



轻巧夺冠

测试 专家

课课练 单元

练

● 零失误训练方法

总主编 / 刘 强

八年级英语

上

人教新目标版

北京教育出版社



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测试专家——课课练单元练
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刘 强 总主编

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本丛书特点

1. 依据教材，夯实基础。
2. 强化能力，提高成绩。
3. 活页装订，方便实用。
4. 题题精讲，培优补差。

1、既注重基础知识的巩固，又注重学科能力的强化。物理、化学、生物、历史、政治、地理等“综合科”中的“同步训练”，分“教材跟踪训练”和“综合应用创新”两个栏目；“语文科”中的“同步检测”分“语言基础知识”“语言表达”“课内同步阅读”和“课外拓展阅读”四个栏目；“单元检测”分“语言基础知识和语言表达”“现代诗文阅读”“古代诗文阅读”和“作文”四个板块；“数学科”的构建模式为“三题一情景”。所谓三题即“课前预习题”“课中训练题”和“课后巩固题”，一情景即“情景导入”。

2、外语科每单元分为Section A、Section B及单元测试三个栏目，配有听力磁带。Section A主要是帮助学生巩固单元的词汇、语法、核心句型等英语基础知识。Section B主要是通过选择填空、改错、给句子排序组对话等形式，提高学生运用知识的能力。单元测试包括听力、笔试两部分，每一部分题型灵

活、新颖、多样，既考查了学生基础知识的掌握情况，又全面检测了学生的听力、阅读及英语笔头表达能力。

3、分层次设置题目。在所有学科中，前半部分注重基础知识的夯实巩固，后半部分注重学科能力的强化提高，这样分层次设置题目，可以使各个层次的学生都能在学习和使用本丛书的过程中找到相应的位置，品尝到成功的乐趣。

4、题题精讲，按中高考试卷评分标准，分步骤解题、分步骤给分，鼓励一题多解，激发学生的发散型思维。不论是自编题还是成题，一律摒弃现成答案，编者按照中考和高考试卷中的评分标准，分步骤详列答案和给分标准。学生在做题后对照答案时，可以一个步骤一个步骤地加以对照，详实地了解自己对这类题目掌握的深浅程度，以便及时查找失分原因，弥补缺憾。同时，还鼓励一题多解，从不同的角度给学生以解决问题的启迪和诱导，激发学生多向思维和发散型思维的能力。

5、活页装订，方便实用。每节（课）训练长度为45分钟（单元测试为100分钟），偶数页码，便于教师课堂检测使用，也可以作为学生课下自测。题目赋分准确，便于同步测控。

6、紧跟形势，体现教改。融会最新课程改革精神，配有新课标版，可满足不同地区不同版本教材使用的要求。



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Unit 1 How often do you exercise?

Section A

一、把下列词组翻译成汉语。

1. 一周一次 _____
2. 一月三次 _____
3. 每天 _____
4. 饮食习惯 _____
5. 照料 _____
6. 对……有好处 _____
7. 多数学生 _____
8. 多久一次 _____

二、在正确的词下面画线。

1. A: My sister drinks (too much/too many) soda.
B: (How much/How many) does she drink?
A: She has five cans (a lot/a day).
2. A: I don't get (too many/enough) exercise.
B: (How often/How many) do you exercise?
A: About three times (an hour/a week).
3. A: I watch (too much/too many) television.
B: (How much/How many) hours do you

watch?

A: I watch (five hours/enough) a day.

4. A: I go to (too much/too many) movies.

B: (How often/How many) do you go?

A: (In the evenings. /Five times a week.)

三、给下列单词排序，组成陈述句或问句。

1. go/you/do/how/to/often/the school library usually
_____?
2. do/on/you/what/usually/weekends/do
_____?
3. Kathy/listen/music/does/often/to
_____?
4. many/do/sleep/you/every/night/how/hours
_____?
5. I/shopping/once/go/month/a
_____.
6. she/food/never/junk/eats
_____.





Section B

一、给下列打乱顺序的句子编上序号, 使其成为一个完整的对话。

- () A: I want to play the violin better.
- () A: How about you? How often do you practise?
- () A: Really? That's too much for me.
- () A: About two hours a day.
- () B: I practice three hours a day.
- () B: Maybe that's not enough.
- () B: Oh? How often do you practise?

