**大英县2020年下期八年级（上）英语单元试卷**   **Unit Two How often do you exercise?**

**第I卷 选择题 （110分）**

**第一部分 听力部分 （30分）**

**第一节：听下面五段对话。每段对话后面有一个小题，从题中所给的A、B、C三个选项中选出最佳选项。每段对话和问题读两遍。 （7.5分）**

**（ ）1. How many times does Jack go to the club in a week?**

**A. Once. B. Twice. C. Three times.**

**（ ）2. What does Mike often do on Saturdays?**

**A. He reads books. B. He exercises. C. He watches TV.**

**（ ）3. How often does Mr. Smith eat dumplings ?**

**A. Twice a week.　　 B. Twice a month.　 C. Once a week.**

**（ ）4. Why doesn't the man go swimming?**

**A. He has to buy a coat. B. It is cold today. C. He has caught a cold.**

**（ ）5. How does Tom often go to school?**

**A. By bus. B. By car. C. On foot.**

**第二节：听下面五段对话或独白。每段对话或独白后有几个小题，从题中所给的A、B、C三个选项中选出最佳选项，每段对话和独白读两遍。（22.5分）**

**听第一段对话，回答第6至7小题**

**（ ）6. How often does Jane go to the violin class?**

**A. Once a week. B. Twice a week. C. Three times a week.**

**（ ）7. When does Jane go to the tennis club?**

**A. On Tuesdays. B On Wednesdays. C. On Fridays.**

**听第二段对话，回答第8至9小题**

**（ ）8.What exercise does Mike take?**

**A. Riding a bike.　　 B. Going swimming.　 C. Playing basketball.**

**（ ）7.How often does Lucy take exercise?**

**A. Every day. B. Once a week. C. Twice a week.**

**听第三段对话，回答第10至12小题**

**（ ）10.What are they talking about?**

**A. Their weekends. B. Their friends. C. Their homework.**

**（ ）11.Who did Frank go to the beach with?**

**A. His teacher. B. His family. C. His friends.**

**（ ）12.When did Kate study for a math test?**

**A. In the morning. B. In the afternoon. C. In the evening.**

**听第四段对话，回答第13至15小题**

**（ ）13. Does Julia like milk?**

**A. No, she doesn’t. 　　　B. Yes, she does. C. We don’t know.**

**（ ）14. How often does John eat hamburgers?**

**A. Once a week. B. Every day. C. Twice a day.**

**（ ）15. What must John do to keep healthy?**

**A. Eat lots of hamburgers. B. Eat lots of junk food.**

**C. Eat more vegetables.**

**听下面一段独白，回答第16至20小题**

**（ ）16. How long has Tommy stayed in America?**

**A. For nine days. B. For ten months. C. For ten years.**

**（ ）17. How is the weather in America?**

**A. It's very cold. B. We don't know. C. It's warm.**

**（ ）18. How often does Tommy exercise?**

**A. Three times a week. 　B. Twice a week. C. Three times a month.**

**（ ）19. Does Tommy often watch TV at night?**

**A. Yes, he does. B. Yes, every day. C. No, hardly ever.**

**（ ）20. How long does Tommy sleep every night?**

**A. Nine hours. B. Seven hours. C. Ten hours.**

**第二部分 基础知识运用 （30分）**

**第一节：单项选择 （10分）**

**在各小题所给的四个选项中，选出可以填入句子空白处的最佳选项，并将答案写在题前的括号内。**

**（ ）21. —\_\_\_\_ do you go to the sports club?**

**—At least once a week.**

**A. How long B. How often C. How much D. How far**

**（ ）22. —Would you like some more bread? —No, thanks. I’m　　 .**

**A. hungry B. full C. busy D. thirsty**

**（ ）23. —\_\_\_\_ she eats a lot every day, she is not fat at all.**

**—How lucky!**

**A. Because B. So C. If D. Although**

**（ ）24. —Could you tell me the answer \_\_ \_\_ the question, Mrs. Li?**

**—Of course.**

**A. by B. to C. in D. at**

**（ ）25. —Do you know the \_\_\_\_\_\_\_\_ of the test? —Yes. I got an A.**

**A. rule B. place C. result D. time**

**（ ）26. —A woman jumped into the river and \_\_\_\_\_\_\_\_ yesterday.**

**—Oh, I'm sorry to hear that.**

**A. practiced B. died C. followed D. saved**

**（ ）27. —You look so tired, Sue.**

**—I \_\_\_\_\_\_\_\_ slept last night. I feel very terrible now.**

**A. always B. ever C. hardly D. usually**

**（ ）28. —I'll have to get in \_\_\_\_\_\_\_\_ the window because I left my keys in the classroom.**

**—I think you should wait for your parents to come back.**

**A. across B. over C. below D. through**

**（ ）29. —Linda can't play soccer at all.**

**—\_\_\_\_ Soccer is her favorite sport.