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

**教学目标**

**话题：**课余活动（Free time activities）

**功能：**能谈论从事活动的频率 （Talk about how often you do things）

A: What do you usually do on weekends?

B: I always exercise.

A: How often does he watch TV?

B: He hardly ever watches TV.

**语法：**

1. 能正确使用how often引导的特殊疑问句询问从事活动的频率(how often…)

A: How often do you go to the movies?

B: I go to the movies maybe once a month.

1. 能正确使用频度副词描述从事活动的频率(Adverbs of frequency)

A: How often do you have piano lessons?

B: Twice a week, on Wednesday and Friday.

A: Does he go shopping?

B: No, he never goes shopping.

**词汇和常用表达：**

1. 能正确使用下列词汇(Curriculum words)

housework, Internet, program, swing, coffee, health, result, percent, television, mind, body, writer, dentist, magazine, point, none, die, full, online, such, hardly, ever, once, twice, maybe, least, together, however, almost, less, although, than , through

1. 能正确使用下列常用表达 (Useful expressions)

hardly ever, swing dance, at least, junk food, such as, more than, less than

1. 能认读下列词汇 （Non-curriculum words）

junk

**语音：**能在诗歌中正确把握节奏和重音

**学习策略：**

1. 学习利用非听力因素（如：图片等）辅助理解，提高听力效率。
2. 学习在阅读中使用跳读策略。
3. 学习观察和利用统计图。

**文化知识：**了解国外中学生常见业余活动 （如：swing dance）

**Section A 1 (1a-2d)**

一、**教学目标：**

**1.** 1) 能掌握以下单词：housework, hardly, ever, hardly ever, once, twice, Internet, program, full, swing, swing dance, maybe, least, at least

能掌握以下句型：

① —What does he do on weekends? —He usually watches TV.

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

③ —Does he go shopping? —No, he never go shopping.

2) 能了解以下语法：

频度副词及一般现在时简单谈论周末活动情况。

**2.** 通过本单元的学习，养成健康的饮食习惯，保证充足的睡眠时间，进行合理的 运动锻炼，以保持健康的体魄。培养学生的逻辑表述能力，激发学生的积极思维，并使学生互相了解，增进友谊，加强人际交往，以形成良好的人际关系。

二、**教学重难点**

1. 教学重点：

1) 对6个频度副词细微差异的理解及使用。

2) 弄清一般现在时在不同人称下动词形式及提问的变化。

2. 教学难点：

1) 第三人称单数谓语动词在此核心句型中的运用。

2) 谈论课余时间的各项活动，初步认识和使用频率副词。

**三、教学过程**

**Ⅰ. Warming up**

Talk about your last weekend’s activities.

Did you enjoy your last weekend?

Was it interesting? What did you do last weekend?

**Ⅱ. Presentation**

(1) 教师问：“What do you usually do on weekends? ” (并且板书)让学生根据自己的实际回答 I usually …… on weekends.

(2) 教师出示动词卡片 watch TV，read books，exercise，swim, play football、go shopping、 go to movies让学生回答。

**Ⅲ. Work on 1a**

1. Look at the picture. Talk about the weekend activities.

Discuss with your partners. Make a list of the weekend activities.



2. Let some Ss read out their activities. Let other Ss add more activities.

1. help with housework

2. \_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_

**Ⅳ. Work on 1b**

1. Tell Ss to listen and write the letters from the picture above on the line below.

|  |
| --- |
| 1. always (100%) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. usually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. often \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  4. sometimes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  5. hardly ever \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  6. never (0%) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Play the tape for the first time. Ss listen and fill in the blanks.

Play the tape for the second time for the Ss to check the answers.

2. Listen again and answer the questions.

1) What does the first girl sometimes do on weekends?

2) What does the first boy never do on weekends? What does he usually do?

3) What does the second boy always do?

4) What does the second girl often do?

5) What does the third girl hardly ever do? What does she love to do?

3. Report

* The first girl sometimes goes shopping on weekends and the first boy never goes shopping.
* The second boy always exercises and the second girl often helps with housework.
* The third girl hardly ever watches TV.

**Ⅴ. Work on 1c**

1. Act out the conversation with a student.

A: What do you do on weekends?

B: I usually watch TV.

A: Do you go shopping?

B: No, I never go shopping.

2. Let Ss talk about the pictures in 1a in pairs.

3. Let some Ss act out their conversations.

**Ⅵ. Work on 2a, 2b**

1. Cheng Tao is talking about how often he does these activities. Look at the picture and answer the questions.



1) What’s the boy’s name?

2) Is the person asking questions a man or a woman? What’s her job?

3) What question is the reporter asking?

4) What’s the boy’s answer?

5) What other activities does the boy do?

Listening skills:

在听力过程中可以利用一些非听力因素来辅助理解，提高听力效率。

* 对图片、场景的观察和判断
* 利用听力活动中所给的文字线索
* 对主题人物身份的判断，预测他们的语言行为及语言内容

2. Let Ss read the phrases in the chart.

3. Tell Ss that Cheng Tao is taking about how often he does these activities. Play the recording for the first time. Ss listen and number the activities [1-5].

|  |  |
| --- | --- |
|  | Activities |
| \_\_\_\_ | a. go to the movies |
| \_\_\_\_ | b. watch TV |
| \_\_\_\_ | c. shop |
| \_\_\_\_ | d. exercise |
| \_\_\_\_ | e. read |

4. Play the recording for the second time for the Ss to check the answers.

Work on 2b:

1. Tell Ss they will hear the recording again. This time, listen and match the activities in 2a with how often Cheng Tao does them.

|  |
| --- |
| How often |
| every day |
| once a week |
| twice a week |
| three times a week |
| once a month |
| twice a month |

2. Ss listen and math the activities with the phrases.

3. Check the answers.

**Ⅶ. Work on 2c**

1. Ask one student how often he/she watch TV as a model.

T: Hi, S1. How often do you watch TV?

