



# 體育課程

## 雙語教學教案

(二年級)

國民中小學部分領域課程雙語教學實施計畫

主辦單位：教育部國民及學前教育署

承辦單位：國立臺北教育大學

編印單位：國立臺北教育大學 兒童英語教育學系

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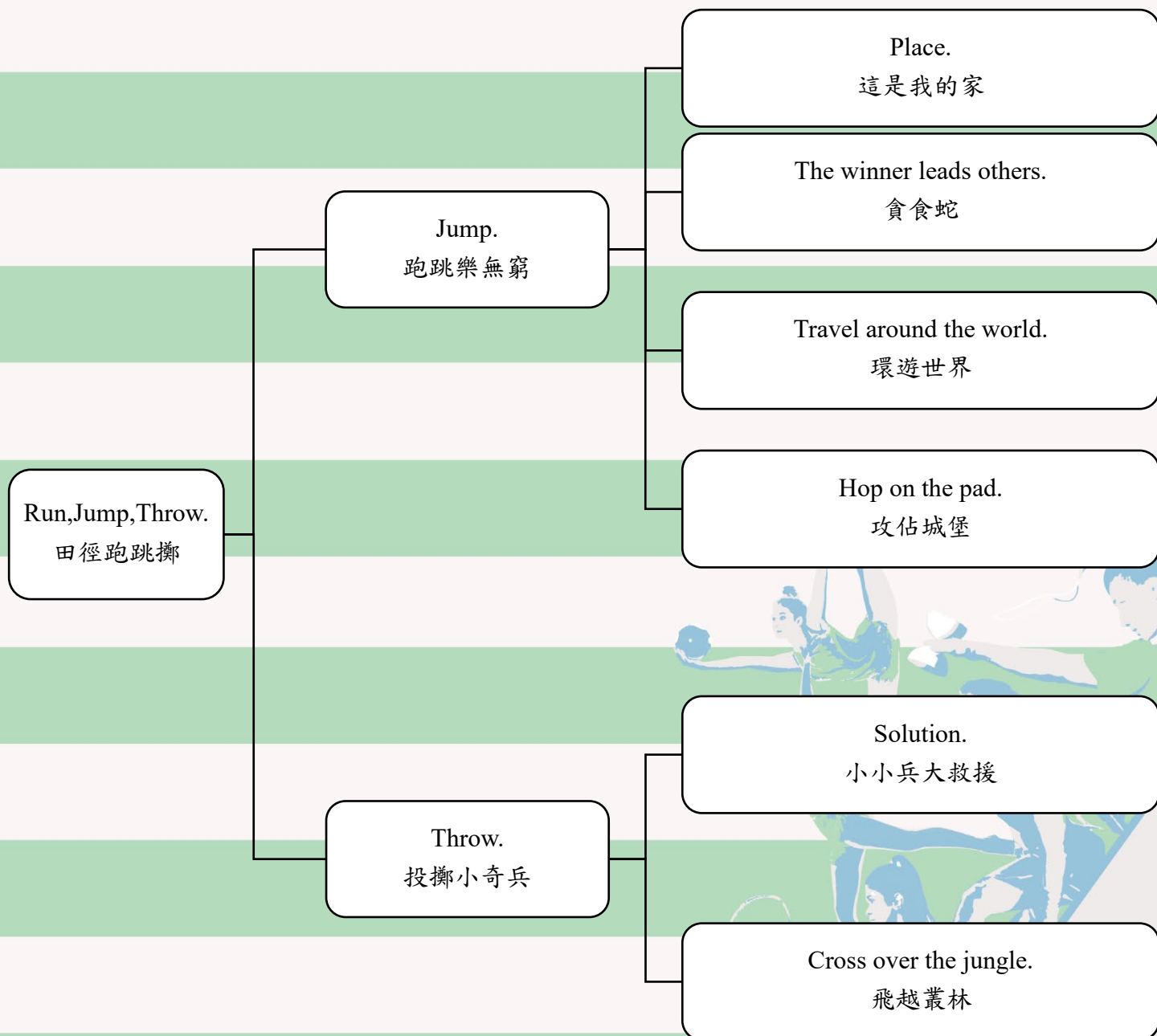
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Unit 主題	Objectives 教學目標	Content 教學內容	Vocabulary 學科字彙
<p>1</p> <p>田徑跑跳擲</p>	<ol style="list-style-type: none"> <li>1. 移位性動作練習、認知安全的空間距離。</li> <li>2. 正確分辨並即時反應能力。</li> <li>3. 認真參與的學習態。</li> <li>4. 體驗多元性的身體活動。</li> </ol>	<ol style="list-style-type: none"> <li>一. 跑跳樂無窮               <ol style="list-style-type: none"> <li>1. 這是我的家</li> <li>2. 貪食蛇</li> <li>3. 環遊世界</li> <li>4. 攻佔城堡</li> </ol> </li> <li>二. 投擲小奇兵               <ol style="list-style-type: none"> <li>1. 小小兵大救援</li> <li>2. 飛越叢林</li> </ol> </li> </ol>	<p>walk, cross, jump, cone, hop, Straight Running, Shuffle Steps, throw, body side, different hand and different foot, toss up, throw/toss and catch, a ball, a small ball, a baseball, a paper bat, a shooting star ball, Frisbee, Tetra Pak.</p>
<p>2</p> <p>跳繩</p>	<ol style="list-style-type: none"> <li>1. 讓學生熟悉跳繩之基本動作。</li> <li>2. 讓學生學會一跳一迴旋。</li> <li>3. 讓學生學習自己挑戰。</li> <li>4. 讓學生藉由觀察他人，修正自己的跳繩動作。</li> </ol>	<ol style="list-style-type: none"> <li>一. 我是西部牛               <ol style="list-style-type: none"> <li>1. 我是西部牛仔</li> <li>2. 我是無繩跳高手</li> </ol> </li> <li>二. 我是大白鯊               <ol style="list-style-type: none"> <li>1. 跳繩真有趣</li> <li>2. 我是大白鯊</li> </ol> </li> <li>三. 跳繩大競賽               <ol style="list-style-type: none"> <li>1. 跳繩個人挑戰賽</li> <li>2. 跳繩分組賽</li> </ol> </li> <li>四. 邊跑邊跳真有趣               <ol style="list-style-type: none"> <li>1. 跑步跳真有趣</li> <li>2. 跳繩折返跑</li> </ol> </li> </ol>	<p>a jump rope, a traffic a scoreboard, cone, shuttle run, jump rope, air jump rope, round, mark, ground, head, right-hand, left-hand side, 8-shape, Tiptoe, ground, Hold, handles. Arms, Place, behind, forward, back, Stand, hits.</p>
<p>3</p> <p>墊上精靈</p>	<ol style="list-style-type: none"> <li>1. 讓學生能模仿至少一種球的運動特性。</li> <li>2. 讓學生能用手、腳、軀幹等身體部位做出圓的造型。</li> <li>3. 讓學生能體驗靜態平衡與動態平衡。</li> <li>4. 讓學生能完成關卡指定動作，發揮創意並能與同學合作。</li> </ol>	<ol style="list-style-type: none"> <li>一. 猜猜我是誰               <ol style="list-style-type: none"> <li>1. 我是一顆球</li> <li>2. 圓來圓去真有趣</li> </ol> </li> <li>二. 平衡感，難不倒我               <ol style="list-style-type: none"> <li>1. 身體部位大挑戰</li> <li>2. 人體樂高</li> </ol> </li> <li>三. 超級變變變               <ol style="list-style-type: none"> <li>1. 創意組合123</li> <li>2. 樂園新玩法~</li> </ol> </li> </ol>	<p>Imitate, round ball, a rolling ball, count, head, shoulder, ear, chin, nose, palm, wrist, elbow, belly, waist, toe, bottom, knee, ankle, Crawl walking, Jumping Jacks, side jump and clap, hands cooperative imitation game.</p>

Unit 主題	Objectives 教學目標	Content 教學內容	Vocabulary 學科字彙
<p>4</p> <p>運動會 樂趣多</p>	<ol style="list-style-type: none"> <li>讓學生學會跑步的要領和4個注意事項。</li> <li>讓學生學會聖火傳遞。</li> <li>讓學生學會原地滾球和跑步滾球。</li> <li>讓學生學會用單手和雙手跑步滾球。</li> <li>讓學生做40m衝刺測驗練習。</li> </ol>	<ol style="list-style-type: none"> <li>跑步我最行                     <ol style="list-style-type: none"> <li>搶奪寶物</li> <li>跑一跑</li> <li>聖火傳遞</li> <li>速度翻轉</li> </ol> </li> <li>帶球跑跑樂                     <ol style="list-style-type: none"> <li>跑一跑-頂上功夫跑跑樂</li> <li>跑步滾球(一)</li> <li>跑步滾球(二)</li> <li>滾球我最行</li> </ol> </li> <li>衝刺高手                     <ol style="list-style-type: none"> <li>衝刺高手-40m測驗練習</li> <li>衝刺高手(二)-40m測驗</li> </ol> </li> </ol>	<p>forward, lane, across, finish line, slow down, stop sit, stand up, turn back, big, soft . Look forward. Stay in your lane. Stay in my lane. Across the finish line. Slow down and stop. Turn back. Roll the ball with one hand/ two hands. Lunge forward. Lift your legs and touch your hands.</p>
<p>5</p> <p>玩球樂趣多</p>	<ol style="list-style-type: none"> <li>讓學生能理解本單元教導球類的相關動作內容。</li> <li>讓學生能願意並盡力學習教導的相關動作內容。</li> <li>讓學生能於活動中展現出和同學互相合作的精神。</li> <li>讓學生能順暢展現所學的球類動作技能。</li> <li>讓學生能透過練習，讓自己球感進步。</li> </ol>	<ol style="list-style-type: none"> <li>傳接球                     <ol style="list-style-type: none"> <li>你傳我接</li> <li>拍球樂</li> <li>傳球一級棒 (兩堂課)</li> <li>彈接高手 (三堂課)</li> <li>攻占城堡</li> </ol> </li> </ol>	<p>pass, partner, right/left (side) , backward over the head/through the legs, both feet, roll the ball forward on the floor, bounce, sit down/take a knee/stand up, walk around, chest pass, toss pass, bounce pass, wall ball bounce pass, harder, softer.</p>
<p>6</p> <p>呼拉圈</p>	<ol style="list-style-type: none"> <li>學生能運用呼拉圈，進行搖、跳等全身性的運動。</li> <li>學生能運用搖、跳呼拉圈等基本動作，進行一連串組合性之遊戲。</li> </ol>	<ol style="list-style-type: none"> <li>呼拉圈體驗                     <ol style="list-style-type: none"> <li>呼拉圈體驗I(全身+跳)</li> <li>呼拉圈體驗II(手)</li> <li>呼拉圈體驗III(搖)</li> </ol> </li> <li>呼拉圈團體接力賽                     <ol style="list-style-type: none"> <li>呼拉圈派對 (團體接力賽)</li> </ol> </li> <li>呼拉圈團體接力賽                     <ol style="list-style-type: none"> <li>地鼠穿洞</li> <li>蛇行穿越比賽</li> </ol> </li> </ol>	<p>rotate, jump, hop, run stand, spin, roll, pull back, pass, pass through, hula hoop traffic cone, finish line. jump over, place.</p>
<p>7</p> <p>體適能</p>	<ol style="list-style-type: none"> <li>以正確的跑步動作進行跑步遊戲。</li> <li>能與同學合作，完成體能遊戲任務。</li> <li>認真參與團隊遊戲活動，並發揮勝不驕敗不餒的運動家精神。</li> </ol>	<ol style="list-style-type: none"> <li>尋寶接力跑</li> <li>獵人打獵</li> <li>搶救地球人</li> <li>猜拳跑與追</li> <li>運送物品</li> <li>捕漁趣</li> <li>甩不掉的橡皮糖</li> <li>體適能測驗</li> </ol>	<p>Run, chase, rock, touch, shuttle run, treasure, whistle , hunter, earthmen, paper, scissors, shoot, run and chase, delivery, chewing gum, physical, fitness</p>

# 單元架構

## Unit 1-1 田徑跑跳擲



主題名稱	田徑跑跳擲	教學設計者	臺北市文山區景興國民小學 王煜榛
學習對象	二年級上學期	學習節次	6 節課(240 分鐘)
學習內容	Ga-I-1 走、跑、跳與投擲遊戲。		
學習表現	1c- I -1 認識身體活動的基本動作。 2c- I -2 表現認真參與的學習態度。 3c- I -2 表現安全的身體活動行為。 4c- I -1 認識與身體活動相關資源。		
學習目標	1.能學會基本的跑的動作。 2.能學會基本的跳的動作。 3.能學會基本的擲的動作。 4.能學會基本的平衡的動作。		
教學方法	TPR		
教學資源	<a href="https://sportsbox.sa.gov.tw">https://sportsbox.sa.gov.tw</a> 		
學科英語 詞彙	走、跨、跳、角錐、 單腳跳、雙腳跳、直線跑、側併步、 投擲、側身、不同手不同腳、丟高、拋接、 小皮球、樂樂棒球、紙棒、流星球、 飛盤、空鋁箔包 walk, cross, jump, cone, hop, Straight Running, Shuffle Steps, throw, body side, different hand and different foot, toss up, throw/toss and catch, a ball, a small ball, a baseball ,a paper bat, a shooting star ball, Frisbee, Tetra Pak		
學科英語 句型 (視教 材內容)	聽到哨音後，離開自己的家到處散步，用走的不可以撞到別人。 聽到第二聲哨音後，趕快走回自己的家坐下。 向上拋接 3 次，球高度需丟超過頭部 將指定物品丟進紙箱或呼拉圈中 When you hear the whistle, you have to leave your place and walk around. Don't bump into anyone. When you hear the second whistle, you have to go back to your place and sit down. Throw and catch the ball three times. The ball is tossed up over your head. Throw things into a carton or a hula hoop.		

教學單元一：跑跳樂無窮	教學資源	評量方式
<p style="text-align: center;"><b>第一節：這是我的家</b></p> <p><b>一、引起動機 (7 mins)</b></p> <p>◆ 學生到場：整齊擺放水壺、毛巾。</p> <p>◆ 整隊：第一排 1~7 號、第二排 8 到 14 號、第三排 21 到 27 號、第四排 28 到最後一號。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Attention!  Number one to Number seven in the first row.  Number eight to Number fifteen in the second row.  Number twenty-one to Number twenty-seven in the third row.  Number twenty-eight to last one (number) in the fourth row.</p> <p>◆ 體育股長出列帶操：頸部→肩部→壓手→壓肩→反手護腰→膝蓋→弓箭步→低壓腿→手腕腳踝→蝴蝶飛→開合跳*20→蹲跳*10</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Open and stretch your arms.  From your neck, shoulder, press hands, press shoulder, palms support your waist, knees, lunge (lunge down), press legs, wrist and ankle butterfly.  Let's do a jumping jack for twenty times.  Squat and jump! Spread out. Keep a distance.</p> <p>◆ 喝水擦汗 30 秒→操場兩圈：</p> <p>女生單數號第一道、雙數第二道；男生單數號第一道、雙數號第二道→踏步深呼吸 30 下→第一名在我右手邊，第二名在我左手邊，第三名之後在我前面。腳抬高，手要擺，深呼吸，數出來→鼻子吸，嘴巴吐→第三口最大口，坐，面向老師距離一公尺。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Drink water and wipe sweat off.  Odd number girl, run on the first track. (Track One).  Even number girl, run on the second track. (Track Two).  Odd number boy, run on the first track. (Track One).  Even number boy, run on the second track. (Track Two).  March on the spot. Take a deep breath for thirty times.  First person, come to my right side.  Second person, come to my left side.  Everyone else, stand in front of me.</p>	<p style="text-align: center;">圓盤角錐 *40</p>	<p style="text-align: center;">是否確實 熱身</p> <p style="text-align: center;">能聽懂指令 並安全操作</p>

## 二、發展活動 (28 mins)

- ◆ 每人領一個圓盤角錐，當作自己的家，要與別人間隔至少 5 大步，在指定範圍內放好的人先坐下。

### 1. 第一回合：走 (Round One: Walk.)

T: 聽到哨音後，離開自己的家到處散步，用走的不可以撞到別人。

T: 聽到第二聲哨音後，趕快走回自己的家坐下。

### 2. 第二回合：跨 (Round Two: Cross.)

T: 聽到哨音後，離開自己的家到處散步，並且要跨過別人的家。

T: 聽到第二聲哨音後，趕快走回自己的家坐下。

### 3. 第三回合：跳 (Round Three: Jump.)

T: 聽到哨音後，離開自己的家到處散步，並且要跳過別人的家，並數一數拜訪了幾位鄰居。

T: 聽到第二聲哨音後，趕快走回自己的家。

T: 請你用手比出拜訪幾個家的數字。

### 4. 第四回合：手摸角錐 (Round Four: Touch a cone with your hands.)

T: 聽到哨音後，離開自己的家到處散步，並用手摸圓盤角錐當作拜訪，並數一數拜訪了幾位鄰居。

T: 聽到第二聲哨音後，趕快走回自己的家。

### 5. 第五回合：跑+GIVE ME FIVE (Round Five: Run and high five.)

T: 聽到哨音後，離開自己的家到處小跑步，找到老師說的英文數字的不同人 HIGH FIVE

T: 聽到第二聲哨音後，趕快走回自己的家。

### **Teacher's talk** (可適當使用跨語言技巧)

- ◆ Everyone takes a cone as your place.

Keep the distance from others at least five steps.

Put down your cone and sit down.

#### 1. Round One: Walk. (第一回合：走)

T: When you hear a whistle, you have to leave your place and walk around. Don't bump into anyone.

T: When you hear a second whistle, you have to go back to your place and sit down.

#### 2. Round Two: Cross. (第二回合：跨)

T: When you hear a whistle, you have to leave your place and walk around. You should cross over other's place.

T: When you hear a second whistle, you have to go back to your place and sit down.

口語評量



<p>3. Round Three: Jump. (第三回合：跳)</p> <p>T: When you hear a whistle, you have to leave your place and walk around. You should jump across over other's place and count how many places you have visited.</p> <p>T: When you hear a second whistle, you have to go back to your place and sit down.</p> <p>4. Round Four: Touch a cone with hands. (第四回合：手摸角錐)</p> <p>T: When you hear a whistle, you have to leave your place and walk around. You should touch other's place with your hand and count how many places you have visited.</p> <p>T: When you hear a second whistle, you have to go back to your place and sit down.</p> <p>5. Round Five: Run and Give me five. (第五回合：跑+GIVE ME FIVE)</p> <p>T: When you hear a whistle, you have to leave your place and walk around. Find the person who is with the given number and Hive Five with him/her.</p> <p>T: When you hear a second whistle, you have to go back to your place and sit down.</p> <p><b>三、綜合活動 (5 mins)</b></p> <p>分享今天上課活動中，利用不同速度與動作的心得。</p> <p>每人收回自己的圓盤角錐。</p> <p>下課：謝謝老師，老師再見。</p> <p>◆ 器材長請收器材。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Students share what they have learned today.</p> <p>Put their cones away.</p> <p>Thank you teacher, See you next time. Bye!.</p> <p>～～第一節 End～～</p>		
<p style="text-align: center;"><b>第二節：貪食蛇</b></p> <p><b>一、引起動機 (7 mins)</b></p> <p>◆ 教師提前將 30 個圓盤角錐散落在場地中，活動範圍為一個長方形，每組前方起始處放置 3 個呼拉圈，4 個對角放置三角錐。</p> <p>◆ 學生到場：整齊擺放水壺、毛巾。</p> <p>◆ 整隊：第一排 1~7 號、第二排 8 到 14 號，第三排 21 到 27 號，第四排 28 到最後一號。</p>	<p>圓盤角錐 *30 三角錐*4</p>	

**Teacher's talk** (可適當使用跨語言技巧)

Attention!

Number one to Number seven in the first row.

Number eight to Number fifteen in the second row.

Number twenty-one to Number twenty-seven in the third row.

Number twenty-eight to last one (number) in the fourth row.

- ◆ 體育股長出列帶操：頸部→肩部→壓手→壓肩→反手護腰→膝蓋→弓箭步→低壓腿→手腕腳踝→蝴蝶飛→開合跳\*20→蹲跳\*10

**Teacher's talk** (可適當使用跨語言技巧)

Open and stretch your arms.

From your neck, shoulder, press hands, press shoulder, palms support your waist, knees, lunge (lunge down), press legs, wrist and ankle butterfly.

Let's do a jumping jack for twenty times.

Squat and jump! Spread out. Keep distance.

- ◆ 喝水擦汗 30 秒→操場兩圈：

女生單數號第一道、雙數第二道；男生單數號第一道、雙數號第二道。

- ◆ 喝水擦汗 30 秒→全班分四組，分別依序坐在 4 個角錐後。

**Teacher's talk** (可適當使用跨語言技巧)

- ◆ Drink water and wipe sweat off.

Odd number girl, run on the first track. (Track One).

Even number girl, run on the second track. (Track Two).

Odd number boy, run on the first track. (Track One).

Even number boy, run on the second track. (Track Two).

- ◆ Work in four groups. Each group sits behind a cone.

**二、發展活動 (28 mins)**

1. T:各組第一位出發，呼拉圈分別是：

右單腳跳→左單腳跳→雙腳跳→以各種跑步姿勢出發，經過五間房子(圓盤角錐)，找到同學進行猜拳→輸家在贏家後面跑→在拜訪 5 個家後，找到另一位贏家猜拳，最後一位贏家領著其他三位同學，沿著最外圍的家跑一圈→跑一圈之後，贏家送其他同學回各自的家。

2. T:下一組同學出發→依此規則完成兩輪。

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Get started from the first one. Jump with a hula hoop:

Jump with right foot. →Jump with left foot. →Run in different styles. Go through five cones and have the game of paper-scissors-stone with one person. →Loser is behind the winner. →The last winner leads others running around the place (cone). →After running, the winner takes others to their places.

2. T: Complete the practice under the rule.

呼拉圈\*40  
圓盤角錐\*30

可以做出  
單腳跳動作

<p><b>三、綜合活動 (5 mins)</b></p> <p>1. 老師表揚今日表現不錯的同學。</p> <p>2. T: 分享今天上課活動利用不同速度與動作的心得。</p> <p>每人收回自己的圓盤角錐。</p> <p>下課：謝謝老師，老師再見。</p> <p>◆ 器材長請收器材。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. Teacher awards the great students.</p> <p>2. Students share what they have learned today.</p> <p>Put their cones away.</p> <p>Thank you teacher, See you next time. Bye!</p> <p>～～第二節 End～～</p>		<p>口頭評量</p>
<p style="text-align: center;"><b>第三節：環遊世界</b></p> <p><b>一、引起動機 (7 mins)</b></p> <p>◆ 教師提前在每組前方起始處放置 3 個呼拉圈，散落圓軟墊在場地內。</p> <p>◆ 學生到場：整齊擺放水壺、毛巾。</p> <p>◆ 整隊：第一排 1~7 號、第二排 8 到 14 號，第三排 21 到 27 號，第四排 28 到最後一號。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Attention!</p> <p>Number one to Number seven in the first row.</p> <p>Number eight to Number fifteen in the second row.</p> <p>Number twenty-one to Number twenty-seven in the third row.</p> <p>Number twenty-eight to last one (number) in the fourth row.</p> <p>◆ 體育股長出列帶操：頸部→肩部→壓手→壓肩→反手護腰→膝蓋→弓箭步→低壓腿→手腕腳踝→蝴蝶飛→開合跳*20→蹲跳*10</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Open and stretch your arms.</p> <p>From your neck, shoulder, press hands, press shoulder, palms support your waist, knees, lunge (lunge down), press legs, wrist and ankle butterfly</p> <p>Let's do a jumping jack for twenty times.</p> <p>Squat and jump! Spread out. Keep distance.</p> <p>◆ 喝水擦汗 30 秒→操場兩圈：</p> <p>女生單數號第一道、雙數第二道；男生單數號第一道、雙數號第二道。</p> <p>◆ 喝水擦汗 30 秒→全班分四組，分別依序坐在 4 個角錐後。</p>	<p>呼拉圈*3 圓軟墊*25</p>	<p>可以說出 雙語做操 名稱</p>

**Teacher's talk** (可適當使用跨語言技巧)

- ◆ Drink water and wipe sweat off.  
Odd number girl, run on the first track. (Track One).  
Even number girl, run on the second track. (Track Two).  
Odd number boy, run on the first track. (Track One).  
Even number boy, run on the second track. (Track Two).
- ◆ Work in four groups. Each group sits behind a cone.

**二、發展活動 (28 mins)**

● 第一回合：直線跑 (Round One: Straight Running.)

