
- My cousin and I are in same school in Beijing.  
A B C D
- A lot of vegetables make you to keep in good health.  
A B C D

## VI. 补全对话

(T = Tony E = Eric)

- T: Hello, Eric! \_\_\_\_\_ 1 \_\_\_\_\_ ?  
E: Hello, Tony. I'm going to school.  
T: Is the school far from your house?  
E: No, it isn't.  
T: Do you go to school by bus or on foot?  
E: \_\_\_\_\_ 2 \_\_\_\_\_. Sometimes I'm late. Then I go to school by bus.  
T: What time do you begin classes?  
E: At eight.  
T: \_\_\_\_\_ 3 \_\_\_\_\_ ?  
E: I usually play football with my friends.  
T: \_\_\_\_\_ 4 \_\_\_\_\_ ?  
E: I often do my homework in the evening.  
T: Do you often go to movies?  
E: No.  
T: \_\_\_\_\_ 5 \_\_\_\_\_ ?  
E: I go to the movies about twice a month.

- C. bread D. coffee  
4. David often \_\_\_\_\_ to the movies on weekends. He likes action movies.  
A. will go B. goes  
C. went D. is going  
5. Although he is very old, \_\_\_\_\_ he works very hard.  
A. and B. but  
C. / D. so  
6. I usually walk to school, but \_\_\_\_\_ I take a bus to school.  
A. often B. sometimes  
C. usually D. never  
7. —Listen! Is Tom singing in the classroom?  
—No. It \_\_\_\_\_ be Tom. He went to Paris one hour ago.  
A. may not B. needn't  
C. can't D. mustn't  
8. My sister watches TV \_\_\_\_\_ a week.  
A. one or two B. once or two  
C. one or twice D. once or twice  
9. If you don't get enough sleep at night, you'll have \_\_\_\_\_ energy the next day.  
A. fewer B. much  
C. less D. more  
10. Jack is a lazy boy, so he's \_\_\_\_\_ late for school.  
A. often B. hardly ever  
C. never D. sometimes

## VII. 完形填空

Most parents ask their children to play sports every day. Why? 1 you say "to get exercise" and you are right. To have fun? That's 2, too. 3, there are some other 4.

Research (调查) shows that children will do 5 in school if they often play sports. Exercise can improve learning. And it can make children 6.

Children can learn some 7 and teamwork (配合) when they play sports. When children play balls, they can learn how to play soccer or basketball. When children work with their teammates to win (赢) games, they learn how to be 8.

Sports are good for children's 9. Children 10 have a cold if they often play sports.

- A. May B. Sometimes  
C. Maybe D. Often
- A. wrong B. right  
C. different D. same
- A. In fact B. In time  
C. Right away D. At the moment
- A. results B. questions  
C. ideas D. reasons
- A. better B. good  
C. best D. bad
- A. interesting B. active  
C. unhealthy D. hungry
- A. subjects B. clubs  
C. skills D. stories

## 课外拓展提优

课内与课外的桥梁是这样架设的。

## VII. 单项选择

- \_\_\_\_\_ students in your class are from Beijing?  
—Only one.  
A. How often B. How many  
C. How much D. How
- \_\_\_\_\_ do your grandparents come to see you?  
—Twice a week.  
A. How often B. How many  
C. When D. How
- Would you like some \_\_\_\_\_ ?  
—No, thank you. I'm not hungry at all.  
A. cola B. milk

8. A. happy B. different  
C. successful D. fun  
9. A. work B. time  
C. study D. health  
10. A. hardly B. always  
C. usually D. often

开放探究提优

对未知的探究,你准行!

IX. 任务型阅读

Playing is a serious business for children. In fact, it's what they do best! Ask them why they do it, and kids will probably say, "Because it's fun!" But it's much more than that. It's also good for them.

(3) Studies show that from birth babies begin learning through play. They use their five senses to get to know their new world. Touching allows them to discover how different things feel. Brightly colored toys and clothing help develop a baby's sense of sight (视觉).

When small children choose which toy to play with, they begin developing their abilities in making decisions.

Children love toys that allow them to use their imagination. Sometimes an empty box is more fun than a high-tech toy. That's because a box can become anything a child imagines it to be.

Crayons, paints and Play-Doh (彩色塑泥) are also good because they allow children to create. Traditional building blocks teach important pre-math skills like problem-solving.

(4) Playing doesn't become any less important once children start school. Many valuable (有价值的) lessons about life are learned on the school playground. Kids learn how to share, take turns and play by the rules.