S1: I watch TV every day.

T: What’s your favorite program?

S1: Animal world.

T: How often do you watch it?

S1: Twice a week.

2. Let one student read the activities in the chart. Tell them these new words:

favorite website (最喜欢的网站)；favorite sport (最喜欢的运动)

3. Ss work with their partners. Then ask some pairs to act out their conversations.

**Ⅷ. Reading**

1. Look at the picture and guess.



What are they doing?

What kind of dance is it?

2. Listen to the conversation and match the activity with the right time.

Dance lesson Tuesday

Piano lesson Wednesday and Friday

Playing tennis Monday

3. Read the conversation and answer the questions.

Is Claire free next week? Why?

What kind of dance is Claire learning?

What does Claire invite Jack to do? When can Jack join Claire for the activity?

4. Finish the conversation.

Jack: Hi, Claire, \_\_\_\_\_\_\_\_\_\_\_ next week?

Claire: Hmm… next week is quite full for me, Jack.

Jack: Really? \_\_\_\_\_\_\_\_\_\_?

Claire: I have \_\_\_\_\_\_\_\_\_\_\_\_\_\_ lessons.

Jack: \_\_\_\_\_\_\_\_\_\_\_\_ dance are you learning?

Claire: Oh, swing dance. It’s \_\_\_\_! I have class \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_.

Jack: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have piano lessons?

Claire: \_\_\_\_\_\_\_\_\_\_\_, on Wednesday and Friday.

Jack: Well, \_\_\_\_\_\_\_\_\_ Tuesday?

Claire: Oh, I have to \_\_\_\_\_\_\_\_\_\_ with my friends. But do you want to come?

Jack: Sure!

5. Ss work with a partner and act out the conversation. Then let some pairs to act out the conversation in front of the class.

**IX. Language points**

1. How often do you exercise?

exercise *v.* 锻炼

e.g. I exercise every day.

Mr Smith exercises every morning in the park.

exercise *n.* 运动、锻炼 (不可数名词)

习题、体操 (可数名词) (常和动词 do 搭配使用，做“体操”讲时多用复数)

take/do exercise 做运动

do morning exercises 做早操

do eye exercises 做眼保健操

用exercise的适当形式填空，使句子完整通顺。

1) My parents always \_\_\_\_\_\_\_\_\_\_\_\_ in the morning.

2) You should take more \_\_\_\_\_\_\_\_\_\_ and you will be strong.

3) We do morning \_\_\_\_\_\_\_\_\_ at about 10:00 every day.

4) They have a lot of math \_\_\_\_\_\_\_\_\_ to do tonight.

2. hardly作副词，“几乎不”，表示否定概念，它常和can, could等连用，在句中位于系动词be、情态动词或助动词之后、行为动词之前。

e.g. 他不太会说英语。He can hardly speak English.

hardly ever 几乎从不

e.g. Peter is hardly ever late. 彼得几乎不迟到。

辨析：hard也用副词，意为“努力地、刻苦地”，“猛烈地” 。

e.g. He works hard only before exams. 他只在考试前努力学习。

3. once, twice, three times等次数的表达法。

1) 这三个词都表示\_\_\_\_，once是\_\_\_\_，twice是\_\_\_\_，除了一次，两

次，其他的次数都表达\_\_\_\_\_\_\_\_\_\_\_。

如：三次是\_\_\_\_\_\_\_\_\_\_，五次是\_\_\_\_\_\_\_\_\_。

2) 这些表次数的词后与一段时间连用，表示动作多长时间发生几次，即动作

的\_\_\_\_\_\_\_\_。

3) 翻译：

两周一次 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

一年两次 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

一个月两次 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Hmm…next week is quite full for me, Jack.

full作形容词，“忙的”，其同义词为busy。

e.g. He had a full weekend.

full“满的”，其反义词为empty (空的)。

e.g. The restaurant is full every day.

full“吃饱了的”，其反义词为hungry。

e.g. I’m full, so I don’t want to eat anything.

【拓展】充满 be filled with = be full of

e.g. 瓶子里装满了水。(翻译)

The bottle is full of water.

The bottle is filled with water.

完成句子

(1) 今天早上厨房里全是烟。

The kitchen \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ smoke this morning.

(2) 在Kate生病之前，她度过了一个丰富的人生。

Kate had a \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ before her illness.

(3) 不用再给我蛋糕了，谢谢。我吃饱了。

No more cake for me, thanks. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_.

5. How come? 为什么呢？（怎么会呢？）

这是英语口语中的一个习语，相当于汉语“为什么；怎么会”等意思，既可独立使用，也可在其后接句子，用来询问事情的缘由或状况。

e.g. How come the sky is so blue today?

-- I didn’t even eat lunch today.

-- Really? How come?

6. How often & How many times

e.g. 你多久上一次钢琴课？

你一周上几次钢琴课？

How often do you have piano lesson?

How many times do you have piano lessons?

