**Unit 2 how often do you exercise? 第二课时学案**

1. **定向自学**

①圈出Grammar focus 中的频度副词（也称 频率副词）

②将以下频度副词按照频率从高到底排序

Sometimes, always, almost always,usually, often, hardly ever, never,

100%\_\_\_\_\_\_\_\_\_>\_\_\_\_\_\_\_\_\_\_>\_\_\_\_\_\_\_\_\_\_\_>\_\_\_\_\_\_\_\_\_\_>\_\_\_\_\_\_\_\_\_\_\_>\_\_\_\_\_\_\_\_\_\_\_\_>\_\_\_\_\_\_\_\_\_0%

③将下列频率副词分类

once a week, twice a day, three times a month, six times a year, usually, almost always, always, often, sometimes

模糊频率副词：

精确频率副词：

1. **合作研学**

①频度副词的位置：(模糊频度副词）

* She **always** goes to school by bus.
* I’m **always** happy to see her.
* I can **never** forget it.
* **Sometimes** he goes to work by bus.

模糊频度副词在句子中一般放到\_\_\_\_\_\_\_\_\_\_ 前边，\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_后边。

有时候，为了强调，也会放到\_\_\_\_\_\_\_\_\_\_\_.

②表示具体的频率、次数时，通常用once a week（一周一次），twice a month（一月两次），three times a year（一年三次）等（精确频度副词）

* I use the Internet **twice a week**.
* Li Ming and his parents go to the park three or **four times a month**.

精确频度副词，既表示具体的频率、次数的词或短语通常放于句子的\_\_\_\_\_\_\_\_\_.

③自己翻译如下短语，然后与同伴讨论 Translate the phrases below：

一小时一次\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_一天两次\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_一周三次\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

一月一次 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_一年一次\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 一年四次\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

一天五次 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_一周两次\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_一年六次\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

④读课文grammar focus，找到对频度副词进行提问时，用\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_来问？表示\_\_\_\_\_\_\_\_\_

1. **精讲领学**

频度副词表示某一动作或状态出现的频率，即在一定时间内某一动作或状态重复出现的次数，常用来回答how often的提问。可分为

**1).模糊频率副词: 不表示具体次数的频度副词（按频率从高到低排列）**

（肯定）always, usually, often, sometimes,

（否定）hardly ever, seldom, never

频率副词的位置：实义动词之前；be动词、助动词、情态动词之后；

有时为了强调，频度副词也可位于句首。

e.g. She always goes to school by bus. I can never forget it.

Sometimes he goes to work by bus.

**2).精确的频率副词: 表示具体的频率、次数时，通常用once a week（一周一次），twice a month（一月两次），three times a year（一年三次）等。**

* 位置： 常放句尾 e.g. I use the Internet twice a week.

**3).对频度副词进行提问常用how often, 表示“多久一次”。**

e.g. —How often does he come here? —Once a week.

**4. 反馈固学**

1．—How often do you and your father help with housework?

—I \_\_\_\_\_\_\_\_ do the dishes but Dad \_\_\_\_\_\_\_\_ helps. That’s why Mom calls him lazy bones!

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

2．—How often do you watch soap operas? —I \_\_\_\_\_ watch them. I can’t stand them.

A．often B．always C．never D．sometimes

3．The old woman \_\_\_\_\_\_\_\_ leaves her house because she can’t walk well.

A．usually B．often C．hardly D．always

4．— Are you often late for school, Frank? — No. I \_\_\_\_\_\_\_\_ get to school on time.

A．always B．never C．sometimes D．hardly

5．—I can only play basketball once a week. How about you? —You are lucky. I \_\_\_\_\_\_\_\_ play basketball.

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

6．John \_\_\_\_\_\_\_\_takes the bus to school because he enjoys walking there.

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

7．—Your grandma is 65 years old, but she looks younger.

—Because she exercises every day and \_\_\_\_\_\_\_\_ stays up at night.

A．sometimes B．hardly ever C．often D．usually

8．I think Martin lives an unhealthy life because he \_\_\_\_\_\_\_ does sports.

A．usually B．seldom C．often D．always

9．—Miss Gao is very popular with her students. —Yes. Her classes are \_\_\_\_\_\_\_\_ lively and interesting.

A．seldom B．always C．sometimes D．never

**参考答案：**

1．C

【详解】句意：——你和你父亲多久帮忙做一次家务？——我通常洗碗，但爸爸几乎从不帮忙。所以妈妈才叫他懒骨头！

考查频率副词辨析。usually通常；sometimes有时；never从不；hardly ever几乎不。根据“That’s why Mom calls him lazy bones”可知，爸爸从不做家务所以妈妈叫他懒骨头，根据but可知，我做家务的频率正好是跟爸爸相反的，所以我是“经常”做家务，故选C。

2．C

【详解】句意：——你多久看一次肥皂剧？——我从不看它们。我受不了它们。

考查频度副词词义辨析。often经常；always总是；never从不；sometimes有时。根据“I can’t stand them.我受不了它们。”可知，应该“从不”看肥皂剧。故选C。

3．C

【详解】句意：这位老妇人几乎不出家门，因为她走路不方便。

考查副词辨析。usually通常；often经常；hardly几乎不；always总是。根据“because she can’t walk well”可知，因为她不便行走，所以几乎不出家门。故选C。

4．A

【详解】句意：——弗兰克，你上学经常迟到吗？——不，我总是准时上学。

考查副词辨析。always总是；never从不；sometimes有时候；hardly几乎不。根据“Are you often late for school, Frank?”以及否定回答可知，弗兰克没有经常迟到，再结合选项可知他总是准时上学。故选A。

5．D

【详解】句意：——我仅仅能一周打一次篮球。你呢？——你是幸运的。我几乎不能打篮球。

考查频度副词辨析。always总是；usually通常；often经常；hardly ever几乎不。根据“I can only play basketball once a week”和“You are lucky”可知应是几乎不能玩。故选D。

6．D

【详解】句意：John几乎从不坐公交车去学校，因为他喜欢走着去那里。

考查频率副词。always“总是”；usually“通常”；often“经常”；hardly never“从不”，表示否定。根据“because he enjoys walking there”因为他喜欢走着去那里，可知John几乎不坐公交车。故选D。

7．B

【详解】句意：——你奶奶65岁了，但看起来更年轻。——因为她每天锻炼身体，晚上几乎从不熬夜。

考查副词辨析。sometimes有时；hardly ever几乎不；often经常；usually通常。根据“she looks younger.”可知看起来更年轻的秘诀是“几乎不”熬夜，表示否定。故选B。

8．B

【详解】句意：我认为马丁的生活不健康，因为他很少运动。

考查副词辨析。usually通常；seldom很少；often经常；always总是。根据“I think Martin lives an unhealthy life because he...does sports”可知他的生活方式不健康，因为他很少运动。故选B。

9．B

【详解】句意：——高老师很受学生们欢迎。——是的，她的课总是生动有趣。

考查副词辨析。seldom很少；always总是；sometimes有时；never从不。根据“Miss Gao is very popular with her students.”可知，她的课总是生动有趣。故选B。