(一) 根据短文内容简要回答问题。

1. What can children do best in their childhood?

2. What kind of toys do children love?

(二) 将短文中画线的句子译成汉语。

3. \_\_\_\_\_

4. \_\_\_\_\_

(三) 请给短文拟一个适当的题目。

5. \_\_\_\_\_



走进中考前沿 解剖真题, 体验情境。

I. 填空

1. (2010·浙江义乌)—\_\_\_\_\_ do you read English newspaper?  
—I read 21st Century every day.

- A. How long B. How often  
C. How many D. How much

2. (2010·浙江宁波)—I saw you come to school by bus this morning.

—Oh, I \_\_\_\_\_ come to school by bus, but it's raining today.

- A. hardly B. always

- C. sometimes D. usually

3. (2010·山东滨州) \_\_\_\_\_ many children like KFC. I think they'd better try not to eat it too often.

- A. Because B. When  
C. Although D. If

4. (2010·江苏南京) Most parents don't think it is \_\_\_\_\_ (health) for children to stay up too late at night.

5. (2010·江苏连云港)—How often do you play badminton with your classmates?

—\_\_\_\_\_ (一次) a week.

II. 阅读理解 (2010·广东广州)

Want to stay away from colds? Put on a happy face.

Compared to unhappy people, those who are cheerful and relaxed are less likely to suffer from colds, according to a new study. It's possible that being happy helps the body fight illnesses, say the researchers from New York University.

"It seems that positive (积极的) feelings may reduce the danger of illness," said the study's chief researcher Sheldon Cohen.

In an earlier study, Cohen found that people who were cheerful and lively caught coughs and colds less often. People who showed positive feelings were also less likely to tell their doctors that they felt ill.

In this study, Cohen's interviewed 193 adults every day for two weeks. During the interviews, the people told researchers about the happy or sad feelings they had that day.

The results showed that everyone in the study was equally likely to get ill. But for people who said they felt happy during the research period, their illness were less serious and lasted for a shorter time.

Cohen believes that when people experience positive feelings, their body may produce a chemical that helps fight illness and disease. So if you are worried about your health, look on the bright side more often.

1. Which of the following was NOT a part of the study?

- A. People talked about their feelings every day.  
B. People were kept alone for six days.  
C. People were given colds by doctors.  
D. People were made to feel unhappy.

2. What did the study find?

- A. People who felt happy never got ill.  
B. People's feelings didn't influence their health.  
C. People with good feelings became ill more easily.  
D. People with positive feelings had less serious illnesses.

3. According to Cohen, which of the following may help fight illness?

- A. Eating. B. Crying.  
C. Laughing. D. Sleeping.

4. This passage is a/an \_\_\_\_\_.

- A. advertisement B. newspaper report  
C. story D. scientist's diary

5. What is the best title for this passage?

- A. Smiles can fight colds B. Cause of colds found  
C. The danger of colds D. How people get sick





# 时文广场

On Friday March 11, 2011, a 9.0 magnitude earthquake hit Japan. This has triggered (引发) 4-metre waves in Japan and tsunami (海啸) warnings across the Pacific coastline. Thousands of people are reported dead, and many more are injured or missing. The earthquake has caused fires and severe (断裂) damage to buildings, leaving thousands of households without electricity.



The Japanese Red Cross has deployed medical tents and over 80 medical teams to the affected area. Volunteers are on the ground providing first aid, search and rescue operations. The Red Cross has started Restoring (恢复) Family Links activities and

emergency relief planning is underway.

The Canadian Red Cross is monitoring (注视) the situation closely and has emergency supplies and trained emergency response personnel ready to be deployed. Canadians wishing to help support relief efforts underway are encouraged to contribute by Donating (捐赠) Online. You can supply your help at 1-800-418-1111 online.

根据短文内容回答下列问题。

1. When did the big earthquake in Japan take place?

2. Being a volunteer, what can he or she do?

3. What measures were taken by the Canadian Red Cross to help Japan out of trouble?

# 奥赛园地

## 教练平台

【例1】(2010·全国中学生英语能力竞赛初赛)—Where's Barry and Harry?

—I'm not sure. They \_\_\_\_\_ in the library.

- A. will be                      B. maybe  
C. may be                      D. must be

【解析】will be 意为“将会是”; maybe 意为“或许,大概”作状语常放于句首; may be 意为“或许是”; must be 意为“一定是”。由该句“I'm not sure”可推知“他们可能是在图书馆里”。

【答案】C

【例2】(2009·全国中学生英语能力竞赛题)

The underlined phrase (画线短语) in “He drank lots of water that day.” can be replaced (被代替) by \_\_\_\_\_.

