衔接点 2 How often do you exercise?

本单元的话题：谈论生活习惯，复习一般现在时。

本单元的语法：1.复习一般现在时；2.学习表示频率副词的用法。

主要频率副词的等级排序：always(总是) > usually (通常) > often(经常) > sometimes(有时) > hardly ever(很少) > never(从不)

重点短语：

（1）help sb with sth 帮助某人做某事

（2）go shopping 去买东西

（3）on weekends 在周末

（4）how often 多少次

（5）hardly ever 几乎从不

（6）once a week 一星期一次

（7）twice a month 一个月两次

（8）go to the movies 去看电影

（9）every day 每天

（10）use the Internet 上网

（11）be free＝be not busy=have time 有空

（12）have dance and piano lessons 上舞蹈和钢琴课

（13）swing dance 摇摆舞

（14）play tennis 打网球

（15）stay up late 熬夜到很晚

（16）go to sleep 睡觉

（17）go to bed 上床睡觉

（18）at least 至少，不少于

（19）go to bed early 上床睡觉早

（20）play sports 做运动

（21）be good for 对….有好处

（22）be good at doing sth 擅长做某事

（23）go camping 去野营

（24）in one’s free time 在某人的业余时间

（25）the most popular 最受欢迎

（26）such as 例如….像….这样

（27）go to the dentist 看牙科医生

（28）more than 多于

（29）old habits die hard 旧习难改

（30）less than 少于

（31）junk food 垃圾食品

（32）take care of sb 照料某人

（33）look after sb 照顾某人

（34）have to do sth 必须做某事

（35）get in…进入…

（36）be late for 迟到

习惯用法：

1. help sb. with sth＝have sb do sth 帮助某人做某事

2. How about doing…? ….怎么样？

3. want sb. to do sth. 想让某人做某事

4. How many + 可数名词复数+ 一般疑问句

5. 主语+ find+ that 从句 发现…

6. It’s + adj.+ to do sth. 做某事是….的

7. spend time with sb.　　和某人一起度过时光

8. ask sb. about sth.　　向某人询问某事

9. by doing sth.　　通过做某事

10. What's your favorite…..?你最喜欢的…是什么？

11 start doing sth.　　开始做某事

12. the best way to do sth.　　做某事的最好方式

13.full of　满的

14.what about doing sth.　？　　做某事怎么样？

15.not….at all　一点儿也不

一、单选题

1．The bed piano allows a music lover to play_____ piano while he is lying in bed.

A．a　　B．an　　C．/　　D．the

2．---What about_____?

---That's a good idea,

A．go shopping　　B．going shop　　C．going shopping　　D．go to shop

3．He used to _____very late, but now he is used to_____early.

A．get up; getting up　　B．get up; get up

C．getting up; get up　　D．getting up; getting up

4．Tom studies _____. He _____plays with his friends.

A．hard; hard　　B．hardly; hardly　　C．hard;hardly　　D．hardly; hard

5．---_____do you exercise? ---Hardly ever.

A．How many times　　B．How often

C．When　　D．How

6．---He plays basketball so well! Who taught _____?

---He learnt it by _____.

A．him; him　　B．himself; himself　　C．him; himself　　D．himself; him

7．_____he was tired, _____ he didn't stop _____.

A．Although; but; to rest　　B．Though; /; working

C．Although; /; resting　　D．Though; but; working

8．Here _____ the results _____ the students activity survey.

A．is ; with　　B．are ; of　　C．are ; with　　D．is; of

9．I _____ride a bike to school. But this morning I took a taxi because I got up late.

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

10．Most of the students in my class_____three times a week.

A．exercise　　B．exercises　　C．are exercising　　D．is exercising

二、单词填空

11．It's good to have a _____（健康的）eating habit.

12．We often borrow novels and _____（杂志）from our school library.

13．Brush your teeth at least _____（两次）a day: in the morning and before bedtime.

14．Frank's sister dislikes _____（这样的）a job.

15．Little Betty is only three years old，_____（然而），she can sing lots of songs.

三、补全对话

A:There are some new animals in the zoo.

16．_____

B:Good idea. Do you often go to the zoo?

A:Yes. I go there every weekend.

B:Are you free this afternoon? I want to play chess with you.

17．A: 17．_____

B: How often do you have violin lessons?

A: 18._____

B:What about Thursday afternoon?

A:Oh, I have to exercise in a sports club.

19．_____

B:When do you go to the club?

A: 20．_____

B:You really have a full week.

A．I go to the club twice a week, too.

B．Twice a week, on Monday and Wednesday.

C．On Tuesday and Thursday.

D．Sorry, I have a violin lesson.

E.Let’s go and see them on the weekend.

四、书面表达

请根据本单元所学内容，写一篇描述自己生活方式的短文，词数 80 左右。

提示：你叫刘涛，是一名中学生。你身体好，每天锻炼身体，早晨跑步半小时，然后骑车上学。你爱运动，每周和朋友打两次篮球，一到周末，你就到操场踢足球。你喜欢吃各种食物，尤其是蔬菜。

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