二、用所给的单词完成问句。

much often long many

- How _____ do you watch TV each day?
- How _____ does your sister exercise?
Twice a week.
- How _____ coffee would you like?
- How _____ hours a week do you read the English magazine?

三、仿照例句, 用括号内的提示词回答问题。

e. g.

Q: Does Sally usually eat lunch in the cafeteria?

(hardly ever outside)

A: No, She hardly ever eats lunch in the cafeteria. She usually eats lunch outside.

1. Q: Does Andrew always watch the news after dinner?

(never game shows)

A: _____

2. Q: Does Henry usually wash his car on Saturday?

(hardly ever on Sunday)

A: _____

3. Q: Does your boyfriend often bring you flowers?

(sometimes candy)

A: _____

4. Q: Does Simon watch TV every night?

(three times a week do the homework)

A: _____





第一单元综合检测题

(时间: 90 分钟 满分: 100 分)

听力部分 (30 分)

一、Listen and write. (听录音完成句子。)(10 分)

1. Mum _____ me to get up at 6:00 and run with her.
2. Grandpa is pretty healthy because he _____ every day.
3. A lot of vegetables _____ you to keep in good health.
4. You must _____ to eat less meat.
5. Does it _____ a big difference if you eat fruit every day?

二、Listen and choose. (听短文, 选择正确答案。)(20 分)

- () 1. How often does she exercise?
A. Once a week.
B. Every night.
C. Every day.
- () 2. How often does she drink milk?
A. A lot of milk.
B. Ten to eleven times a week.
C. Every day.
- () 3. How long does she sleep every night?
A. The whole night.
B. Nine hours.
C. Ten hours.
- () 4. Do you think she has a healthy life style?
A. Yes, she does.
B. No, she doesn't.
C. She is healthy.
- () 5. Is her lifestyle the same as yours or different?
A. Yes.
B. My lifestyle is different from

hers.

C. No.

笔试部分 (70 分)

一、找出下列画线部分的读音与其他三个不同的单词。(20 分)

- () 1. A. twice B. special
C. police D. difference
- () 2. A. grade B. great
C. program D. translate
- () 3. A. hardly B. healthy
C. key D. shy
- () 4. A. vocabulary B. result
C. junk D. juck
- () 5. A. answer B. address
C. clerk D. assistant
- () 6. A. house B. our
C. loud D. enough
- () 7. A. meet B. people
C. police D. possible
- () 8. A. just B. student
C. us D. young
- () 9. A. question B. station
C. national D. vacation
- () 10. A. soon B. look
C. food D. noodle

二、给下列单词排序, 组成问句并根据括号内的提示词回答问题。(20 分)

1. milk drink how often you do

Q: _____
(every day)

A: _____

2. eat fruit you do often how

Q: _____





(three times a week)

A: _____

3. hours sleep many how you do every night

Q: _____

(eight hours)

A: _____

4. eat often how junk food you do

Q: _____

(never)

A: _____

5. exercise you often how do

Q: _____

(twice a week)

A: _____

三、阅读理解。(16分)

Harry saw an ad in a window. It said, "Wanted: The Best Salesman in the World. Top Pay."

"I'm a great salesman," Harry told himself. "I can sell anything. I'll go in and ask for that job."

He went into the building and spoke to the manager.

"I'm the best salesman in the world," he said. "Give me the job."

"You must prove (证明) you're the best," the manager said.

"I'll pass every test you give me," Harry told him.

"Good."

The manager took a box of candy out of his desk.

"Last week, I bought a thousand boxes of this candy. If you can sell them all before the end of the week, you can have the job."

"That's easy," Harry said.

He took the box of candy and left the office.

Every day and all day, he went from shop to shop, trying to sell boxes of the candy.

He couldn't sell one.

The candy was so bad that he couldn't even

give it away.

At the end of the week he went back to the manager.

"I'm sorry, sir," he said, "I was wrong about myself. I'm not the best salesman in the world, but I know who is."

"Oh," said the manager, "Who?"

"The person who sold you a thousand boxes of this candy," Harry said.

() 1. The manager told Harry _____

A. he was the best salesman in the world.

B. he wasn't a good salesman.

C. he had to show how good he was.

() 2. Harry could have the job if _____

A. he sold a thousand boxes of candy.

B. he sold a hundred boxes of candy.

C. he gave away a thousand boxes of candy.

() 3. Harry could not sell the candy because _____

A. he was a very bad salesman.

B. the candy was very bad.

C. nobody liked candy.

() 4. Who was the best salesman in the world?