- A. much                      B. many  
C. a lot                      D. more

【解析】much 意为“许多”修饰不可数名词; many 意为“许多”修饰可数名词; a lot 意为“很”修饰动词; more 是 many 和 much 的比较级; lots of = a lot of 意为“许多”既可以修饰可数名词又可以修饰不可数名词; 由不可数名词 water 可知应选 A。

【答案】A

## 挑战自我

1. (2010·全国中学生英语能力竞赛决赛)

Take \_\_\_\_\_ pills \_\_\_\_\_ a day, and you'll be better soon.

- A. twice; three times              B. three; two  
C. twice; two times              D. three; twice

2. (2010·全国中学生英语能力竞赛决赛)

Tim's father is kind of busy these days. The underlined words can be replaced by “\_\_\_\_\_”.

- A. a little                      B. little  
C. much                      D. more

3. (2010·全国中学生英语能力竞赛决赛)

—\_\_\_\_\_ does Hector's uncle go to Moscow on business?

—Never.

- A. How often                      B. How long  
C. How far                      D. How soon

4. (2009·全国中学生英语能力竞赛复赛)

My father \_\_\_\_\_ reading newspaper in the morning.

- A. wants                      B. likes to  
C. loves to                      D. enjoys

5. (2010·全国中学生英语能力竞赛决赛)

There are no differences between the two DVDs. (据上句改写下句,使两句意思相同或相近)

This DVD is \_\_\_\_\_ as that one.

6. (2010·全国中学生英语能力竞赛初赛)

翻译:她让我们等了好长时间。(keep)

7. (2010·全国中学生英语能力竞赛决赛)

翻译:这对双胞胎看起来长得一样。(the same as)

8. (2010·全国中学生英语能力竞赛决赛)

翻译:我不认为他很积极。(think)

Well begun is half done. 好的开始是成功的一半。

# 第一单元综合提优测评卷

(时间:90分钟 满分:100分)

## 听力部分

### I. 听句子,找出与句子内容对应的图片(5分)



A



B



C



D



E

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

### II. 听句子,选择适当的应答语(5分)

1. A. Two hours. B. Two hours a day.  
C. Twice.
2. A. I like it. B. Sure, it is.  
C. I am healthy.
3. A. Vegetables. B. Watch TV.  
C. Soccer.
4. A. Yes, I do. B. Yes, I like.  
C. No, I don't like.
5. A. I shop all day. B. I like shopping.  
C. Shopping is my favorite.

### III. 听对话及问题,选择正确的答案(5分)

1. A. Once a week. B. Every day.  
C. Once every three days.
2. A. Stays at home. B. Watches TV.  
C. Goes to the movies.
3. A. Six. B. Eight.  
C. Nine.
4. A. Fruit. B. Vegetables.  
C. Junk food.
5. A. Mary. B. Tom.  
C. Tom's sister.

### IV. 听短文,判断下列句子的正(T)误(F)(5分)

1. Maria does eye exercises every day.  
2. Maria plays basketball with her classmates once or twice a week.  
3. Maria's eating habits are pretty good.  
4. She tries to eat a little vegetable.  
5. She sleeps eight hours every night.

## 笔试部分

### V. 根据句意及首字母提示完成单词(5分)

1. We m \_\_\_\_\_ wash our hands first before meals.

2. —Do you like fruit?  
—Yes, I eat apples and bananas three or four t \_\_\_\_\_ a day.
3. M \_\_\_\_\_ you're right, but I think we need to think about it more.
4. We should form (养成) a good h \_\_\_\_\_ of studying—early to bed and early to rise.
5. I'm feeling much b \_\_\_\_\_ now so you needn't call the doctor.

### VI. 单项选择(10分)

1. —Would you like to have some meat?  
— \_\_\_\_\_, but I'm keeping a diet now.  
A. No, I can't B. Yes, I'd love to  
C. Yes, I'm glad D. No, I wouldn't
2. — \_\_\_\_\_ do you spend your weekends, Susan?  
—I usually learn to play the piano in a music club.  
A. What B. How  
C. Where D. Why
3. —There \_\_\_\_\_ no milk in the fridge. Could you get some for me, Dick?  
—All right, Mum.  
A. is B. are  
C. was D. were
4. I think "I will always love you" is one of \_\_\_\_\_ songs of Whitney Huston.  
A. the best B. pretty  
C. good D. better
5. To keep healthy, you must eat a lot of vegetables.  
A. much B. very much  
C. a lot D. many
6. —Could you please help me with my English?  
— \_\_\_\_\_  
A. No B. Of course  
C. Thanks D. Never
7. What \_\_\_\_\_ students usually do \_\_\_\_\_ Teachers' Day?  
A. do; in B. do; on  
C. does; at D. are; with
8. I'm hungry. \_\_\_\_\_ will supper be ready?  
A. How long B. How often  
C. How much D. How soon
9. What \_\_\_\_\_ the differences between your habit and \_\_\_\_\_?  
A. are; hers B. is; his  
C. does; her D. do; his
10. —Let's go to Zhongyan Temple this weekend.  
—No. I have been there \_\_\_\_\_. I don't want to go there any more.  
A. sometimes B. sometime