1. T:將自己這組顏色的杯子放在其他三組的三個呼拉圈內。
2. T:自己安排該組的棒次順序，每次一位同學去其他組拿回一個自己隊的杯子，不能踩到圓墊。
3. T:拿回杯子後，組員開始堆疊杯子，比賽時間內，那個組別疊的杯子最高。

● 第二回合：側併步 (Round Two: Shuffle Step.)

**Teacher's talk** (可適當使用跨語言技巧)

● Round One: Straight Running

1. Put the color cups of your group in the hula hoops of other teams.
2. According to your sequence, everyone should take your cup from other teams.
3. Start to stack cups. Try to stack cups as many as possible within the time allowed.

● Round Two: Shuffle Step

**三、綜合活動 (5 mins)**

1. T:請問同學，當你環遊世界去不同國家時，你通常會選哪裡拿自己國家的杯子？
2. T:請問如何避免與別人撞在一起？
3. T:今天遊戲學到什麼？
4. T:運用剛剛討論的策略再玩一次。
5. T:請小組再分享一次你的經驗。
6. 教師總結：今天學會在不同空間裡跑步不要和別人碰撞，以及各小組分工合作完成任務。

每人收 1 個圓盤角錐和史塔客杯。

下課：謝謝老師，老師再見。

- ◆ 器材長請收器材。

角錐\*4

呼拉圈\*12

史塔克杯\*4

組

手眼協調疊

杯與策略運

用

<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. Where will you take your cup of your country when travelling around the world?</li> <li>2. How do you prevent yourself from bumping others?</li> <li>3. What do you learn from the game?</li> <li>4. Practice it again with the ways you have learned.</li> <li>5. Share what you learned with friends.</li> <li>6. T: No bumping into others. Work in groups. Put their stuff away. Thank you teacher, See you next time. Bye!</li> </ol> <p style="text-align: center;">~~ 第三節 End~~</p>		
<p style="text-align: center;"><b>第四節：攻佔城堡</b></p> <p><b>一、引起動機 (7 mins)</b></p> <ul style="list-style-type: none"> <li>◆ 教師提前利用不同顏色呼拉圈和軟墊排成一個大圓圈，每組前方起始處放置 3 個呼拉圈，散落圓軟墊在場地內。</li> <li>◆ 學生到場：整齊擺放水壺、毛巾。</li> <li>◆ 整隊：第一排 1~7 號、第二排 8 到 14 號，第三排 21 到 27 號，第四排 28 到最後一號。</li> </ul> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Attention! Number one to Number seven in the first row. Number eight to Number fifteen in the second row. Number twenty-one to Number twenty-seven in the third row. Number twenty-eight to last one (number) in the fourth row.</p> <ul style="list-style-type: none"> <li>◆ 體育股長出列帶操：頸部→肩部→壓手→壓肩→反手護腰→膝蓋→弓箭步→低壓腿→手腕腳踝→蝴蝶飛→開合跳*20→蹲跳*10</li> </ul> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Open and stretch your arms. From your neck, shoulder, press hands, press shoulder, palms support your waist, knees, lunge (lunge down), press legs, wrist and ankle butterfly. Let's do a jumping jack for twenty times. Squat and jump! Spread out. Keep distance.</p> <ul style="list-style-type: none"> <li>◆ 喝水擦汗 30 秒→操場兩圈： 女生單數號第一道、雙數第二道；男生單數號第一道、雙數號第二道。</li> <li>◆ 全班排成一行小火車，繞著呼拉圈慢跑一圈→腳要踩在呼拉圈內再跑一圈→看到呼拉圈要雙腳跳，軟墊要單腳跳。</li> </ul>	<p>呼拉圈*20 圓軟墊*25</p>	

## 二、發展活動 (28 mins)

### ● 第一回合：跑 (Round One: Run.)

1. T:全班分成兩組，例如藍隊與綠隊，各在角錐後等待，每次出發一個人，往反方向出發，每一步都要踩在圈圈裡。
2. T:綠隊從左出發，藍隊從右出發，相遇時猜拳，猜輸者從外圈跑回自己堡壘後面排隊，同隊隊友派新組員趕快出發猜拳；猜贏者繼續前進直到對方起點呼拉圈，表示攻佔堡壘成功得分。
3. T:違規者須後退一個呼拉圈

### ● 第二回合：跳 (Round Two: Jump.)

T:大呼拉圈雙腳跳，軟墊單腳跳。

### **Teacher's talk** (可適當使用跨語言技巧)

#### ● Round One: Run. (第一回合：跑)

1. Work in two groups.  
For example, the two groups (Group Blue and Group Green) wait behind your cone.  
One gets started in the opposite direction.
2. Group Green gets started from the left (Group Blue gets started from the right).  
The two groups have the game of paper-scissors-stone when you meet with each other.  
The loser goes back your team, and the next one gets started.  
The winner can move ahead.
3. If you break the rule, you will go back to the last hula hoop.

#### ● Round Two: Jump. (第二回合：跳)

Jump with two feet in hula hoop. Hop on the pad.

## 三、綜合活動 (5 mins)

1. T:請問今天的遊戲你們學到什麼?
  2. T:可能會發生的狀況是什麼?要怎麼做比較好?
- 下課：謝謝老師，老師再見。

### ◆ 器材長請收器材。

### **Teacher's talk** (可適當使用跨語言技巧)

1. What did you learn today?
2. How do you do it better?

～～第四節 End～～

了解遊戲  
規則

猜拳贏者  
前進

教學單元二：投擲小奇兵	教學資源	評量方式
<p style="text-align: center;"><b>第五節：小小兵大救援</b></p> <p><b>一、引起動機 (5 mins)</b></p> <p>◆ 場地事先布置好，分散的紙箱、呼拉圈。</p> <p>★ 故事營造：</p> <p>T:各位小朋友，今天我們要去解救森林中的小精靈們，但是他們被魔法變成無法動的紙箱和呼拉圈，我們要帶著解藥一起去拯救他們喔～</p> <ol style="list-style-type: none"> <li>1. T:全班分成單雙兩組，排成兩行在出發起點。</li> <li>2. T:單排學生手持解藥(球)，另一組學生空手。</li> <li>3. T:聽到第一聲哨音後，兩隊各自往前走。全部散開，不用走在一起。</li> <li>4. T:行進間，聽到第二聲哨音後，手持解藥的學生須找到雙號的夥伴，單號學生向上拋接 3 次，球高度需丟超過頭部→交換。兩人都完成，蹲下。</li> <li>5. T:第二回用小跑步巡邏，雙號同學持球，各自往前跑，聽到第二聲哨音後，找到單號夥伴，向上拋接球 3 次，球須超過頭部，完成後交換。動作完成後兩人蹲下。</li> </ol> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. Work in two groups and get in line.</li> <li>2. Students of Group One hold balls. Group Two holds nothing.</li> <li>3. When you hear the first whistle, everyone walks his/her own way.</li> <li>4. When you hear the second whistle, the students with balls have to find the students of Group Two. First, students with balls should throw and catch balls three times. The ball is tossed up over your head. Then, students of Group Two do it again.</li> <li>5. Round Two: Students of Group Two hold balls. And follow the rules of the game.</li> </ol> <p><b>二、發展活動 (28 mins)</b></p> <ol style="list-style-type: none"> <li>1. 教師準備四種不同顏色背帶，將學生分四組，例如紅藍黃綠。 T:第一橫排紅色背帶同學 6 人，紅 1 到紅 6；第二排藍 1 到藍 6...以此類推。 兩人一組：紅 1 和藍 1、黃 1 和綠 1，以此類推。</li> <li>2. 地上放呼拉圈與紙箱，代表被攻擊的小小兵；當學生將指定物品丟進紙箱或呼拉圈中，表示小小兵被拯救。 T:第一區塊：使用小環或豆襪球</li> </ol>	<p>紙箱、呼拉圈、小皮球、水管環、豆襪球、報紙球、樂樂棒、紙標槍、鋁箔包、飛盤等</p>	<p>認真參與的學習態度</p> <p>體驗多元性的身體活動</p> <p>體驗不同材質大小重量物品 體驗投擲感受</p>

T:第二區塊：小皮球、樂樂棒球

T:第三區塊：紙棒、流星球

T:第四區塊：飛盤、空鋁箔包

3. T:每一輪每組依照老師指令選取解藥(不同物品如上)，每次一人只能拿一個解藥，丟完之後回來才能第2個解藥，一人有三次投擲機會，投完請檢回自己的物品，放回球籃準備換下一輪。全部人去檢回所有器材，分類放在解藥籃(球籃)內。

4. T:交換組別，換不同的器材投擲

**Teacher's talk** (可適當使用跨語言技巧)

1. Work in four groups. There are straps of four colors.

Each group has straps of a particular color.

There are six students in red straps in Line One.

From Red One to Red Six.

There are six students in blue straps in Line Two.

From Blue One to Blue Six.

Work in pairs: R1 and B1, Y1 and G1...

2. Hula Hoops and cartons mean the attacked.

Students throw things to save the attacked.

Block one: rings, socks.

Block two: small balls, baseballs.

Block three: paper bats, shooting star balls.

Block four: Frisbees, Tetra Pak.

3. Each group takes its "solution".

Everyone has three chances.

After throwing one "solution", you can take the other one.

Please put away all things or materials after you all finish the task.

4. All groups take turns to finish the task.

### 三、綜合活動 (7 mins)

T:計算各組投進紙箱或呼拉圈的數量

T:請同學分享成功投進的方式

T:大家一起整理並清點器材。

下課：謝謝老師，老師再見。

T:計算各組投進紙箱或呼拉圈的數量

**Teacher's talk** (可適當使用跨語言技巧)

Count the number of things or materials.

Share your successful skills.

~~第五節 End~~



## 第六節：飛越叢林

### 一、引起動機 (10 mins)

◆ 活動範圍為一個長方形場地，起點終點約距離 15 公尺，並在接近起點 3 公尺處增設叢林區。

#### ● 第一回合：樂樂棒球 (Round One: Tee Ball.)

T: 投擲物品一定要飛越叢林區，球落在叢林區或滾地球皆不算，等於解藥無效。

1. T: 6 位紅隊的小小兵請起立散開，一人一次拿一顆樂樂棒球，瞄準紙箱或呼拉圈，丟完再回來拿球，總共三次機會。藍隊幫忙統計總共投進幾顆，記在小白板上。
2. T: 換藍隊投擲時，黃隊登記。
3. T: 黃隊投擲時，綠隊登記。
4. T: 綠隊投擲，紅隊登記。

#### **Teacher's talk** (可適當使用跨語言技巧)

#### ● Round One: Tee Ball. (第一回合：樂樂棒球)

1. Six students of Group Red stand up.  
Each one has three chances.  
Take a ball and throw it into a carton or a hula hoop.  
Group Blue counts and records the balls.
2. When Group Blue throws, Group Yellow counts and records the balls.
3. When Group Yellow throws, Group Green counts and records the balls.
4. When Group Green throws, Group Red counts and records the balls.

#### ● 第二回合：小圓紙環(Round Two: Paper Ring.)

(每組輪流投擲，各組幫忙登記)

T: 請你們投擲時要注意，要丟高一點，必須飛越叢林區。

有些同學不錯喔，會轉腰帶動。

T: 請不要踩到起點線喔，落在叢林區的都不算喔。

T: 可以往上一點。

T: 有人丟中了很好。

#### **Teacher's talk** (可適當使用跨語言技巧)

#### ● Round Two: Paper Ring. (第二回合：小圓紙環)

T: You throw it as high as you can.

The paper ring has to cross over the jungle.

Someone are good, they can turn their belts around..

T: Don't touch the start line.

If the paper ring falls in the jungle, you will fail in the game.

T: Can go up.

T: Someone throws in well.

四種不同  
顏色背帶  
各 6 條  
樂樂棒球  
、圓紙環、  
紙標槍

嘗試高飛球  
投擲

擲準目標物

## 二、發展活動 (25 mins)

- ◆ 這次教師將紙箱與呼拉圈排出不同距離一直線，分別距離起點 5M、6M、7M、8M、9M、10M。

T: 丟進幾公尺的紙箱或呼拉拉圈則得幾分。

第一回合：樂樂棒球

1. 紅隊投擲、藍隊計分，以此類推。

第二回合：小圓紙環

T: 同學們經過熱身的活動後，動作更加熟練囉！，有些同學會去修正剛剛太大或太小力，大家都提高了命中率了呢！

## 三、綜合活動 (5 mins)

T: 請統計各組總分，最高的\_\_\_\_\_隊。

T: 請問訣竅是什麼? 很好，瞄準再丟

S: 不要丟平平。

S: 大家都想丟遠的，遠的可以讓力氣大的同學丟

T: 那你最喜歡哪一種物品? 你是怎麼丟的?

S: 我喜歡用球，手抬高用力往前丟。

S: 我用紙環，想飛盤一樣。

T: 他把手拿著環收回來再丟出去。

S: 我拿紙標槍，像彩虹一樣丟出去。

T: 很好喔，我們請她慢動作示範，手拿起來，像彩虹一樣的飛行角度丟出去~

大家都非常棒，給自己掌聲鼓勵~~

### **Teacher's talk** (可適當使用跨語言技巧)

T: Which group is the winner?

T: What's the successful skill?

S: Throw it as high as you can.

You can throw it as far as you can with all your strength.

T: Which things do you like to throw? How do you throw it?

S: I like to throw a ball. Lift up my arm and throw it with all strength.

S: I like to throw paper javelin and throw it like a rainbow.

T: She made a good example.

You all do a great job!

### 教師提問：

1. 右手拿球則哪一隻腳在前?

2. 飛盤也是這樣嗎?

大家再嘗試一次，分享不同的感覺。

S: 我是用球，要不同手不同腳。

S: 我拿飛盤，是同手同腳。

T: 優秀~ 大家有發現不同物品不同的方式!

今天上課到這邊，下課。大家一起收拾器材。

### **Teacher's talk** (可適當使用跨語言技巧)

1. Which foot stands in front if your right hand holds a ball?

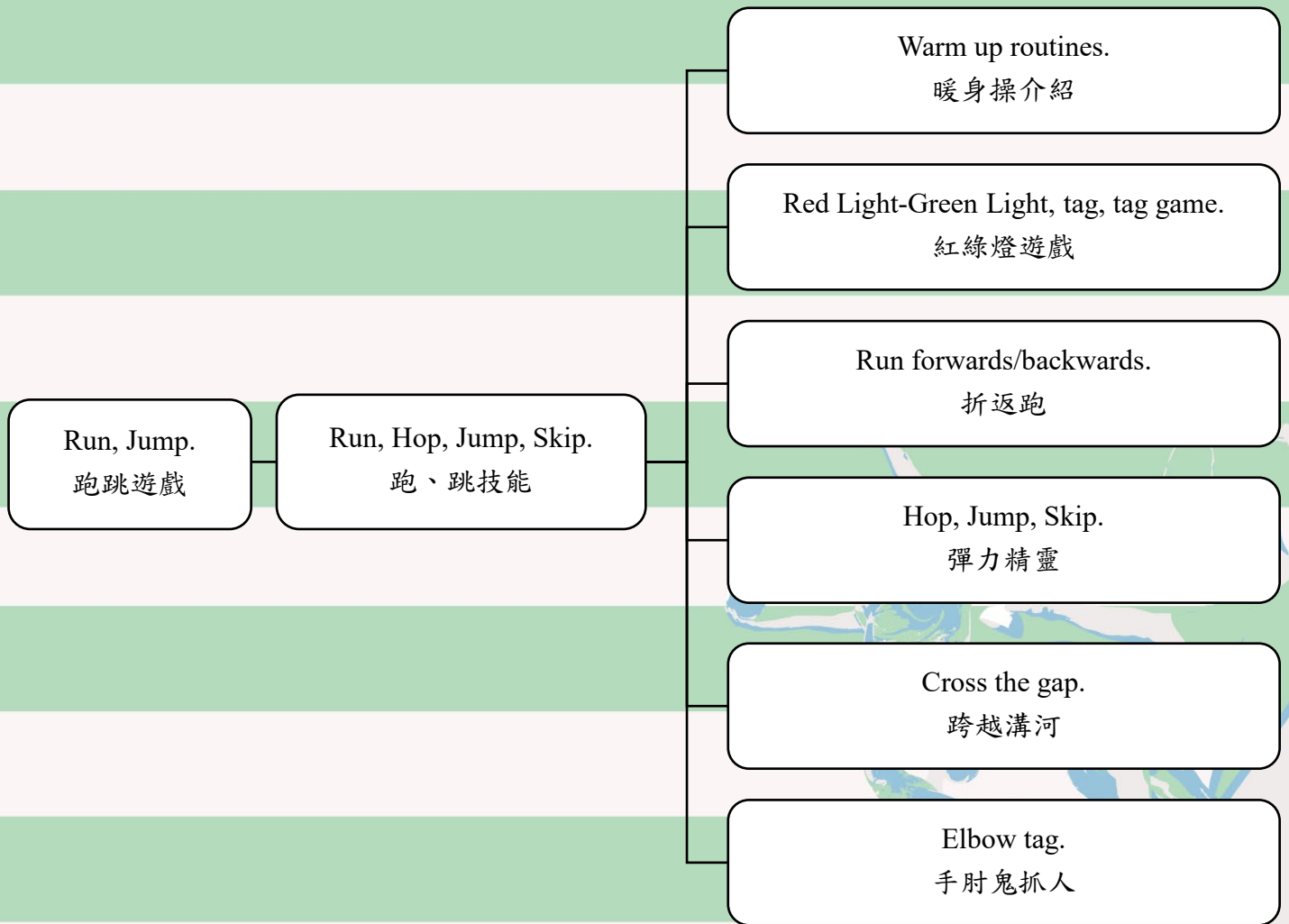
2. Which foot stands in front if your right hand holds a Frisbee?

~~ 第六節 End ~~

可以知道  
動作要領  
與分享

# 單元架構

## Unit 1-2 跑跳遊戲



主題名稱	跑跳遊戲	教學設計者	臺北市大安區龍安國民小學 林秉逸
學習對象	二年級上學期	學習節次	7 節課(280 分鐘)
學習內容	Ga-I-1 走、跑、跳與投擲遊戲。		
學習表現	<p>【認知】</p> <p>1c-I-1 認識身體活動的基本動作。</p> <p>【情意】</p> <p>2d-I-1 專注觀賞他人的動作表現。</p> <p>【技能】</p> <p>3c-I-1 表現基本動作與模仿的能力。</p> <p>3d-I-1 應用基本動作常識，處理練習或遊戲問題。</p>		
學習目標	<p>1.認識暖身操。</p> <p>2.認識折返、曲線跑。</p> <p>3.認識單腳跳、雙腳跳及跨跳等跳躍動作。</p> <p>4.能快樂的參與遊戲。</p> <p>5.能表現專注觀賞的態度。</p> <p>6.能做出折返、曲線跑。</p> <p>7.能做出單腳跳、雙腳跳及跨跳等跳躍動作。</p> <p>8.能模仿他人的動作表現。</p> <p>9.能在遊戲中表現出適合自己的追逐跑方式。</p>		
教學方法	<p>1.直接教學法：由教師直接示範。</p> <p>2.實作與練習：指導學生進行實務操作。</p> <p>3.合作學習法：透過小組合作與互動，共同完成任務。</p> <p>4.趣味化遊戲：透過遊戲化學習，深化身體活動技能。</p>		
教學資源	<p>教科書: 110 南一健體課本一上第九單元</p> <p>網路資源: wikihow、twinkl 等網站</p> <p>自編</p>		
學科英語 詞彙	<p>&lt;第一節&gt;</p> <p>warm up (routines), jogging on the spot, arm circles, arm scissors, calf raises, star jumps</p> <p>&lt;第二、三節&gt;</p> <p>Red Light-Green Light, tag, tag game</p> <p>&lt;第四節&gt;</p> <p>run forwards/backwards/fast/slow(ly)</p> <p>shuttle runs, step in/out, base running, run in a curved/straight line.</p> <p>&lt;第五節&gt;</p> <p>hop, jump, skip</p> <p>&lt;第六節&gt;</p> <p>cross the gap, do a run up, bend our knees, swing our arms</p> <p>&lt;第七節&gt;</p> <p>elbow tag</p>		
學科英語 句型 (視教 材內容)	<p>Run __. (ex. Run fast.)</p> <p>We __ on __. (ex. We jump on two feet.)</p> <p>I/we can __.</p> <p>Jump like...</p> <p>Show me...</p> <p>Can you...?</p>		

教學單元一：跑、跳技能	教學資源	評量方式
<p style="text-align: center;">&lt;第一節&gt;：課堂規則、暖身操介紹</p> <p>一、準備活動 (12 mins)</p> <p>(一) 點名 Roll call</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Now, I am calling your name(s). When you hear your name, please raise your hand, like me (老師示範), and say 'here,' or '有' in Chinese. Is that OK? ... Good! Let's start! (開始點名，確認學生是否出席)</p> <p>(二) 說明上課規則 Explain class rules</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. Wear proper clothes and shoes. (上課要穿著合適的服裝和鞋子)</li> <li>2. Bring water to class. (上課要帶水)</li> <li>3. Be active! (上課要動起來)</li> <li>4. Be nice! (上課要有禮貌)</li> <li>5. Always play safe. (上課要注意安全)</li> </ol> <p>(三) 暖身操觀念 Why warm up is important?</p> <p>提醒大家，進行體育活動前都要進行暖身，並說明原因。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● Before we start the lesson, what do we do? (S: 暖身...)</li> <li>● Yes, warm up routines, we do warm up before each per lesson.</li> <li>● Today, we are learning some warm up routines.</li> <li>● Why is warm up so important? Why? Anyone? (才不會受傷、抽筋...)</li> <li>● Yes. You are right! And here are some reasons. 需要熱身有幾個理由。</li> </ul> <p>&lt;小結&gt;</p> <p>第一：Get (our muscles) ready for the (PE) class. 準備好要運動了。</p> <p>第二：Avoid getting injuries. 身體熱起來，運動才不容易受傷。</p> <p>第三：To know if our body parts are working well or not. 了解身體有沒有不舒服，如果不舒服就要馬上告訴老師。</p> <ul style="list-style-type: none"> <li>● Now, can anyone tell me why warm up is important? 有誰可以說說看？為何熱身很重要呢？</li> <li>● Wow, you are so smart! Good job! Let's start today's lesson.</li> </ul>		口頭評量

<p><b>二、發展活動 (23 mins)</b></p> <p>●<u>暖身操介紹 Warm up routines</u> 介紹六項暖身操，並直接以教師用語說明。</p> <p><b>1. Jogging on the spot (原地跑)</b> <b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● OK, now we are learning six warm up routines.</li> <li>● Please look, listen and do with me.</li> <li>● First, it's Jogging on the spot.</li> <li>● When we do this, we run fast and count to 10 slow(ly). (邊說邊示範)</li> <li>● I want to hear your count to ten in English, like this one~~~ two~~~ three~~~to ten and do Jogging on the spot. Can you do it? ...Ready...go!</li> </ul> <p><u>*因為是第一次教，建議讓學生多練習幾次，下列各項目亦同。</u></p> <p><b>2. Arm circles (大臂繞環)</b> <b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● Then, we are doing Arm circles.</li> <li>● These are arms. (擺出手臂) We have two arms, one on the left, and the other on the right. 我們有兩隻手臂，左右各一隻。</li> <li>● When we do this, we make circles with our two arms together.</li> <li>● We will do it forwards, like this, and then backwards, like this. (示範向前/後繞圈)</li> <li>● Now, let's do Arm circles forwards, first and count to eight. Four times. 做4個8下。Ready?</li> <li>● And then, let's do it backwards and count to eight. Four times.</li> </ul> <p><b>3. Arm scissors (雙臂交叉)</b> <b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● Next, it's Arm scissors. Scissors are what we use to cut paper. (用手指做出剪東西的動作), like this.</li> <li>● When we do Arm scissors, we put out our arms, like this. (示範把手臂張開與肩同寬) And cross them across our body, like (a pair of) scissors. 手臂張開，然後像剪刀一樣把身體抱住。</li> <li>● Great. Let's try it and count to eight. Four times. Can you do it with me?</li> </ul>	ppt	觀察評量
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#### 4. Ankle rolls (扭轉腳踝)

**Teacher's talk** (可適當使用跨語言技巧)

- OK, it's our feet now. (踢一下兩腳)  
We are doing Ankle rolls. These are our ankles. (指出腳踝)  
We have two ankles.
- When we do Ankle rolls, we roll one ankle at one time and count to eight.  
Ready?  
Let's start from our left ankle first. (動一動左腳)
- Well done!  
Everyone is doing well.  
Then, switch to the right ankle. (動一動右腳)  
And count to eight, four times.  
Ready? Go!

