

新课程自主、合作、探究学习丛书

(配人教版)

义务教育课程标准实验教科书

英语 (新目标)

Go For It!

学英语

Learning English

八年级 上册

广东省教育厅教研室

人民教育出版社

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## 前 言

学会学习已成为 21 世纪人才必备的能力之一。学习可以分为主动和被动两种学习方式。主动学习是指学生主动的思考所学知识、主动的发现自己尚未理解的问题、主动的寻求解答问题，以及主动的预习和复习课堂讲授内容。被动学习是指学生被动的接受知识，被动的等待教师来发现自己的问题，被动的等待答案等。

杜威将传统学习方式称为“静听”课程。在过去的教育中，学生在学习过程中往往处于被动的“接受”状态，他们几乎没有活动的余地和自己的经验。新课程注重培养学生的求异思维和发散思维，让学生在认识自我中完善性格，发挥潜能，在学会学习策略中，提高智能，体验成功。新课程倡导的“自主、合作、探究”的学习方式，能有效的改变学生的传统学习方式，给学生自我发展的时间和机会，重视学习的过程，激发学生的学习动力，让学生经历探索过程，获得理智的情感体验，积累知识和方法。

我们向同学们推荐下面的学习方式：

### 预习和复习

课前主动浏览一遍下面将要学习的内容是一个很好的学习习惯，因为这样可以帮助你了解课堂教学的内容，使你更加关注重点问题或自己不太理解的问题，提高课堂学习效率。

我们建议学生在课后复习当天的课堂内容。因为拖延复习可能导致遗忘某些关键内容。预习与复习均是自主学习的重要环节。

### 课堂学习方式

课堂学习是获取知识、发展能力的关键途径。课堂上，传统意义上的教师教和学生学，将让位于师生互教互学，形成一个真正的“学习共同体”。同学们可以组成三至六人的学习小组。在小组内讨论学习上遇到的问题，交换学习体验。也可以进行以自学为主的独立探讨。总之，“自主、合作、探究”的活动型的学习模式应成为课堂教学的主要学习方式。

### 课后练习

课后作业是帮助学生们掌握学习关键内容的重要手段。增强理解能力和记忆力的有效办法是在所学知识之间建立联系，因此，学生在学习中有意识的学会用自己以前的知识来解释新学到的知识。这种探究方法也是检验自己是否真正理解课堂内容的一个有效途径。课程改革应有利于建立促进学生全面发展、激励教师积极进取的评价机制，教学评价应以学生综合素质为目标，采用灵活多样的评价方法，注重学生学习过程和学习结果的全程评价，充分发挥教学评价的教育功能。

每个人的时间都是相同的，但是学习效率却因人而异。所以能否有效地管理时间、运

用有效的学习策略是学习能否成功的关键。所谓学习策略是指在学习时，学习者对学习任务的认识，对学习方法的调用和对学习过程的调控。从抽象意义上来讲，学习策略是一种“内隐的学习规则系统”；在结构意义上来讲，学习策略是由“学习方法”和“学习的调节与控制”等方面的因素组成的。

《学英语》就是基于上述理念编纂而成的。本书以教育部制订的《全日制义务教育英语课程标准》为指导思想，突出培养学生创新精神与实践能力和实践能力，既有对自主学习内容的深化，又有对自我评价的指导；既有对基础知识的概括，又有对能力发展策略的探讨；整本书环环紧扣，脉络明晰，便于读者完整地把握在新课程理念下掌握知识、发展能力的各种策略与方法。

本书共分三大部分，第一部分为“学习目标与要点提示”，重点介绍本单元的学习目标、语言要点与文化背景知识。第二部分为“自我测评”，强调对语言基础知识的理解和拓展，其中“学习策略与学习效果自我评价表”由学习方法和学习的调节与控制等方面的因素组成，供学习者对学习任务、学习方法和学习过程进行自我调控。第三部分为“合作探究”，由任务型语言测试题(task-based tests)组成，突出对学生实际运用语言能力的培养。使用本书能帮助学生梳理知识，开阔视野，进行自主、合作、探究学习，培养学习策略。从而使各种不同层次的学生能较快地提高运用英语的能力。

本书强调基础达标，以突出培养学生的综合能力为主线，题型新颖、形式活泼。对于比较传统的题型也有所兼顾，体现了既落实基础知识又求能力发展的教学原则，从而能满足各种不同层次学生的需求。学生在使用时既可以将本书作为练习材料用，也可以将其作为自我检测进行形成性评价。

检测本书质量的唯一标准是广大师生使用本书的实践。由于编者水平有限，书中疏漏之处在所难免，我们诚挚的希望广大师生的批评指正，使本书的编写内容在实践中日臻完善。

本书编写组

2005年7月

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# Unit 1 How often do you exercise?