C. some times                      D. some time

VII. 补全对话(5分)

从方框中选择最佳选项完成对话,有两项多余。

- A. Do you like junk food?  
 B. How many hours do you usually sleep at night?  
 C. What's your healthy secret?  
 D. I exercise every day.  
 E. They can help me become strong.  
 F. How often do you exercise?  
 G. Do you exercise every day?

A: Hello! I'm an interviewer of *School Life*. May I ask you some questions?

B: Of course.

A: You look very healthy. 1

B: I eat more vegetables and fruit every day. 2 Drinking milk and water is very important, too.

A: 3

B: Yes, I like it very much. But I eat only once a week, because it is bad for us.

A: 4

B: Yes, I do. I often take a walk and play sports after class.

A: 5

B: About eight hours. I always have enough rest.

A: You have a good lifestyle. Thanks you very much.

VIII. 完形填空(10分)

Food is very important. Everyone needs to 1 well if he or she wants to have a strong body. Our minds also need a kind of food. This kind of food is 2. We begin to get knowledge (知识) even 3 we are very young. Small children are 4 in everything around them. They learn 5 when they are watching and listening. When they are getting older(长大一点), they begin to 6 story books, science books... anything they like. When they find something new, they love to ask questions and 7 to find out the answers.

What is the best 8 to get knowledge? If we learn by ourselves, we will get 9 knowledge. If we are 10 getting answers from others and do not ask why we will never learn well. When we study in the right way, we will learn more and understand(理解) better.

- |                  |                |
|------------------|----------------|
| 1. A. sleep      | B. read        |
| C. drink         | D. eat         |
| 2. A. sport      | B. exercise    |
| C. knowledge     | D. meat        |
| 3. A. until      | B. when        |
| C. after         | D. so          |
| 4. A. interested | B. interesting |
| C. weak          | D. better      |
| 5. A. everything | B. something   |
| C. nothing       | D. anything    |
| 6. A. lend       | B. read        |
| C. learn         | D. write       |
| 7. A. try        | B. have        |
| C. refuse        | D. wait        |

- |              |              |
|--------------|--------------|
| 8. A. place  | B. school    |
| C. way       | D. road      |
| 9. A. little | B. few       |
| C. many      | D. the most  |
| 10. A. often | B. always    |
| C. usually   | D. sometimes |

IX. 阅读理解(20分)

A

Nearly everyone has days when they feel sleepy. The problem of daytime sleepiness usually starts at night. Bad sleep habits often make people feel sleepy in the daytime. So please try these ways to improve your sleep and help you keep away daytime sleepiness.



◆ Get enough nighttime sleep

Most adults need seven to nine hours a night, and teenagers usually need a full nine hours. You'd better sleep eight or nine hours every night.

◆ Keep distractions out of bed

You shouldn't read, watch TV, play video games, or use computers in bed. Don't do your bills or have an exciting talk in bed, either. They may make you sleepless.

◆ Set the same wake-up time

Try to go to bed and get up at the same time every day, even on weekends. Keeping doing that for the first few weeks or even months, then you will improve your sleep.

◆ Exercise

Exercise (30 minutes a day) is good for your sleep. Exercise in the sunshine makes it easier to fall asleep and help you sleep much better. Exercise also gives you more daytime energy and keeps your thinking sharp.

◆ Don't go to bed until you're sleepy

If you go to bed when you're just tired, you may not fall asleep easily. The feeling of sleepiness and being tired are different. You'd better get into bed when you're sleepy.

- This passage tells us \_\_\_\_\_ ways to improve our sleep.
 

A. three	B. four
C. five	D. six
- From the passage we know that teenagers need \_\_\_\_\_ of sleep a night.
 

A. less than nine hours	B. a full nine hours
C. more than nine hours	D. a full eight hours
- Which of these are not mentioned (提到) in the passage?
 

A. Trying not to read when in bed.
B. Trying not to watch TV when in bed.
C. Trying not to use the computer when in bed.
D. Trying not to drink milk before going to bed.
- To improve your sleep, you should \_\_\_\_\_.
 

A. go to bed and get up at the same time every day
B. go to bed early and get up late
C. have an exciting talk in bed before going to bed

Don't do to others what you would not have others do to you. 己所不欲,勿施于人。