**

**A. Good luck! B. I'd love to. C. How come? D. That's right.**

**（ ）30. —\_\_\_\_\_\_\_\_? —Once.**

**A. What do you think of junk food**

**B. How many times do you eat junk food a month**

**C. How much do you pay for the junk food**

**D. How often do you eat junk food**

**第二节：完形填空 （20分）**

**通读下面的短文，掌握其大意，然后在各小题所给的四个选项中，选出一个最佳选项，并将答案写在题前的括号内。**

**To keep healthy, we must sleep well.　31　 is your sleep these days?**

**The Chinese Medical Doctor Association asked 8,200 people in China about their 　32　.More than 36.3 percent of 　33　 said they often sleep badly. The study also 　34　 that many students only have 5 hours' sleep a day. The US National Sleep Foundation suggests（建议）students need 8.5 to 9 35 sleep every night.**

**What 　36　 students' sleeping time? They always have lots of 37 . And school starts 　38　 in the morning. But 39　 sleeping habits are also an important reason.**

**Do you like to play with your 　40　 on the bed? The survey finds that 60 percent of people play with their phones 　41　 they sleep. They read news, check their WeChat(微信) and microblog(微博) messages, or chat 42 QQ friends.**

**“It's important for students to get 　43　 sleep. If they can't get enough sleep, they will 　44　 sleepy all day. And sleepy students often think 　45　 in class, ” said an expert(专家) from the US National Sleep Foundation. We can't 46 our school time. But there still have some good 　47　 to get good sleep. 　48　 from coffee and tea at night. Leave your mobile phone and computer on the desk. Watch 　49　 TV. Then you can sleep well. 50 , to get good sleep, you also need to eat healthy food. Drinking a cup of warm milk can help you get good sleep.**

**（ ）31. A. When B. How C. What D. Where**

**（ ）32. A. sleep B. food C. health D. habits**

**（ ）33. A. us B. it C. them D. you**

**（ ）34. A. hopes B. asks C. thinks D. finds**

**（ ）35. A. hour B. hours C. hour’s D. hours'**

**（ ）36. A. takes on B. takes back C. takes up D. takes after**

**（ ）37. A. housework B. homework C. free time D. holidays**

**（ ）38. A. quickly B. early C. late D. slowly**

**（ ）39. A. busy B. relaxing C. good D. bad**

**（ ）40. A. mobile phone B. watch C. diary D. computer games**

**（ ）41. A. after B. before C. while D. when**

**（ ）42. A. for B. from C. above D. with**

**（ ）43. A. few B. many C. enough D. most**

**（ ）44. A. sound B. feel C. fell D. show**

**（ ）45. A. slowly B. quickly C. happily D. deeply**

**（ ）46. A. forget B. change C. swing D. wait**

**（ ）47. A. shows B. answers C. questions D. ways**

**（ ）48. A .Stay up B. Cut down C. Walk out D. Stay away**

**（ ）49. A. less B. better C. more D. worse**

**（ ）50. A. Though B. No matter C. Of course D. More than**

**第三部分 阅读理解 （40分）**

**阅读下面四篇短文，并从各小题所给的四个选项中，选出一个最佳选项，并将答案写在题前的括号内。**

**A**

**Do you think you are fat? Do you want to be healthy? Let's do exercise together! We have three groups for you to join:**

|  |
| --- |
| **Easy Level (水平):** |
| **Anyone can join this group to do exercise. We run or ride bikes in the park three times a week, usually on Monday, Wednesday and Friday afternoon，starting at 5 p.m. and**  **lasting (持续) for 30 minutes.** |
| **Medium Level:** |
| **You can join this group if you are not too young or too old. We exercise three times a week, but we do more sports than the first group. We can play basketball, foot学科网(www.zxxk.com)--教育资源门户，提供试卷、教案、课件、论文、素材及各类教学资源下载，还有大量而丰富的教学相关资讯！ball or**  **go swimming. We will exercise for two hours a time.** |
| **High Level:** |
| **If you want to join this group, you'd better ask your doctor学科网(www.zxxk.com)--教育资源门户，提供试卷、教案、课件、论文、素材及各类教学资源下载，还有大量而丰富的教学相关资讯！ first, because we do sports every day from Monday to Friday, one and a half hours each time, and there are many**  **strength (力量) exercises.** |

