

人教版英语八年级上册

Unit 2 How often do you exercise?

作业设计案例

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一、单元作业目标

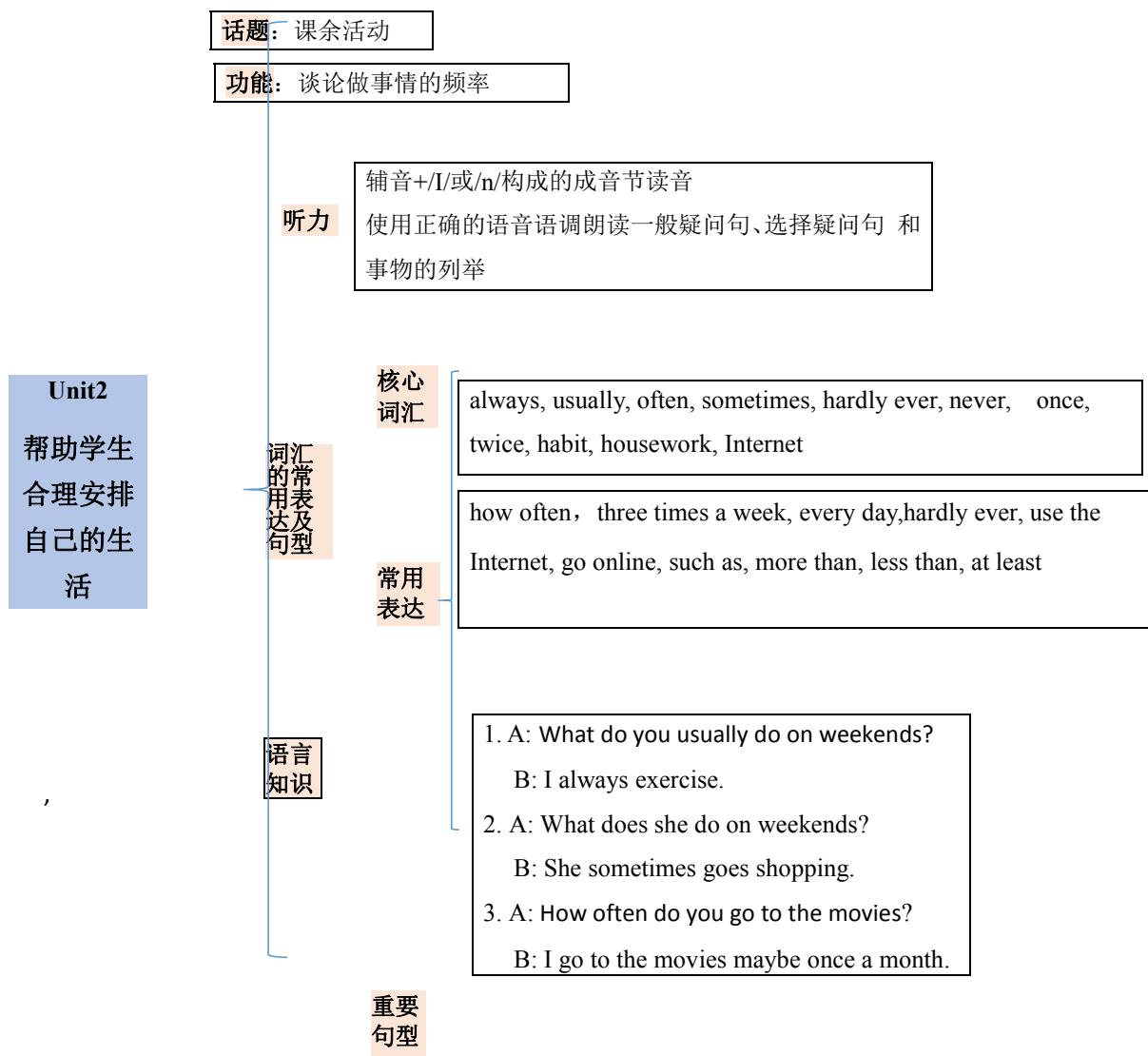
序号	单元作业目标
1	能够让学生掌握频率副词并灵活使用
2	能准确理解和区分表示频率的副词和词组
3	能听懂谈论生活习惯、学习习惯和饮食习惯的对话材料
4	能够让学生运用相关句型来询问他人的课余生活以及回答他人的询问
5	能够让学生自如地描述自己的课余生活
6	能读懂介绍个人生活习惯的文章，掌握如何描述基本的饮食结构
7	能以书面形式对自己的习惯进行介绍，根据写作要求描述做这些事的频率
8	能够合理安排自己的生活，养成健康的生活习惯。