## 学习目标与要点提示

### 1. 学习目标

- 1) 能力目标: 通过谈论各种生活习惯等内容, 让学生懂得健康饮食和多做运动的好处
- 2) 知识目标: 使用常见频度副词谈论做某事的频率

### 2. 语言要点

- 1) —How often do you exercise?  
—I do exercise once a month.
- 2) —What do you usually do on weekends?  
—I usually play soccer.
- 3) —What do they do on weekends?  
—They often go to the movies.
- 4) —What does he do on weekends?  
—He sometimes watches TV.
- 5) —How often do you shop?  
—I shop twice a week.
- 6) every day, always, usually, often, sometimes, ever, hardly, never, once a week, twice a month

### 3. 文化背景知识介绍

1) In America, young people spend their free time in many different ways, according to their ages, interests, and environments. For many young people, watching television programs and using computers are popular activities. Many young people use computers to play games, look for interesting websites, listen to music, watch movies, send e-mail, and chat with their friends.

On the other hand, many young people enjoy outdoor activities. In a neighborhood, young people may play games with their neighbors including touch-football, basketball, tag, and hide-and-seek. Skateboarding, bicycling, and roller-blading may be popular. In winter, ice-skating, hockey, and skiing may be



popular in areas where it snows. In middle school and high school, young people can join a sports team such as track and field, basketball, baseball, football, volleyball, swimming, and so on.

There are often clubs that young people can join, and these clubs usually meet after school. Such clubs might include the singing club in elementary school and band (orchestra) in middle school and high school. Other clubs include the drama club, mathematics club, foreign language club, debate club, student newspaper, and so on.

There are also community centers where young people can become involved in a variety of activities including sports, arts and crafts, and educational activities such as learning to play a musical instrument.

2) In order to stay healthy, you should do the following things.

Eat a balanced diet, which includes foods from the different food groups (grains, vegetables, fruit, meat, milk, sweets), and eat the most from the grains group and the least from the sweets group.

Exercise and drink lots of water and milk.

Get enough sleep. (Kids between 5 and 12 usually need 10 to 11 hours of sleep each night.)

Don't smoke or use drugs (including alcohol).

Take care of your teeth and gums.

Wear the proper clothing to stay warm (or cool), protect your skin from the sun, and avoid injury from activity.

See a doctor and a dentist on a regular basis.

(3) To take care of your teeth, you should do the following:

Use toothpaste that contains fluoride.

Brush your teeth at least twice a day (after breakfast and before bedtime).

Brush all of your teeth (away from your gums) for about three minutes.

Use a toothbrush with soft bristles.

Get a new toothbrush every three months.

Floss your teeth. (This is very important to keep your gums healthy. If you get gum disease, you may lose your teeth.)

Be careful about what you eat and drink.

See the dentist twice a year.

自我测评

I. 听力 (共 20 小题, 20 分)

A. 听句子。选择与你所听到的句子意义相符合的图画。听一遍。(共 5 小题, 每小题 1 分)

( ) 1.



A



B



C

( ) 2.



A

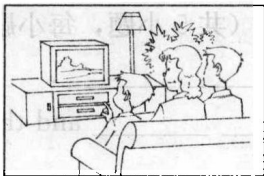


B



C

( ) 3.



A

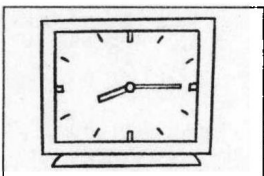


B

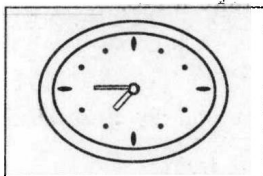


C

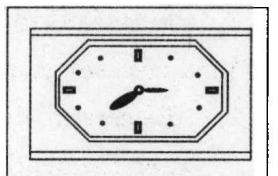
( ) 4.