A. Harry.

B. Nobody.

C. The man who sold the candy to the manager.

四、书面表达。(14分)

根据下面的提示词,描述一下自己的生活习惯(提示词可以不全部用上)。

often every day usually three times a week sometimes once a week always once a month hardly ever never



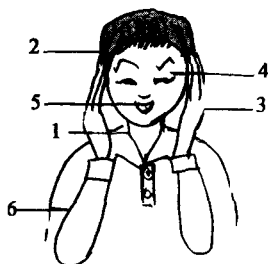


Unit 2 What's the matter?

Section A

一、看图写单词。

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



二、连词成句。

1. Lee drink with honey her should for throat tea

2. a sore and a throat she has stomachache

3. see a should maybe you dentist

4. for hours shouldn't he eat twenty-four anything

5. go you bed to should

三、在正确的词下面画线。

1. Jack has got a "B" (in/on) the test today.

2. Stay in bed and have a (good/well) rest.

3. How are you feeling today?

I'm feeling (good/better).

4. What's the matter with (he/him)?

5. Her mother is ill. I'm (good/sorry) to hear it.

四、给句子排序组成对话。

() What's the matter?

() Oh, that's too bad. You should go to see a doctor.

() Yes, I think so.

() I'm not feeling well. I have a headache.

() About two days ago.

() I hope you feel better soon.

() When did it start?

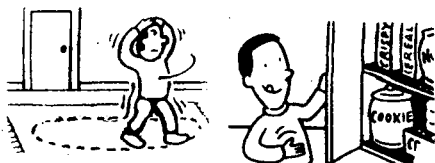


Section B

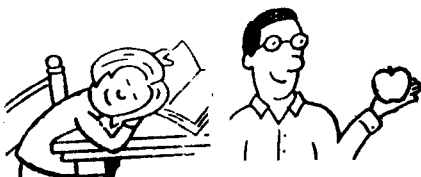
一、字母排序组单词。

1. temrta _____
2. cenk _____
3. scamoth _____
4. yehon _____
5. tiednts _____
6. tedir _____
7. itnaorpmt _____
8. rfvee _____
9. hrotat _____
10. kabc _____

二、根据图示写单词或词组。



1. _____
2. _____



3. _____
4. _____

三、选词填空。

morning stressed out lie down
quiet music favorite

A: A headache? Maybe you should _____.

B: But I have homework to do.

A: You should do it in the _____.

B: I can't sleep at night if I don't study.

A: You need to relax.

B: Do you think I have a headache because I'm _____?

A: Yes, I do. Maybe you should listen to some _____.

B: I'd like that. Would you play a classical CD?

A: Here my _____ CD by the Boston Orchestra.

B: Thanks. I feel great now. Let's order a pizza!

四、完成对话。

Tom 病了, 去看医生, 下面请你完成这个对话。

Doctor: 1, Tom?

Tom: I've 2 a running 3.

Doctor: 4 your mouth and 5 "Ah...".

Tom: What the 6 with me, doctor?

Doctor: You're got a 7 cold. Don't worry.

Take the 8 and have a good 9.

You'll be all right 10.



课课练 单元练

班级:

姓名:

得分:



第二单元综合检测题

(时间: 90 分钟 满分: 100 分)

听力部分 (34 分)

一、Listen and choose. (听句子, 选择适当的答语。) (10 分)

- () 1. A. You should drink hot tea with honey.
B. You should listen to music.
C. Go out and have a party.
- () 2. A. I'll feeling well.
B. You should go to see a doctor.
C. You'd better lie down and have a rest.
- () 3. A. I'm doing my homework.
B. Very well. And you?
C. I want to see a doctor.
- () 4. A. You need to relax.
B. You should eat much food.
C. I'm sorry to hear that.
- () 5. A. Yes, I do.
B. What's the matter with you?
C. You have a sore throat.

二、Listen and write. (听录音, 完成短文。) (24 分)

Everyone _____ tired sometimes. When you are tired, you _____ have a _____. You should go to bed _____ for a few nights and you should eat some _____ to stay healthy. You should _____ eat some lamb and other _____ foods. You shouldn't go to the _____ when you are tired.