二、单元课时安排

课时	课型	课时教学内容
第一课时	Listening and speaking	Unit2 Section A 1a-2d
第二课时	Grammar	Unit2 Section A 3a-3c
第三课时	Listening and speaking	Unit2 Section B 1a-1e
第四课时	Reading	Unit2 Section B 2a-2e

第五课时	Writing+Revision	Unit2 SectionB3a-3c, Self Check
总课时	五课时	

三、单元内容结构



语
法

掌握频率副词以及它们之间的区别
灵活运用频率副词进行问答
能够书面地描述自己的课余生活

语
篇

听:能听懂谈论生活习惯、学习习惯和饮食习惯
说:能谈论生活习惯、学习习惯和饮食习惯
读:能读懂介绍个人生活习惯的文章
写:能够用频率副词描述自己的生活习惯
合理安排自己的生活,养成健康的生活习惯

学习
方法

通过对比和反复操练,掌握频度副词间的区别和它们的具体用法

四、分课时作业设计

第一课时 Section A 1a-2d

Stepping stone

I. 写出并记住下列单词

1. 总是_____
2. 通常_____
3. 常常_____
4. 有时_____
5. 几乎不_____
6. 曾经_____
7. 几乎从不_____
8. 从不、决不_____
9. 家务事_____
10. 一次、曾经_____
11. 两次_____
12. 互联网_____

II. 快速完成并下列短语。

1. 帮助做家务_____
2. 用互联网_____
3. 去购物_____
4. 读书_____
5. 去看电影_____
6. 做运动_____

频度短语:

1. 每天_____
2. 一周一次_____
3. 一周两次_____
4. 一周三次_____
5. 一月一次_____
6. 一月两次_____

Real-life challenge

I. 仿句

要求: (根据任务一、二中的频度副词, 短语并用下列不同人称造 5 个句子造句)

例句: 1. I hardly ever watch TV.
2. He goes shopping once a week.

I	my brother	they	we	Jim	he	she
---	------------	------	----	-----	----	-----

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

II. 朗读下列对话并根据任务一、二编写新对话, 对子组互相练习。

always, usually, often, sometimes, hardly ever, never, twice a week, once a month

A: What do you usually do on weekends?

B: I usually go to the movies.

A: How often do you watch TV?

B: I watch TV once a week.

我的新对话

A: _____

B: _____

A: _____

B: _____

大声朗读上面对话, 用 he /she 编写新对话。

A: What does he/she do on weekends?

B: _____

A: _____

B: _____

Reflection zone

I. 思考与总结:

1. —How often do you watch TV?

—I always watch TV.

2. — How often does she go shopping?

—She goes shopping once a week.

观察上面的句子，我们可以归纳得出：表示频度的副词有 always _____
_____ _____ _____ _____，频度短语构成：次数（如：once、twice、three
times...）+时间 once a week、three times a week、_____ 一年两次，
对于频度副词提问用疑问词_____。

练习：

1. He hardly ever exercises. (划线提问)

_____ _____ _____ _____ _____ ?

2. I watch TV once a week. (划线提问)

_____ _____ _____ you _____ _____ ?

Next week is quite full for me.

下周对于我来说是很忙的。

full 为形容词，忙的、满的，常用短语：be full of 装满、充满

The glass _____ (装满) water.

full 还译为“饱的”反义词 hungry。

练习：

1. I don't want to eat anything. Because I'm very _____.

A. happy B. hungry C. full D. lazy

第二课时 Section A 3a-3c

Stepping stone

I . 快速记忆并会默写下列单词及短语

1. 忙的、满的_____	2. 摆动_____
3. 或许_____	4. 最少、最小_____
5. 至少、起码_____	6. 摆摆舞_____
7. 不得不、必须_____	8. 熬夜_____
9. 做运动_____	10. 打网球_____

II . Fill in the blanks.