#### 5. Calf raises (小腿上提)

**Teacher's talk** (可適當使用跨語言技巧)

- Next, it's Calf raises. (指出小腿)  
We do this to stretch our calves.
- When we do this, we stand (straight) on our tip-toes, hold it, and put them down. (邊做邊示範)
- And we also count to 10 slow(ly). 墊腳尖，慢慢數到 10。  
Is that OK?  
Ready? Go!

#### 6. Star jumps (星形跳)

**Teacher's talk** (可適當使用跨語言技巧)

- The last one is Star jumps.  
Yes, stars are what you see in the sky at night.
- When we do Star jumps, we jump into a star shape in the air and land, like this, and get back. (邊說邊示範，也請學生試試看)
- Let's do it 20 times and count to 20. (做 20 下，一起數到 20。)  
Ready...go!

### 三、綜合活動 (5 mins)



#### (一) 總結課程

**Teacher's talk** (可適當使用跨語言技巧)

- What is warm up? Why is it important?  
(可適當引導說出答案)
- What warm up routines did we learn?  
Can you show us?  
(引導學生說出 or 做出動作)

口頭評量

實作評量

<p>(二) 預習下次課程</p> <ol style="list-style-type: none"> <li>預告下次將進行紅綠燈遊戲</li> <li>播放英文童謠，並提醒「紅燈停，綠燈行」觀念。 Red Light, Green Light (<a href="https://youtu.be/xoyEDrMDirA">https://youtu.be/xoyEDrMDirA</a>)</li> </ol> <p>(三) 結束課程</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>OK. Time's up. I hope you had a good time today. See you next time. Bye! 拜拜!</p> <p>～～第一節 End～～</p>		
<p style="text-align: center;">&lt;第二、三節&gt;：紅綠燈遊戲</p> <p>一、準備活動 (12 mins)</p> <ol style="list-style-type: none"> <li>點名 Roll call</li> <li>暖身操 Warm up routines <u>*教師口令詳第一節課。</u></li> </ol> <p>二、發展活動 (18 mins)</p> <ol style="list-style-type: none"> <li>引發動機</li> <li>複習上次預習的英文童謠 Red Light, Green Light (<a href="https://youtu.be/xoyEDrMDirA">https://youtu.be/xoyEDrMDirA</a>)</li> <li>介紹紅綠燈的涵義。</li> </ol> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>Let's start by singing the song, Red Light, Green Light, ok? (播放影片或直接引導學生大聲唱出) Good, you remember how to sing the song.</li> <li>Do you know where we see the green light and red light? Yes, on the street.</li> <li>What do you do when you see the red light? (S: 停下來...)</li> <li>And what do you do when you see the green light? (S: 可以通過...)</li> <li>Yes, great! When we see Red Light, we stop. (示範走路，突然停下) And when we see Green Light, we go. (示範走路，繼續走) 紅燈停，綠燈行。</li> </ul>	 <p>YT 影片</p> <p>ppt</p>	<p>TPR 評量</p>



## (二) 活動 1：紅綠燈 (Red Light, Green Light)

\*本活動進行時，提醒學生務必穿鞋或脫下鞋襪，以免途中滑倒。

以中文說明遊戲規則。

1. 2 個人當鬼，只有一隻手可以抓人，另一隻手拿圓盤(cone)放頭上，大家才知道誰是鬼。
2. 鬼靠近時，說出 Red Light，然後蹲下不動，就沒事，來不及說 Red Light 被抓的人要到休息區(高角錐圍起來的區域)。
3. 蹲下的人被碰觸，聽到 Green Light 之後，就可以自由移動。全場剩下一個人可移動的時候，只能救人，不能喊 Red Light，否則換他當鬼。

### Teacher's talk (可適當使用跨語言技巧)

- Now, you know how to play this game.  
Please listen to my whistle before you go.  
When you hear one whistle, you start the game.  
Two whistles, you squat down and be quiet. Is it OK? Ready?  
(哨音一聲)

\*本活動可進行 2~3 場，找不同人當鬼。



## (三) 活動 2：袋鼠與鱷魚(Kangaroos and Crocodiles)

\*此活動在分組時，可練習課堂英語。

說明遊戲規則。

- 用角錐標示中間線，以及兩邊終點線。
- 將學生分成 3 組，每次一組或三組同時進行活動(依照場地大小而定)。一組分成兩隊個別大約 4-5 人，一組為 Kangaroos，一組為 Crocodiles。各組排好隊面對彼此，然後向後轉，站好。
- 聽口令，被喊到組名者，要快速跑回終點線，另一組在對方回到終點線之前觸摸對方組員，可獲得一分，沒摸到，則對方得分。各組可玩 2-3 回合。
- 活動變化：起始動作可改成”坐下”，”趴下”等等。

高角錐\*8

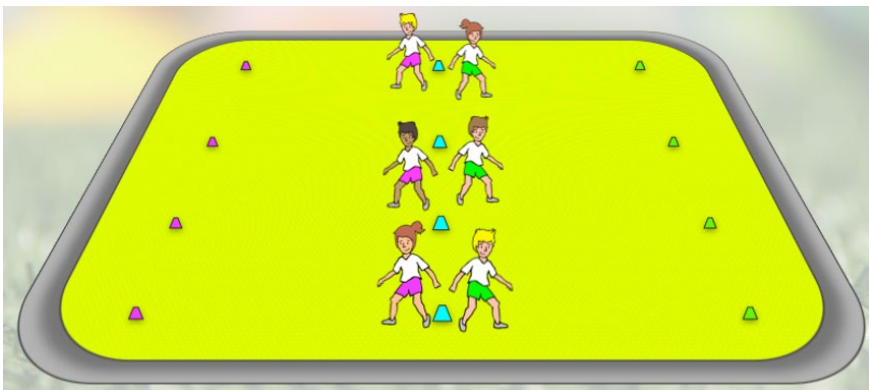
觀察評量

高角錐\*8

觀察評量

**Teacher's talk** (可適當使用跨語言技巧)

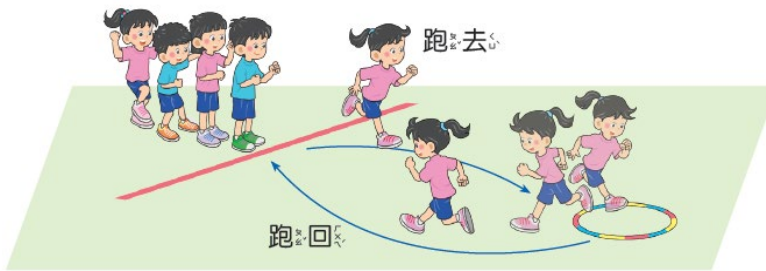
- Class, are you ready for the game?
- When you hear Kangaroos, Team Kangaroos, run!  
And Crocodiles, you go tag them.
- If you are tagged before you pass the markers (邊示範), they get one point.  
If not, you can get one point instead.  
Is it OK?
- Now, let's make groups.  
Please line up. One line.  
I am counting one, two, three and touch your shoulders. (邊說邊做)  
Then, Ones, please go to the left side.  
You are Team 1.  
Twos to the right side and you are Team 2.  
And threes stay at the back (of the classroom), you are Team 3.  
Do you understand?
- Team 1, please come to the center.  
Two lines, please.  
One, two, three, and four, you four are Kangaroos,  
(轉向另外一隊) and you four are crocodiles.  
Stand face to face, then, turn back.  
我們先練習一下，確認大家知道自己的組名。  
Kangaroos, hands up! One more time. 再一次，Kangaroos! Good.  
然後是 Crocodiles, good! One more time, Crocodiles. Good.  
Ready? ...“Kangaroos!” (袋鼠隊要跑，鱷魚隊要追袋鼠)
- (第一輪結束)Then, two teams please come back to the center.  
Line up, stand face to face, and turn back.  
This time, please sit down. 這次我們坐著預備。  
(向全班說)請大家仔細看，等下才知道怎麼玩。(向本組兩隊說)  
這次我們坐著預備。  
Ready? “Crocodiles!” (鱷魚隊起身要跑，袋鼠起身追鱷魚)



<p><b>三、綜合活動 (10 mins)</b></p> <p>(一) 總結課程</p> <p>用問題再次加深今日學習重點。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p><b>紅綠燈</b></p> <ul style="list-style-type: none"> <li>● When we play Red Light, Green Light, do we walk or run?</li> <li>● How do you avoid getting tagged? (引導說出 or 做出 Red Light/Green Light, run fast, run forwards, walk backwards, sit down, 站在別人後面, 離鬼遠一點等等)</li> </ul> <p><b>袋鼠與鱷魚</b></p> <ul style="list-style-type: none"> <li>● When we play Kangaroos and Crocodiles, we run forwards or backwards?</li> <li>● Why is it easy to get tagged? (引導說出不專心, 跑太慢等等)</li> <li>● How can we avoid getting tagged? (引導說出 or 做出 run fast, listen carefully 等)</li> </ul> <p>(二) 結束課程</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>OK. Time's up.</p> <p>I hope you had a good time today.</p> <p>See you next time. Bye! 拜拜!</p> <p style="text-align: center;">~~ 第二、三節 End~~</p>		口語評量
<p style="text-align: center;"><b>&lt;第四節&gt;：折返跑</b></p> <p><b>一、準備活動 (12 mins)</b></p> <p>(一) 點名 Roll call</p> <p>(二) 暖身操 Warm up routines</p> <p><u>*教師口令詳第一節課。</u></p> <p><b>二、發展活動 (20 mins)</b></p> <p>本節課程讓學生練習適應方向改變的折返跑，建議先於室內以 ppt 或大張圖卡輔助說明活動方式。</p> <p>(一) 活動 1: 折返跑進呼拉圈 (Step in and out of the hoop)</p> <ul style="list-style-type: none"> <li>● 將學生分 2 組，各取適當距離，放置角錐 1 個為起點，呼拉圈 1 個為終點。</li> </ul> <p>從起點出發跑到呼拉圈時，腳要踏進去，再跑回到隊伍最後方蹲下/坐下。</p>	Ppt, 或圖卡	觀察評量

- 兩組競賽，先完成可獲得 1 分，進行兩次合計總分。(示意圖如下)

**玩法 1** 跨進呼拉圈再折返。



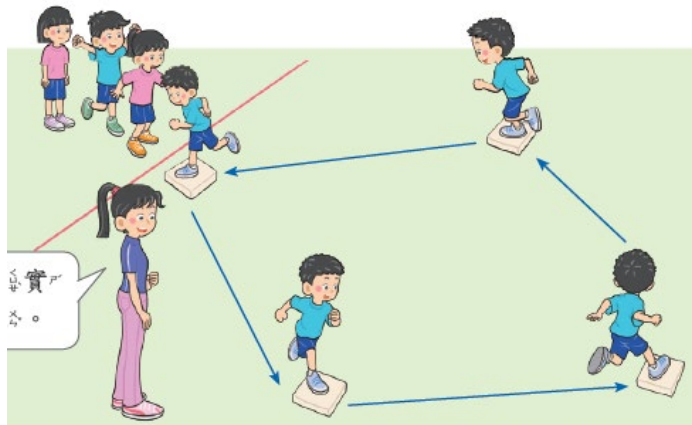
呼拉圈\*2  
角錐\*2

**Teacher's talk** (可適當使用跨語言技巧)

- We can see a marker at the starting point (邊說邊手指圖示) and a hoop at the end point.
  - When you go to the hoop, you step in and step out of it, and run back to the end of the line.
- Then you may take a knee or sit down. (邊說邊示範)

(二) 活動 2: 跑壘 (Base running)

- 將學生分 2 組，各取適當距離設置四個壘包(或用呼拉圈代替)，從起點出發，依序踩中三個壘包後回到隊伍最後方蹲下/坐下。
- 兩組競賽，先完成可獲得 1 分，進行兩次，與活動 1 合計總分。(示意圖如下)



呼拉圈\*8  
(每組 4 個)

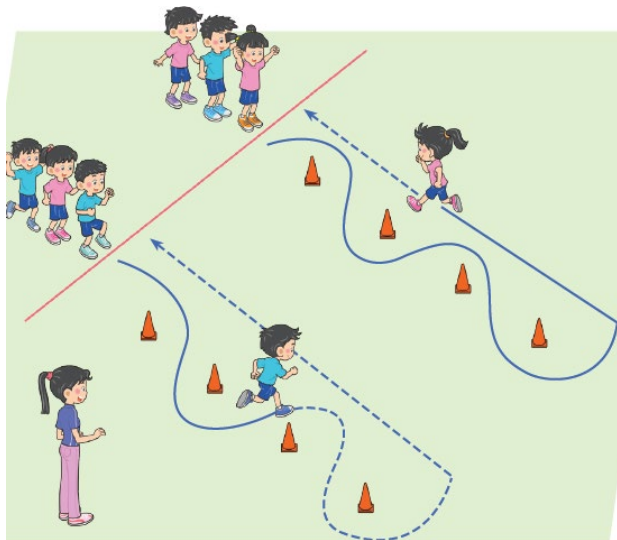
觀察評量

**Teacher's talk** (可適當使用跨語言技巧)

- We can see four bases on the ground. (邊說邊指圖示) They are Home Base, Base 1, Base 2, and Base 3.
- When we do base running, we start from Home Base, to Base 3. 從本壘逆時針跑，一壘、二壘，然後三壘，and run to the back of the line in your team. Take a knee or sit down then. (邊說邊示範)

(三) 活動 3: S 形折返跑 (Zigzag running)

- 將學生分 2 組，各取適當距離在起點與終點等距放置 4 個角錐，從起點自己的左手出發繞著圓錐曲線跑到終點，再以直線跑回隊伍最後方蹲下/坐下。
- 兩組競賽，先完成可獲得 1 分，進行兩次，與前次分數合計。  
(示意圖如下)



角錐\*8  
(每組 4 個)

觀察評量

**Teacher's talk** (可適當使用跨語言技巧)

- We can see four markers on the ground for each team. (邊說邊指圖示)
- When we do Zigzag running, we start from the left-hand side, run in and out of the markers.  
左手邊出發，S 形繞著角錐跑。  
When you run around marker number 4, you run straight back to the end of the line in your team.  
Take a knee or sit down. (邊說邊示範)

\*三項折返跑活動可視情況調整實施情形。

三、綜合活動 (8 mins)

(一) 總結課程

用問題再次加深今日學習重點。

**Teacher's talk** (可適當使用跨語言技巧)

- What did we learn today?  
(引導說出 or 做出 shuttle runs, base running, zigzag running 等)
- When we do shuttle runs, we do it forwards or backwards?
- With three games we played today, do you know how to do shuttle runs better?
- 記得下課玩遊戲時候，可以練習今天學的折返跑技巧。

口頭評量

<p>(二) 結束課程</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>OK. Time's up. I hope you had a good time today. See you next time. Bye! 拜拜!</p> <p style="text-align: center;">~~ 第四節 End~~</p>		
<p style="text-align: center;"><b>&lt;第五節&gt;：彈力精靈</b></p> <p><b>一、準備活動 (12 mins)</b></p> <p>(一) <u>點名 Roll call</u></p> <p>(二) <u>暖身操 Warm up routines</u></p> <p><u>*教師口令詳第一節課。</u></p> <p>(三) 複習折返跑活動三：S 形折返跑 (Zigzag running)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● Before we start today's lesson, let's review one of the shuttle run games. It's zigzag running.</li> <li>● We run in and out of markers and come back in a straight line to the back of the line in your team. 看哪一組最快。 Let's make groups! One line, please. I'm counting 1, 2, 1, 2 ... (邊數邊指) Number ones, please stay at my left side, and twos at my right side. OK?</li> <li>● Are you ready for the game? Zigzag running... (哨音一聲) Go!</li> </ul> <p><b>二、發展活動 (20 mins)</b></p> <p>(一) 練習單腳跳(hop)、跨跳(skip)及併腳跳(jump)</p> <ol style="list-style-type: none"> <li>1. 單腳跳：起跳時，一腳彎屈，另一腳跳起來，再以膝蓋微彎的落地。</li> <li>2. 跨跳：起跳時，一腳往前跨跳，另一腳跟著跨過去。</li> <li>3. 併腳跳：起跳時，兩腳同時彎屈跳起來，再以膝蓋微彎的落地。</li> </ol> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● Today, let's review 3 jumping skills. (一年級已經學過了) They are hopping, jumping, and skipping. (邊說邊示範)</li> <li>● When we do hopping, we jump up and down on one leg, like this. (邊示範) Please do it with me. (請學生邊做邊說看看 hopping) This is hopping. (持續多做幾次)</li> </ul>	<p>角錐*8 (每組 4 個)</p>	<p>觀察評量</p>



- When we do skipping, we hop on one leg and then on the other leg, like this. (邊示範)  
OK, let's spread out. (請大家散開一點。)  
Please do it with me. (請學生邊做邊說看看 skipping)  
This is skipping. (持續多做幾次)
- When we do jumping, we move up and down on two legs, like this. (邊示範)  
Please do it with me. (請學生邊做邊說看看 jumping)  
This is jumping. (持續多做幾次)

(二) 使用 Peppa Pig 韻文練習

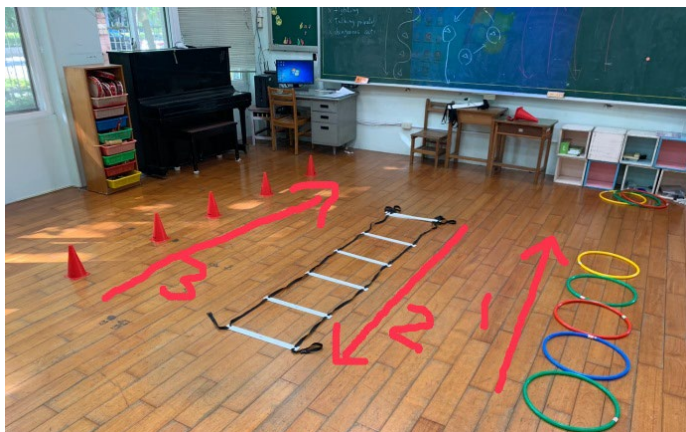
**Teacher's talk** (可適當使用跨語言技巧)

- Let's put the three jumping skills together.  
Please say and do with me.
- Hop, skip, jump. Hop, skip, jump.  
Are you ready? Are you steady?  
Hop, skip, jump.  
(請學生邊唱韻文邊做，多做幾次)  
(參考 <https://www.youtube.com/watch?v=B2YkNFkOkts>)



(三) 使用器材練習

1. 以呼拉圈、繩梯和角錐布置場地。(擺設如下圖)
2. 讓學生排隊輪流一次性練習 hop (用呼拉圈)、jump(用繩梯)及 skip(用角錐)三個動作，每個人 2~3 趟即完成活動。



**Teacher's talk** (可適當使用跨語言技巧)

- Now, let's do hopping, jumping, and skipping.  
We hop with the hoops, jump with the ladder, and skip with the markers.  
(邊說邊示範)
- Can anyone show us how? Good! (請自願的學生示範) (學生順利完成)  
You did a good job.

YT 影片

觀察評量

呼拉圈\*5  
繩梯\*1  
高角錐\*5

觀察評量

<p>And when you finish, please go to the back (of the classroom) and sit down on the floor. Is that OK? ...Good.</p> <p>When you hear one whistle, you go. Ready? (哨子響一聲) Go!</p> <ul style="list-style-type: none"> <li>● Good. Now everyone is sitting on the floor.</li> </ul> <p>You are so great!</p> <p>I want you to do it faster one more time.</p> <p>Can you do it faster? ...</p> <p>Please stand up and line up behind the hoops and get ready.</p> <p>Ready...(哨響一聲) go!</p> <p><b>三、綜合活動 (8 mins)</b></p> <p>(一) 總結課程</p> <p>用問題再次加深今日學習重點。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● We did running in and out of the markers and came back to the end of the line, what was it? (引導說出 the shuttle run 或 zigzag running)</li> <li>● When we do shuttle runs, can we do it backwards? (引導注意安全)</li> <li>● We did three jumping skills. What were they? Anything else? (引導說出 or 做出 hop, skip, jump)</li> <li>● Let's sing and do 'hop, skip, jump' before you go. OK? (請大家在唱跳一次韻文)</li> </ul> <p>(二) 結束課程</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>OK. Time's up.</p> <p>I hope you had a good time today.</p> <p>See you next time. Bye! 拜拜!</p> <p style="text-align: center;">~~ 第五節 End~~</p>		口頭評量
<p style="text-align: center;"><b>&lt;第六節&gt;：跨越溝河</b></p> <p><b>一、準備活動 (8 mins)</b></p> <p>(一) 點名 Roll call</p> <p>(二) 暖身操 Warm up routines</p> <p><u>*教師口令詳第一節課。</u></p> <p><b>二、發展活動 (20 mins)</b></p> <p>(一) 複習 hop、jump、skip</p>		



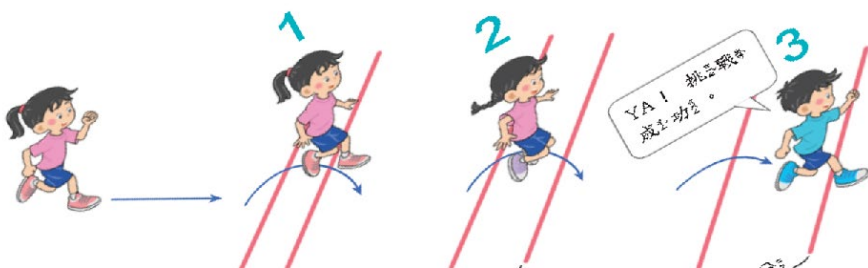
**Teacher's talk** (可適當使用跨語言技巧)

- Now, let's review what we did last time.  
Can you show me hopping/skipping/jumping?  
(隨機念出，請學生做出動作)
- Good! Do you remember forwards, backwards, and sideways?  
We can jump forwards, jump backwards, and jump sideways.  
(邊說邊示範)  
Let's try, OK?
- Please go to the back and keep standing. No sitting down. (提醒保持站立)  
Show me hop forwards 5 steps. One, two, three... (練習用英文數數)  
Good. Now, let's switch to the other foot. (邊示範)  
Show me hop backwards 3 steps. Go! One, two, three.  
And now, show me jump sideways 2 steps... (用手指提示方向)  
(可將 jump 替換成 hop)
- Now, please go to the back (of the classroom) and sit down.  
Let's play a guessing game. 我要玩一個超級比一比的遊戲。  
One person comes to the front and show one move, and we guess what it is, like 'hop forwards', 'jump backwards', or 'skip'. (邊說邊示範)  
只要說出 forwards, backwards, or sideways 就可以, Is that OK?  
記得! 只能做，不能說話...  
Any volunteers? (讓學生舉手自願出來表演)

(二) 活動: 跨越壕溝 (Cross the gap)

說明活動規則。

- 在平坦場地或室內，用粉筆畫或膠帶貼標示河溝(如下圖所示)，約以 50 公分、60 公分、70 公分逐漸加寬，分別用數字 1、2、3 標示壕溝名稱。
- 讓學生從起點出發，以連續 hop、jump、skip 組合動作，依序跨越三個不同寬度的河溝。



- 活動中，可提醒學童加上助跑(run-ups)、擺動手臂(swing the arms)和膝蓋彎曲(bend the knees)，可以跳得更遠。

\*可將學生分成兩組，以分組競賽方式進行。

觀察評量

粉筆\*1

實作評量

<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● Do you know how to jump farther? Before we jump, we can do some run ups, swing the arms, and bend the knees. It helps a lot.</li> <li>● OK, now let's do hopping, jumping, and skipping in a row. 一口氣完成三個動作。 With gap 1, we do 'hop.' Hop, hop, like this. (邊說邊示範) Gap 2, we do 'jump.' Jump, jump, like this. And with gap 3, we do 'skip.' Can you do it? You need to do three (skills) in a row.</li> <li>● Let's make 2 groups. When you have finished hopping, jumping, and skipping, please go to the back and sit down. One finishes first wins the game, OK? ...Good! Ready? (哨響一聲) Go!</li> </ul> <p><b>三、綜合活動 (8 mins)</b></p> <p>(一) 總結課程 用問題再次加深今日學習重點。</p> <ul style="list-style-type: none"> <li>● We did we do today? (引導說出 run, hop, jump, skip, cross the gap...)</li> <li>● How can we jump farther? (引導說出 do a run-up, swing the arms, bend the knees 等)</li> </ul> <p>(二) 結束課程</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>OK. Time's up. I hope you had a good time today. See you next time. Bye! 拜拜!</p> <p style="text-align: center;">～～第六節 End～～</p>		口頭評量
<p style="text-align: center;"><b>&lt;第七節&gt;：手肘鬼抓人</b></p> <p><b>一、準備活動 (12 mins)</b></p> <p>(一) 點名 <u>Roll call</u></p> <p>(二) 暖身操 <u>Warm up routines</u> <u>*教師口令請參考第一節課。</u></p> <p>(三) 複習活動(Reinforcement on hop, jump and skip)</p>		

## 1.活動說明

在場地(布置如下圖)放置 1 個、2 個以及 3 個呼拉圈，讓學生在走跑行進時，複習 hop、jump、skip 動作。



呼拉圈\*6

### **Teacher's talk** (可適當使用跨語言技巧)

- Now, let's practice a bit jumping, hopping, and skipping in here.
- I have put some hoops on the ground and you are running around on this track. (邊示範)
- When you are passing the red one, you jump in and out of it. (邊示範)  
And when you pass the green ones, you hop in and out of it.  
How the yellow ones?  
[Ss: Skip!]  
Yes, you do skipping when you pass the yellow ones.  
Is it ok?
- Now line up, please.  
One line.  
When you hear one whistle, you go!  
Ready?... (哨音一響) Go!

