**Unit 2 How often do you exercise?**

Section A1 (1a-2d)

【学习目标】

1. 理解并掌握下列词汇及短语：

Key words：housework，hardly，ever，once，twice，Internet，program，full，swing

Key phrases：how often，on weekends，go to the movies，help with housework，hardly ever，go shopping，once/twice a week/a month，swing dance, use the Internet, be free, next week, swing dance, have piano lessons, have to

2. 理解并掌握下列重点句子:

1) What do you usually do on weekends? I often go to the movies.

2) How often do you watch TV? I watch TV every day.

3) Are you free next week?

4) Next week is quite full for me.

5) What kind of dance are you learning?

1. 重点语法：

1) 灵活运用以what 开头的一般现在时的特殊疑问句。

2) 用how often 对动作频率进行提问，并掌握其答语。

4. 听懂用一般现在时谈论人们经常做某事的对话并熟练运用目标句型进行会话。

5. 通过学习，培养健康意识及良好的生活习惯。

**【重点和难点】**

1. The adverbs of frequency：always，usually，often，sometimes，hardly ever，never

2. To be able to talk about how often you do things.

**【课前预习】**

1. **前置回顾―还记得他们吗？**

I. 将下列单词根据词义按照频率由高到低排列出来, 并且译为中文。

hardly ever, sometimes , always , often, usually, never

100%, \_\_\_\_\_\_\_ ( ), \_\_\_\_\_\_\_\_\_ ( ), \_\_\_\_\_\_\_ ( ),

\_\_\_\_\_\_\_ ( ), \_\_\_\_\_\_\_\_\_ ( ), \_\_\_\_\_\_\_ ( ), 0%

**II. 英汉互译。**

1. watch TV\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. go shopping \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. read a book 4. exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. 在周末 6. 去看电影

7. 不得不；必须 8. 每天

9. 每星期三四次 10. 每月两次

11. 帮忙做家务 12. 上钢琴课

13. 动物世界 14. 你最喜欢的节目

15. 阅读 16. 每周一次

17. 摇摆舞 18. 使用网络

19. 多久一次；多常 20. 几乎不 \_

**二、预习检测―单词关**

|  |  |  |  |
| --- | --- | --- | --- |
| 家务劳动；家务事 |  | 几乎没有；几乎不 |  |
| 在任何时候；从来；曾经 |  | 两次；两倍 |  |
| 互联网；因特网 |  | 一次；曾经 |  |
| 摆动；秋千（*n.*）  （使）摆动；摇摆（*v.*） |  | 忙的；满的；充满的 |  |
| 节目 |  | 总是 |  |
| 经常 |  | 通常 |  |
| 有时候 |  | 从不；永远不 |  |

**【合作探究】**

Ⅰ. Warm up

–What do you usually do on weekends?

–Do you …on weekends?

Ⅱ. Speaking practice:

According to the picture finish 1a and add more weekend activities.

a go shopping b \_\_\_\_\_\_\_\_\_\_\_\_ c\_\_\_\_\_\_\_\_\_\_\_\_\_

d \_\_\_\_\_\_\_\_\_\_\_ e \_\_\_\_\_\_\_\_\_\_\_\_

列举你在周末通常做的活动:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**探究1**

谈论周末经常从事的活动用一般现在时态，如果主语为第三人称单数，谓语动词要用第三人称单数形式。

A: What does he usually do on weekends?

B: He usually watches TV.

A: Does he go shopping?

B: No, he never goes shopping.

Ⅲ. Listening practice

1. Listen to the tape about 1b and write the activities next to the correct frequency words.

**探究2**

the usages of the frequency words

always(100%) ﹥almost always（90%）﹥ usually（80%） ﹥often（30%-50%） ﹥sometimes（20%）﹥ hardly ever( seldom )（5%）﹥never(0%)

观察与思考：通过听力，你能试着总结一下频度副词的含义及它们的区别吗？

2. Listen to the tape about 2a, 2b and then choose the right answers.

**探究3**

你能体会出“how often”的含义吗？\_\_\_\_\_\_\_\_\_\_\_\_。

用来回答“how often”的短语有什么特点？\_\_\_\_\_\_\_\_\_\_\_\_\_。

how often引导的特殊疑问句及其回答

辨析how often , how long , 与 how soon

How often do you exercise? 你多久锻炼一次？

解析：

how often意为“多久一次”，常对every day, always, usually, sometimes, often, hardly ever, never, once a week, twice a month等表示频度的副词或短语进行提问；

how long意为“多久，多长时间”，是对一段时间提问，答语通常是时间段；how soon意为“还要多久，多久以后”，答语通常是“in+一段时间”，常用于一般将来时态中。

—How often do you use the Internet? —Once a week.