A)根据句意, 用括号内所给词的适当形式填空。

1. My mother goes to Beijing _____ (two) a year.
2. Can you find the _____ (different) between this box and that box?
3. I _____ (hard) ever see him now.
4. Do you want to meet that _____ (interview)?
5. You should look after your _____ (healthy).

B)根据汉语提示完成句子。每空词数不限。

你多长时间看望一次祖父母? _____ do you see _____?

2. 他的爷爷每天都做运动。His grandpa _____.

3. 我每周购物两次。 I shop _____.

4. 我喜欢读书。我每天都读英语。

I like _____. I _____ every day.

5. ---周末你通常做什么? ---做运动。

-----What _____? _____.

Real-life challenge

I . Fill in the blanks according to the conversation.

Next week is quite _____ for Claire. She has dance classes on _____.

She is learning _____. And she has _____ lessons on _____ Wednesday and Friday. On Tuesday, she _____ to play tennis with her friends. So Claire is really _____ next week.

II. 情景交际

A: Hi, what do you usually do on weekends?

B: I _____ (通常) do my homework. Sometimes I watch TV. But I _____ (从不) help my mother with the housework. So she always complains about it. What about you?

A: I _____ (几乎不) do the housework. I think we must learn from Kate. She _____ (经常) helps her mother with many things.

B: Does her father help them?

A: No, he doesn't _____ (经常) come back. He works in another city.

Reflection zone

I. 知识梳理

maybe 副词 或许 通常放在句首。may be (情态动词+动词原形)可能用于句中。

Maybe he is a teacher. = He may be a teacher.

Maybe he watches TV every day. (同义句)

He _____ TV every day.

II. 辨析与总结

1. 讨论辨析 all, most, some, no 这四个词

2. 请你写出所学的表频率的副词 (至少写 10 个) 及表多少的词

Project----Personal Information Survey

在小组内展开调查，完成表格，并根据调查结果写一篇作文所需语言结构

A: How often do you read English books?

B: I read English books about twice a week.

How often do you read English books	once a week	twice a week	three times a week	once a month
read English books				

第三课时 Section B 1a-1e

Stepping stone

I. 快速记忆并会默写下列单词及短语

单词：

1. 无用的东西_____
2. 咖啡_____
3. 健康_____
4. 结果_____
5. 百分之_____
6. 在线的_____
7. 电视机_____
8. 虽然_____
9. 以、凭借_____
10. 头脑_____
11. 身体_____
12. 这样的_____
13. 共同_____
14. 消失、死亡_____

短语：

1. 想要某人做某事_____
2. 对……有益_____
3. 多少小时_____

4. 垃圾食品_____

II. 回答下面的问题, 可参考课前准备 I 与本单元单词表。

What do you often eat ?_____

What do you often drink?_____

How often do you exercise ?_____

How many hours do you sleep every day ?_____

Are you healthy?_____

Real-life challenge

I . 朗读下列对话并用方框里的词编写新对话

junk food milk fruit vegetables coffee

我的新对话

A: How often do you drink milk?

A: _____

B: I drink milk every day.

B: _____

A: Do you like it?

A: _____

B: No. But my mother wants me to drink it.

B: _____

She says it's good for my health.

II. 补全对话

A: _____ do you _____ (运动) ?

B: I _____ every morning.

A: _____ do you eat _____ (蔬菜)?

B: Every day. Because they _____ my health.

Reflection zone

I. 知识梳理

1. —How many hours do you sleep every night?

—Nine.

—How much milk do you drink?

仔细观察上面的句子归纳总结: how many 接_____，
how much 接_____。

小试身手

1. 填空

(1) How _____ coffee is there in the cup?

(2) How _____ vegetables do you need?

(3) How _____ people are there in the shop?