A



B



C

( ) 5.



A



B



C

B. 听对话，选择正确答案回答问题。听两遍。(共 5 小题，每小题 1 分)

( ) 6. How does Jack usually come to school?

- A. By bike.                      B. By bus.                      C. On foot.

( ) 7. What is Jim doing?

- A. He's cleaning the room.  
B. He's watching TV.  
C. He's washing his school bag.

( ) 8. What can we know from the talk?

- A. The woman wanted to see the movies again.  
B. Tom had seen the film before.  
C. Tom doesn't think the movies are interesting.

( ) 9. What time is it now?

- A. 7: 00.                      B. 8: 00.                      C. 9: 00.

( ) 10. How many days does she go to school every week?

- A. Five days.                      B. Six days.                      C. Seven days.

C. 听对话，根据对话内容完成下列句子。听两遍。(共 5 小题，每小题 1 分)

( ) 11. The woman wants to go to the \_\_\_\_\_.

( ) 12. The hospital is between the \_\_\_\_\_ and the \_\_\_\_\_.

( ) 13. It will take about \_\_\_\_\_ to walk there.

( ) 14. The woman's son can't \_\_\_\_\_ any more.

( ) 15. She will take a No. \_\_\_\_\_ bus.

D. 听对话，根据对话内容填写下面的电话留言。听两遍。(共 5 小题，每小题 1 分)

<b>TELEPHONE MESSAGE</b>	
<b>From:</b> 16.	_____
<b>To:</b> 17.	_____
<b>Telephone number:</b> 18.	_____
<b>Date:</b> 19.	_____
<b>Message:</b> 20.	_____
	_____
	_____

### 语言知识运用

#### II. 词汇 (共 10 小题, 10 分)

A. 根据汉语的意思完成句子。(共 5 小题, 每小题 1 分)

21. The old man \_\_\_\_\_ (体育锻炼) every morning.

22. I often go shopping \_\_\_\_\_ (在周末).

23. The little boy \_\_\_\_\_ (曾经) fell off that tall tree.

24. \_\_\_\_\_ (多久一次) do you see your grandma?

25. He \_\_\_\_\_ (几乎不曾) goes to restaurant for dinner.

B. 按照次数由多到少依次写出表频率的词。(共 5 分)

always (100%)    26    27    28    29    30    (0%)

#### III. 单项选择 (共 10 小题, 每小题 1 分)

(    ) 31. Lily is a good girl. She \_\_\_\_\_ helps others.

A. never            B. always            C. sometimes            D. usually

(    ) 32. Peter is a good boy. He \_\_\_\_\_ goes to school late.

A. sometimes    B. always            C. never            D. often

(    ) 33. I'm good at English. I \_\_\_\_\_ do some listening in the morning.

A. usually            B. hardly ever            C. never            D. ever

(    ) 34. — \_\_\_\_\_ does he do sports every day?

—He does sports for two hours every day.

A. How many                                    B. How often  
C. How long                                    D. When

(    ) 35. — \_\_\_\_\_ does your father do in the evening?

- He usually watches TV.
- A. How            B. What            C. Where            D. When
- ( ) 36. —\_\_\_\_\_ do you go skating?  
—Every day.  
A. How often    B. How many    C. When            D. How long
- ( ) 37. \_\_\_\_\_ give up, then you can be successful (成功).  
A. Always        B. Sometimes    C. Never            D. Usually
- ( ) 38. —\_\_\_\_\_ does Maria do on weekends?  
—She often goes to the movies.  
A. How            B. What            C. When            D. Why
- ( ) 39. —How often do you read English books?  
—I read English books \_\_\_\_\_  
A. three times a week            B. three time a week  
C. for two days                    D. three times of day
- ( ) 40. Sam is \_\_\_\_\_ because he hardly ever exercises.  
A. health                            B. healthy  
C. healthily                         D. unhealthy

**IV. 完形填空 (共 10 小题, 每小题 1 分)**

\_\_\_\_\_ 41 \_\_\_\_\_ all the things we eat and drink, water is the \_\_\_\_\_ 42 \_\_\_\_\_ important. Not \_\_\_\_\_ 43 \_\_\_\_\_ person understands this, but it is quite \_\_\_\_\_ 44 \_\_\_\_\_. The human body can go without food for a long time, \_\_\_\_\_ 45 \_\_\_\_\_ without water we'll be ill or die within two or three days.