## 二、發展活動 (20 mins)

### (一) 活動: 手肘好兄弟(Elbow tag)

向學生說明規則。

- 每個人要用手肘連接另外一個人的手肘，零散站在限定的場地中不能動，整場只有一個鬼(It)以及一個被抓的人進行抓人遊戲。
- 當跟某一組的其中一人用手肘連接，另外一個人就變成讓 It 抓，一旦被抓到就要當 It，原本的 It 就變成被抓的人。
- 要在 30 秒內跟其他人連接，否則就要當鬼。  
(此規定預防某些很會跑的都一直跑，其他人無法參與遊戲。)

### **Teacher's talk** (可適當使用跨語言技巧)

觀察評量

- Now, let's play a game. It's called Elbow tag.  
今天耍玩鬼抓人的遊戲。手肘好兄弟 Elbow tag。  
Do you know the 'elbow? 知道什麼是 elbow 嗎?  
This is the elbow and we have how many elbows? (老師用手指出手肘)  
[Ss: Two!]  
Yes, one elbow is here and the other elbow is here. (邊說邊指出位置)
- Make groups of two people and link your elbows with your partner.  
等下兩人一組，把一個 elbow 靠在一起連接起來。  
Now, go find one partner and take a knee.  
現在找夥伴，找到蹲下。  
No partner, please keep standing up. I will help you.  
沒找到請站著，老師會幫你。
- Good job! You guys all found a partner.  
現在指定一個人當鬼叫 It，另一個被抓的人叫。  
為了不被抓到，可以找一個人跟他連接手肘(link the elbow)，同組的另外一個人就跑，被 It 追，被抓就要當鬼。  
Is that OK? Any questions?

### 三、綜合活動 (8 mins)

(一) 總結今日活動重點

(二) 總結本單元學習目標

口頭詢問學生，可以做到的請舉手。

1. 我會做出曲線跑、變換方向跑。
2. 我會做出跨跳、雙腳跳和單腳跳的動作。
3. 我會觀察並學習同學的動作。
4. 我會和同學一起玩遊戲，並遵守遊戲規則。
5. 我會利用課後時間和同學一起練習追逐跑、跳。

**Teacher's talk** (可適當使用跨語言技巧)

1. I can do shuttle runs well.
2. I can do hopping, skipping, and jumping.
3. I can watch others and learn with them.
4. I can play with others and follow the rules.
5. I will do more running and jumping with others after class.

\*低年級上課容易分心、做自己的事情，無法有效落實第3項，且不一定能將課堂所學與生活連結，第5項也不易落實，建議老師可以多鼓勵提醒。

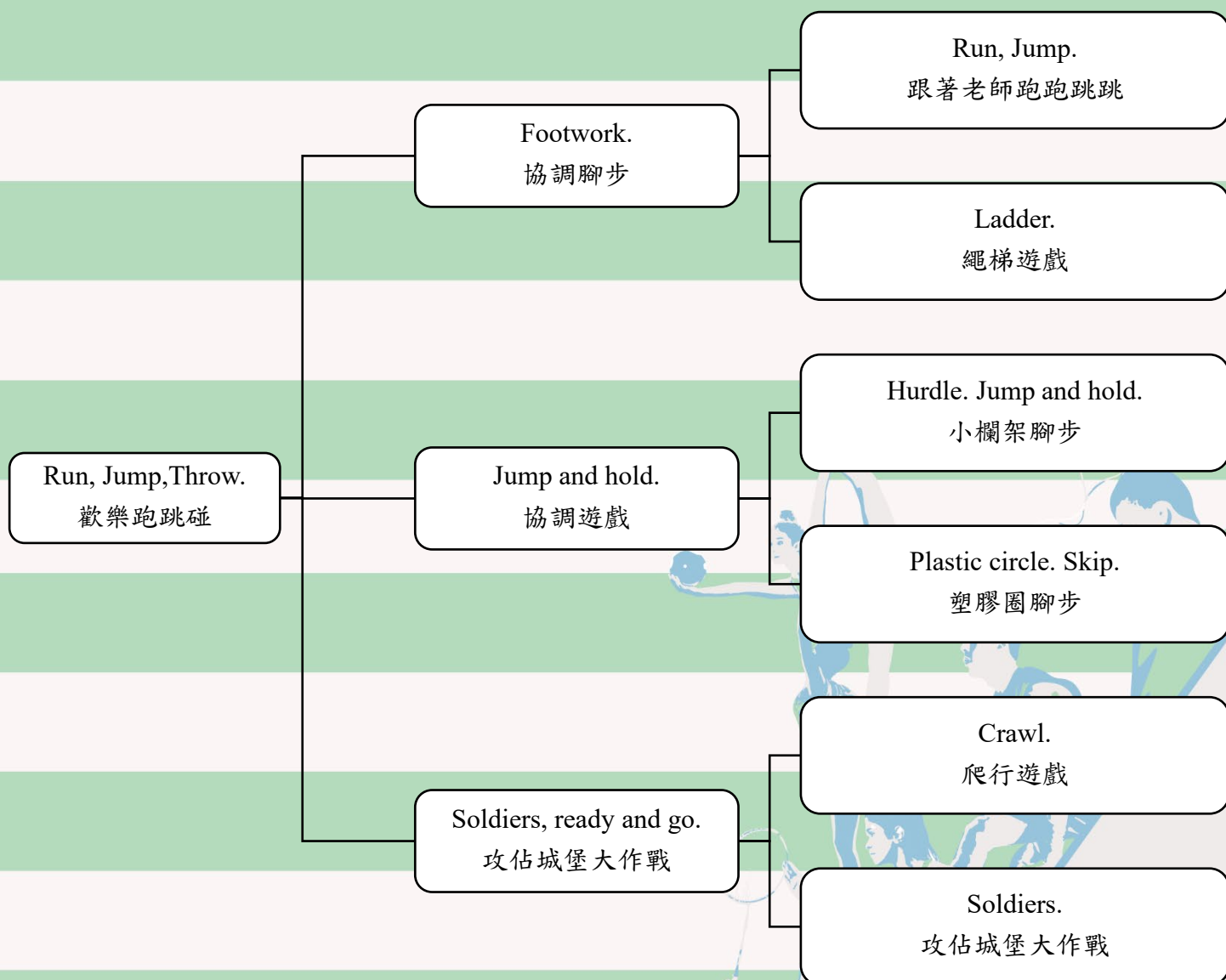
~~ 第七節 End ~~

觀察評量

口頭評量

# 單元架構

## Unit 1-3 歡樂跑跳碰



主題名稱	歡樂跑跳碰	教學設計者	臺北市文山區景興國民小學 潘映帆
學習對象	二年級上學期	學習節次	6 節課(240 分鐘)
學習內容	1. Bc- I -1 各項暖身伸展動作。 2. Cb- I -2 班級體育活動。 3. Ga- I -1 走、跑、跳與投擲遊戲。		
學習表現	1. 認知：1c- I -1 認識身體活動的基本能力。 2. 情意：2c- I -1 表現尊重的團體互動行為。 3. 技能：3c- I -2 表現安全的身體活動行為。 4. 行為：4d- I -1 願意從事規律身體活動。		
學習目標	1. 讓學生能做出走、跑、跳的身體活動基本能力。 2. 讓學生在課堂中能尊重同學。 3. 讓學生能表現出安全的身體活動行為。		
教學方法	直接教學法、實作與練習、趣味化遊戲		
教學資源	角錐、圓盤、數字軟墊、塑膠梯、小欄架、塑膠圈、平衡木		
學科英語 詞彙	暖身 Warm up. Stretch your body/ arms/ shoulder/ neck. Jumping jack/ Patrick jump/ Mario jump/ Frog jump/ Squat jump 第一節 Disc cone/ Ice cream cone/ Number plate High knee run/ forward weave/ two feet jump 第二節 Ladder 第三節 Hurdle. Jump and hold. 第四節 Plastic circle. Skip. 第五節 Balance beam. Crawl. 第六節 Paper, scissor, stone.		
學科英語 句型 (視教 材內容)	Please close your eyes and listen closely. Are you ready? What is this? This is a disc cone. What do we do when we cross a disc cone? What did we learn today?		

教學單元一：協調腳步	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第一節&gt;：跟著老師跑跑跳跳</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p>◆集合整隊與散開成體操隊型 (教師示範動作與口令，學生跟著說與做)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. T: Gather up and make 4 lines. T: Attention. Ss: 1, 2. T: Hands up. Ss: Hands up. T: Hands down. Ss: Hands down. T: Heads, hands up. T: Spread out to your right. (散開) T: Attention. Ss: 1,2.</p> <p>2. Time to warm up, let's do 20 jumping jacks.</p> <p>3. Stretch your body / arms / shoulder and neck.</p> <p>4. Let's do 5 Patrick jumps / Mario jumps / frog jumps and squat jumps.</p> <p>5. Take a break, drink water and sit down.</p> <p><b>二、發展活動：(25 mins)</b></p> <p><b>S型繞角錐跑(Front weave)、抬膝跑(High knee run)、雙腳跳(Two feet jump)</b></p> <p>◆同學可以看到場地已經擺好了三種器材，第一種是角錐 (Ice cream cones)、第二種器材是圓盤(Disc cones)，使用時請注意擺手動作、第三種器材是數字軟墊(Number plates)。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Today we are going to practice 3 kinds of footwork.</p> <p>1. <b>Ice cream cones:</b> when we cross ice cream cones, we do front weave.</p> <p>2. <b>Disc cones:</b> when we cross disc cones, we do high knee run, arms swing back. ◦</p> <p>3. <b>Number plates:</b> when we cross number plates, we do two feet jump.</p> <p>◆請同學注意三個步驟：(教師示範動作邊講解)</p> <p>T:請三位同學出來示範動作，如果前面的同學停下來，請後面的同學不要推擠。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. Arms swing back.</p> <p>2. Bend your knees.</p> <p>3. Land with two feet.</p> <p>T: Any question? Ss: NO!!!!</p> <p>T: Let's practice. Line 1 stand up, line 2-4 follows them.</p> <p>T: One by one, don't push.</p>	<p>*角錐 *圓盤 *數字軟墊</p>	<p>實作評量</p> <p>實作評量</p> <p>口語評量</p>

**Teacher's talk** (可適當使用跨語言技巧)

\*Few minutes later...

T: Gather up, back to 4 lines and sit down.

◆T:說故事時間(T:Story time!!!!)...

今天練習的腳步，會放進攻佔堡壘的遊戲中喔！

全班會分成兩隊，每位同學都是各隊的勇士，勇士們要通過關卡，攻佔對方的城堡，拯救吉祥物。

所以請勇士們發揮你的想像力，把『角錐』放大，像不像高大的樹木，讓勇士穿越森林的時候，要用『S型跑』閃來閃去。

過了森林後，我們要過滿是食人魚的河流，需要『雙腳跳躍』站穩，就像我們在跳『數字軟墊』一樣。

接著來到了地雷區，勇士們要快速『抬膝跑』通過，避開地雷，不然踩到地雷，可是會 BANG! 爆炸。

T:聽完故事後，請問勇士們準備好了嗎？我們要再練習最後一次囉。

**Teacher's talk** (可適當使用跨語言技巧)

T: Are you ready?

Ss: Yes!

T: Let's go.

### 三、綜合活動：(5 mins)

◆ 總結今日課程

Ss:學生回答，教師跟著做動作讓學生複習。

T:下次上課，我們要增加新的關卡，所以會變成共 4 個關卡，勇士們請準備好叻。

**Teacher's talk** (可適當使用跨語言技巧)

T: Gather up, back to 4 lines and sit down.

T: What did we learn today?

T: Attention

Ss: 1, 2.

T: Class dismisses.

Ss: Roar!!! (勇士的吼叫)

[對應學習目標]：

1.在課堂中能做出走、跑、跳的身體活動基本能力。

～～第一節 End～～

口語評量



<第二節>：繩梯遊戲

一、準備活動：(10 mins)

◆集合整隊與散開成體操隊型

(教師示範動作與口令，學生跟著說與做)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Gather up and make 4 lines.

T: Attention. Ss: 1, 2.

T: Hands up. Ss: Hands up.

T: Hands down. Ss: Hands down.

T: Heads, hands up.

T: Spread out to your right. (散開)

T: Attention. Ss: 1,2.

2. Time to warm up, let's do 20 jumping jacks.

3. Stretch your body / arms / shoulder and neck.

4. Let's do 5 Patrick jumps / Mario jumps / frog jumps and squat jumps.

5. Take a break, drink water and sit down.

二、發展活動：(25 mins)

塑膠梯開合跳 (Jumping jack)

◆活動一：教師詢問上一堂課內容並複習動作

一.Ss:各式回答，教師協助整理答案

角錐(Ice cream cones) - S型繞角錐跑(Front weave)

圓盤(Disc cones) - 抬膝跑(High knee run)

數字軟墊(Number plates) - 雙腳跳(Two feet jump)

**Teacher's talk** (可適當使用跨語言技巧)

T: Can anyone tell me what did we learn last time?

Ss: Ice cream cones. - Front weave.

Ss: Disc cones. - High knee run.

Ss: Number plates. - Two feet jump.

二.T:同學都看到場地多了一樣器材，請問這是什麼？

Ss:塑膠梯

T:沒錯，就是塑膠梯 Ladder

**Teacher's talk** (可適當使用跨語言技巧)

T: Please repeat after me, ladder.

Ss: Ladder.

實作評量

\*塑膠梯

實作評量

口語評量

三.T:接下來我們要利用塑膠梯來練習四種腳步。

**Teacher's talk** (可適當使用跨語言技巧)

1. Two feet jump.
2. Lateral scissor hops.
3. Jumping jacks.(forward in and out)
4. Lateral in and out. (教師講解邊示範動作)

四.教師前頭帶領後，巡視學生動作。

- T: Make 4 lines and spread out.  
T: First student stand up.  
T: Follow me, let's practice two feet jump.  
T: One by one, don't push.

◆活動二：說故事時間

T: Story time!!!!

接續上一堂課的故事，教師給予提示，學生們一起複習，今天我們要把塑膠梯想像成密室裡阻擋過關的關卡，所以勇士們要用最快速的開合跳(Jumping jack)腳步，才能閃掉迎面而來的突襲關卡喔。

**Teacher's talk** (可適當使用跨語言技巧)

- T: After the story, we are going to practice all the missions.  
T: Are you ready? Ss: Yes!  
T: Let's practice. Line 1 stand up, line2-4 follows them.  
T: One by one, don't push.  
(如果前面的同學停下來，請後面的同學不要推擠。)

三、綜合活動：(5 mins)

◆ 總結今日課程

Ss:學生回答，教師跟著做動作讓學生複習

T:下次上課會繼續增加新的關卡，攻佔堡壘的路途會越來越艱難喔!

**Teacher's talk** (可適當使用跨語言技巧)

- T: What did we learn today?  
T: Attention. Ss: 1, 2.  
T: Class dismisses.

[對應學習目標]：

- 1.在課堂中能做出走、跑、跳的身體活動基本能力，並且能在活動中尊重同學，懂得禮讓。

～～第二節 End～～

\*角錐  
\*圓盤  
\*數字軟墊  
\*塑膠梯

實作評量

口語評量

教學單元二：協調遊戲	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第三節&gt;：小欄架腳步</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p>◆集合整隊與散開成體操隊型（同上節） （教師示範動作與口令，學生跟著說與做）</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. Time to warm up, let's do 20 jumping jacks.</li> <li>2. Stretch your body / arms / shoulder and neck.</li> <li>3. Let's do 5 Patrick jumps / Mario jumps / frog jumps and squat jumps.</li> <li>4. Take a break, drink water and sit down.</li> </ol> <p><b>二、發展活動：(25 mins)</b></p> <p><b>小欄架 (Hurdle)</b></p> <p>◆活動一：教師詢問上一堂課內容並複習動作</p> <p>一.Ss:各式回答，教師協助整理答案</p> <p>角錐(Ice cream cones) - S 型繞角錐跑(Front weave) 圓盤(Disc cones) - 抬膝跑(High knee run) 數字軟墊(Number plates) - 雙腳跳(Two feet jump) 塑膠梯(Ladder)- 開合跳(Jumping jack)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Can anyone tell me what did we learn last time? Ss: Ice cream cones. - Front weave. Ss: Disc cones. - High knee run. Ss: Number plates. - Two feet jump. Ss: Ladder. - Jumping jack.</p> <p>二.T:同學都看到場地又多了一樣器材，請問這是什麼？ Ss:小欄架 T:很棒！這是小欄架。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Good job. Hurdle. T: Please repeat after me, hurdle. Ss: hurdle.</p> <p>三. T:當我們要過小欄架的時候，我們用雙腳抬膝跳 (Jump and hold)，動作的要領為 1.Bend your knees.、2.Swing arms.，雙腳落地後做出 3.Motorbike position.，也就是 hold 的動作， Let's repeat again. T:因為小欄架比較高，需要同學收腳抬膝蓋，才不會踢到小欄架。請記得落地的時候，做出 hold ( motorbike position.) 的動作，增加穩定性，才不會跌倒。(教師示範動作邊講解)</p>	<p style="text-align: center;">*小欄架</p>	<p style="text-align: center;">實作評量</p> <p style="text-align: center;">實作評量</p> <p style="text-align: center;">口語評量</p>

<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Jump and hold.</p> <p>T: 1.Bend your knees.</p> <p>T: 2.Swing arms.</p> <p>T: 3. Hold. (Motorbike position.)</p> <p>四. T:請一位同學出來示範動作。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Any question? Ss: NO!!!!</p> <p>T: Let's practice. Line 1 stand up, line2-4 follows them.</p> <p>T: One by one, don't push.</p> <p>(如果前面的同學停下來，請後面的同學不要推擠。)</p> <p>◆活動二：說故事時間</p> <p>T: Story time!!!!</p> <p>接續上一堂課的故事，教師給予提示，由學生口述複習故事內容，接著我們要把小欄架想像成高高低低的大石頭，所以勇士們要 Jump and hold 穩定越過這些大石頭，才能進入下一個關卡!</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Are you ready to practice all the missions? Ss: Yes!</p> <p>T: Okay, let's practice. Line 1 stand up, line2-4 follows them.</p> <p>T: One by one, don't push.</p> <p>(如果前面的同學停下來，請後面的同學不要推擠。)</p> <p>三、綜合活動：(5 mins)</p> <p>◆ 總結今日課程</p> <p>Ss:學生回答，教師跟著做動作讓學生複習</p> <p>T:下次上課會繼續增加新的關卡，攻佔堡壘的路途會越來越艱難喔!</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: What did we learn today?</p> <p>T: Attention. Ss: 1, 2.</p> <p>T:今天要請同學用 fist bump(拳頭輕碰)來為身邊的同伴打氣。</p> <p>When I say class dismissed, go find your classmates and do the fist bump.</p> <p>T: Class dismissed.</p> <p>[對應學習目標]：</p> <p>1.在課堂中能做出走、跑、跳的身體活動基本能力，並且能在活動中尊重同學，懂得禮讓及注意活動安全。</p> <p>～～第三節 End～～</p>	<p>*角錐</p> <p>*圓盤</p> <p>*數字軟墊</p> <p>*塑膠梯</p> <p>*小欄架</p>	<p>實作評量</p> <p>口語評量</p> <p>口語評量</p>
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<第四節>：塑膠圈腳步

一、準備活動：(10 mins)

- ◆集合整隊與散開成體操隊型 (同上節)  
(教師示範動作與口令，學生跟著說與做)

**Teacher's talk** (可適當使用跨語言技巧)

1. Time to warm up, let's do 20 jumping jacks.
2. Stretch your body / arms / shoulder and neck.
3. Let's do 5 Patrick jumps / Mario jumps / frog jumps and squat jumps.
4. Take a break, drink water and sit down.

二、發展活動：(25 mins)

**塑膠圈 (Plastic circle)**

- ◆活動一：教師詢問上一堂課內容並複習動作

一.Ss:各式回答，教師協助整理答案

角錐(Ice cream cones) - S 型繞角錐跑(Front weave)

圓盤(Disc cones) - 抬膝跑(High knee run)

數字軟墊(Number plates) - 雙腳跳(Two feet jump)

塑膠梯(Ladder)- 開合跳(Jumping jack)

小欄架(Hurdle)- 雙腳抬膝跳(Jump and hold)

**Teacher's talk** (可適當使用跨語言技巧)

T: Can anyone tell me what did we learn last time?

Ss: Ice cream cones. - Front weave.

Ss: Disc cones. - High knee run.

Ss: Number plates. - Two feet jump.

Ss: Ladder. - Jumping jack.

Ss: Hurdle. - Jump and hold.

二.T:同學都看到場地又多了一樣器材，請問這是什麼？

Ss:圓圈、圈圈、塑膠圈。

T:很多答案，我們叫它塑膠圈。

**Teacher's talk** (可適當使用跨語言技巧)

T: Please repeat after me, plastic circle.

Ss: Plastic circle.

