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

**Section B 2 (2a-2e)**

**【学习目标】**

1. 理解并掌握下列词汇：

result, percent, online, television, although, through, mind, body, such,

together, die, writer,

2. 理解并掌握下列短语:

in one’s free time, ask sb. about sth., fifteen percent(of), not...at all, go online,

the answers to..., the best way to do sth., such as

3. 理解并掌握下列重点句子:

⑴ The answers to our questions about watching television were also interesting.

⑵ Although many students like to watch sports, game shows are the most popular.

⑶ It’s good to relax by using the Internet or watching game shows, but we think

the best way to relax is through exercise.

⑷ Old habits die hard.

⑸ So start exercising before it’s too late!

4. 完成本课的阅读任务，学会写调查报告。

5. 培养积极健康的生活习惯。

**【学习重难点】**

To be able to talk about free time activities and master the target languages.

**【课前预习】**

1. **预习检测―单词关**

1. 结果; 后果 \_\_\_\_\_\_\_\_\_\_\_ 2. 百分之……\_\_\_\_\_\_\_\_\_\_\_

3. 在线（的）；联网（的）\_\_\_\_\_\_\_\_\_\_\_ 4. 电视节目；电视机\_\_\_\_\_\_\_\_\_\_\_

5. 虽然；尽管；即使 \_\_\_\_\_\_\_\_\_\_\_ 6. 以；凭借；穿过 \_\_\_\_\_\_\_\_\_\_\_

7. 头脑；心智 \_\_\_\_\_\_\_\_\_\_\_ 8. 身体 \_\_\_\_\_\_\_\_\_\_\_

9. 这（那）样的；类似的\_\_\_\_\_\_\_\_\_\_\_ 10. 在一起；共同\_\_\_\_\_\_\_\_\_\_\_

11. 消失；灭亡；死亡\_\_\_\_\_\_\_\_\_\_\_ 12. 作者；作家\_\_\_\_\_\_\_\_\_\_\_

**二、预习检测―短语关**

1. 在某人的空闲时间 \_\_\_\_\_\_\_\_\_\_\_

2. 向某人关于某事的情况 \_\_\_\_\_\_\_\_\_\_\_

3. 百分之十五 \_\_\_\_\_\_\_\_\_\_\_

4. 一点也不；根本不 \_\_\_\_\_\_\_\_\_\_\_

5. 上网 \_\_\_\_\_\_\_\_\_\_\_

6. 例如; 像……这样 \_\_\_\_\_\_\_\_\_\_\_

7. 问题的答案 \_\_\_\_\_\_\_\_\_\_\_

8. 做某事的最佳方法 \_\_\_\_\_\_\_\_\_\_\_

9. 使用互联网 \_\_\_\_\_\_\_\_\_\_\_

**三、请判断下列习惯是否健康，健康的请写上“healthy”, 不健康的请写上“unhealthy”。**

1. He exercises at least (至少)four or five days a week.( )

2. He always drinks cola before lunch. ( )

3. She eats junk food every day. ( )

4. She eats vegetables only twice a week. ( )

5. He tries to drink milk every day. ( )

**【合作探究】**

I. Before reading

Work on 2a: Make a survey

1. How often do you watch TV?

2. How often do you use the Internet?

3. How often do you exercise?

4. …

II. While reading

1. Skimming (略读)

What is the article mainly about?

A. It’s about the best way to relax.

B. The results of the survey about the students’ free time activities.

2. Scanning (扫读)

What free time activities are mentioned in the passage?

3. Careful reading

Finish 2b and 2c.

III. Explanations

探究一

And twenty percent do not exercise at all!

还有百分之二十的同学根本就锻炼！

not … at all 根本不；完全不；一点也不

e.g. Andy isn’t good at playing chess at all.

【拓展】

not at all它还可用于交际中，作回答道谢的客套语，意为“不用谢，哪儿的话”。

e.g. —Thanks for your help, Grace.

—Not at all.

【语境应用】

I. 汉译英

这只猫一点也不可爱。

II. 单项选择

—Thank you very much for speaking with us.

—\_\_\_\_\_\_\_.

A. Too bad B. Good idea C. Not at all D. Of course not

探究二

Only two percent of the students watch TV one to three times a week.