笔试部分 (66 分)

一、根据句子意思写出所缺单词。(14 分)

1. You look sad. What's _____ with you?
2. What's wrong _____ him? He's got a bad cold.
3. _____ your mouth and say "Ah".
4. If you have a toothache, you should go to see a _____.
5. In order to stay _____, to eat a balanced diet is very important.
6. I'm _____ out because my English speaking isn't improving.
7. I'm sorry to hear you're not _____ well.
- 二、改错。在错误之处打×并写出改正后的句子。(24 分)

1. What's matter, Judy?

2. He shouldn't eat something for 24 hours.

3. You should drink a lots of water.

4. I'm not feeling good.





5. What's the matter with she?

6. Eat Dangshen and Huangqi herbs is also good for this.

7. What are you feeling today?

8. You must lie down rest.

三、读下面的对话, 判断正误。(18分)

A: Good morning.

B: Good morning, doctor.

A: Well, what's the matter?

B: I feel very hot, doctor. I've got a terrible headache.

A: Yes. It's probably the flu, but I thought I'd better take your temperature. Just put it under your tongue. That's it. (after a while)

A: Now, let me have a look. It's 38.5°C. Now, I want to examine your throat. Open your mouth. Say "Ah".

B: Ah...

A: Yes, it does look a bit sore. I'll give you some medicine and stay in bed. You'll be all right soon.

B: Thank you, doctor. Good-bye.

1. He went to park and talked with his mother. ()

2. He was all right and happy. ()

3. He's got a headache. ()

4. His temperature was 37°C. ()

5. The doctor didn't examine his throat. ()

6. The doctor gave him some medicine. ()

四、书面表达。(10分)

Tom 感到身体不舒服去医院检查, 请你写出他和医生的一段对话。





Unit 3 What are you doing for vacation?

Section A

一、翻译下列词组。

1. 多久 _____
2. 骑自行车旅行 _____
3. 去散步 _____
4. 去观光旅行 _____
5. 考虑、思考 _____
6. go fishing _____
7. take a vacation _____
8. after class _____
9. go hiking _____
10. a no-stress vacation _____

二、在正确的词或词组下面画线。

1. What (is/are) you doing for vacation?
2. We're (doing/going) camping.
3. When (is/are) she going?
4. She's going (in/on) Friday.
5. (When/How long) is she staying?

三、将下列各词连线。

- | | |
|------------|------------|
| 1. go bike | a. time |
| 2. take | b. walks |
| 3. rent | c. riding |
| 4. go | d. fishing |
| 5. spent | e. videos |

四、排列句子，使之成为一段话。

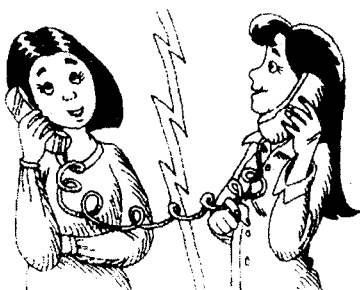
- () Next Monday.
- () I'm going camping.
- () When are you going?
- () From Monday to Thursday.
- () What are you doing for vacation?
- () How long are you staying?



Section B

一、把下列句子排序, 组成一段对话。

- () That's great! I can come at seven o'clock.
- (1) Maria, can you come to my party on Saturday?
- () When is it?
- () Well, the party is Saturday night.
- () It's at seven o'clock.
- () I'm sorry, I can't. I have to visit my uncle Saturday afternoon.



二、选词填空。

leaving hear return ask hope
relaxing visiting spending
camping babysitting

1. Mary is _____ her little sister.
2. My sister is _____ time with Aunt Helen.

3. Frank is _____ with his grandfather.
4. My parents are _____ at home.
5. And I'm going _____ my grandparents.
6. I _____ that Thailand is a good place to go sightseeing.
7. She's _____ for Hong Kong on Tuesday.
8. I _____ the weather will be nice in the mountains.
9. I want to _____ you about places to visit in China.
10. You'll be relaxed when you _____ from your vacation.

三、根据提示完成句子。

1. He's _____ (临时照顾他弟弟).
2. I'm _____ (骑自行车旅行).
3. They are _____ (看望奶奶).
4. That _____ (听起来) interesting.