—How long did you stay in Shanghai? —For 5 days.

—How soon will your father be back? —In two days.

IV. Role-play the conversation: Read the conversation with your partner

(和同桌练习对话)

**探究4**

辨析: sometimes / some times / sometime / some time

sometimes有时 some times几次、几倍

sometime某个时候 some time一些时间

**【课时小结】**

本节课学习了如何谈论你做事情的频率，区分频率副词hardly ever, sometimes , always, often, usually, never以及how often引导的特殊疑问句及其回答。

单词：housework, hardly, ever, once, twice, Internet, program, full, swing

词组：how often, on weekends, go to the movies, help with housework, hardly ever, go shopping, once/twice a week/a month, swing dance, use the Internet, be free, next week, swing dance, have piano lessons, have to

句型：

1) What do you usually do on weekends？I often ...

2) How often do you ...? I ... every day/once/twice/a week/a month...

**【达标检测】**

**一、根据句意及首字母提示，完成句中所缺单词。**

1. I often help my parents do h \_\_\_\_\_\_\_\_ on weekends.

2. —How often do you watch TV?

—O a week

3. He gets up early every day. He h\_\_\_\_\_\_\_\_\_\_ ever goes to school late.

4. —What TV p do you like best?

—TV plays about countryside.

5. Do you have a computer? I want to use the I \_\_\_\_\_\_\_\_\_\_\_\_.

**二、选择单词或短语并用其适当形式填空**

|  |
| --- |
| sometimes, hardly ever, how often, have to, kind of |

6. My uncle is very lazy. He \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exercises.

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ I go to the movies with my parents on weekends.

8. —Do you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ finish your homework tonight?

—Yes, I do.

9. This \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ apple tastes good.

10. —\_\_\_\_\_\_\_\_\_\_\_\_ do you clean your room?

—Twice a week.

**三、根据对话内容，从方框中选择恰当的选项补全对话，其中有两项多余。** 

A: Hello, Jill. (11) \_\_\_\_\_\_\_

B: No, I’m quite busy.

A: Really?

B: Yes. I have two music lessons and I have lots of homework to do.

A: (12) \_\_\_\_\_\_\_

B: Three times a week, on Monday, Thursday and Saturday.

A: (13) \_\_\_\_\_\_\_

B: Pop music.

A: (14) \_\_\_\_\_\_\_

B: No, I’m not.

A: Great! (15) \_\_\_\_\_\_\_

B: Sure. I want to go there to relax.

|  |
| --- |
| A. What kind of music are you learning?  B. Are you free this Saturday?  C. What can you do?  D. Can you go to the beach with me?  E. How often do you have music lessons?  F. Do you want to be a music teacher?  G. Well, are you busy this Sunday? |

**【自我评价】**

1. 本课学会了什么？

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. 通过本课的学习，还有哪些疑问？

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**参考答案**

**【课前预习】**

Ⅰ. always总是，usually通常，often经常, sometimes 有时候,

hardly ever几乎不, never 从不；永远不

Ⅱ. 1. 看电视 2. 去购物 3. 看书 4. 锻炼；运动

5. on weekends 6. go to the movies 7. have to 8. every day

9. three or four times a week 10. twice a month

11. help with housework 12. have piano lessons

13. Animal World 14. your favourite program

15. do some reading 16. once a week

17. swing dance 18. use the Internet

19. how often 20. hardly ever

**预习检测——单词关**

housework, hardly, ever, twice, Internet, once，

swing, full, program, always, often , usually, sometimes, never

**【合作探究】**

Ⅱ. a go shopping b read (a book) c exercise

d watch TV e help with housework

Others: go to the movies, have piano lessons, use the Internet, play computer games, play tennis/ basketball, play the guitar...

**探究2**

always(100%)总是 ﹥almost always（90%）﹥几乎总是 usually（80%）通常 ﹥often（30%-50%）经常 ﹥sometimes（20%）有时候﹥ hardly ever( seldom )几乎不（5%）﹥never(0%)从来不

探究3

多久一次；表示频度的副词或短语

**【达标检测】**

**一、1 housework 2 once 3 hardly 4 program 5 Internet**

1. 6 hardly ever 7 Sometimes 8 have to 9 kind of 10 how often
2. 11-15 BEAGD