**（ ）51.What sport does the first group do?**

**A. Basketball. B. Running. C. Swimming. D. Football.**

**（ ）52.Which group can a 70­year­old man join?**

**A. The first group. B. The second group.**

**C. The first or the second group. D. The second or the third group.**

**（ ）53.You can join the third group after your \_\_\_\_\_\_\_\_ says yes.**

**A. parent B. teacher C. doctor D. friend**

**（ ）54.People in the third group exercise \_\_\_\_\_\_\_\_ hours a week.**

**A. 1.5 B. 4.5 C. 7.5 D. 10.5**

**（ ）55.The writer's purpose (目的) is to \_\_\_\_\_\_\_\_.**

**A. teach people how to do sports B. tell people to live a healthy life**

**C. help people learn more about sports D. ask people to join the groups**

**B**

**There are 45 students in our class. I have mad122153334546e a survey.36 students say they like to exercise. Most boys play basketball together twice a week. My friend, Tony, is good at**

**running. He runs the fastest in our class. Gray is good at swimming. He goes to the swimming club three times a month in winter, and three times a week in summer. So he's pretty healthy. Some of my classmates have good eating habits.70% of them drink milk every day.15 students say they drink milk three or four times a week. But some students like junk food, especially Sally. What's worse is that she doesn't like to exercise, so she is very fat. She always says, “I'm going to lose weight tomorrow.”**

**（ ）56. How many students are there in our class?**

**A. Forty­-five. B. Fifty­-five. C. Thirty­-five. D. Thirty-six**

**（ ）57. How often do most boys play basketball together?**

**A. Once a week. B. Three times a week.**

**C. Every day. D. Twice a week.**

**（ ）58. Who runs fastest in our class?**

**A. Gray. B. Sally. C. Tony. D. I don’t know**

**（ ）59. How many times does Gray go to the swimming club in summer?**

**A. Three times a month. B. Three times a week.**

**C. Three or four times a week D. I don't know.**

**（ ）60. What do 70% students like to do?**

**A. Drink milk. B122153334546. Play football. C. Eat junk food. D. Go swimming**

**C**

**Sports can help us a lot. Taking exercise can make us strong In collective (集体的)sports like basketball, volleyball, or football, we will learn the importance of cooperation. And sports can also help us relax after work or study.**

**However, as the saying goes, “There are two sides of everything. ”Sometimes we may hurt other players or ourselves if we are not careful enough when participating (参加) in sports**

**activities. What's more, too much or hard practice can be bad for our health.**

**Sports can make us healthy both physically and psychologically (心理地). It is also a good way for people to know each other and can improve frie122153334546ndship between people. So long as we are careful enough, sports can do us nothing but good.**

**（ ）61. \_\_\_\_\_\_ can make us strong.**

**A. Taking exercise B. Singing C. Sleeping D. Makin122153334546g friends**

**（ ）62. Too much exercise can be \_\_\_\_\_\_ for122153334546 us.**

**A. good B. bad C. helpful D. enough**

**（ ）63. Sports can \_\_\_\_\_\_.**

**A. help people to know each other B. improve friendship between people**

**C. do us nothing but good if we're careful D. All of the above.**

**（ ）64. Which of the following is NOT true?**

**A. Basketball and volleyball are both collective sports.**

**B. Sports can help us relax after work or study.**

**C. Sometimes we may hurt other players or ourselves when participating in sports activities.**

**D. Sports can only make us healthy physically.**

**（ ）65. The best title for this passage can be “\_\_\_\_\_\_”.**

**A. Sports and health B. Everybody must do sports**

**C. Sports are nothing to people D. No one122153334546 likes sports**

**D**

**Everyone knows that exercise is important. We all need to exercise. Doctors say it’s good for us. It keeps body strong.**

**When the daytime comes, we must get up. This is the time for exercise. Exercise means doing things with the body. There’re many ways to exercise. You can walk, run, swim, skate, or play ball games. Make sure you exercise in the following(下面的)ways: You have to like what you’re doing. Exercise enough—but not too much. It’s good to exercise twice each week. Thirty minutes each time is enough. Try all kinds of things until you find one, two or three sports that feel right for you.**