How often + 助动词 do (does 或 did) + 主语 + do sth. ? 是对频率（多久一次）进行提问。疑问词 how often (在这里助动词 do, does或 did 是起疑问的作用) 与一般现在时或一般过去时连用，回答一般用表频率的副词 always, usually, often, sometimes, never 等或者是“次数 + 一段时间”，如 once/twice a month, three times a month, every year, every week 等。

How many times 对次数进行提问，其答语为 once, twice, three times 等表示次数的单词或短语。

**X. Summary**

on weekends 在周末

twice / three times a week 一周两 / 三次

swing dance 摇摆舞

How come? 怎么会呢？

go to the movies 去看电影

hardly ever 几乎从不

help with housework 帮忙做家务

go shopping 去购物

use the Internet 使用互联网

read English books 阅读英文书籍

favorite program 最喜欢的节目

have piano lessons 上钢琴课

句型：

1. What do you usually do on weekends?

I often go to the movies.

2. How often do you watch TV?

Twice a week.

**Ⅺ. Exercises**

**Ⅰ. 根据句意，从方框中选择恰当的单词填空，注意形式变化。**

|  |
| --- |
| program, once, housework, full, swing |

1. My mother asks me to watch English movies and TV \_\_\_\_\_\_\_.

2. Do you often help your parents do \_\_\_\_\_\_\_ at home?

3. The restaurant is \_\_\_\_\_\_\_. We have to go to another one.

4. Jane’s arms (手臂) \_\_\_\_\_\_\_ when she walked.

5. Mr. Smith washes his car \_\_\_\_\_\_\_ a week.

**Ⅱ. 根据汉语意思，完成英语句子，每空一词。**

1. 你怎么回来这么早？

\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ you got back so early?

2. Tina每周六上钢琴课。

Tina \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ every Saturday.

3. 我们需要使用互联网做作业。

We need to \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ to do our homework.

4. 她一个月看两次电影。

She goes to the cinema \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_.

5. Jack晚上几乎从不外出。

Jack \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ goes out at night.

**Ⅲ. 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: John, I feel bored today.

B: I have an idea. (1)\_\_\_\_\_\_\_

A: Oh, no, not baseball.

B: Why, Lee?

C: He doesn’t like baseball at all.

B: Really? (2)\_\_\_\_\_\_\_

A: I like basketball best. I think it’s fun and exciting.

B: Yeah, sometimes I play basketball, too. (3)\_\_\_\_\_\_\_

C: I play basketball every afternoon and I’m a great basketball player.

B: (4)\_\_\_\_\_\_\_ Come on, can we join you today?

C: Sure. (5)\_\_\_\_\_\_\_

A&B: OK, see you!

|  |
| --- |
| A. That’s great.  B. Do you exercise?  C. Let’s meet at 5:00.  D. What about you, Bill?  E. How do you feel like basketball?  F. Let’s play baseball after school.  G. What kind of sports do you like? |

**Homework:**

* Recite the conversation of *2d.*
* Preview the *Grammar Focus*.

**Section A 2 (Grammar Focus-3c)**

一、**教学目标**

**1.** 1) 复习运用频率词汇及询问活动频率。

2) 一般现在时态的熟练运用。

**2.** 通过本单元的学习，养成健康的饮食习惯，保证充足的睡眠时间，进行合理的

运动锻炼，以保持健康的体魄。培养学生的逻辑表述能力，激发学生的积极思维，

并使学生互相了解，增进友谊，加强人际交往，以形成良好的人际关系。

二、**教学重难点**

1. 教学重点：

1) —How often do you /does he (she)….? —He usually…

2) 频度副词的用法:always; usually ; often ; sometimes; hardly ever; never

2. 教学难点：

1) 第三人称单数谓语动词在此核心句型中的运用。

2) 能够谈论课余时间的各项活动，初步认识和使用频率副词。

**三、教学过程**

**Ⅰ. Revision**

1. Ask and answer some oral questions on how often exercise.

2. Check the homework.

3. Ask Ss to role-play the conversation in 2d.

**Ⅱ. Grammar Focus**

1. 学生阅读Grammar Focus中的句子，然后做填空练习。

1) 你通常在周末做什么？

\_\_\_\_\_\_ \_\_\_\_ you \_\_\_\_\_\_\_ do on weekends?

2) 我总是去运动。I \_\_\_\_\_\_\_ \_\_\_\_\_\_\_.

3) 他们总是在周末做什么事情？

\_\_\_\_\_\_ \_\_\_\_\_ they \_\_\_\_\_\_\_\_ on weekends？

4) 他们经常帮助做家务。

They \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ with housework.

5) 她在周末做什么？

What \_\_\_\_\_\_ she \_\_\_\_\_\_\_ on weekends?

6) 她有时候去购物。

She \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.

你多久看一次电影？

\_\_\_\_\_ \_\_\_\_\_ do you go to the \_\_\_\_\_\_\_\_\_?

7) 我可能一个月去看一次。

I go to movies \_\_\_\_\_\_ \_\_\_\_\_\_\_ a \_\_\_\_\_\_\_\_.

8) 他多久看一次电视?

\_\_\_\_\_\_ \_\_\_\_\_\_\_ does he watch TV

9) 他几乎不看电视。

He \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ watches TV.

10) 他去购物吗? \_\_\_\_\_\_ \_\_\_ go shopping?

11) 不，他从不去购物。

No, he \_\_\_\_\_\_\_ \_\_\_\_\_\_ shopping.