Many people do not know \_\_\_\_\_ 46 \_\_\_\_\_ water the human body (人体) needs to work and they don't drink \_\_\_\_\_ 47 \_\_\_\_\_ water. Most people drink only when they \_\_\_\_\_ 48 \_\_\_\_\_ thirsty. But in fact (实际上) they often need \_\_\_\_\_ 49 \_\_\_\_\_ water, especially when they have done sports.

65% to 75% of a man's body is made up of (由……组成) water. If we do not have enough water, we feel tired and \_\_\_\_\_ 50 \_\_\_\_\_ ill.

- ( ) 41. A. At                            B. By                            C. For                            D. Of
- ( ) 42. A. much                            B. more                            C. most                            D. even
- ( ) 43. A. some                            B. many                            C. little                            D. every
- ( ) 44. A. fact                            B. hard                            C. true                            D. easy
- ( ) 45. A. and                            B. or                            C. then                            D. but
- ( ) 46. A. how many                            B. how much                            C. if many                            D. if much

- |                   |               |            |           |
|-------------------|---------------|------------|-----------|
| ( ) 47. A. any    | B. some       | C. little  | D. enough |
| ( ) 48. A. are    | B. try to     | C. in need | D. like   |
| ( ) 49. A. plenty | B. a lot      | C. lots    | D. more   |
| ( ) 50. A. may    | B. may become | C. must    | D. is     |

V. 阅读理解 (共 15 小题, 每小题 2 分)

(A)

American boys and girls love to watch TV. Some children spend (花费) six hours a day in front of the TV set. Some children even watch TV for eight hours or more on Saturday. Many parents let their children watch only during certain hours (在特定的时间).

TV shows are like books or films. A child can learn something bad from some of them and something good from others. Some shows help children understand the news from Washington and other parts of the world. Some programs (节目) show people and places from other countries or other times in history (历史). With TV children do not have to go to the zoo to see animals or to the sea to see a ship. Boys and girls can see a play, a concert (音乐会) or a basketball game at home. Some programs even teach children how to cook or how to use tools (工具).

It is fun to watch TV, but it is also interesting to play games, to read a book or to visit friends.

根据短文内容, 回答下列问题。

51. How long do American children spend in watching TV?

\_\_\_\_\_.

52. When do many American parents let their children watch TV?

\_\_\_\_\_.

53. What can children learn from TV shows?

\_\_\_\_\_.

54. Why do boys and girls like to watch TV?

\_\_\_\_\_.

55. Is it the writer's opinion (见解) that children must spend some time both on TV and other things?

\_\_\_\_\_.

(B)

A man has a cat. He likes her very much. At meal time the cat sits at the table

with him. The man eats with a knife and fork, but the cat eats from her plate. Sometimes, when she finishes her dish, her master (主人) will give her a bit of his food. He shares (分享) his meal with her.

One day the cat was not at the table at meal time.

“Ah! Where is my cat?” asked the man.

His wife said, “Can’t you eat without her?”

So the meal began without the cat. Before lunch was over, the cat rushed (冲) into the room and jumped up into the chair quickly. She had two mice (老鼠) in her mouth, and before anyone could stop her, she dropped (扔下) one into her own (自己的) plate, and the other into her master’s plate.

“Dear me!” cried the woman. “A mouse (老鼠) is in your plate!”

“Hush!” said her husband. “This shows that she is a nice cat. She knows what friendship (友谊) is. She wishes me to share her dinner as I have often shared mine with her.”

根据短文内容判断正 (T) 误 (F)。

- ( ) 56. The master loves his cat very much.
- ( ) 57. The cat always shares her food with her master.
- ( ) 58. One day the cat was not at the table at meal time.
- ( ) 59. The cat hurried (匆忙) home with two mice in her mouth when the master and his wife were having lunch.
- ( ) 60. The story tells us that the cat understands her master’s love.