三.T:當我們要過塑膠圈的時候，我們可以用單腳跨跳 (Skip)，左邊的塑膠圈用左腳跨跳，右邊的則用右腳，這樣就可以順著方向快速跳過塑膠圈。(教師示範動作邊講解)

實作評量

\*塑膠圈

實作評量

口語評量

<p>四. T:請問還有什麼方法呢? 請同學出來示範動作, 讓我們一起跟著做。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Any question? Ss: NO!!!!</p> <p>T: Let's practice. Line 1 stand up, line2-4 follows them.</p> <p>T: One by one, don't push.</p> <p>◆活動二：說故事時間</p> <p>T: Story time!!!!</p> <p>接續上一堂課的故事, 教師給予提示, 由學生口述複習故事內容, 接著我們要把塑膠圈想像成我們到了沼澤區, 所以勇士們要用 skip 的方式快速通過, 才能安全進入下一個關卡!</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Are you ready to practice all the missions?</p> <p>Ss: Yes!</p> <p>T: Okay, let's practice. Line 1 stand up, line2-4 follows them.</p> <p>T: One by one, don't push.</p> <p>(如果前面的同學停下來, 請後面的同學不要推擠。)</p> <p>三、綜合活動：(5 mins)</p> <p>◆ 總結今日課程</p> <p>Ss:學生回答, 教師跟著做動作讓學生複習</p> <p>T:下次上課會公布所有的關卡, 請同學們期待喔!</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: What did we learn today?</p> <p>T: Attention. Ss: 1, 2.</p> <p>T:今天要請同學用 fist bump(拳頭輕碰)來為身邊的同伴打氣。</p> <p>When I say class dismissed, go find your classmates and do the fist bump.</p> <p>T: Class dismissed. (Fist bump)</p> <p>[對應學習目標]:</p> <p>1.在課堂中能做出走、跑、跳的身體活動基本能力, 並且能在活動中尊重同學, 懂得禮讓及注意活動安全。</p> <p>~~ 第四節 End~~</p>	<p>*角錐</p> <p>*圓盤</p> <p>*數字軟墊</p> <p>*塑膠梯</p> <p>*小欄架</p> <p>*塑膠圈</p>	<p>實作評量</p> <p>口語評量</p> <p>口語評量</p>
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教學單元三：攻佔城堡大作戰	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第五節&gt;：爬行遊戲</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p>◆集合整隊與散開成體操隊型 (同上節) (教師示範動作與口令，學生跟著說與做)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. Time to warm up, let's do 20 jumping jacks.</li> <li>2. Stretch your body / arms / shoulder and neck.</li> <li>3. Let's do 5 Patrick jumps / Mario jumps / frog jumps and squat jumps.</li> <li>4. Take a break, drink water and sit down.</li> </ol> <p><b>二、發展活動：(25 mins)</b></p> <p><b>平衡木 (Balance beam)</b></p> <p>◆活動一：教師詢問上一堂課內容並複習動作</p> <p>一.Ss:各式回答，教師協助整理答案</p> <p>角錐(Ice cream cones) - S型繞角錐跑(Front weave)</p> <p>圓盤(Disc cones) - 抬膝跑(High knee run)</p> <p>數字軟墊(Number plates) - 雙腳跳(Two feet jump)</p> <p>塑膠梯(Ladder)- 開合跳(Jumping jack)</p> <p>小欄架(Hurdle)- 雙腳抬膝跳(Jump and hold)</p> <p>塑膠圈(Plastic circle)- 單腳跨跳(Skip)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Can anyone tell me what did we learn last time?</p> <p>Ss: Ice cream cones. - Front weave.</p> <p>Ss: Disc cones. - High knee run.</p> <p>Ss: Number plates. - Two feet jump.</p> <p>Ss: Ladder. - Jumping jack.</p> <p>Ss: Hurdle. - Jump and hold.</p> <p>Ss: Plastic circle. - Skip.</p> <p>二.T:同學都看到場地又多了一樣器材，請問這是什麼?</p> <p>Ss: 平衡木。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Please repeat after me, balance beam.</p> <p>Ss: Balance beam.</p>	<p style="text-align: center;">*平衡木</p>	<p style="text-align: center;">實作評量</p> <p style="text-align: center;">實作評量</p> <p style="text-align: center;">口語評量</p>

<p>三. T:今天我們要從底下通過平衡木，並且模仿動物爬行(crawl)的方式通過，請同學注意屁股不能翹起來喔，不然你會卡在平衡木下面。</p> <p>四. T:請問同學可以模仿什麼動物的爬行呢? Ss:鱷魚爬、蜘蛛爬、熊爬...等(學生發揮創意) T:示範同學帶頭，我們跟著做動作。 (教師注意同學間隔距離，並且保護學生，避免擦撞平衡木)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧) T: Let's practice. Line 1 stand up, line2-4 follows them. T: One by one, don't push.</p> <p>◆活動二：說故事時間 T: Story time!!!! 老師給提示，由學生口述複習故事內容，最後一個關卡囉! 攻佔堡壘的路途中，勇士們會經過一座大岩壁，岩壁最下面有一個洞，勇士們只能用爬行的方式才能通過，要小心，別卡在洞裡喔!</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧) T: Are you ready to practice all the missions? Ss: Yes! T: Okay, let's practice. Line 1 stand up, line2-4 follows them. T: One by one, don't push. (如果前面的同學停下來，請後面的同學不要推擠。)</p> <p>三、綜合活動：(5 mins)</p> <p>◆ 總結今日課程 Ss:學生回答，教師跟著做動作讓學生複習 T:終於完成所有的關卡了! 下一次上課，勇士們請準備好要成功攻佔堡壘!</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧) T: What did we learn today? T: Attention. Ss: 1, 2. T: When I say class dismissed, go find your classmates and do the fist bump. (拳頭輕碰) T: Class dismissed. (Fist bump)</p> <p>[對應學習目標]: 1.在課堂中能做出走、跑、跳的身體活動基本能力，並且能在活動中尊重同學，懂得禮讓及注意活動安全。</p> <p>~~ 第五節 End~~</p>	<p>*角錐 *圓盤 *數字軟墊 *塑膠梯 *小欄架 *塑膠圈 *平衡木</p>	<p>動作模仿</p> <p>實作評量</p> <p>口語評量</p> <p>口語評量</p>
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<第六節>：攻佔城堡大作戰

一、準備活動：(10 mins)

- ◆集合整隊與散開成體操隊型 (同上節)  
(教師示範動作與口令，學生跟著說與做)

**Teacher's talk** (可適當使用跨語言技巧)

1. Time to warm up, let's do 20 jumping jacks.
2. Stretch your body / arms / shoulder and neck.
3. Let's do 5 Patrick jumps / Mario jumps / frog jumps and squat jumps.
4. Take a break, drink water and sit down.

二、發展活動：(25 mins)

- ◆活動一：複習前五堂課學到的協調腳步

S 型繞跑(Forward weave)、抬膝跑(High knee run)、

雙腳跳(Two feet jump)、開合跳(Jumping jack)、

雙腳抬膝跳(Jump and hold)、單腳跨跳(Skip)

- 角錐(Ice cream cones) - S 型跑(Weave)
- 圓盤(Disc cones) - 抬膝跑(High knee run)
- 數字軟墊(Number plates) - 雙腳跳(Two feet jump)
- 塑膠梯(Ladder)- 開合跳(Jumping jack)
- 小欄架(Hurdle)- 雙腳抬膝跳(Jump and hold)
- 塑膠圈(Plastic circle)- 單腳跨跳(Skip)
- 平衡木(Balance beam)- 爬行(crawl)

**Teacher's talk** (可適當使用跨語言技巧)

T: Today we are going to review all kinds of footwork that we practice in the last few weeks.

T: Who can tell me, what do we do when we cross 角錐(Ice cream cones)?

Ss: S 型跑(Weave)

T: Who can tell me, what do we do when we cross 圓盤(Disc cones)?

Ss: High knee run、抬膝跑。

T: Who can tell me, what do we do when we cross 數字軟墊(Number plates)?

Ss: Two feet jump、雙腳跳。

T: Who can tell me, what do we do when we cross 塑膠梯(Ladder)?

Ss: Jumping jacks、開合跳。

T: Who can tell me, what do we do when we cross 小欄架(Hurdle)?

Ss: Jump and hold、雙腳抬膝跳。

T: Who can tell me, what do we do when we cross 塑膠圈(Plastic circle)?

Ss: Skip、單腳跳。

T: Who can tell me, what do we do when we cross 平衡木(Balance beam)?

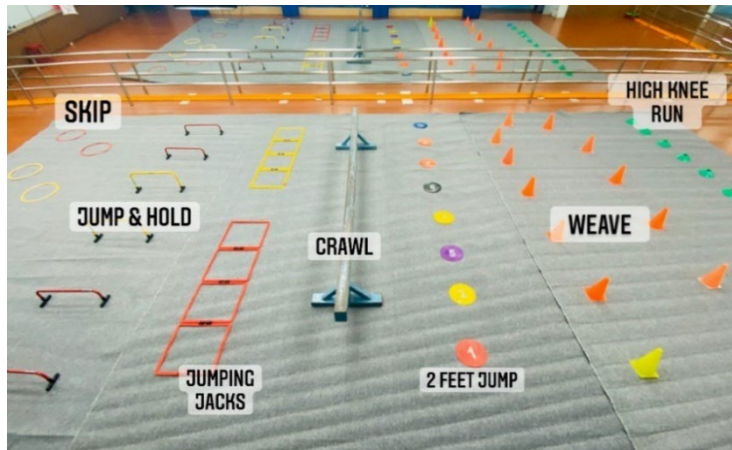
Ss: Crawl、爬過去。

實作評量

實作評量

口語評量

- \*角錐
- \*圓盤
- \*數字軟墊
- \*塑膠梯
- \*小欄架
- \*塑膠圈
- \*平衡木



T:請三位同學出來各示範兩個動作

**Teacher's talk** (可適當使用跨語言技巧)

T: Any question?

Ss: NO!!!!

T: Let's practice. Line 1 stand up, line2-4 follows them.

T: One by one, don't push.

(如果前面的同學停下來，請後面的同學不要推擠。)

\*Few minutes later...

T: Gather up, back to 4 lines and sit down

◆活動二：故事引導(T: Class, please close your eyes, listen closely...)

接下來我們要進行攻佔堡壘的遊戲囉！全班分成兩隊，每位同學都是各隊的勇士，勇士們要通過關卡，攻佔對方的城堡。

所以請勇士們發揮你的想像力，把角錐放大，像高大的樹木，勇士穿越森林的時候，要用**S型跑**閃來閃去。渡河時，需要**雙腳跳躍**站穩，就像我們在跳數字軟墊一樣，不要被食人魚咬到。

要越過危險地雷區，勇士們要快速**抬膝跑**通過，避開地雷，不然踩到地雷，可是會**BANG!**爆炸。中間會遇到大岩壁，記得趴下**爬過**大岩壁，還要運用你快速的腳步，**開合跳**通過塑膠梯，別被機關給卡住了！

當你碰到高高低低的木頭擋著你的去路，別忘了利用**立定跳**並且站穩，就能通過囉！

最後，渡過沼澤時，就用你們最厲害的**單腳跨跳**，踩好你的腳步，就能成功攻佔對方的城堡囉！

- \*角錐
- \*圓盤
- \*數字軟墊
- \*塑膠梯
- \*小欄架
- \*塑膠圈
- \*平衡木

實作評量

口語評量

T: 請問勇士們準備好了嗎？

**Teacher's talk** (可適當使用跨語言技巧)

T: Are you ready? Ss: Yes!

T: Let's go.

T: Team A to the corner; team B to the other corner.

T: Soldiers, ready and go.

◆活動三：攻佔堡壘遊戲

分為兩隊，一次一位勇士往對方堡壘闖關前進，如果犯規則退後重來。

途中遇到敵方，猜拳以剪刀、石頭、布對決，勝者繼續前進，輸家撤退，

並且加派一名勇士出動，最後統計共有幾名勇士成功攻佔對方堡壘。



三、綜合活動：(5 mins)

◆總結今日課程

Ss: 學生回答，教師跟著做動作讓學生複習

T: 有哪位勇士可以告訴我，你在通往對方堡壘的時候，發生什麼事呢？

Ss: 我沒有踩到地雷！我有成功攻佔堡壘！...

T: 今天各位勇士都表現得很棒，我們用最大聲的勇士吼叫來提昇我們的士氣，好不好？

**Teacher's talk** (可適當使用跨語言技巧)

T: Gather up, back to 4 lines and sit down.

T: What did we learn today?

T: Good job, high five.

T: Attention Ss: 1, 2.

T: Class dismissed.

Ss: Roar!!! (勇士的吼叫)

[對應學習目標]：

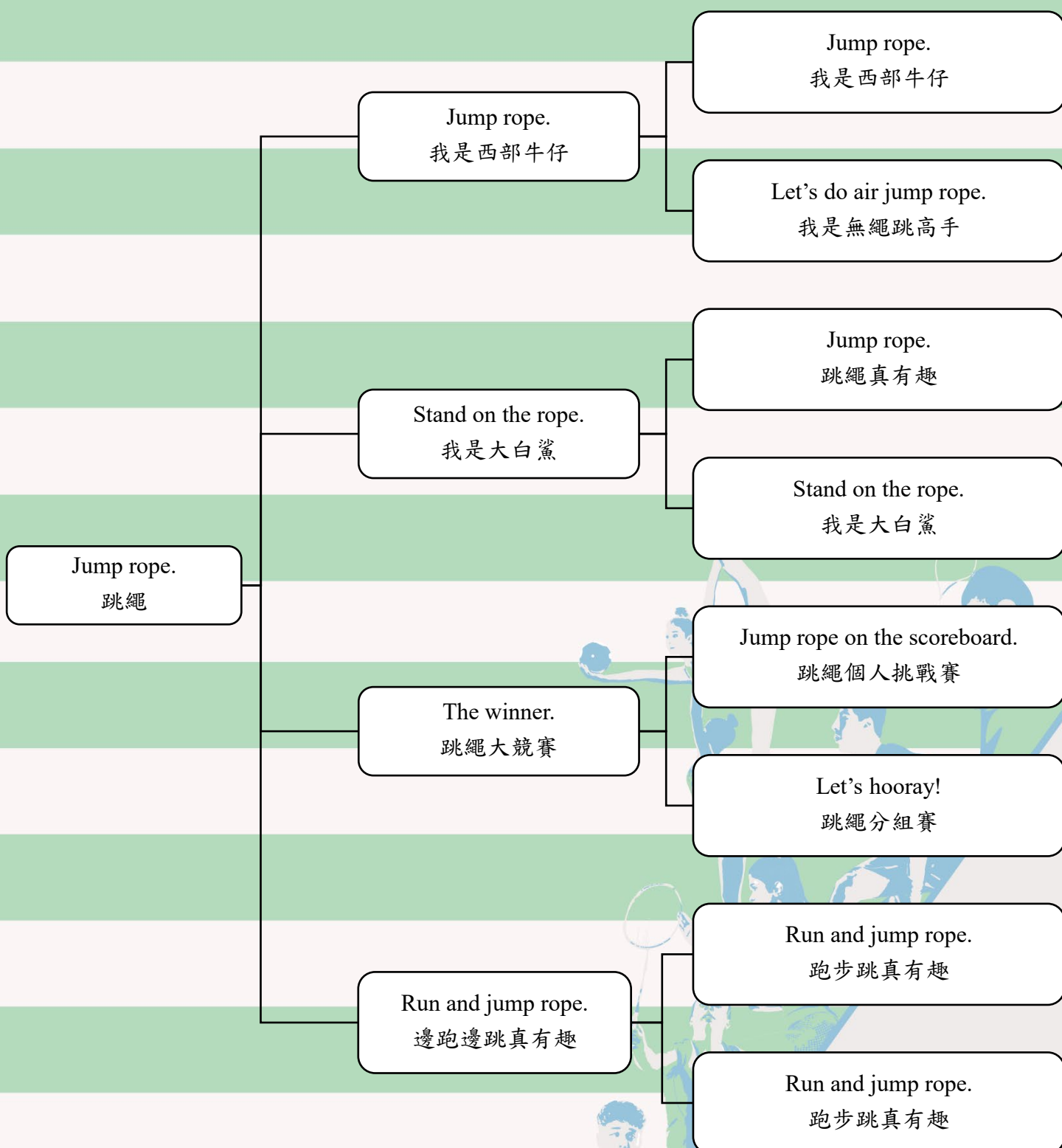
1. 在課堂中能做出走、跑、跳的身體活動基本能力，並且能在活動中尊重同學，懂得禮讓及注意活動安全。

~~第六節 End~~

口語評量

# 單元架構

## Unit 2-1 跳繩



主題名稱	跳繩	教學設計者	宜蘭縣宜蘭市黎明國民小學 簡雯敏
學習對象	二年級	學習節次	8 節課(320 分鐘)
學習內容	Ab- I -1 體適能遊戲。 Bc- I -1 各項暖身伸展動作。 Cb- I -1 運動安全常識、運動對身體健康的益處。 Cb- I -2 班級體育活動。 Fa- I -2 與家人及朋友和諧相處的方式。 Ga- I -1 走、跑、跳與投擲遊戲。 Ha- I -1 跳繩運動相關的簡易動作之手眼動作協調、力量及準確性。		
學習表現	1c- I -1 認識身體活動的基本動作。 1c- I -2 認識基本的運動常識。 2c- I -1 表現尊重的團體互動行為。 2c- I -2 表現認真參與的學習態度。 2d- I -1 專注觀賞他人的動作表現。 3c- I -2 表現安全的身體活動行為。 3d- I -1 應用基本動作常識，處理練習或遊戲問題。		
學習目標	1.讓學生熟悉跳繩之基本動作。 2.讓學生學會一跳一迴旋。 3.讓學生學習自己挑戰。 4.讓學生藉由觀察他人，修正自己的跳繩動作。		
教學方法	實作教學、遊戲教學		
教學資源	跳繩、記分板、交通錐		
學科英語 詞彙	a jump rope a scoreboard a traffic cone shuttle run and jump rope air jump rope		
學科英語 句型 (視教 材內容)	Let's swing the rope! Swing above your head. Swing on your right-hand/ left-hand side. Swing in 8-shape. Swing on the ground. Jump over your rope in place. Tiptoes on the ground. Swing the rope and jump. Hold the handles. Arms to the sides. Place the jump rope behind you. Arms up. Swing forward. Stand on the rope. Swing back. Let's jump when the rope hits the ground. Round _____. On your mark. Get set. Jump! Let's run and jump rope. Let's do shuttle run and jump rope.		

教學單元一：我是西部牛仔	教學資源	評量方式
<p style="text-align: center;">&lt;第一節&gt;：我是西部牛仔</p> <p>一、準備活動 (15 mins)</p> <p>1. 師生問候</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Good morning/afternoon.  T: Roll call./Is everybody here? /Who is not here? /  Why is he/she not here?  T: Check your sportswear and sneakers.  T: Do you have a jump rope?</p> <p>2. 師生做暖身操</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Everybody, spread out!  T: Center! Ss: Hands up!  T: Look at the center. Ss: Hands forward.  T: Look forward. Ss: Hands down.  T: Who are the warm-up teachers today? Raise your hand.  T: Today who says 1,2,3,4? The boys or the girls? Ss: The boys.  T: What is number 1? Ss: Tilt my head.  T: What is number 2? Ss: Rotate my wrists and ankles.  T: Number 3? Ss: Rotate my knees.  T: Number 4? Ss: Squat down and stand up.  T: Number 5? Ss: Arms push forward and up.  T: Number 6? Ss: Small arm circles.  T: Number 7? Ss: Big arm circles.  T: Number 8? Ss: Give you a big hand.  T: Number 9? Ss: Twist my waist.  T: Number 10? Ss: Bend my back forward and backward.  T: Number 11? Ss: Lunge.  T: Number 12? Ss: Your head touches your toes and close your body.  T: Number 13? Ss: Bend my knees and straighten my leg.  T: Wait. Change sides.  T: Number 14? Ss: Run in place. T: How many steps? Ss: 60.  T: Number 15? Ss: Jumping Jacks. T: How many times? Ss: 35.  T: Number 16? Ss: March in place.  T: Number 17? Ss: Hold up my knees.  T: Number 18? Ss: Breathe in and breathe out.  T: Everybody, assemble!  Today's warm-up teachers are Teacher Lin and Teacher Wu.  Give them a big hand.</p>		<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>

<p><b>二、發展活動 (20 mins)</b></p> <p>1.我是「西部牛仔」(每單項需達 20 下)</p> <p>(1)頭上迴旋</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Swing above your head. 20 times. Go!</p> <p>(2)側迴旋(左右換手)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Swing on your right-hand side. 20 times. Go!</p> <p>T: Switch. Swing on your left-hand side. 20 times. Go!</p> <p>(3)交叉迴旋(慣用手)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Swing in 8-shape. 20 times. Go!</p> <p>(4)掛肩迴旋</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Jump rope over your shoulder.</p> <p>Swing the rope on your right-hand side and left-hand side.</p> <p>20 times. Go!</p> <p>(5)水平迴旋跳-向地上甩繩(個人跳)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Swing on the ground. Jump over your rope in place. 20 times. Go!</p> <p>(6)水平迴旋跳-向地上甩繩(兩人一組)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: You two together.</p> <p>Swing the rope above your head and on the ground.</p> <p><b>三、綜合活動 (5 mins)</b></p> <p>1.水平迴旋跳-向地上甩繩挑戰賽</p> <p>(分組 PK 選出五名代表，兩組總和比賽成功跳躍的次數)。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Swing on the ground.</p> <p>Jump over your rope in place.</p> <p>Ready? Go!</p> <p>T: The winner is Team _____.</p> <p>~~ 第一節 End ~~</p>	<p>跳繩</p> <p>跳繩</p>	<p>學生能正確做出跳繩基本動作(頭上迴、側迴旋、交叉迴旋、掛肩迴旋、水平迴旋跳)</p> <p>學生能展現團隊合作的精神，完成比賽。</p>
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<第二節>：我是無繩跳高手

一、準備活動 (15 mins)

1. 師生問候

**Teacher's talk** (可適當使用跨語言技巧)

T: Good morning/afternoon.

T: Roll call./Is everybody here?/ Who is not here?/

Why is he/she not here?

T: Check your sportswear and sneakers.

T: Do you have your jump rope?

2. 師生做暖身操 (英文用語參考第一節)

3. 師生做無繩操 (30 次×2)

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's do air jump rope.

(1) 雙腿併攏，膝蓋微彎。雙臂垂放兩側，手肘靠近身體，前臂往兩側伸展。

(2) 雙腿有節奏地像彈簧輕跳，用腳尖力量跳起約一兩公分再用腳尖落地，腳跟不觸地。雙手則模擬用手腕搖繩。

二、發展活動 (20 mins)：甩繩練習 Let's swing the rope!

1. 單側搖繩轉圈(30 次)：

(1) 姿勢同前。單手握住跳繩兩個把手，甩動繩子轉圈。不要太快，大約一秒一圈。

(2) 兩手都熟悉後，加上前跳躍動作。看到或聽到繩子觸地就輕跳。練到兩者時間儘量接近。

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's swing the rope on right-hand or left-hand side.  
30 times. Go!

T: Let's jump when the rope hits the ground.

2. 掛肩迴旋(30 次)：跳繩掛肩，雙手側甩繩，雙腿有節奏地像彈簧輕跳，用腳尖力量跳起約一兩公分再用腳尖落地，腳跟不觸地。

**Teacher's talk** (可適當使用跨語言技巧)

T: Jump rope over your shoulder. Tiptoes on the ground.  
Swing the rope and jump. 30 times. Go!

跳繩

學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。

學生能正確做出跳繩基本動作。(單側搖繩轉圈、掛肩迴旋)



<p>3.搖繩技巧與腿部動作時機：標準跳繩姿勢，雙手握好握把站到繩子前。用手腕及前臂力量把繩子從後面越過頭頂往前搖。當繩子接近腳尖時，以腳跟為支點舉起腳尖，像夾子把繩子夾住。順利夾到後，舉起腳跟放開讓繩子回到後方。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Hold the handles. Arms to the sides. Place the jump rope behind you. T: Arms up. Swing forward. Stand on the rope. Swing back.</p> <p>4.重複步驟三，唯腳步跳起繩過。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Swing the rope. And jump over the rope.</p> <p><b>三、綜合活動 (5 mins)</b></p> <p>練習一跳一迴旋(每人累積跳 50 下):老師觀察學生跳繩程度，挑選數位學生前來做示範(面對面)，程度佳的學生示範給需加強的學生看。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Jump 50 times. (When you hear the whistle, you may start.) (When you finish, you may sit down.) T: Face to face, and show your classmates.</p> <p>～～ 第二節 End～～</p>	<p>跳繩</p>	<p>學生能一跳一迴旋，累積 50 下。</p>
<p><b>教學單元二：我是大白鯊</b></p>	<p>教學資源</p>	<p>評量方式</p>
<p><b>&lt;第三節&gt;：跳繩真有趣</b></p> <p><b>一、準備活動 (15 mins)</b></p> <p>1.師生問候</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Good morning/afternoon. T: Roll call./Is everybody here? /Who is not here? / Why is he/she not here? T: Check your sportswear and sneakers. T: Do you have your jump rope?</p> <p>2.師生做暖身操 (英文用語參考第一節)</p> <p>3.師生做無繩操 (30 次×2) T: Let's do air jump rope.</p> <p>(1)雙腿併攏，膝蓋微彎。雙臂垂放兩側，手肘靠近身體，前臂往兩側伸展。</p> <p>(2)雙腿有節奏地像彈簧輕跳，用腳尖力量跳起約一兩公分再用腳尖落地，腳跟不觸地。雙手則模擬用手腕搖繩。</p>		<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>

<p><b>二、發展活動 (15 mins)：</b>甩繩練習 Let's swing the rope!</p> <p>1.單側搖繩轉圈(30次)：</p> <p>(1)姿勢同前。單手握住跳繩兩個把手，甩動繩子轉圈。不要太快，大約一秒一圈。</p> <p>(2)兩手都熟悉後，加上前跳躍動作。看到或聽到繩子觸地就輕跳。練到兩者時間儘量接近。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's swing the rope on right- or left-hand side. 30 times. Go!</p> <p>T: Let's jump when the rope hits the ground.</p> <p>2.掛肩迴旋(30次)：跳繩掛肩，雙手側甩繩，雙腿有節奏地像彈簧輕跳，用腳尖力量跳起約一兩公分再用腳尖落地，腳跟不觸地。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Jump rope over your shoulder. Tiptoes on the ground.</p> <p>Swing the rope and jump. 30 times. Go!</p> <p>3.轉動跳繩→踩繩→過繩 (30次)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>(口訣:open, stand, swing back, swing forward and go over/jump)</p> <p>T: Hold the handles. Arms to the sides. Place the jump rope behind you.</p> <p>T: Arms up. Swing forward. Stand on the rope. Swing back.</p> <p><b>三、綜合活動 (10分鐘)：</b>練習一跳一迴旋</p> <p>1.每人跳 50 下×2</p> <p>2.計時 20 秒 (與鄰排同學比賽次數多寡)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's jump rope. 50 times. Go!</p> <p>T: You have 20 seconds. Go! T: Time's up.</p> <p style="text-align: center;">～～第三節 End～～</p>	<p>跳繩</p> <p>跳繩</p>	<p>學生能夠經由口訣的輔助，流暢的做出跳繩動作。(跳繩、踩繩、過繩)</p> <p>學生能夠一跳一迴旋 20 秒累積 40 下。</p>
<p style="text-align: center;"><b>&lt;第四節&gt;：我是大白鯊</b></p> <p><b>一、準備活動 (15 mins)</b></p> <p>1.師生問候</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Good morning/afternoon.</p> <p>T: Roll call./Is everybody here?/ Who is not here?/ Why is he/she not here?</p> <p>T: Check your sportswear and sneakers.</p> <p>T: Do you have your jump rope?</p> <p>2.師生做暖身操 (英文用語參考第一節)</p> <p>3.師生做無繩操 (30次×2)</p> <p>T: Let's do air jump rope.</p>		<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>

## 二、發展活動 (10 mins)

1. 大白鯊咬繩：轉動跳繩→踩繩→過繩 (30 次)

**Teacher's talk** (可適當使用跨語言技巧)

(口訣: open, stand, swing back, swing forward and go over/jump)

T: Hold the handles. Arms to the sides. Place the jump rope behind you.