3. 学生们完成填空试题后，可以打开课本检查答案，对错误的句子，单独进行强化记忆。

**Ⅲ. Grammar**

频度副词

|  |  |  |
| --- | --- | --- |
| always | 总是 | 表示动作的重复或状态的延续 |
| usually | 通常 | 表示很少有例外 |
| often | 经常 | 表示动作的重复，但不如 usually频繁，中间有间断 |
| sometimes | 有时 | 表示动作偶尔发生 |
| hardly ever | 几乎不 |  |
| never | 从未 |  |

提示：频率副词在句中的位置是：

实义动词之前，be动词、助动词或情态动词之后。

e.g. It is always interesting to watch other people show their talents.

Why do people usually make resolutions?

When we watch movies about the future, we sometimes see robots.

They hardly ever watch TV.

Fewer people will do such jobs in the future because they are boring, but robots will never get bored.

What … do on weekends? 询问课余活动

1）答语可用频度副词表示活动的频率；

2）频度副词一般在主语后、实义动词之前。

how often 多久一次

用于提问频率的特殊疑问词组。

其答语应为表示频率的副词或副词词组。

句子的时态一般是一般现在时态，也可以是一般过去时。

**Ⅳ. Practice**

1. Bill never goes to the cinema.  (对划线部分提问)

2. I wash my clothes three times a week.  (对划线部分提问)

3. Peter goes home once a week. (对划线部分提问)

\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Peter \_\_\_\_\_\_\_ home?

4. Eric takes a shower every day. (对划线部分提问)

\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Eric \_\_\_\_\_\_\_ a shower?

根据语境及括号内所给英文提示语，用完整的句子补全下列对话。

1. A: Do they walk to school?

B: Yes. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (every day)

2. A: How often do you have breakfast at home, Jim?

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (usually)

3. A: How often does Mr. Steen play sports?

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (four times a week)

4. A: How often does Bert stay up late?

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (sometimes)

5. A: Does Julia go to music classes?

B: No. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (never)

中考链接

1. When you go abroad, \_\_\_\_\_\_\_ forget to bring your passport. (2021辽宁盘锦中考)

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

2. You and I are lucky as we’ve \_\_\_\_\_\_\_\_ had to worry about finding clean water. (2021山东临沂中考)

A. often B. usually C. never

3. Please be polite and \_\_\_\_\_\_\_\_ offer your seat to people who need it. (2021河北)

A. never B. seldom C. sometimes D. always

4. 完成句子 （2021湖北襄阳中考）

她每天总是在晚饭后完成她的家庭作业。（finish）

She \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_after dinner every day.

5. 按要求完成下面各句。每空一词。(2021四川达州中考)

The woman hardly eats meat because of losing weight.（对划线部分提问）

\_\_\_\_\_\_\_\_\_\_\_\_ does the woman eat meat because of losing weight?

**Ⅴ. Work on 3a**

Complete the questions with *do* or *does*. Then match the questions and answers.

1. How often \_\_\_\_\_ he play soccer?

2. \_\_\_\_\_ you drink milk?

3. How often \_\_\_\_\_ they stay up late?

4. \_\_\_\_\_ Sue eat a healthy breakfast?

5. How often \_\_\_\_\_ you eat apples?

6. \_\_\_\_\_ your parents play sports?

a. Yes. She usually does.

b. Hardly ever. I don’t like them.

c. He plays at least twice a week.

d. No, they don’t. They’re too busy.

e. Never. They always go to bed early.

f. Yes, I do. Every day.

**Ⅵ. Work on 3b**

Use the words given to write questions. Then ask and answer them with a partner.

Questions:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

(how often / help with housework)

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

(what / usually / do / weekends)

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

(how often / best friend / exercise)

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

(what/ usually / do /after school )

**Ⅶ. Group work**

Work on 3c

1. Let Ss work in groups of six or eight.

2. Tell Ss discuss what activities they do to improve their English. Then write the activities in the chart.

3. Ask their group mates the questions and fill in the chart.

4. Try to make a report about their partners.

**Ⅷ. Language points**

1. I go to the movies maybe once a month.

用作副词，意为“大概；或许；可能”，可与may be相互转换。如：Maybe you are right. = You may be right.

**【链接】**may be是由情态动词may加系动词be构成的，意为“也许是；可能是”。它位于句中，与后面的表语一起构成谓语部分。

**【运用】**

**Ⅰ. 选词填空**

1. \_\_\_\_\_\_\_\_\_\_\_ (Maybe / May be) you should often visit him.

2. Sara \_\_\_\_\_\_\_\_\_\_\_ (maybe / may be) in the museum now.

**Ⅱ. 写出同义句**

1. She may be a singer.

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

2. Maybe this is a boy's bedroom.

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

2. He plays at least twice a week.

at least意为“至少，不少于；起码”，是副词词组，一般指在数量或程度上。

e.g. 你必须至少一周打扫一次你的房间。

You have to clean your house \_\_\_\_\_\_ once a week. at least

**Ⅸ. Summary**

―How often do you/they…?

