The Trapezium Rule

The gap between the x values is 2

$\boldsymbol{\mathcal{X}}$	2	4	6	8
y	3.2	3.7	3.9	4.0

Half the first and last, add them all up and multiply by the gap

$$2\left(\frac{3.2}{2} + 3.7 + 3.9 + \frac{4.0}{2}\right)$$