T: Arms up. Swing forward. Stand on the rope. Swing back.

2. 一跳一迴旋：每人跳 50 下×2

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's jump rope for 50 times. We have 2 rounds.

T: Round 1. Everybody, jump rope. 50 times. Go!

T: Round 2. Everybody, jump rope. 50 times. Go!

## 三、綜合活動 (15 mins)：一跳一迴旋分組賽

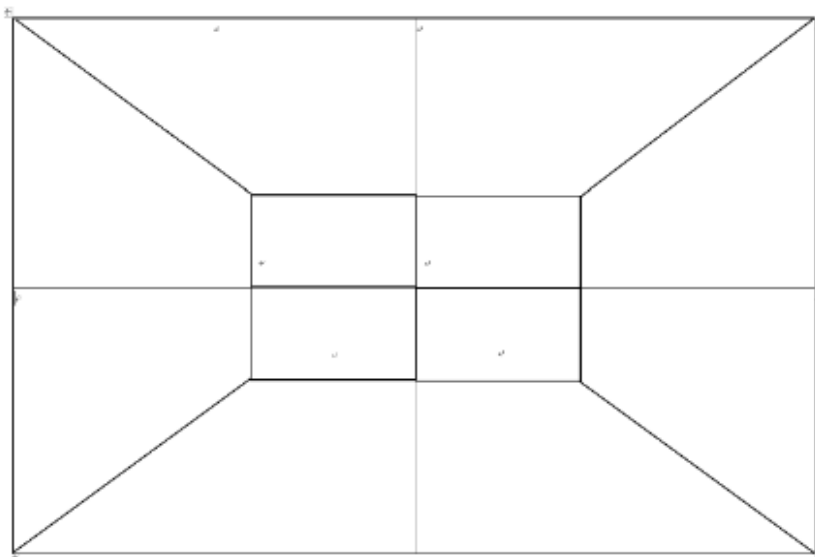
1. 四人一組，計時 30 秒，一人跳另三人數，將每生跳躍次數記錄在計分紙上。

**Teacher's talk** (可適當使用跨語言技巧)

T: 4 students in a group. You have 30 seconds.

One of you jump rope and the others count.

Write down how many times he/she jumps rope on the scoreboard.



2. 選出各組跳躍次數最多者為勝。

**Teacher's talk** (可適當使用跨語言技巧)

T: The winner, please hands up!

~~ 第四節 End ~~

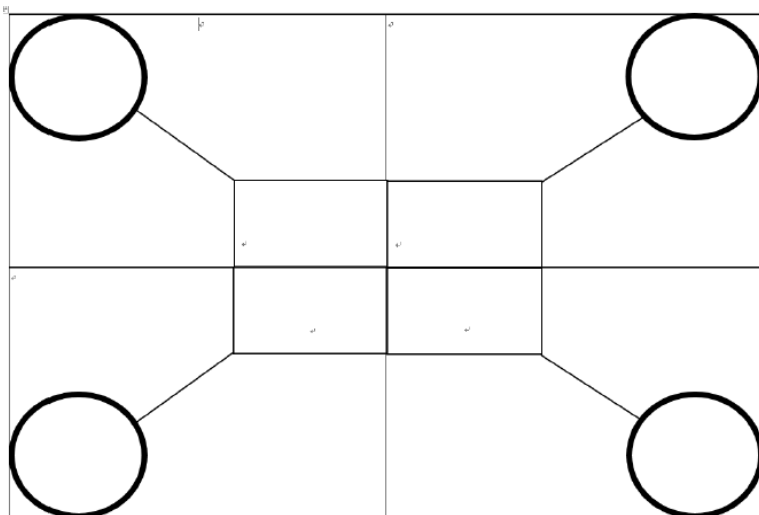
跳繩

學生能夠在老師的提醒之下，說出口訣，流暢的做出跳繩動作。  
(跳繩、踩繩、過繩)

跳繩  
記分板

學生能在 30 秒內，一跳一迴旋 50 下。

教學單元三：跳繩大競賽	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第五節&gt;：跳繩個人挑戰賽</b></p> <p><b>一、準備活動 (15 mins)</b></p> <p>1. 師生問候</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Good morning/afternoon.  T: Roll call./Is everybody here?/ Who is not here?/  Why is he/she not here?  T: Check your sportswear and sneakers.  T: Do you have your jump rope?</p> <p>2. 師生做暖身操 (英文用語參考第一節)</p> <p>3. 師生做無繩操 (30 次×2) T: Let's do air jump rope.</p> <p><b>二、發展活動 (10 mins)</b></p> <p>1. 大白鯊咬繩：轉動跳繩→踩繩→過繩 (30 次)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>(口訣:open, stand, swing back, swing forward and go over/jump)</p> <p>T: Hold the handles. Arms to the sides. Place the jump rope behind you.  T: Arms up. Swing forward. Stand on the rope. Swing back.</p> <p>2. 一跳一迴旋：每人跳 50 下×2</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's jump rope for 60 times. We have 2 rounds.  T: Round 1. Everybody, jump rope. 60 times. Go!  T: Round 2. Everybody, jump rope. 60 times. Go!</p> <p><b>三、綜合活動 (15 mins)：一跳一迴旋分組賽</b></p> <p>1. 四人一組，計時 30 秒，一人跳另三人數，將每生跳躍次數記錄在計分紙上。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: 4 students in a group. You have 30 seconds.  One of you jump rope and the others count.  Write down how many times he/she jumps rope on the scoreboard.  We have two rounds.  T: Round 1. On your mark. Get set. Jump!  T: Time's up! Now write down the times on the scoreboard.  T: Round 2. On your mark. Get set. Jump!  T: Time's up! Now write down the times on the scoreboard.</p>	<p>跳繩</p> <p>跳繩</p> <p>跳繩 記分板</p>	<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p> <p>學生能夠說出口訣，流暢的做出跳繩動作。 (跳繩、踩繩、過繩)</p> <p>學生能在 30 秒內，一跳一迴旋 60 下。</p>



2.選出個人(兩回中擇一)最高紀錄，另各組跳躍次數最多者為勝。

**Teacher's talk** (可適當使用跨語言技巧)

T: The winner, please hands up!

3.由老師訂定新目標，下次挑戰成功者即為該組加分。

~~ 第五節 End~~

### <第六節>：跳繩分組賽

#### 一、準備活動 (15 mins)

1.師生問候

**Teacher's talk** (可適當使用跨語言技巧)

T: Good morning/afternoon.

T: Roll call./Is everybody here?/ Who is not here?/

Why is he/she not here?

T: Check your sportswear and sneakers.

T: Do you have your jump rope?

2.師生做暖身操 (英文用語參考第一節)

3.師生做無繩操 (30次×2) T: Let's do air jump rope.

#### 二、發展活動 (10 mins)：一跳一迴旋練習

1.一跳一迴旋：每人跳 100 下

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's jump rope for 100 times.

T: Everybody, jump rope. 100 times. Go!

2.一跳一迴旋：每人跳 30 秒，學生自己數次數。

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's jump rope for 30 seconds.

Please count how many times you jump rope. Ready? Go!

跳繩

學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。

學生能夠完成老師指派的任務。

### 三、綜合活動 (15 mins)：一跳一迴旋分組賽

1. 四人一組，計時 30 秒，一人跳另三人數，將每生跳躍次數記錄在計分紙上(進行兩回合)。

**Teacher's talk** (可適當使用跨語言技巧)

T: 4 students in a group. You have 30 seconds.

One of you jumps rope and the others count.

Write down how many times he/she jumps rope on the scoreboard.

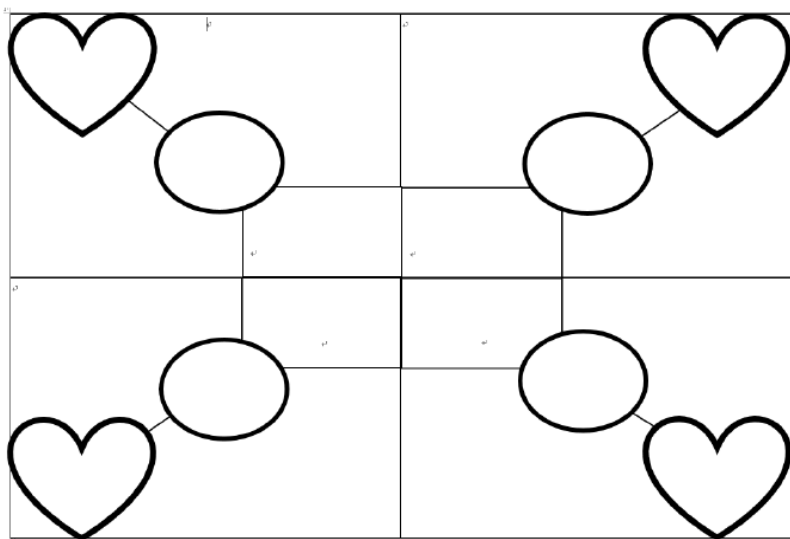
We have two rounds.

T: Round 1. On your mark. Get set. Jump!

T: Time's up! Now write down the times on the scoreboard.

T: Round 2. On your mark. Get set. Jump!

T: Time's up! Now write down the times on the scoreboard.



2. 選出個人(兩回中擇一)最高紀錄，倘若比上次課堂次數增加，即為該隊加一分；若超越(或等於)老師所訂下之目標，則為該隊加兩分。

**Teacher's talk** (可適當使用跨語言技巧)

T: The winner, please hands up!

T: Look at the times you jumped rope last time on the scoreboard.

This time you jumped rope more times, please hands up.

Then you can get 1 point.

If you jumped rope more times than the times in the heart shape, you can get 2 points.

3. 公布分組競賽成績。

**Teacher's talk** (可適當使用跨語言技巧)

T: Team \_\_\_\_ you get \_\_\_\_ points. Team \_\_\_\_ you get \_\_\_\_ points.

So, the winner is Team \_\_\_\_\_. Let's hooray!

~~ 第六節 End ~~

跳繩  
記分板

學生能在  
30 秒內，  
一跳一迴旋  
70 下  
。

教學單元四：邊跑邊跳真有趣	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第七節&gt;：跑步跳真有趣</b></p> <p><b>一、準備活動 (10 mins)</b></p> <p>1. 師生問候</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Good morning/afternoon. T: Roll call./Is everybody here?/ Who is not here?/ Why is he/she not here? T: Check your sportswear and sneakers. T: Do you have your jump rope?</p> <p>2. 師生做暖身操 (英文用語參考第一節)</p> <p><b>二、發展活動 (20 mins)：一跳一迴旋、跑步跳個人練習</b></p> <p>1. 一跳一迴旋：每人跳 100 下</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's jump rope for 100 times. T: Everybody, jump rope. 100 times. Go!</p> <p>2. 一跳一迴旋：每人跳 30 秒，學生自己數次數，進行兩回合。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's jump rope for 30 seconds. Please count how many times you jump rope. Ready? Go!</p> <p>3. 練習跑步跳：操場跑道一圈或籃球場直線前進。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's run and jump rope for one lap around the track/ along the straight line on the basketball court. Ready? Go!</p> <p>4. 教師巡堂，檢視每生跑步跳繩姿勢，視學生練習狀況，斟酌學生進行之圈/趟數。</p>	<p style="text-align: center;">跳繩</p>	<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p> <p>學生能夠完成老師指派的任務。</p>
<p><b>三、綜合活動 (10 mins)：跑步跳衝刺賽</b></p> <p>1. 四人一組，最快抵達終點線者獲勝，勝者可得一分。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: 4 students in a group. You run and jump rope along the straight line. The one who reaches the finish line first can get one point.</p>	<p style="text-align: center;">跳繩</p>	<p>學生能夠正確順暢的做出跑步跳的動作，維持 5 公尺。</p>

<p>2.待每生皆完成分組競賽後，統計兩隊累積之分數，分數多者為獲勝隊伍。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Team ____ you get ____ points.  Team ____ you get ____ points.  So, the winner is Team ____.  Let's hooray!</p> <p style="text-align: center;">~~ 第七節 End~~</p>		
<p style="text-align: center;"><b>&lt;第八節&gt;：跳繩折返跑</b></p> <p><b>一、準備活動 (10 mins)</b></p> <p>1.師生問候</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Good morning/afternoon.  T: Roll call./Is everybody here?/ Who is not here?/  Why is he/she not here?  T: Check your sportswear and sneakers.  T: Do you have your jump rope?</p> <p>2.師生做暖身操 (英文用語參考第一節)</p> <p><b>二、發展活動 (20 mins) :一跳一迴旋、跑步跳繩折返跑個人練習</b></p> <p>1.一跳一迴旋：每人跳 100 下</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's jump rope for 100 times.  T: Everybody, jump rope. 100 times. Go!</p> <p>2.一跳一迴旋：每人跳 30 秒，學生自己數次數，進行兩回合。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's jump rope for 30 seconds.  Please count how many times you jump rope. Ready? Go!</p> <p>3.練習跑步跳繩折返跑</p> <p>(1)於中點線放置一個交通錐，以跑步跳繩方式前進，並於交通錐後折返至起點線。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's do shuttle run and jump rope.  You run and jump rope to and around the traffic cone and come back.  Ready? Go!</p>	跳繩	<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p> <p>學生能夠完成老師指派的任務。</p>



(2)於中點線放置三個交通錐，以跑步跳繩方式前進，並於交通錐後折返至起點線。

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's do shuttle run and jump rope again.

This time, you run and jump rope around the traffic cones and run and jump rope back.

Then you come back.

Ready? Go!



交通錐

**三、綜合活動 (10 mins)** :跑步跳繩折返跑、接力衝刺賽(放置 3 個交通錐)

1. 四人一組，最快抵達終點線者獲勝，勝者可得一分。

**Teacher's talk** (可適當使用跨語言技巧)

T: 4 students in a group.

You run and jump rope to and around the traffic cones and then come back.

The one who reaches the finish line first can get one point.

2. 待每生皆完成分組競賽後，統計兩隊累積之分數，分數多者為獲勝隊伍。

**Teacher's talk** (可適當使用跨語言技巧)

T: Team \_\_\_\_ you get \_\_\_\_ points.

Team \_\_\_\_ you get \_\_\_\_ points.

So, the winner is Team \_\_\_\_.

Let's hooray!

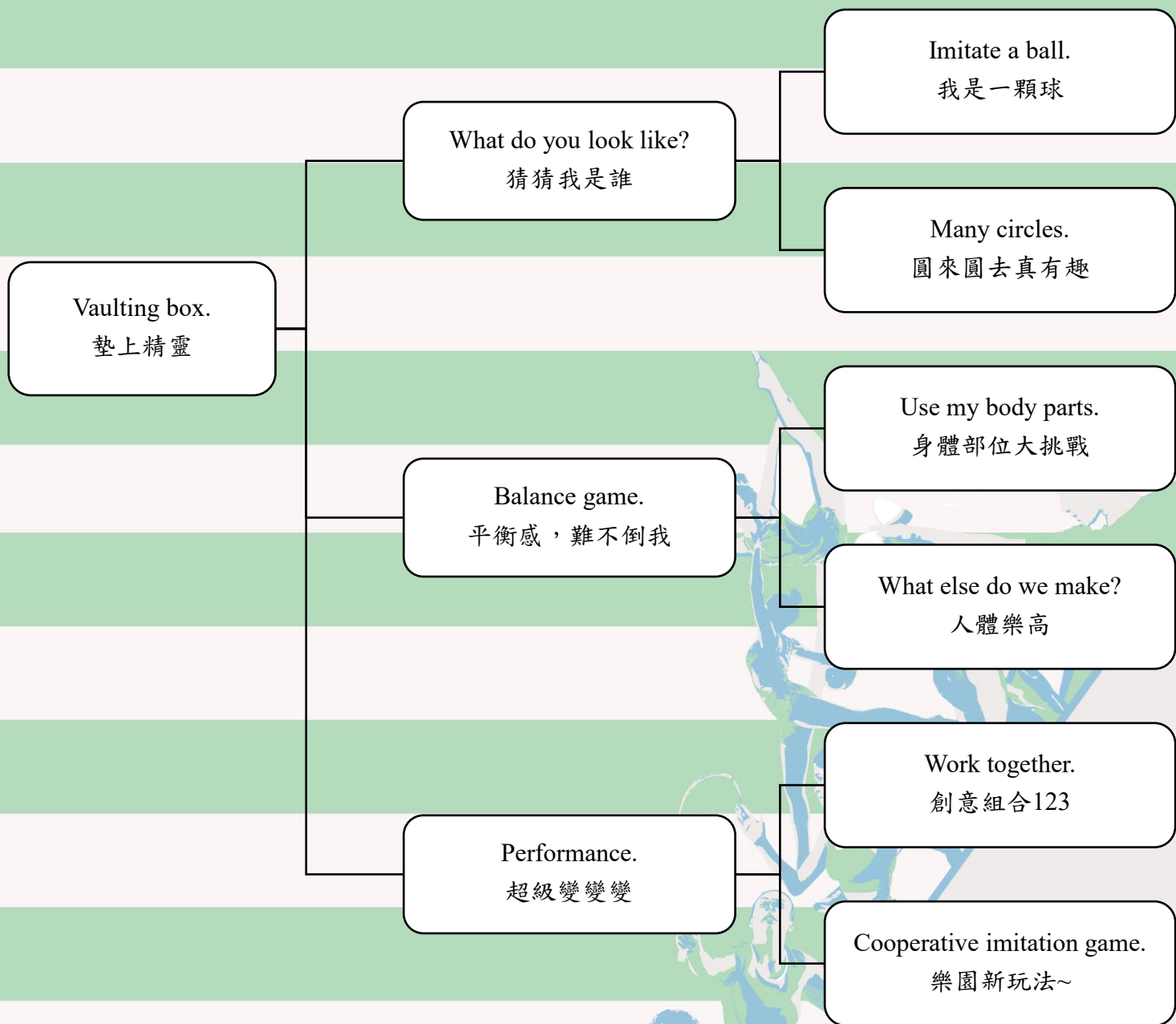
~~ 第八節 End ~~

交通錐、  
跳繩

學生能夠  
正確順暢  
的根據老師  
規定的路線  
，做出跑步  
跳、折返跑  
的動作。

# 單元架構

## Unit 3-1 墊上精靈



主題名稱	墊上精靈	教學設計者	臺北市文山區景興國民小學 王煜榛
學習對象	二年級	學習節次	6 節課(240 分鐘)
學習內容	Ia-I-1 翻滾、支撐、平衡、懸垂遊戲。Roll, stand, balance, and hanging games.		
學習表現	<p>1.認知 Cognitive domain. 1c-I-1 認識身體活動的基本動作。 To know basic body movement.</p> <p>2.情意 Affective domain. 2c-I-2 表現認真參與的學習態度。 To show attentive learning attitude. 2d-I-1 專注觀賞他人的動作表現。 To focus on watching other students' body movement. 2d-I-2 接受並體驗多元性身體活動。 To accept and experience body movement diverse activities.</p> <p>3.技能 Psychomotor domain. 3c-I-1 表現基本動作與模仿的能力。 To show basic move and imitate ability.</p> <p>4.行為 Behavior. 4c-I-2 選擇適合個人的身體活動。 To choose suitable body movement individually.</p>		
學習目標	<p>1.認識身體開展與內縮、轉動、滾動、旋轉、支撐、平衡等動作。 (1c-I-1 認識身體活動的基本動作) Ss have to know how to stretch, turn, twist, and balance your body movement.</p> <p>2.認真參與個人與小組分組練習。(2c-I-2 表現認真參與的學習態度) Ss learn to join personal and group practice attentively.</p> <p>3.專注欣賞同學的表演並能給予回饋。(2d-I-1 專注觀賞他人的動作表現) Ss learn to appreciate other classmates' performance and feedback.</p> <p>4.願意嘗試用身體不同部位支撐與平衡。(2d-I-2 接受並體驗多元性身體活動) Ss will be willing to experience to use different parts of our body to stand and balance.</p> <p>5.模仿不同物品、動植物等造型。(3c-I-1 表現基本動作與模仿的能力) Ss have to try to imitate different objects, animals, or plants.</p> <p>6.願意嘗試體驗體操遊戲型態並得到喜悅。(4c-I-2 選擇適合個人的身體活動) Ss will be willing to experience gymnastic games and learn to enjoy doing body movement.</p>		
教學方法	<p>1. TPR.</p> <p>2. Group Corporation learning.</p>		
教學資源	自編 Design by Orange Wang.		
學科英語詞彙	<p>模仿 imitate、圓圓的球 around ball、滾動的球 a rolling ball、數一數 count、頭 head、肩 shoulder、耳朵 ear、下巴 chin、鼻子 nose、手掌 palm、手腕 wrist、手肘 elbow、肚子 belly、腰 waist、臀部 bottom、膝蓋 knee、腳踝 ankle、腳趾頭 toe、爬行走 Crawl walking 開合跳 Jumping Jacks、側跳拍手 side jump and clap、合作模仿遊戲 hands cooperative imitation game</p>		
學科英語句型(視教材內容)	<p>保持平衡前進 Keep going in balance.</p> <p>停在跳箱墊上 3 秒鐘 Stand on the vaulting box three seconds.</p> <p>兩人合作拼出一個圓型 Let's make a circle.</p> <p>雙手叉腰開合跳前進，第一位請模仿小白兔 Stand with hands on your waist. Do jumping jacks and move! The first one imitates a rabbit.</p> <p>三人一組，勾肩搭背腳前踢前進 Let three be a team. Kick and walk with hand on shoulder.</p> <p>教師準備題目，每一組抽一題，二分鐘討論，分組表演，其他組猜答案。 Grouping: each group will guess one question. Discuss in two minutes.</p> <p>Let other groups answer after acting it out.</p>		

教學單元一：猜猜我是誰	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第一節&gt;：我是一顆球</b></p> <p><b>一、引起動機：(7 mins)</b></p> <ul style="list-style-type: none"> <li>◆ 環境準備：教師提早到地墊教室，開燈開電風扇，清潔環境與消毒。</li> <li>◆ 學生到場：整齊擺放水壺、毛巾與鞋襪。</li> <li>◆ 整隊：第一排 1~7 號、第二排 8 到 14 號，第三排 21 到 27 號，第四排 28 到最後一號。</li> </ul> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Attention!</p> <p>From Number one to Number seven in the first row.</p> <p>From Number eight to Number fifteen in the second row.</p> <p>From Number twenty one to Number twenty seven in the third row.</p> <p>From Number twenty eight to last one (number) in the fourth row.</p> <ul style="list-style-type: none"> <li>◆ 體育股長出列帶操：頸部→肩部→壓手→壓肩→反手護腰→膝蓋→弓箭步→低壓腿→手腕腳踝→蝴蝶飛→開合跳*20→蹲跳*10</li> </ul> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Open and stretch your arms.</p> <p>From your neck, shoulder, press hands, press shoulder, palms support your waist, knees, lunge (lunge down), press legs, wrist and ankle butterfly.</p> <p>Let's do a jumping jack for twenty times.</p> <p>Squat and jump! Spread out. Keep distance.</p> <ul style="list-style-type: none"> <li>◆ 喝水擦汗 1 分鐘。教師趁此機會擺放角錐分組，例如按照號分四組。</li> </ul> <p><b>二、發展活動：(28 mins)</b></p> <p><b>一、協調性練習</b></p> <p>1. 接力折返跑</p> <p>T: 全力衝刺，右去左回，擊掌後下一位出發；整組抵達安靜坐下舉手。</p> <p>預備，出發~</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Run/sprint. Go right and go back left (Go from right to left).</p> <p>GIVE ME FIVE. Then turn to next one.</p> <p>Sit down and raise your hand after you come back.</p> <p>Get ready! Go!</p> <p>2. 四足跪姿爬行走</p> <p>T: 雙手掌和雙膝在地板上，跪姿前進，遇到角錐即可起立慢跑回來。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Your hands and knees touch the ground.</p> <p>Move on your knees. Get to the cone and go back.</p>	<p>三角形角錐*8</p> <p>圓盤角錐*8</p> <p>軟飛盤*4</p> <p>球*4</p>	<p>操作： 暖身操。</p> <p>評量原則： 能夠確實實施暖身操。</p> <p>利用身體不同方式與部位，前進動作協調順暢</p>

## 二、平衡感練習

### 1. 頭頂軟飛盤前進

T: 將軟飛盤放在頭頂，雙手打開，保持平衡前進。若中途掉落，則需停在原地放好才能前進。

**Teacher's talk** (可適當使用跨語言技巧)

Put the frisbee on the head, loosen your hands, keep going in balance.