―I always/usually/sometimes/never…

―How often does he/ she…

―He/ She often/hardly ever…

―He/ She …once/twice/three times a month…

**Ⅹ. Exercises**

**Ⅰ. 根据语境及括号内所给英文提示语，用完整的句子补全下列对话。**

1. A: Does Mike drink milk?

B: Yes. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (every day)

2. A: Do you eat hamburgers?

B: No. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (never)

3. A: How often does Peter go to the library?

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (three times a week)

4. A: How often do they take the bus to school?

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  (sometimes)

5. A: How often does Mrs. Black see her friends after work?

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (usually)

**Ⅱ. 根据短文内容及方框中所给提示，补全所缺内容，使短文完整、通顺。**

|  |
| --- |
| **Things Vicky and her friend Julia do** |
| Vicky and Julia → go to sleep → hardly ever  Julia → sleep at Vicky’s house → sometimes  Julia → call Vicky → usually  Vicky and Julia → go to school together → always  Julia → visit her grandparents → often  Julia → play computer games → never |

I’m Vicky. My best friend is Julia. We do lots of things together. We’re in the same class and (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by bus. When we are not together, I sometimes send (发送) her text messages. And (2)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before I go to bed. (3)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ without (没有) saying good night to each other.

However, we have some differences. (4)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ but I love playing them. I love pop music but she dislikes it. Julia likes drinking coffee but I like tea.

On weekends, Julia and I often meet with our school friends. (5)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on Friday nights and sometimes I’m at her house on Saturday nights to do my homework. On Sundays, we’re not together because (6)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Homework**

Do a survey:

What does he/she do *on weekends*?

|  |  |  |
| --- | --- | --- |
| Name | Activity | How often |
| Bob | play computer games | usually |
|  |  |
|  |  |  |
|  |  |

Report:

Bob usually plays computer games.

He hardly ever watches TV…

**Section B 1 (1a-1e)**

一、**教学目标：**

**1.** 能掌握以下单词和短语：junk, junk food, coffee, health, be good/bad for …, want sb. to do sth.

**2.** 了解学生的日常生活情况，让学生知道应如何安排自己的日常生活，向其他有良好生活习惯的学生学习，做一个有良好习惯的人。

二、**教学重难点**

1. 教学重点：

1) 掌握本课时出现的生词及表达方式。

2) 进行听力训练，提高综合听说能力。

2. 教学难点

听力训练

**三、教学过程**

**I. Learning objectives**

1. To learn some new words and useful expressions: junk, junk food, health

be good/bad for …, want sb. to do sth.

2. To listen for specific information in the conversations

3. To learn to talk about healthy lifestyle and maintain a healthy lifestyle

**II. Presentation**

1. Show some pictures of food and drink, let Ss read the words and discuss they are

healthy or unhealthy.

2. Learn the new words and phrases: health, junk food, be good for, be bad for.

3. Work on 1a. Match the words with the pictures.

**III. Work in groups**

1. Present the pictures of food and drinks, and let Ss talk about they are “healthy” or “unhealthy”

2. Let Ss discuss the questions:

What food should we always eat?

What should we often drink or eat?

What should we hardly ever or never eat?

What do you usually eat or drink?

**IV. Work on 1b**

Ask and answer questions. Use the words from 1a. Make a model to the Ss:

T: How often do you drink milk, S1?

S1: I drink milk every day.

T: Do you like it?

S1: No, but my mother wants me to drink it. She says it’s good for my health.

**V.** **Listening**

1. Work on 1c.

2. Work on 1d.

3. Present the tapescript and let Ss find the sentences: How often do ….？

**VI. Work on 1e**

1. Work in pairs. Ask and answer questions. SA is the reporter. SB is Tina or Bill. Ask and answer questions. Then change roles.

e.g. ─How often do you exercise?

─I exercise every day.

─And how often do you …?

─I …

2. Teacher can walk around the classroom, and give some help to the Ss.

**VII. Summary**

drink milk  喝牛奶

junk food  垃圾食品

be good for one's health 对某人的健康有好处

have good / bad habits  有好 / 坏习惯

want sb. to do sth. 想让某人做某事

**VIII. Exercises**

I. 根据语境及所给首字母提示，补全所缺单词。

1. —Would you like some c\_\_\_\_\_\_\_, sir?

—No, thanks. For drinks, I only like tea.

2. —She is 80 and is still in very good h\_\_\_\_\_\_\_\_\_.

—Yeah. She exercises every day.

II. 根据括号内的要求完成下列各题。

1. We often eat fruit.  (改为一般疑问句)

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ often \_\_\_\_\_\_\_\_ fruit?

2. Sometimes Emma drinks milk.  (改为否定句)

Sometimes Emma \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ milk.

3. Tom eats dumplings once a week.  (对划线部分提问)

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ Tom \_\_\_\_\_\_\_\_ dumplings?

4. The old man is in good health.  (改为同义句)

The old man \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_.

**Homework**

1. Make a conversation according to 1d.

2. Preview the article in 2b on page 13.

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

一、**教学目标：**

**1.** 1) 能掌握以下单词：result, percent，online, television，although, body，such as, mind，together, die, writer

2) 能掌握以下句型：

① not …at all

② It is good to …

③ such as …

**2.** 读懂阅读部分的调查报告。

二、**教学重难点**

1. 教学重点：

1) 掌握本课时出现的生词及表达方式。

2) 阅读短文，获得相关信息，提高学生们的综合阅读能力。

2. 教学难点

阅读2b部分的短文并完成相关任务。

**三、教学过程**

**I. Learning objectives**

1. To read and understand the article about the free time activities of No. 5 High School students

2. To understand and learn to describe the pie charts

3. To learn some new words and useful expressions

**II. Review**

Role-play the conversation using the following words and phrases:

watch TV read exercise go shopping go to the movies …

A: What do you usually do in your free time?