只有百分之二的学生一周看一至三次电视。

Thirteen percent watch TV four to six times a week.

百分之十三的人一星期看四至六次电视。

What percent of the students do not exercise at all?

百分之多少的学生根本不运动?

1. percent *n*. 百分之……。英语中百分数的表达：基数词+percent，percent 无复数形式。
2. 百分数+of+ the+名词作主语时，谓语动词的单复数形式由of后面的名词的数来决定，即：of后面是复数可数名词时，谓语动词用复数形式；of后面是不可数名词或单数可数名词时，谓语动词用单数形式。
3. 再次使用“百分数+of+ the+名词”结构时，如果该名词在前面已经提到， 则可省略“of+ the+名词”部分。
4. 对percent前面的基数词提问时用疑问词what。

【语境应用】选词填空。

1) 30 percent of our drinking water \_\_\_\_\_\_\_(comes / come) from that river.

2) \_\_\_\_\_\_\_(What / How much) percent of the children watch TV every day?

3) 80 percent of the teachers in our school \_\_\_\_\_\_\_(is / are) women teachers.

探究三

Although many students like to watch sports, game shows are the most popular.

虽然许多学生喜欢观看体育节目，但游戏类节目却是最受欢迎的。

although *conj*. 尽管; 虽然; 即使

在英语表达习惯中，当表示 “虽然……, 但是……” 这样的意思时，although是不和but在同一个句子中使用的，只能用其中一个。

e.g. Although the car if old, it still runs well.

The car is old, but it still runs well.

I don’t want to go to bed, although it’s past midnight.

It’s past midnight, but I don’t want to go to bed.

【语境应用】

I. 单项选择

1) \_\_\_\_\_\_\_\_ it rained a lot, we enjoyed our holiday.

A. Although B. Because

C. Unless D. However

2) \_\_\_\_\_\_\_\_ my grandpa is over 80 years old, he still looks strong and healthy.

A. Although B. Because C. Unless

3) \_\_\_\_\_\_\_\_ it's a public holiday today, some firefighters in our city are still on duty.

A. Although B. Once C. If

II. 翻译句子

虽然Tom才五岁，但是他篮球打得很好。

探究四

It is good to relax by using the Internet or watching game shows, but we think the best way to relax is through exercise.

通过使用网络或观看游戏类节目来放松是件好事，但我们认为最佳的放松方式是通过锻炼。

1. It is+形容词+(for sb.) to do sth.是英语中的常用句型，意为“(对某人来说)做某事……”。
2. It is good to relax ... 中的to relax在句中作真正的主语(it是形式主语)，而 ... the best way to relax ... 中的to relax在句中作定语。
3. by和through用作介词时，都有“凭借；靠”的含义，后面接名词、代词 或动词-ing形式。

【链接】through用作介词时还可意为“穿过”。

【语境应用】完成句子。

1) You can make your dream come true \_\_\_\_\_\_\_\_\_\_\_\_\_ (by / through) hard work.

2) My uncle makes money \_\_\_\_\_\_\_\_\_\_\_ (by / through) writing.

3) The Yellow River goes \_\_\_\_\_\_\_\_\_\_ (by / through) Shanxi Province.

4) 那不是学英语最好的方法。

That’s not the best way \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ English.

5) 对我来说用英语记日记很难。

\_\_\_\_\_\_\_ difficult \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ a diary in English.

探究五

Exercise such as playing sports is fun …

诸如参加体育运动这样的锻炼方式是有趣的 ……

such as 例如; 像……这样

辨析 such as & for example

such as和for example都有“例如”的意思

such as用来列举例子时，其后紧跟所列举的内容，如人或事物等。如：

Cartoon characters (卡通人物) such as Mickey Mouse and Snoopy are still popular.

Mary has many hobbies (业余爱好), such as swimming, dancing and running.

for example用来举例时，常用逗号与被说明的内容隔开，for example给出例子时，也可以用句子来说明。

此外，for example在句中的位置比较灵活，位于句首、句中或句末均可。如:

Many countries, for example Mexico and Japan, have a lot of earthquakes (地震).

My uncle visited many countries, for example, Australia.

There are a lot of things to do in Beijing. For example, you can visit the Great Wall.

We have many rules to follow at school. We must wear school uniforms (校服) every day, for example.