(C)

On April 12 each year, people of Dai nationality (傣族) in South China celebrate (庆祝) the beginning of their New Year in a special way. They sprinkle water (泼水) at each other to express (表达) their best wishes.

This festival came from an old story. Long ago, there lived a devil (魔鬼). The devil did all kinds of bad things. All people were angry with him. Yet, no one could do anything to him. One year, a clever girl got an idea. She and six girls cut down some hair from the devil’s head and bound his neck with it. The head fell onto the ground and it began to give out fire. The girl tried to put out the fire. They sprinkled water at the devil’s head. Then one of the girls touched (触摸) the head by chance. To their surprise, the fire was out. When they stopped touching it, it began to give out fire again. So the girls held the head in turn all the time. Each year on April 12 they changed the holder. They all felt the head was dirty. When one girl was holding it,

the others sprinkled water at her body, because they wanted to wash away the bad luck.

To honour (纪念) these seven brave girls, the Dai people set April 12 as Water Sprinkling Day.

根据短文内容, 选出正确答案。

- ( ) 61. The Dai people were angry with the devil because \_\_\_\_\_.
- A. the devil was dirty  
B. the devil did bad things  
C. the Dai people didn't love him  
D. the Dai people could do nothing to him
- ( ) 62. The girls sprinkled water at the head of the devil to \_
- A. express their best wishes  
B. wash away the bad luck  
C. wash away the dirty things  
D. put out the fire
- ( ) 63. The underlined "give out" in the passage means \_\_\_\_\_ in Chinese.
- A. 喷出      B. 熄灭      C. 分发      D. 用尽
- ( ) 64. The girls put out the fire by \_\_\_\_\_.
- A. sprinkling water at each other  
B. touching the devil's head  
C. bounding the devil's neck  
D. changing the holder
- ( ) 65. What would be the best title for this passage?
- A. The Water Sprinkling Day  
B. New Year's Day in South China  
C. The Brave Girls And the Devil  
D. The Seven Brave Dai Girls

## VI. 语言结构

根据句意, 用方框内的词的适当形式填空。(共 10 小题, 每小题 1 分)

sometimes, sleep, how often, grade, result, translate,  
difference, like, program, hardly ever

66. —Would you \_\_\_\_\_ some coffee?

—No. Thanks.



67. —Can you \_\_\_\_\_ the following sentences into English?  
—Sorry, I'm afraid not.
68. He is unhealthy because he \_\_\_\_\_ exercises.
69. —What's your favorite \_\_\_\_\_?  
—It's Lucky 52.
70. Susan has a healthy habit. She usually \_\_\_\_\_ for nine hours every night.
71. He never eats anything in class but \_\_\_\_\_ he talks with others.
72. Can you tell any \_\_\_\_\_ between the twin sisters?
73. Students must study hard or they won't get good \_\_\_\_\_.
74. Jane's \_\_\_\_\_ of the English exam are pretty good.
75. —\_\_\_\_\_ do you eat junk food?  
—Once a week.

**Ⅶ. 根据短文内容及所给首字母的提示, 补全短文中所缺单词。(共 10 小题, 每小题 1 分)**

Why are we always tired, do you know?

Firstly, if we can't sleep w \_\_\_\_\_ (76), we will be tired. But we are often too b \_\_\_\_\_ (77). We can't f \_\_\_\_\_ (78) our work in the day, so we must do it at n \_\_\_\_\_ (79). We go to bed l \_\_\_\_\_ (80) and get up e \_\_\_\_\_ (81). So we can't sleep well. Most people need at least eight hours' sleep. If we sleep for only five or six hours a night, we will be tired.

Secondly, when we are ill we will be t \_\_\_\_\_ (82). But sometimes we don't know we are ill. So if you are always tired, perhaps you are not so h \_\_\_\_\_ (83). You'd better go to see a doctor.

Thirdly, perhaps some kinds of food like eggs, nuts, meat, chocolate or coffee will not make you feel good. If you are ill and tired after eating some food, please don't eat it any m \_\_\_\_\_ (84).

At last, if the air around you isn't nice and clean, you will feel tired. So you should open your w \_\_\_\_\_ (85) often or go out for a walk and you will feel better.