B: I usually ….

A: How often do you …?

B: I … twice a week. How about you, …?

A: I often … in my free time. And I … four to six times a week.

**III. Survey**

Work on 2a

1. Let Ss discuss the activities with their classmates and rank these activities according to how often you think your classmates do them.

2. Let some Ss tell their answers.

**IV. Reading**

T: Here are the results of what the students at No. 5 High School do in their free time.

1. Learn the new words and phrases.

2. Skim the passage and answer the question.

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.

3. Scan the passage and answer the question.

What free time activities are mentioned in the passage?

4. Work on 2b. Read the article carefully and complete the pie chart below.

Ss read the passage and try to fill in the pie chart. Then check the answers together.

5. Work on 2c

1) Let Ss read the article again and try to answer the questions.

2) Check the answers with the class.

**V. Work on 2d**

1. Let Ss find the sentences with the percentages in the article.

2. According to the article and the pie charts, write sentences with the percentages using always, usually or sometimes.

3. Check the answers with the class.

**Ⅵ. Work on 2e**

1. Let Ss read through the activities in the chart first. Select one activity from them. Then ask their classmates how often they do this activity and make a pie chart.

2. Ss work in groups. Ask and answer questions and fill in the chart.

3. Make a pie chart.

4. Let Ss show the pie chart to the class.

**Ⅶ. Language points**

1. 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

2. 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.

3. 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。

4. 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。

①It 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……”。

②It 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。

③by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.

5. 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.

6. 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。

7. 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.

**Ⅷ. Summary**

watch TV  看电视

go to the movies 去看电影

go online  上网

go camping  去野营

play computer games  玩电脑游戏

play sports  做运动

more than  多于

ask sb. about sth.  询问某人关于某事的情况

such as  例如；像……这样

... percent of the students  百分之……的学生

the answer to the question 问题的答案

Old habits die hard. 旧习难改。

So start exercising before it's too late! 所以赶快锻炼起来，不要等到来不及了！

句型：

1. We all know that many students often go online, but we were surprised that ninety percent of them use the Internet every day.

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

**Ⅸ. Exercises**

I. 根据句意及所给首字母提示，补全所缺单词。

1. Nelly finished her tests, but she can't get the r\_\_\_\_\_\_\_ right now..

2. Many people like shopping o\_\_\_\_\_\_\_. They think it helps save time..

3. There is so much you can learn from good w\_\_\_\_\_\_\_ by reading their books.

4. If you get a good night's sleep, it will keep your mind and b\_\_\_\_\_\_\_ at their best.

My brother likes playing ball games \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ football and tennis.

II. 根据汉语意思，完成英语句子，每空一词。

1. 这个村大约百分之七十的儿童是留守儿童。

About \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ the children in this village \_\_\_\_\_\_\_ left-behind children.

2. 没有人知道那个问题的答案。

Nobody knows \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_.

3. 即使退休多年后，他仍然早上六点起床。老习惯难以改变。

Even years after retiring, he still gets up at 6 a.m. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_.

4. 她买了很多学习用品，比如钢笔和橡皮。

She bought lots of school things \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ pens and erasers.

Ⅲ. 根据括号内的要求完成下列各题，每空一词。

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. Tina likes books like *The Little Prince and Alice in Wonderland*. (改为同义句)

Tina likes books \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ *The Little Prince and Alice in Wonderland.*

4. By reading, we can get to know more about the world. (改为同义句)

\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_, we can get to know more about the world.

5. She didn't feel well, but she still went to work. (改为同义句)

\_\_\_\_\_\_\_\_\_ she didn't feel well, she still went to work.

**Homework**

According to the pie charts in 2e, write sentences with the percentages using always, usually or sometimes.

**Section B 3 (3a-Self Check)**

一、**教学目标：**

**1.** 1) 复习询问或谈论别人饮食、锻炼的频率、休息的时间及选择不同频率的理由。

2) 能够运用所给的提示，完成对某人饮食习惯的描写。

3) 总结回顾所有的频度副词，并学会运用所学的频度副词来谈论某人的生活习惯。

**2.** 1) 通过小组活动对话、讨论、调查等活动。培养学生们的合作意识和团队精神。

2）谈论日常生活行为习惯，提倡合理安排自己的生活，养成良好的生活习惯，享受丰富多彩的校园生活。

二、**教学重难点**

1. 教学重点：

1) 能运所给的提示词来描写个人的生活习惯。

2）能运用一些相关资料对他人进行好习惯与坏习惯的调查。

2. 教学难点：

能运所给的提示词来描写个人的生活习惯。

**三、教学过程**

**I. Learning objective**

To learn to use adverbs of frequency to write about your habits

**II. Talking**

1. Show some pictures of the daily activities.

2. Let Ss talk about how often they do some activities and judge they are good habits and bad habits.

**III. Work on 3a**

1. Let Ss look at the information in the chart and read the passage. Answer the questions.

What information can you find in the chart?

Is the information about the girl? What’s her name?

What does the heading “Days a year” mean?

What good habits does the girl have?

Does the girl have any bad habits? What are they?

2. Lest Ss complete the report.

3. Check the answers.

**IV. Language points**

1. However, she has some bad habits, too.

然而，她也有一些坏习惯。

however *adv*. 然而; 不过

表示转折关系，可放在句首、句中、句末，常用逗号与句子其他部分隔开。

e.g. This is one way to solve the problem. However, there are others.