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

**（ ）66. In the passage the writer tells us that we all need to　　　.**

**A. drink B. relax C. exercise D. work**

**（ ）67. Which of the following sports we can’t find in the passage?**

**A. Fishing. B. Running. C. Swimming. D. Walking**

**（ ）68. What does exercise mean?**

**A. It means doing things with the body. B. It means studying.**

**C. It means doing lessons. D. It means playing.**

**（ ）69. What can exercise do to the body?**

**A. It can make the body weak. B. It can make the body healthy.**

**C. It can make us sick. D. It can make us sleep more.**

**（ ）70. The words “fitness center” in the text mean“　　　”.**

**A. 减肥中心 B. 健身中心 C. 购物中心 D. 医疗中心**

**第四部分 口语运用 （10分）**

**阅读下面对话，从方框内选项中选择恰当的句子完成此对话，其中有两项是多余的。**

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

**W: Of course.**

**M: You look very healthy. 71.**

**W: I eat vegetables and fruit every day.72. 　　 Drinking milk and water is very important, too.**

**M: 73.**

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

**M: 74.**

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

**M:75.**

**W: About eight hours. I always have enough rest.**

**M: You have a good lifestyle. Thank you very much.**

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

**第II卷 非选择题 （40分）**

**第一节：词汇 （10分）**

**A). 根据句意及汉语提示完成句子。（5分）**

**76. Grandma is very healthy because she (锻炼) every day.**

**77. Please speak aloud, I can (几乎不) hear you.**

**78. We (尽力) to eat a lot of vegetables to keep healthy.**

**79. Walking helps you to keep in good (健康).**

**80. There are some (不同) between the tiger and the cat.**

**B). 从方框中选择合适的词语并用其适当形式填空完成短文（5分）。**

**buy, eat, mean, hardly, call**

**French fries, ice cream and hamburgers are all junk food, but they are delicious! So people, especially children, like 81 them very much. Why do people \_ 82 \_ them junk food? Because there is 83 any nutrition(营养)in them. The food with little nutrition, of course, is bad for your health if you eat too much.**

**The name of “junk food” comes from Portuguese(葡萄牙语). The word “junk”\_\_84\_ an old rope(绳索). Just think about this: if someone　85　an old rope, will it be very expensive? Your answer must be “No”.**

**81. \_\_\_\_\_\_\_\_ 82. \_\_\_\_\_\_\_\_\_ 83. \_\_\_\_\_\_\_\_ 84. \_\_\_\_\_\_\_\_\_ 85. \_\_\_\_\_\_\_\_**

**第二节：短文改错 （10分）**

**请你改正下面短文中的错误。文中共有10处语言错误, 每句中最多有两处。每处错误仅涉及一个单词的增加、删除或修改。**

**增加：在缺词处加一个漏字符号（∧），并在其下面写出该加的词。**

**删除：把多余的词用斜线（\）划掉。**

**修改：在错的词下划一横线，并在该词下面写出修改后的词。**

**注意：1. 每处错误及其修改均仅限一词；**

**2只允许修改10处，多者（从第11处起）不计分**

**Many children love the junk food. It’s bad to their health. Their parents don’t want them to eat too many junk food. Although they know it’s not a good habit, they still eat them. Some of them eat this kind of food every day. Some eat only once or twice a week.**

**Paul is kind of healthy. He hardly ever exercises. He eats lots of junk food because of he loves it. When he has money, he bought junk food. His parents worry about he. But he says, “Maybe I’m not very healthy, but I enjoy me.”**

**第三节：书面表达 （20分）**

**每个人的生活方式和习惯都不相同。请根据表格提示，比较两个好朋友不同的生活习惯，并简要发表自己的看法并作出评价。**

**要求：70词左右。(开头已给出，不计入总词数)**

|  |  |  |
| --- | --- | --- |
| **Activities** | **Bill** | **Tina** |
| **Exercise** | **一周两次** | **每天一次** |
| **Go online** | **每天一次** | **一周两到三次** |
| **Eat junk food** | **经常** | **偶尔** |
| **Watch TV for 2 hours** | **几乎每天** | **每周一到三次** |

**Bill学科网(www.zxxk.com)--教育资源门户，提供试卷、教案、课件、论文、素材及各类教学资源下载，还有大量而丰富的教学相关资讯！ and Tina are good friends. But they have different living habits.\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