Stop moving when the frisbee drops.

Put it on the head and move on.

## 三、觀察與模仿

(一) 教師拿出球做出各種動作，例如拍球、滾球、拋球、轉動球等，引導學生想像自己就是教師手上的球，模仿球的樣子。

(二) 每組學生輪流前進到前面角錐處，教師出題，學生模仿，隊友們認為表演逼真即算過關。

T: 請模仿一顆圓圓的球 → T: 你們覺得像嗎? (問其他觀察的隊友們)

T: 請模仿一顆高高彈跳的球 → T: 你們覺得像嗎?

(問其他觀察的隊友們)

T: 請模仿一顆低低彈跳的球 → T: 你們覺得像嗎?

(問其他觀察的隊友們)

T: 請模仿一顆向左滾動的球 → T: 你們覺得像嗎?

(問其他觀察的隊友們)

T: 請模仿一顆順時針轉動的球 → T: 你們覺得像嗎?

(問其他觀察的隊友們)

T: 請模仿一顆扁掉的球 → T: 你們覺得像嗎? (問其他觀察的隊友們)

T: 請模仿一顆圓圓的球 → T: 你們覺得像嗎? (你看起來像甚麼?)

**Teacher's talk** (可適當使用跨語言技巧)

You can imitate a round ball. What do you look like?

You look like a round ball.

You can imitate a high bouncing ball.

You can imitate a low bouncing ball.

You can imitate a rolling ball to left.

You can imitate a rolling ball clockwise.

You can imitate a oblate ball.

You can imitate a rolling ball.

## 三、綜合活動：(5 mins)

T: 請問你們覺得還可以用身體做出那些模仿球的動作呢?

T: 今天誰的表演你最印象深刻呢?

T: 下次我們還有更刺激的挑戰喔~

操作：  
模仿球的運動特性

評量原則：  
能模仿球的運動特性，至少一種

評量原則：  
能認真參與球的模仿遊戲，嘗試模仿球的不同動作

<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>What movements of the ball can you imitate? Whose performance is the best? What might happen next?</p> <p>隊長收最遠的角錐，第二位收最近的角錐。 下課：謝謝老師，老師再見。</p> <p>◆ 器材長請收器材，電風扇長請關電風扇，電燈長請關燈。</p> <p>～～第一節 End～～</p>		
<p style="text-align: center;"><b>&lt;第二節&gt;：圓來圓去真有趣</b></p> <p>一、引起動機：(5 mins)</p> <p>◆ 環境準備：教師提早到地墊教室，開燈開電風扇，清潔環境與消毒。 ◆ 學生到場：整齊擺放水壺、毛巾與鞋襪。 ◆ 整隊：第一排 1~7 號、第二排 8 到 14 號，第三排 21 到 27 號，第四排 28 到最後一號。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Attention! From Number one to Number seven in the first row. From Number eight to Number fifteen in the second row. From Number twenty one to Number twenty seven in the third row. From Number twenty eight to last one (number) in the fourth row.</p> <p>一、協調性練習</p> <p>1. 接力折返跑 T: 全力衝刺，右去左回，擊掌後下一位出發；整組抵達安靜坐下舉手。 預備，出發~</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Run/sprint. Go right and go back left (Go from right to left). GIVE ME FIVE. Then turn to next one. Sit down and raise your hand after you come back. Get ready! Go!</p> <p>2. 四足跪姿爬行走 T: 雙手掌和雙膝在地板上，跪姿前進，遇到角錐即可起立慢跑回來。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Your hands and knees touch the ground. Move on your knees. Get to the cone and go back.</p>	<p>三角形角錐*8 圓盤角錐*8 波拉棒*4</p>	<p>利用身體不同方式與部位，前進動作協調順暢</p>

### 3.屁股走路

T:手放膝蓋上或舉高不可碰到地板，用屁股前進，遇到角錐即可起立慢跑回來。

**Teacher's talk** (可適當使用跨語言技巧)

Your hands are on knees.

Don't touch the ground.

Move on your bottom.

Get to the cone and go back.

## 二、平衡感練習

### 1.頭頂波拉棒前進

T:將波拉棒放在頭頂，雙手打開，保持平衡前進。若中途掉落，則需停在原地放好才能前進。

**Teacher's talk** (可適當使用跨語言技巧)

Put Devil Sticks on the head, loosen your hands, keep going in balance.

Stop moving when Devil Sticks drops.

Put it on the head and move on.

## 二、發展活動：(28 mins)

### 觀察與模仿

(一)觀察地墊教室 有那些圓形物品?例如時鐘、門把、電風扇等。

(二)T:想一想，生活中有哪些圓形物品?

(三)每位學生輪流前進到前面角錐處進行模仿，隊友們猜對即算過關。

T:誰知道他在模仿什麼呢? 學生：雪人

T:誰知道他在模仿什麼呢? 學生：游泳圈

T:誰知道他在模仿什麼呢? 學生：呼拉圈

**Teacher's talk** (可適當使用跨語言技巧)

What does he/she imitate? Ss: A snowman.

What does he/she imitate? Ss: A swim tube / swim ring.

What does he/she imitate? Ss: A hula hoop.

(四)想一想，還可以運用身體哪些部位做出很多圓呢?

T:大家一起數有幾個圓?

T:大家一起數有幾個圓?

T:大家一起數有幾個圓?

**Teacher's talk** (可適當使用跨語言技巧)

How many circles are there?

(五)我們剛剛做的是一個人利用身體不同部位造出圓，接下來我們要挑戰大家一起變成好多圓圈。分組討論，上台表演，做出最多圓的組別獲勝。

可頂物行走  
保持平衡

操作：  
以身體不同  
部位做出圓  
造型

與同伴合作  
串連圓造型  
評量原則：  
1.能用手、  
腳、軀幹等  
身體部位做  
出圓造型，  
至少三種  
2.能與同伴  
合作串聯圓  
造型至少兩  
種

<p>(六)在表演過程中，教師帶領學生逐一觀賞表演著的表現，並數一數表演者做出的圓的數量。</p> <p>T:大家一起數有幾個圓？</p> <p>T:哪一隊的圓最多?恭喜獲勝！</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>How many circles are there?</p> <p>Which team has the largest number of circles?</p> <p><b>三、綜合活動：(7 mins)</b></p> <p>T:請問你剛剛有看到哪些身體部位可以造出圓？</p> <p>T:最深刻印象的是哪一組表演?為什麼？</p> <p>T:下次我們還有更刺激的挑戰喔~</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Which parts can make a circle?</p> <p>Which team has a great performance? Why?</p> <p>What might happen next?</p> <p>第三位收最遠的角錐，第四位收最近的角錐。</p> <p>下課：謝謝老師，老師再見。</p> <p>◆ 器材長請收器材，電風扇長請關電風扇，電燈長請關燈。</p> <p>~~ 第二節 End ~~</p>		
<p><b>教學單元二：平衡感，難不倒我</b></p>	<p>教學資源</p>	<p>評量方式</p>
<p style="text-align: center;"><b>&lt;第三節&gt;：身體部位大挑戰</b></p> <p><b>一、引起動機：(5 mins)</b></p> <p>一、協調性練習</p> <p>1.接力折返跑</p> <p>T:全力衝刺，右去左回，擊掌後下一位出發；整組抵達安靜坐下舉手。</p> <p>預備，出發~</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Run/sprint. Go right and go back left (Go from right to left).</p> <p>GIVE ME FIVE. Then turn to next one.</p> <p>Sit down and raise your hand after you come back. Get ready! Go!</p> <p>2.四足跪姿爬行走</p> <p>T:雙手掌和雙膝在地板上，跪姿前進，遇到角錐即可起立慢跑回來。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Your hands and knees touch the ground.</p> <p>Move on your knees. Get to the cone and go back.</p>	<p>三角形角錐*20</p> <p>圓盤角錐*8</p> <p>軟飛盤*4</p> <p>軟跳箱墊*4</p>	<p>利用身體不同方式與部位，前進動作協調順暢</p>



### 3. 屁股走路

T: 手放膝蓋上或舉高不可碰到地板，用屁股前進，遇到角錐即可起立慢跑回來。

**Teacher's talk** (可適當使用跨語言技巧)

Your hands are on knees. Don't touch the ground.

Move on your bottom. Get to the cone and go back.

### 4. 側滾

T: 身體躺下雙手伸直夾耳朵，雙腳伸直，像烤香腸或玉米一樣側滾，遇到角錐即可起立慢跑回來。

**Teacher's talk** (可適當使用跨語言技巧)

Lie down, extend arms, and touch your ears.

Extend your legs. Roll over like a corn. Get to the cone and run back.

## 二、平衡感練習(在中間加放 3 個角錐)

1. 頭頂軟飛盤，繞三角型角錐 S 行行走。

T: 將軟飛盤放在頭頂，雙手打開，保持平衡前進，繞角錐 S 型。若中途掉落，則需停在原地放好才能前進。

**Teacher's talk** (可適當使用跨語言技巧)

Put the frisbee on the head, loosen your hands, keep going in balance.

Weave through cones (Cone Weaving).

Stop moving when the frisbee drops. Put it on the head and move on.

## 二、發展活動：(28 mins)

### ◆ 在終點處加放一層軟跳箱墊

T: 請運用身體不同部分，例如：頭、肩、耳朵、下巴、鼻子、手掌、手腕、手肘、肚子、腰、臀部、膝蓋、腳踝、腳趾頭等。停在跳箱墊上 3 秒鐘。

T: 請用右單腳站在跳箱墊上 3 秒鐘。

T: 左單腳

T: 肚子

T: 左手腕+右膝蓋

T: 右耳+右肩膀

T: 臀部+兩手掌

**Teacher's talk** (可適當使用跨語言技巧)

I can use my body parts.

I can use my head/ shoulder/ ear/ chin/ nose/ palm/ wrist/ elbow/ belly.

I can use my waist/ bottom/ knee/ ankle/ toe.

I can stand on my right foot on the vaulting box.

Left leg. Belly. Left wrist and right knee. Right ear and right shoulder.

Bottom and hands.

可頂物行走  
保持平衡

能利用身體  
不同部位停  
在墊子上  
3 秒鐘

<p>◆ 觀察與模仿</p> <p>1. 模仿物品</p> <p>T: 請模仿一張桌子</p> <p>T: 椅子</p> <p>T: 電視機</p> <p>T: 馬桶</p> <p>T: 電線桿</p> <p>T: 床</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>I can imitate a table/ a chair/ a TV/ a toilet/ a pole/ a bed.</p> <p>三、綜合活動：(7 mins)</p> <p>T: 平衡遊戲中你覺得哪一個部位平衡最難?</p> <p>T: 想一想今天的模仿的物品有什麼共同性?</p> <p>T: 下次我們還有更刺激的挑戰喔~</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Which part is the most difficult in this balancing game?</p> <p>What's in common with the imitation?</p> <p>What might happen next?</p> <p>第五位收最遠的角錐，第六位收最近的角錐。</p> <p>下課：謝謝老師，老師再見。</p> <p>◆ 器材長請收器材，電風扇長請關電風扇，電燈長請關燈。</p> <p>～～第三節 End～～</p>		<p>能觀察生活中的物品並表演出其特色</p> <p>口語評量</p>
<p style="text-align: center;"><b>&lt;第四節&gt;：人體樂高</b></p> <p>一、引起動機：(5 mins)</p> <p>一、協調性練習</p> <p>1. 接力折返跑</p> <p>T: 全力衝刺，右去左回，擊掌後下一位出發；整組抵達安靜坐下舉手。</p> <p>預備，出發~</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Run/sprint. Go right and go back left (Go from right to left).</p> <p>GIVE ME FIVE. Then turn to next one.</p> <p>Sit down and raise your hand after you come back.</p> <p>Get ready! Go!</p> <p>2. 四足跪姿爬行走</p> <p>T: 雙手掌和雙膝在地板上，跪姿前進，遇到角錐即可起立慢跑回來。</p>	<p>三角形角錐*20</p> <p>圓盤角錐*8</p> <p>波拉棒*4</p> <p>軟跳箱墊*4</p> <p>球*4</p>	<p>利用身體不同方式與部位，前進動作協調順暢</p>

**Teacher's talk** (可適當使用跨語言技巧)

Your hands and knees touch the ground.

Move on your knees. Get to the cone and go back.

3. 背向屁股走路

T: 手放膝蓋上或舉高不可碰到地板，用屁股前進，遇到角錐即可起立慢跑回來。

**Teacher's talk** (可適當使用跨語言技巧)

Your hands are on knees. Don't touch the ground.

Move on your bottom. Get to the cone and go back.

4. 側滾

T: 身體躺下雙手伸直夾耳朵，雙腳伸直，像烤香腸或玉米一樣側滾，遇到角錐即可起立慢跑回來。

**Teacher's talk** (可適當使用跨語言技巧)

Lie down, extend arms, and touch your ears.

Extend your legs. Roll over like a corn. Get to the cone and run back.

**二、發展活動：(28 mins)**

◆ 平衡感練習(在中間加放3個角錐)

1. 頭頂波拉棒，繞三角型角錐S行行走。

T: 將波拉棒放在頭頂，雙手打開，保持平衡前進，繞角錐S型。若中途掉落，則需停在原地放好才能前進。

**Teacher's talk** (可適當使用跨語言技巧)

Put Devil Sticks on the head, loosen your hands, keep going in balance.

Stop moving when Devil Sticks drops. Put it on the head and move on.

2. 雙人組合(在終點處加放一層軟跳箱墊)

T: 請運用身體不同部分，例如：頭、肩、耳朵、下巴、鼻子、手掌、手腕、手肘、肚子、腰、臀部、膝蓋、腳踝、腳趾頭等。停在跳箱墊上3秒鐘。上一次是單人，今天要挑戰雙人。

T: 兩人右單腳站在跳箱墊上，左膝相碰。

T: 兩人屁股在墊子上，腳底相碰。

T: 兩人左膝跪地，右手相碰。

T: 兩人背對背相碰踮腳。

T: 其中一人右腳+右手，另一位左手+左腳。

T: 其中一人右腳+左手，另一位左腳+右手。

**Teacher's talk** (可適當使用跨語言技巧)

We can use our body parts.

We can use our heads/ shoulders /ears /chins /noses /palms /wrists.

We can use our elbows/ bellies/ waists/ bottoms/ knees/ ankles/ toes.

We can stand on our right feet on the vaulting box 3 minutes.

可頂物行走  
保持平衡

能利用身體  
不同部位與  
夥伴合作停  
在墊子上  
3秒鐘

Our right feet stand on the vaulting box.  
Our left knees touch each other.  
Our bottoms sit on the mat. We touch each other's soles.  
Our left knees kneel down. We touch each other's hands.  
We stand back to back and stand on your toes.  
One stands on the right foot and right hand.  
The other stands on the left hand and the left foot.  
One stands on the right foot and the left hand.  
The other stands on the left foot and the right hand.

### 3. 雙人模仿遊戲

T: 兩人合作拼出一個圓型

T: 兩人合作拼出一個三角形

T: 兩人合作拼出一個長方形

T: 兩人合作拼出一張桌子

T: 兩人合作拼出一個碗

T: 兩人合作拼出一個雪人

#### **Teacher's talk** (可適當使用跨語言技巧)

Let's make a circle.

Let's make a triangle.

Let's make a square.

Let's make a table.

Let's make a bowl.

Let's make a snowman.

### 三、綜合活動：(7 mins)

T: 你覺得兩人合作還能拼出什麼東西?

T: 你是如何和夥伴一起想出來的?

T: 下次我們還有更刺激的挑戰喔~

#### **Teacher's talk** (可適當使用跨語言技巧)

What else do we make?

How do we think?

What might happen next?

隊長收最遠的角錐，第二位收最近的角錐。

下課：謝謝老師，老師再見。

◆ 器材長請收器材，電風扇長請關電風扇，電燈長請關燈。

~~ 第四節 End ~~

可以和同伴  
合作拼出造  
型

教學單元三：超級變變變	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第五節&gt;：創意組合 123</b></p> <p><b>一、引起動機：(5 mins)</b></p> <p>◆ 敏捷+平衡+模仿練習</p> <p>用不同行進方式走到跳箱墊上做出教師指令動作 3 秒鐘</p> <p>T:爬行出發→請下巴+肚子+膝蓋碰地</p> <p>T:屁股走路出發→請右肩膀+左小腿碰地</p> <p>T:側滾出發→請蹲馬步停 3 秒</p> <p>T:後退走出發→請肚子碰地</p> <p>T:鴨子走路出發→請兩手掌+兩腳掌碰地</p> <p>T:大象走出發→請臀部+肩膀碰地</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Start crawling!</p> <p>Your chin, belly and knee touch the ground.</p> <p>Walk with your bottom!</p> <p>Your right shoulder and left leg touch the ground.</p> <p>Roll over! Squat for 3 minutes.</p> <p>Walk backwards! Your belly touches the ground.</p> <p>Walk like a duck! Your hands and feet touch the ground.</p> <p>Walk like an elephant! Your bottom and shoulder touch the ground.</p> <p><b>二、發展活動：(28 mins)</b></p> <p>1. 雙手叉腰開合跳前進，在跳箱墊上做出教師指令模仿動物</p> <p>T:雙手叉腰開合跳前進，第一位請模仿小白兔</p> <p>T:模仿鱷魚</p> <p>T:模仿小狗</p> <p>T:模仿烏龜</p> <p>T:模仿小鳥</p> <p>T:模仿美人魚</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Stand with hands on your waist. Do jumping jacks and move!</p> <p>The first one imitates a rabbit.</p> <p>Imitate a crocodile.</p> <p>Imitate a dog.</p> <p>Imitate a turtle.</p> <p>Imitate a bird.</p> <p>Imitate a mermaid</p>	<p>三角形角錐*8</p> <p>圓盤角錐*8</p> <p>軟跳箱墊*4</p>	<p>可以利用至少兩種部位在墊子上保持平衡</p> <p>能模仿出動物特色</p>

2. 兩人一組，側併步拍手前進

T: 兩人面對面擊掌側併步前進到跳箱墊上

T: 一人當桌子，一人當椅子

T: 一人當釣魚的人，一人當魚

T: 一人當蝴蝶，一人當花朵

T: 一人當電線桿，一人當小狗

T: 一人當籃框，一人當籃球

T: 一人當風箏，一人當放風箏的人

**Teacher's talk** (可適當使用跨語言技巧)

High-five and face to face. Walk to the mat of vaulting box.

One is like a table, and the other is like a chair.

One is like a fisherman, and the other is like fish.

One is like a butterfly, and the other is like a flower.

One is like a pole, and the other is like a dog.

One is like a basketball hoop, and the other is like a basketball.

One is like a kite, and the other is like a man flying kite.

3. 三人一組，勾肩搭背腳前踢前進

T: 三人一組，勾肩搭背腳前踢前進

T: 三人合作成一架飛機

T: 兩人拼成一間狗屋，裡面有一隻小狗休息

T: 兩人拼成一台腳踏車，一人騎腳踏車

T: 兩人拼成一個電視機，電視機裡面有明星在跳舞

T: 兩人拼成一台電風扇，一人在吹電風扇

T: 兩人拼成一個浴缸，一人在內玩水

**Teacher's talk** (可適當使用跨語言技巧)

Let three be a team. Kick and walk with hand on shoulder.

Work together and make a plane.

Two people make a dog house (kennel). the other is in it.

Two people make a bicycle. The other is riding a bike.

Two people make a TV. The other is dancing like an idol.

Two people make a fan. The other is enjoying the wind.

Two people make a bathtub. The other is playing in the Water.

三、綜合活動：(7 mins)

T: 你們最喜歡哪一組的表演? 為什麼?

T: 下次我們還有更刺激的挑戰喔~

**Teacher's talk** (可適當使用跨語言技巧)

Which performance do you like best? Why?

What might happen next?

可以和同伴合作，創造情境

可以和同伴合作拼出造型

能專注欣賞同學的表演，說出表演特色

<p>第三位收最遠的角錐，第四位收最近的角錐。</p> <p>下課：謝謝老師，老師再見。</p> <p>◆ 器材長請收器材，電風扇長請關電風扇，電燈長請關燈。</p> <p style="text-align: center;">～～第五節 End～～</p>		
<p style="text-align: center;"><b>&lt;第六節&gt;：樂園新玩法~</b></p> <p><b>一、引起動機：(5 mins)</b></p> <p>◆ 今天我們的課程重點是要將之前學過的不同行進方式結合不同身體部位平衡動作，加上你們對生活的觀察用想像力發揮出來。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>The focus of our course today is to combine the different ways of traveling that we have learned before and balance the movements of different body parts, plus your observation of life to use the power of imagery.</p> <p>◆ 利用不同前進動作，並能利用不同部位支撐停留。</p> <p>1. 爬行走→教師指定支撐點停留 3 秒鐘 (例如：單腳站立→人體蹺蹺板(臀部)、右手加左腳等。)</p> <p>2. 開合跳→模仿遊戲 (動物類：ex 蛇、大象、魚、豬、美人魚...)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Use different forward motions and be able to use different parts to support and stay.</p> <p>1. Crawl walking. → The teacher designated the support point to stay for 3 seconds. (For example: standing on one foot. → Human seesaw (buttocks), right hand and left foot, etc.)</p> <p>2. Jumping Jacks. → Imitate game. (Such as snake, elephant, fish, pig, mermaid...)</p> <p><b>二、發展活動：(28 mins)</b></p> <p>◆ 兩人一組：側跳拍手→合作模仿遊戲</p> <p>T: 茶壺與茶杯 T: 蝴蝶吸花蜜 T: 小狗撒尿</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>A group of two: side jump and clap hands→Cooperative imitation game. Teapot and cup. Butterflies suck nectar. The puppy to pee.</p>	<p>角錐設置起點與終點； 哨子、鈴鼓、圖卡、三角形角錐*8、圓盤角錐*12、跳箱墊*4、音樂。</p>	<p>聽懂老師指令且知道其身體部位並做出完整動作</p> <p>透過肢體展現動作美感、表達情感與思想、創意、動作技巧與文化精神，同時能欣賞各種表現類型及文化特徵。</p> <p>能完成關卡指定動作，發揮創意並能與同學合作。</p>

◆ 三人一組：勾肩搭背腳前踢前進

T:飛機

T:腳踏車

T:狗在狗屋裡

**Teacher's talk** (可適當使用跨語言技巧)

Let three be one team: Put your arms around partner's shoulder. Front kick and go forward.

Airplane.

Bicycle...

A dog in the doghouse.

◆ 教師請學生思考不同的模仿方式，並鼓勵學生將想法試著做出來。

**Teacher's talk** (可適當使用跨語言技巧)

Students imitate in different ways and try to do it.

Practice and act out different movements.

◆ 超級猜猜猜(交通工具類、動物類、遊戲類、卡通故事類...等)

1. 教師準備題目，每一組抽一題，二分鐘討論，分組表演，其他組猜答案。

2. 全班學生分為4組，輪流表演，其他觀賞者猜答案。

**Teacher's talk** (可適當使用跨語言技巧)

Guess what!

1. Grouping: each group will guess one question.

Discuss in two minutes. Let other groups answer after acting it out.

2. Four groups: one group acts it out, and the others answer it.

三、綜合活動：(7 mins)

◆ 重點歸納：欣賞其他同學的創作。(Watch and admire.)

T:最喜歡哪一個活動?為什麼?

T:那一個部分最難表演?為什麼?

T:這6堂體操課你學到些什麼?

T:可以回家表演給家人猜一猜

**Teacher's talk** (可適當使用跨語言技巧)

Which game do you like best? Why?

Which part is difficult to play? Why?

Show your performance to your family.