Jenny felt ill yesterday. She went to work, however.

There may, however, be other things we don’t know about.

辨析 but & however

从语义上看，but所表示的是非常明显的对比，转折的意味较however要强。

从语法上看，but是个并列连词，其连接的并列成分可以是单词、短语或句子。however表示“然而”、“可是”时，是连接性副词。

从语序上看，but总是位于它所引出的分句之首，而however却可位于分句之首、之中或之尾。

从标点上看，but之后一般不使用逗号，但however通常用逗号与句子其他部分分开。

【语境应用】根据句意选用but或however填空。

1) The boy is hard-working, \_\_\_\_\_\_\_ not very clever.

2) I thought my answer was right. \_\_\_\_\_\_\_\_\_, Miss Wang said I was wrong.

3) Henry doesn’t like classical music \_\_\_\_\_\_\_\_ his sister enjoys it very much.

4) I’d like to go with you. I’m too busy, \_\_\_\_\_\_\_\_\_. I’m afraid I’ll have no time.

2. She usually watches TV for more than two hours a day.

她通常每天看电视超过两个小时。

more than 超过……; 多于……

后接数词，同义表达为over，反义表达为 less than (不到；少于)。

more than后接名词, 意为 “不只是；不仅仅”。

e.g. There are more than 30 students on the playground.

Mr. Li is more than an actor. He is a teacher, too.

【语境应用】

Ⅰ. 写出划线部分的汉语意思。

1) John lived in China for more than five years.    \_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) He is more than a teacher to us. He is our friend, too.     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ⅱ. 同义句转换。

3) It took Jason over 30 minutes to get to school this morning.

It took Jason \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 30 minutes to get to school this morning.

**V. Writing**

1. Work on 3b

Complete the chart with your own information. In the last column, use expressions like always, every day, twice a week and never.

2. Work on 3c

1) Let Ss write a report about their good habits and bad habits. Say how often they do things using the report in 3a as an example.