(4) How _____ junk food does he eat?

2. 区分 be good for / be good at / be good with

(1) He _____ playing basketball.

(2) Eating fruit _____ your health.

(3) The man _____ kids.

II. 单选

() 1. Mike exercises every day, so he looks very _____.
A. health B. healthy C. healthily D. unhealthy

() 2. How many _____ would you like?
A. milk B. coffee C. bags of milk D. bags of milks

() 3. —_____ hours do you sleep every night?
—Nine.
A. How many B. How much C. How often D. How

() 4. My mother wants him _____ milk every day.
 A. drink B. drinks C. drinking D. to drink

() 5. Healthy habits are _____ your health.
 A. good for B. bad for C. good at D. bad at

() 6. ---Does he eat vegetables very often?
 --- _____. He dislikes them.
 A. Yes, he is. B. No, he isn't.
 C. Yes, he does. D. No, he doesn't.

() 7. --Would you like something to drink?
 -- _____, please.
 A. Meat B. Rice C. Milk D. Vegetables

Project —Who is the healthiest student?

Group work 调查一下谁是班上最健康的学生，完成下表。

	What sports do you often play?	What do you often eat?	How many hours do you sleep?
Lucy			

总结谁是最健康的学生。

I think...is the healthiest student. He /She plays ...every day. He often eats...
 He/She sleeps ...hours every night.

第四课时 Section B 2a-2e

Stepping stone

I. 快速记忆并会默写下列单词及短语

- 作家、作者 _____
- 牙科医生 _____
- 杂志 _____
- 然而 _____
- 比 _____

II. 完成下列短语。

1. 空闲时间_____
2. 15%的学生_____
3. 一周四到六次_____
4. 去上网_____
5. 至少一周三四次_____
6. 一点也不_____
7. 例如_____
8. 和……一起度过……_____
9. 去看牙医_____
10. 2个多小时_____

Reading adventure

I. 完形填空

Bob wants to get some money. He finds a job at a shop. Every day he 1 some work after school. But 2 Saturday he works 3 day. Every day after school, he takes a bus to the shop. He 4 there at 4:00. At the shop he cleans and washes vegetables, 5, then puts them in bags. 6 he sweeps the floor. Bob likes his work. He works 7 4 to 6. Then he goes home. He 8 supper at half past six. After supper he studies. He is usually tired 9. 10 he goes to bed early.

()1. A. finishes	B. does	C. gets	D. has
()2. A. on	B. in	C. for	D. at
()3. A. the	B. other	C. all	D. a
()4. A. gets	B. gets to	C. comes	D. comes to
()5. A. eats them	B. puts away them		
	C. waters them	D. puts them away	
()6. A. Some time	B. Sometime		
	C. sometimes	D. /	

()7. A. at B. on C. from D. between

()8. A. eat B. has C. does D. have

()9. A. before the night B. after school
C. before supper D. at night

()10. A. So B. But C. For D. And

II. 阅读理解

Mary is an American girl. She is now in Beijing with her parents. Mary doesn't know much Chinese, but she is studying it. She often speaks Chinese with her Chinese friends. Sometimes they can't understand her, because she can't speak Chinese very well.

It's Saturday morning. She goes out. She is walking in the street. She wants to go to the zoo to see the elephants and monkeys, but she doesn't know how to get there. She asks a Chinese boy the way. The boy can't understand her. Then she takes out a pen and a piece of paper. She draws an elephant on it, and shows the picture to the boy. The boy understands, and shows her the way to the zoo.

() 1. Mary is _____.
A. Chinese B. English C. Japanese D. American

() 2. Mary is in _____ with her parents now.
A. Shanghai B. Beijing C. New York D. London

() 3. Mary doesn't know how to get to _____.
A. the zoo B. the park C. her home D. her school

() 4. Mary can't speak _____ very well.
A. English B. England C. China D. Chinese

() 5. At last The boy _____.
A. can understand Mary' s Chinese
B. takes her to the zoo
C. shows her the way to the zoo
D. draws a picture for Mary, too

第五课时 SectionB3a-3c, Self Check

Stepping stone

I. 用所给词适当形式填空。

1. I want you _____ (play) soccer with us.
2. My father is pretty _____ (health).
3. It's important _____ (study) English well.
4. She goes shopping _____ (two) a week.
6. You can learn new words by _____ (read) them.
7. One percent of the boys _____ (like) staying at home.
8. Exercise such as _____ (play) tennis is relaxing.