【语境应用】根据句意选用such as或for example填空。

1) Many boys, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, John and Mike, like basketball.

2) Mary likes to eat fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bananas and apples.

3) We can do many things during the holiday. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, we can go swimming with Jack.

探究六

Old habits die hard. 旧习难改。

谚语，表示习惯一旦养成，并非朝夕即可改变。

die hard (旧习惯、传统等)难以改变; 根深蒂固

hard *adv*. 费力地; 艰难地; 努力地

e.g. It is important to work hard but we must also have time to relax.

努力地工作是重要的，但我们也必须有时间放松。

探究七

So start exercising before it’s too late!

所以赶快锻炼起来，不要等到来不及了！

It’s too late 为时太晚；来不及了

e.g. 现在你知道错了，但是已经太晚了。

Now you know you’re wrong, but it’s too late.

it’s too late与before共同组成从句，表示“不要等到为时已晚；不要等到来不及的时候；趁着还来得及”。

e.g. 你应当更加用功，别等到为时过晚而赶不上了。

You should work harder before it’s too late to catch up.

IV. 听录音并跟读, 注意语音、语调。

V. After reading:

1. 完成2d，然后和同伴交流答案

2. Work on 2e:

Ask and answer questions and fill in the chart. Make a pie chart.

**【课时小结】**

这节课主要学习了一些重点单词和短语的用法以及如何写调查报告。

1. 词汇：

result, percent, online, television, although, through, mind, body, such,

together, die, writer,

1. 短语:

in one’s free time, ask sb. about sth., fifteen percent(of), not...at all, go online, the answers to..., the best way to do sth., such as

1. 重点句子:

⑴The answers to our questions about watching television were also interesting.

⑵Although many students like to watch sports, game shows are the most popular.

⑶It’s good to relax by using the Internet or watching game shows, but we think the best way to relax is through exercise.

⑷Old habits die hard.

⑸So start exercising before it’s too late!

**【达标检测】**

Ⅰ. 根据语境及所给首字母提示，补全所缺单词。

1. Jill likes writing stories and she wants to be a w           .

2. Fruit and vegetables are good for our h           .

3. C            really works when I have to work late into night.

4. Mary, you should exercise every day to make your b            strong.

5. Julie and Brian got good test r            . Their parents were very happy.

Ⅱ. 根据句意及所给汉语提示，写出所缺短语。

1. Do you often \_\_\_\_\_\_\_ \_\_\_\_\_\_\_(上网) at home?

2. My sister and brother like to \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_(一起看电视).

3. Can you tell me \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ (问题的答案)? It's difficult for me.

4. We all know \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_(旧习难改). Just give him some more time.

Ⅲ. 根据括号内的要求完成下列各题。

1. Nick plays computer games one to three times a week.  (对划线部分提问)

\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Nick \_\_\_\_\_\_\_ computer games?

2. Ninety-five percent of the students in my class like music.  (对划线部分提问)

\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ of the students in your class like music?

3. She makes money by working as a guide.  (改为同义句)

She makes money \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ as a guide.

**【自我评价】**

1. 本课我学会了什么？

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

2. 通过本课的学习，我还有哪些疑问？

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

**参考答案:**

**【课前预习】**

**一、**1.result 2.percent 3. online 4. television 5. although

6. through 7. mind 8. body 9. such 10. together

11. die 12. writer

**二、**1. in one’s free time 2. ask sb. about sth. 3. fifteen percent (of)

4. not...at all 5. go online 6. such as

7. the answer to the question 8. the best way to do sth.

9. use the Internet

**三、**1. healthy 2. unhealthy 3. unhealthy 4. unhealthy 5. healthy

**【合作探究】**

探究一

I．The cat isn't cute at all. II. C

探究二

1) comes 2) What 3) are

探究三

I. AAA

II. Although Tom is only 5 years old, he can play basketball well. /

Tom is only 5 years old, but he can play basketball well.

探究四

1) by/through 2) by/through 3) through 4) to learn

5) It’s, for me to keep

探究五

1) for example 2) such as 3) For example

**【达标检测】**

I. 1. writer 2. health 3. Coffee 4. body 6. results

II. 1.go online 2.watch television together

3. the answer to the question 4. old habits die hard

III. 1. How often does, play 2. What percent 3. through working