2) 写作指导

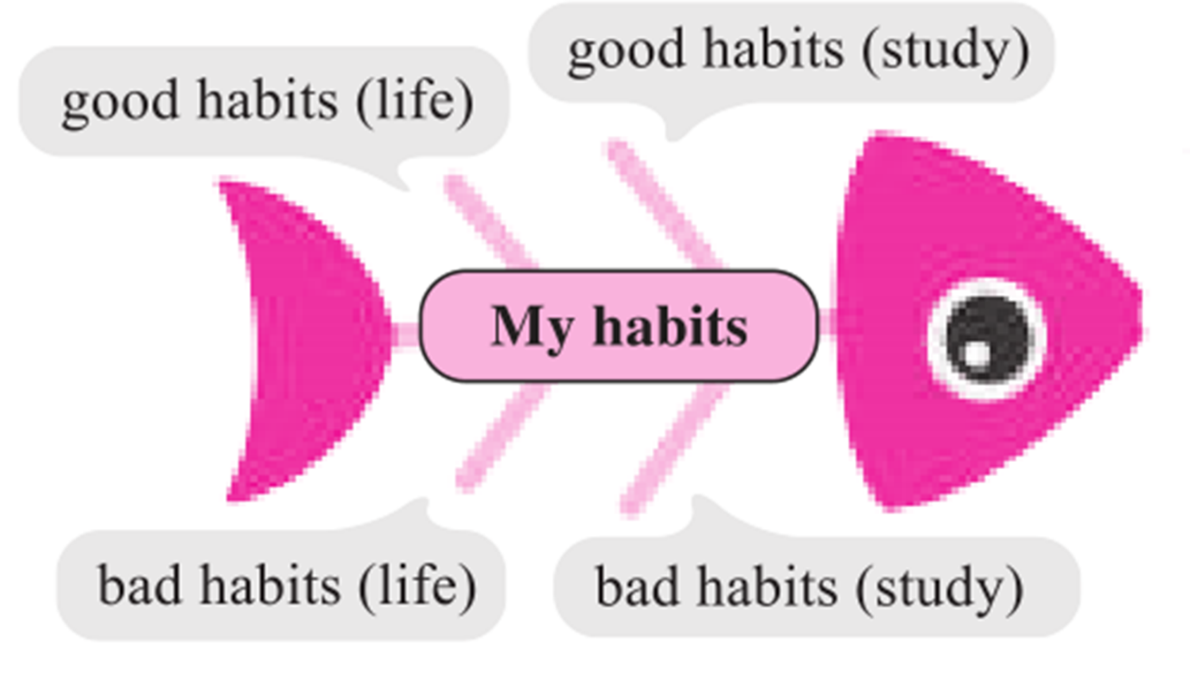
体裁：介绍自己的好习惯和坏习惯

文体：说明文

时态：介绍日常习惯时，用一般现在时。

人称：第一人称

【头脑风暴】



**【提供素材】**

补全下列语块对应的英文表达。

|  |  |  |
| --- | --- | --- |
| **习惯**  **（生活、学习）** | **具体内容** | **频率** |
| **好习惯** | ▲exercise / play sports, go running / do some running, (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_  (帮助做家务), drink water / juice instead of (而不是) cola or drinks, eat fruit and vegetables instead of junk food, (2)\_\_\_\_\_\_\_\_\_\_\_\_\_\_(去看牙医), brush teeth, (3)\_\_\_\_\_\_\_\_\_\_\_\_\_\_(早睡早起), wash your hands before and after a meal, throw waste in the bin (把废物扔进垃圾桶), keep the house clean, keep your desk tidy, get enough sleep and rest  ▲go to the library to read, plan (计划) your time wisely (明智地), take notes (做笔记), (4)\_\_\_\_\_\_\_\_\_\_\_\_\_\_(按时完成作业), listen to the teacher carefully (认真地), review (复习) your notes after class, bring your homework to school, ask the teacher questions | (almost) every  day, once / twice  a week / month, three / four / ... times a week,  (5)\_\_\_\_\_\_\_\_\_\_\_\_\_\_(几乎从不), never, always, usually,  often, sometimes |
| **坏习惯** | ▲**本身对健康有害**  (6)\_\_\_\_\_\_\_\_\_\_\_\_\_\_(熬夜), eat junk food or fast food, play games on your mobile phone in bed, read in moving cars, don't finish homework on time, don't listen in class  **▲由于频率高而对自己不利**  watch TV, eat candy, (7)\_\_\_\_\_\_\_\_\_\_\_\_\_\_(使用互联网), play computer games, eat hamburgers | all day, always,  often, every day,  (8)\_\_\_\_\_\_\_\_\_\_\_\_\_\_(三个多小时) |

**句型**

I have some good / bad habits such as ...

It's good for my health.

I hardly ever / often / never ...

I … three times / ... a week.

It's not easy to give up (放弃) bad habits.

As the saying goes, never leave today's work until tomorrow.

The early bird catches the worm (早起的鸟儿有虫吃).

It's never too late to learn.

An apple a day keeps the doctor away.

**【谋篇布局】**

将括号内的汉语翻译成英语，补全短文。

**引出话题**

Good morning, everyone. I want to tell you about some of my habits here.

**介绍“我”的好习惯及理由**

I have some good habits. I like playing sports, so I (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(几乎每天打篮球) after school. I never stay up late because (2)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(这对我的健康不利). What's more, I take notes carefully in class. I think it can (3)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(帮我记住一切) the teacher says.

**介绍“我”的坏习惯及改正决心**

However, I have some bad habits, too. (4)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(我几乎从不吃水果). I know an apple a day makes the doctor away, so I am going to eat more fruit from now on. Also, I (5)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(经常看电视) after dinner and sometimes I almost forget to do my homework.

**结尾**

Old habits die hard, but it's never too late to give them up. As for my good habits, I will try to keep them.

That's all. Thank you.

**VI. Quiz**

Let Ss take the health quiz:

Compare your results with your partner’s. Who’s healthier?

**VII. Practice**

**Self Check 1 and 2**

1. Let Ss complete the chart with activities they and their parents do and don’t do.

2. Let some Ss read aloud their chart. Then try to write five sentences using the information above.

3. Make sure they use the correct forms of the verbs.

**Self check 3**

1. Tell Ss that they should read the conversation and fill in the blanks.

2. Ss read the conversation and fill in the blanks.

3. Check the answers.

4. Let Ss practice the conversation with their partner.

**VIII. Exercises**

I. 根据语境及所给首字母提示或汉语提示，补全所缺单词。

1. I have a toothache (牙痛). I have to go to the d\_\_\_\_\_\_\_.

2. There are three dictionaries, but n\_\_\_\_\_ of them is mine.

3. David writes short stories for some \_\_\_\_\_\_\_\_\_\_(杂志).

4. They won (赢) the game by five \_\_\_\_\_\_\_\_(得分) to three.

5. I like this model car. \_\_\_\_\_\_\_\_\_(然而), I don't have money to buy it.

6. \_\_\_\_\_\_\_\_(几乎) everything was lost in the fire.

Ⅱ. 根据短文内容，从方框中选择恰当的单词填空，有的需要变换形式。

|  |
| --- |
| twice, however, healthy, almost, little, magazine, Internet, housework, although, together |

David, a 15-year-old boy from England, lives in Shanghai with his parents now. He is very healthy. (1)\_\_\_\_\_\_\_\_, he had some bad habits in the past. He liked to stay up late and he usually played computer games on the (2)\_\_\_\_\_\_\_\_ for five hours at night. In the morning, he got up late and didn’t eat breakfast. For lunch and dinner, he ate junk food. He liked eating candies very much and he (3)\_\_\_\_\_\_\_ ate them every day. And he hardly ever exercised. (4)\_\_\_\_\_\_\_\_ his parents asked him to do sports, he never listened.

Last year, David often felt tired. His parents were worried about his (5)\_\_\_\_\_\_\_, so they took him to the hospital. The doctor (医生) told David that he was in poor health (健康欠佳). Then David decided to do something. “I’ll try to spend (6)\_\_\_\_\_\_\_ time on the computer,” he said. “I’ll try to eat healthy food. And I’ll get up early and exercise at least (7)\_\_\_\_\_\_\_ a week. Besides, I will do the housework with my parents (8)\_\_\_\_\_\_\_\_\_.”

Now he loves doing sports. After dinner, he often helps his parents with the (9)\_\_\_\_\_\_\_\_\_\_\_. On weekends, he hardly ever plays computer games. He also loves reading some English (10)\_\_\_\_\_\_\_\_\_\_ such as Time in his free time. These good habits help him keep healthy.

**Homework**

1. Finish your report in 3c.

2. Do a survey in your family, using the questions and charts in Part 4.