II. 翻译句子

(1) 我尽量吃大量的蔬菜。 (try to do)

_____.

(2) 我的健康的生活习惯有助于我取得好成绩. (help sb. do sth.)

_____.

(3) 我有一个健康的饮食习惯。 (eating habit)

_____.

(4) 他的爷爷相当健康， 他每天都照顾我的弟弟。 (pretty healthy, look after)

_____.

Real-life challenge

I. 情景反应

() 1. Would you like something to drink?	A. Fine, thanks.
() 2. What time shall me leave?	B. No, thanks.

()3. How are you?	C. Thank you.
()4. Your CD is very nice.	D.What about this afternoon?
()5. How often does your uncle drink?	E.Sometimes.

II. **Make a survey!** 对你的朋友们做个关于他们课余生活小调查，并尝试用自己的话来描述吧！

Name	How often	Why

Example:

Tom always plays basketball because he thinks sports is good for our health. But Tom seldom watch TV because he don't want to waste time.

Friend 1:

For more information, contact the Office of the Vice President for Research and Economic Development at 319-273-2500 or research@uiowa.edu.

Friend 2:

10 of 10 pages

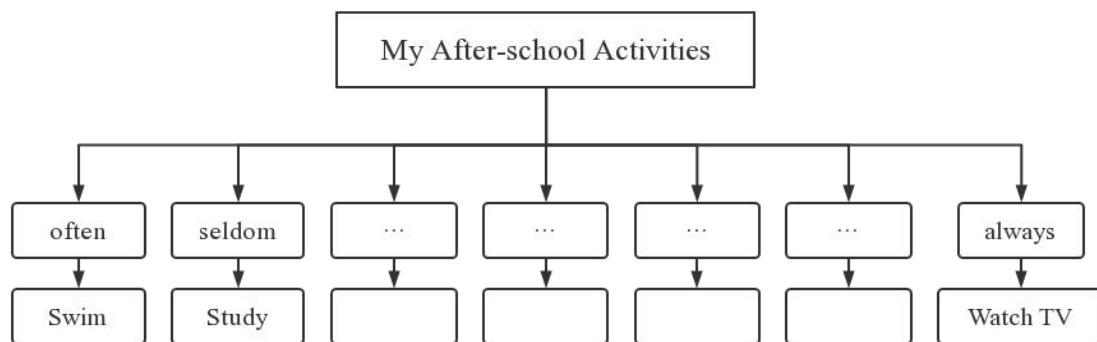
Project---My After-school Activities.

I . Learn how to describe your after-school activities. 根据你的课余活动来补全下面的表格吧!

I	Activities	How often	(with...)	Time
---	------------	-----------	-----------	------

go to...	often	on Sat.
...
...
...

II. A formal introduction to your after-school activities! 正式介绍自己的周末吧!



My after-school activities

Hello, my name is _____. I'm a student.

On the weekend I often go swimming.

I _____

Reflection Zone

单元学习效果自我评价表

Checklist for Describe

描述他人 课余生活		描述自己 课余生活	
1. 我能积极参与小组合作，并认真完成任务。	☆☆☆☆☆	1. 我能用简洁的语言描述我自己的生活。	☆☆☆☆☆
2. 我能准确、快速地从与他人的对话中获取信息。	☆☆☆☆☆	2. 我能准确、快速地从与他人的对话中获取信息。	☆☆☆☆☆
3. 我的拼写正确，语法使用合理，句式正确。	☆☆☆☆☆	3. 我的拼写正确，语法使用合理，句式正确。	☆☆☆☆☆
4. 我的书写很规范、工整。	☆☆☆☆☆	4. 我的书写很规范、工整。	☆☆☆☆☆
总计	_____ ☆	总计	_____ ☆