第五位收最遠的角錐，第六位收最近的角錐。

下課：謝謝老師，老師再見。

◆ 器材長請收器材，電風扇長請關電風扇，電燈長請關燈。

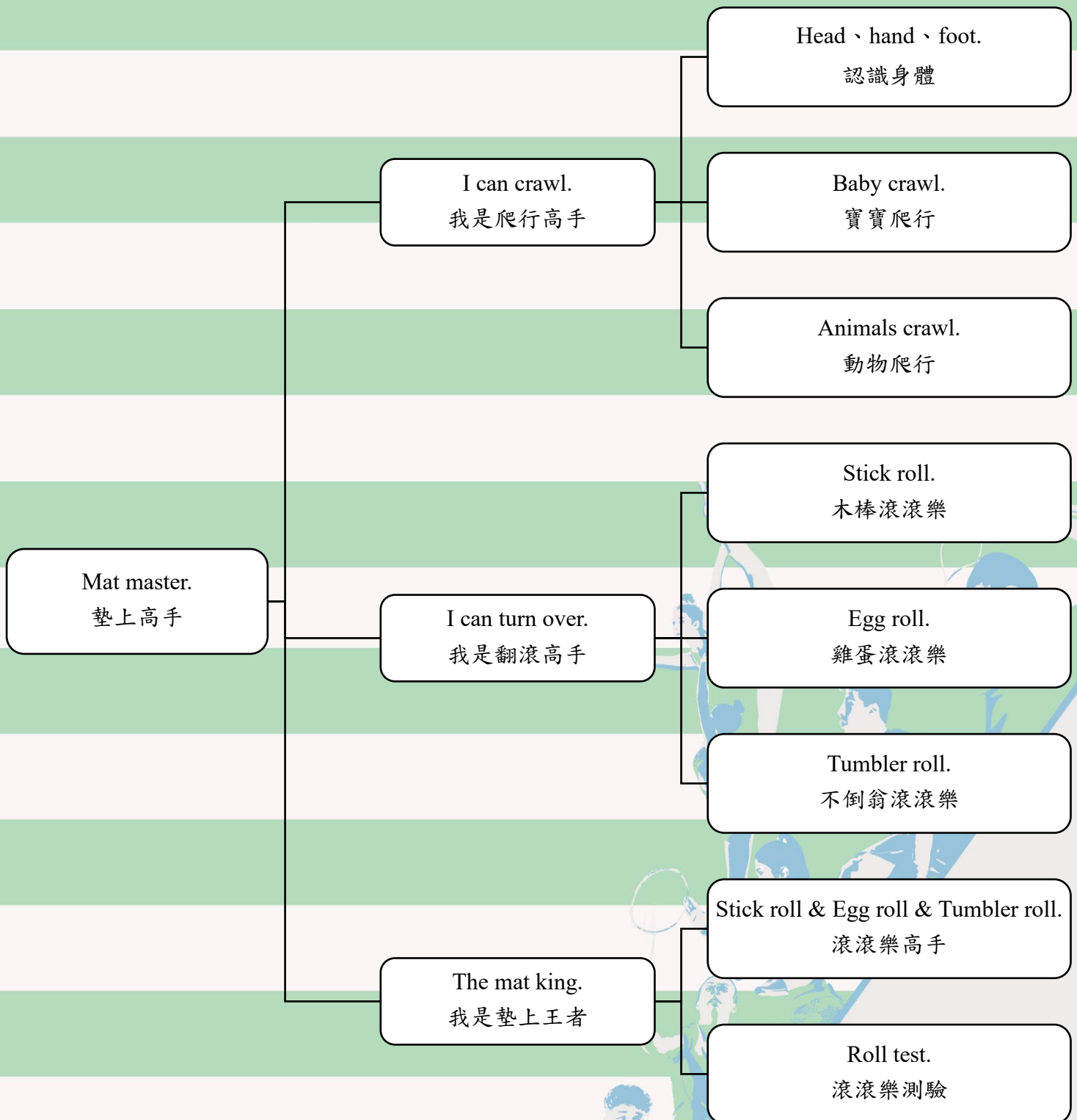
~~ 第六節 End~~

輪流分享各組表演的優點並與同學充分互動。



# 單元架構

## Unit 3-2 墊上高手



主題名稱	墊上高手	教學設計者	臺中市豐原區瑞穗國民小學 雙語教學團隊
學習對象	二年級 下學期	學習節次	8 節課(320 分鐘)
學習內容	Ab-I-1 體適能遊戲。 Bc-I-1 各項暖身伸展動作。 Cb-I-1 運動安全常識、運動對身體健康的益處。 Cb-I-2 班級體育活動。 Fa-I-2 與家人及朋友和諧相處的方式。 Ga-I-1 走、跑、跳與投擲遊戲。 Ia-I-1 滾翻、支撐、平衡、懸垂遊戲。		
學習表現	1c-I-1 認識身體活動的基本動作。 1d-I-1 描述動作技能基本常識。 2c-I-1 表現尊重的團體互動行為。 2c-I-2 表現認真參與的學習態度。 3c-I-1 表現基本動作與模仿的能力。		
學習目標	1.能說出身體的部位。 2.能體會並且了解墊上爬與滾感受。 3.能知道並學習三種不同的滾的方式。 4.能盡力完成墊上的運動。 5.能知道並學習兩種不同的爬的方式。 6.能遵守比賽及遊戲規則，並與同學相互合作。 7.能遵守測驗規則並且盡力完成測驗項目。		
教學方法	三段式教學法、直接教學法(講述)、示範教學		
教學資源	角錐、軟墊、便利貼		
學科英語詞彙	Touch, crawl, copy, turn over, tumble, limbs, stretch, hold, front, back, left, right, follow, stick, roll, balance, Mimic show, head, hand, foot, crawl, turn over, tiger, lion, elephant.		
學科英語句型 (視教材內容)	Touch my head. Teacher, we're done. I can crawl. I am a tiger / a lion / an elephant. I can turn over.		

教學單元一：我是爬行高手	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第一節&gt;：認識身體</b></p> <p><b>一、暖身活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Greetings and call the roll.</li> <li>2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</li> <li>3. Let's warm up! (如附件 1)</li> <li>4. Run one lap and walk one lap. Go!</li> </ol> <p><b>二、發展活動：(22 mins) --認識頭、手、腳</b></p> <ol style="list-style-type: none"> <li>1. 摸摸頭 T: Touch your head. S: Touch my head.</li> <li>2. 複習單腳站立平衡 (左右) Keep your balance T: Stand on right foot. T: Stand on left foot.</li> <li>3. 頭手腳有幾隻? How many? 5 人一組，共 6 組，在指定的墊子上，配合老師的口令分別去組合成多少隻手？多少隻腳？多少顆頭？在墊子上，其他額外的頭手腳不能留在墊子上，必須藏起來。 T: 每組預備，聽口令，5 隻手、7 隻腳、0 顆頭 S: 學生開使討論..... T: I want 5 hands, 7 feet, and 0 head. S: Teacher, we're done.</li> </ol> <p><b>三、綜合活動：(8 mins)</b></p> <p><b>[總結性-口語評量]：</b></p> <ol style="list-style-type: none"> <li>1. 總結本次上課主要內容。</li> <li>2. 肯定與獎勵表現優秀學生。Good job!</li> <li>3. 收器材結束，下課。See you next time!</li> </ol> <p><b>[對應學習目標]：</b></p> <ol style="list-style-type: none"> <li>1. 能體會並說出感受。</li> </ol> <p style="text-align: center;">~~ 第一節 End ~~</p>	<p style="text-align: center;">軟墊</p>	<p style="text-align: center;">實作評量</p> <p style="text-align: center;">實作評量</p> <p style="text-align: center;">口語評量</p>

<第二節>：寶寶爬行

一、暖身活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Greetings and call the roll.
2. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
Ss: 1, 2.
3. Let's warm up! (如附件 1)
4. Run one lap and walk one lap. Go!

二、發展活動：(22 mins) --寶寶爬行&進擊的寶寶

1. 複習平衡單腳站立 (左、右)
2. 寶寶爬行 Baby crawl  
5 人一組，共 6 組，10-15 公尺距離 做寶寶爬行。  
(注意膝蓋及速度不要太快)  
T: 預備, go!  
S: 爬行  
T: Let's crawl like a baby. Ready, go.  
S: I can crawl.

3. 進擊的寶寶

- 5 人一組，共 6 組，10-15 公尺距離。
- 分別在終點放置一個三角錐和 10-15 個圓盤角錐，吹哨出發到終點把散落地上的圓盤角錐放置三角錐中間，回來擊掌，看哪一組獲勝。
- T: 預備, go!  
S: 爬行  
T: Place the disc cone onto the cone. Ready, set, go.  
S: I can crawl.

三、綜合活動：(8 mins)

[總結性-口語評量]：

1. 總結本次上課主要內容。
2. 肯定與獎勵表現優秀學生。Good job!
3. 收器材結束，下課。See you next time!

[對應學習目標]：

1. 能體會並說出感受。

~~ 第二節 End ~~

實作評量

角錐

實作評量

口語評量

<第三節>：動物爬行

一、暖身活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Greetings and call the roll.
2. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
Ss: 1, 2.
3. Let's warm up! (如附件 1)
4. Run one lap and walk one lap. Go!

二、發展活動：(22 mins) --模仿秀&動物大暴走

1. 複習寶寶爬行 Baby crawl
2. 模仿秀：四肢撐地、爬行 Mimic show  
T: 請問同學有哪些動物是四隻腳走路的  
S: 老虎、獅子、大象....  
T: 那我們開始模仿這些動物走路 (勿用跑的)  
S: 學生模仿秀  
T: What kinds of animals walk on four feet?  
S: Tiger, lion, elephant...  
T: Let's copy the way these animals walk. Don't run.  
S: I am a tiger / a lion / an elephant.
3. 動物大暴走 Animals crawl

5 人一組，共 6 組，10-15 公尺距離。

終點放置一個角錐，哨聲出發後，每位使用四肢爬行出發，繞過角錐回來後，擊掌下一個出發。

- T: 預備, go!  
S: 爬行  
T: Let's crawl on four limbs. Ready, go.  
S: I can crawl.

三、綜合活動：(8 mins)

**[總結性-口語評量]**：

1. 總結本次上課主要內容。
2. 肯定與獎勵表現優秀學生。Good job!
3. 收器材結束，下課。See you next time!

**[對應學習目標]**：

1. 能體會並說出感受。

~~ 第三節 End ~~

實作評量

實作評量

角錐

口語評量

教學單元二：我是翻滾高手	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第四節&gt;：木棒滾滾樂</b></p> <p><b>一、暖身活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Greetings and call the roll.</li> <li>2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</li> <li>3. Let's warm up! (如附件 1)</li> <li>4. Run one lap and walk one lap. Go!</li> </ol> <p><b>二、發展活動：(22 mins) --木棒滾&amp;我是烤肉串</b></p> <ol style="list-style-type: none"> <li>1. 複習平衡單腳站立 (左、右)</li> <li>2. 木棒滾 Stick roll 5 人一組，共 6 組，每組 1-3 個大型墊子。 示範木棒滾 (注意標準動作：雙手伸直貼近耳朵，雙腳伸直翻滾) 口訣：手舉→腳直→翻 (滾) T: Stretch your arms to your ears, stretch your legs, and turn over. T: <b>Arm stretch → Legs stretch → Turn over</b> T: 預備, go! S: 開始滾 T: Ready, go. S: I can turn over.</li> <li>3. 我是烤肉串 Barbecue 老師準備 20-30 張便利貼 (或是魔鬼氈)，放在大型墊子上，每人 5 秒，看哪組最快用木棒滾的方式把便利貼黏在身上，完成後獲勝。 T: Let's do stick roll and stick the post-it on your body. Ready, go. S: I can turn over.</li> </ol> <p><b>三、綜合活動：(8 mins)</b></p> <p><b>[總結性-口語評量]：</b></p> <ol style="list-style-type: none"> <li>1. 總結本次上課主要內容。</li> <li>2. 肯定與獎勵表現優秀學生。Good job!</li> <li>3. 收器材結束，下課。See you next time!</li> </ol> <p><b>[對應學習目標]：</b></p> <ol style="list-style-type: none"> <li>1. 能體會並說出感受。</li> </ol> <p style="text-align: center;">~~ 第四節 End ~~</p>	<p>便利貼 角錐 大型墊子</p>	<p>實作評量</p> <p>實作評量</p> <p>口語評量</p>

<第五節>：雞蛋滾滾樂

一、暖身活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Greetings and call the roll.
2. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
Ss: 1, 2.
3. Let's warm up! (如附件 1)
4. Run one lap and walk one lap. Go!

二、發展活動：(22 mins) --雞蛋側滾&雞蛋翻滾秀

1. 雞蛋側滾 Egg roll

5 人一組，共 6 組，每組 1-3 個大型墊子。

示範雞蛋側滾（注意標準動作：腳捲起雙手放著胸前翻滾）

口訣：手放臉前→腳捲曲→翻（滾）

**T: Hands before your face → Curl your legs → Turn over**

2. 雞蛋翻滾秀 Egg roll show

5 人一組，共 6 組，每組 1-3 個大型墊子。

墊子當作輸送帶，每組聽到口哨後出發使用雞蛋側滾，每三個小組當一組別，另外三組在輸送帶旁邊坐保護提醒是否超出墊子，看哪組用的時間最少獲勝。

T: Be careful. Ready go!

S: I can turn over.

三、綜合活動：(8 mins)

**[總結性-口語評量]**：

1. 總結本次上課主要內容。
2. 肯定與獎勵表現優秀學生。Good job!
3. 收器材結束，下課。See you next time!

**[對應學習目標]**：

1. 能體會並說出感受。

～～第五節 End～～

實作評量

實作評量

大型墊子

口語評量

<第六節>：不倒翁滾滾樂

一、暖身活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Greetings and call the roll.
2. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
Ss: 1, 2.
3. Let's warm up! (如附件 1)
4. Run one lap and walk one lap. Go!

二、發展活動：(22 mins) --不倒翁滾&不倒翁之烏龜烏龜翹

1. 複習雞蛋側滾

2. 不倒翁滾 Tumbler roll

5 人一組，共 6 組，每組 1-3 個大型墊子。

示範不倒翁滾 (注意標準動作：雙腳腳底碰在一起後雙手握著雙腳，雙腿自然呈現菱形)

口訣：腳合→握住→旋轉 (滾)

**T: Feet together → Hold your legs → Tumble**

3. 不倒翁之烏龜烏龜翹 One, two, throw, follow me.

2 人一組做競賽，猜拳決定誰先喊前後左右，使用不倒翁滾來競賽。

(A, B 同學猜拳)

A: 左(先喊然後不倒翁滾左邊)

B 不能跟 A 一樣，一樣就算輸了，不一樣就換 B 進攻。

T: 2 people in a team. Play rock, paper, scissors, shoot.

T: If A wins, A says front, back, left, or right and turns over to that side.

T: If B does the same as A, B loses.

T: If B does different from A, it's B's turn to say and turn over.

三、綜合活動：(8 mins)

**[總結性-口語評量]**：

1. 總結本次上課主要內容。
2. 肯定與獎勵表現優秀學生。Good job!
3. 收器材結束，下課。See you next time!

**[對應學習目標]**：

1. 能體會並說出感受。

~~ 第六節 End~~

實作評量

大型墊子

實作評量

口語評量



教學單元三：我是墊上王者	教學資源	評量方式								
<p style="text-align: center;"><b>&lt;第七節&gt;：滾滾樂高手</b></p> <p><b>一、暖身活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Greetings and call the roll.</li> <li>2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</li> <li>3. Let's warm up! (如附件 1)</li> <li>4. Run one lap and walk one lap. Go!</li> </ol> <p><b>二、發展活動：(22 mins) --進階遊戲</b></p> <ol style="list-style-type: none"> <li>1. 複習平衡單腳站立 (左、右)</li> <li>2. 複習考試內容</li> </ol> <table border="1" data-bbox="130 947 1069 1391"> <thead> <tr> <th>動作</th> <th>口訣</th> </tr> </thead> <tbody> <tr> <td>木棒滾 Stick roll</td> <td>手舉→腳直→翻 (滾) Arm stretch→Legs stretch→Turn over</td> </tr> <tr> <td>雞蛋側滾 Egg roll</td> <td>手放臉前→腳捲曲→翻 (滾) Hands before your face→ Curl your legs → Turn over</td> </tr> <tr> <td>不倒翁滾 Tumbler roll</td> <td>腳合→握住→旋轉 (滾) Feet together→Hold your legs→Tumble</td> </tr> </tbody> </table> <ol style="list-style-type: none"> <li>3. 進階遊戲 5 人一組，共 6 組，每組 1-3 個大型墊子。 (使用英文並請學生唸出口訣後開始比賽)</li> </ol> <p><b>三、綜合活動：(8 mins)</b></p> <p><b>[總結性-口語評量]：</b></p> <ol style="list-style-type: none"> <li>1. 總結本次上課主要內容。</li> <li>2. 肯定與獎勵表現優秀學生。Good job!</li> <li>3. 收器材結束，下課。See you next time!</li> </ol> <p><b>[對應學習目標]：</b></p> <ol style="list-style-type: none"> <li>1. 能體會並說出感受。</li> </ol> <p style="text-align: center;">~~ 第七節 End~~</p>	動作	口訣	木棒滾 Stick roll	手舉→腳直→翻 (滾) Arm stretch→Legs stretch→Turn over	雞蛋側滾 Egg roll	手放臉前→腳捲曲→翻 (滾) Hands before your face→ Curl your legs → Turn over	不倒翁滾 Tumbler roll	腳合→握住→旋轉 (滾) Feet together→Hold your legs→Tumble	<p style="text-align: center;">實作評量</p> <p style="text-align: center;">實作評量</p> <p style="text-align: center;">大型墊子</p> <p style="text-align: center;">口語評量</p>	
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不倒翁滾 Tumbler roll	腳合→握住→旋轉 (滾) Feet together→Hold your legs→Tumble									

<第八節>：滾滾樂測驗

一、暖身活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Greetings and call the roll.
2. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
Ss: 1, 2.
3. Let's warm up! (如附件 1)
4. Run one lap and walk one lap. Go!

二、發展活動：(22 mins)

1. 解說考試規定：每位學生抽兩題，學生說出口令後。
2. 複習考試內容

動作	口訣
木棒滾 Stick roll	手舉→腳直→翻(滾) Arm stretch→Legs stretch→Turn over
雞蛋側滾 Egg roll	手放臉前→腳捲曲→翻(滾) Hands before your face→Curl your legs→Turn over
不倒翁滾 Tumbler roll	腳合→握住→旋轉(滾) Feet together→Hold your legs→Tumble

考試-評分標準(一個小朋友抽兩題)(英文+動作+口訣)

全對	100 分
錯一	97 分
錯二	95 分
錯三	93 分
錯四以上	90 分

三、綜合活動：(8 mins)

**[總結性-口語評量]**：

1. 總結本次上課主要內容。
2. 肯定與獎勵表現優秀學生。Good job!
3. 收器材結束，下課。See you next time!

**[對應學習目標]**：

1. 能體會並說出感受。

~~ 第八節 End ~~

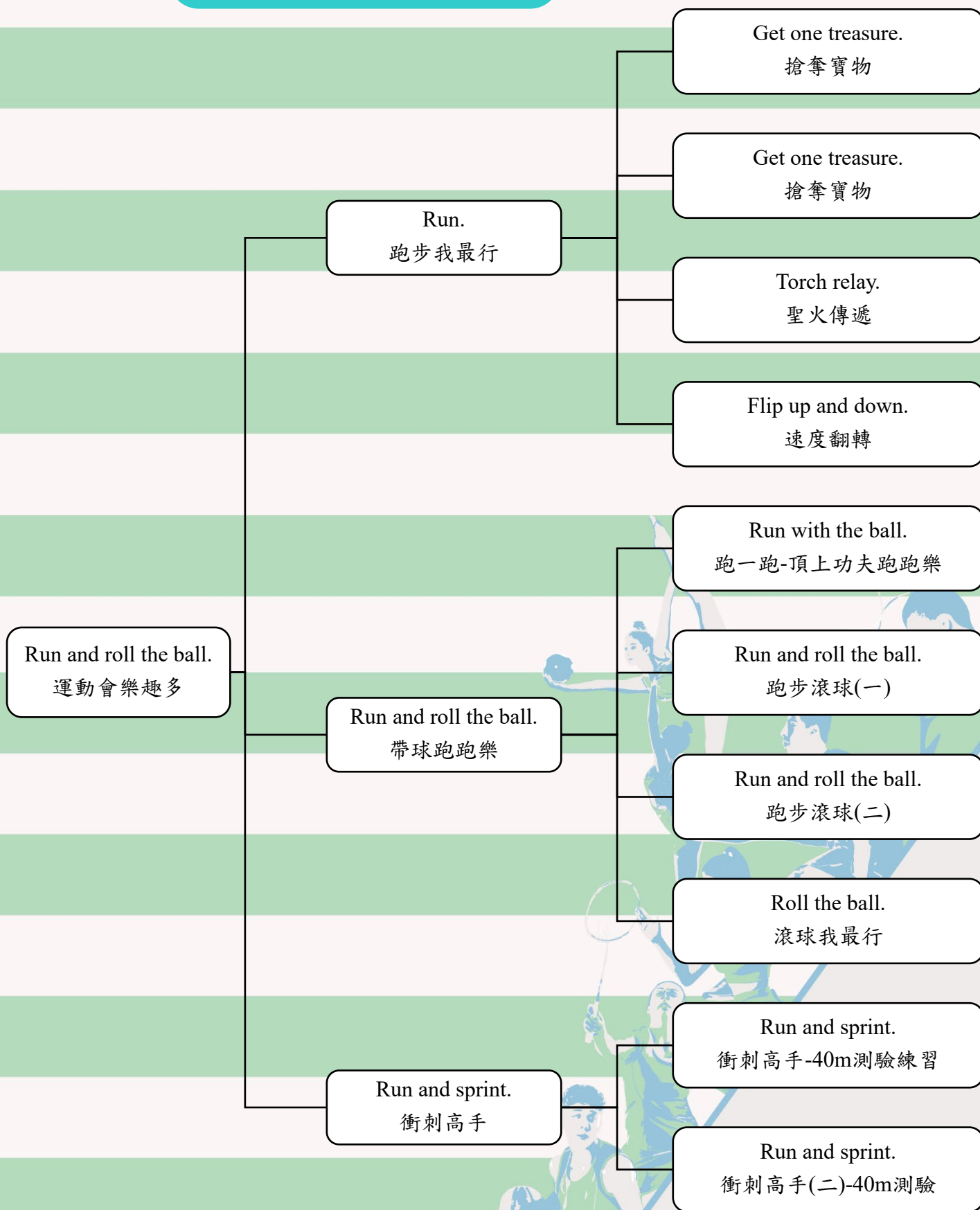
實作評量

實作評量

口語評量

# 單元架構

## Unit 4-1 運動會樂趣多



主題名稱	運動會樂趣多	教學設計者	臺中市豐原區瑞穗國民小學 吳孟珈、陳瑋軒
學習對象	二年級	學習節次	10 節課(400 分鐘)
學習內容	Ab-I-1 體適能遊戲。 Ga-I-1 走、跑、跳與投擲遊戲。		
學習表現	1c-I-1 認識身體活動的基本動作。 1d-I-1 描述動作技能基本常識。 2c-I-1 表現尊重的團體互動行為。 2c-I-2 表現認真參與的學習態度。 2d-I-1 專注觀賞他人的動作表現。 3c-I-1 表現基本動作與模仿的能力。 3c-I-2 表現安全的身體活動行為。		
學習目標	1. A1 具備身心健全發展的素質，擁有合宜的人性觀與自我觀，同時透過選擇、分析與運用新知，有效規劃生涯發展，探尋生命意義，並不斷自我精進，追求至善。 2. C2 具備友善的人際情懷及與他人建立良好的互動關係，並發展與人溝通協調、包容異己、社會參與及服務等團隊合作的素養。 3. 健體-E-A1 具備良好身體活動與健康生活的習慣，以促進身心健全發展，並認識個人特質，發展運動與保健的潛能。 4. 健體-E-C2 具備同理他人感受，在體育活動和健康生活中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。		
教學方法	適性教學		
教學資源	自製教材		
學科英語詞彙	forward, lane, across, finish line, slow down, stop sit, stand up, turn back, big, soft		
學科英語句型 (視教材內容)	Look forward. Stay in your lane. Stay in my lane. Across the finish line. Slow down and stop. Turn back. Roll the ball with one hand/ two hands. Lunge forward. Lift your legs and touch your hands. Swing my arms. Lift and touch		

教學單元一：跑步我最行	教學資源	評量方式				
<p style="text-align: center;"><b>&lt;第一節&gt;：搶奪寶物</b></p> <p><b>一、準備活動：(5 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S: 1, 2.</li> <li>2. Let's warm up! (如附件 1)</li> <li>3. Run one lap. Go!</li> </ol> <p><b>二、發展活動：(28 mins)</b></p> <p>1. 動一動</p> <p>(1) 弓箭步 Forward lunge. 以弓箭步站姿，擺臂數次，更接近跑步動作</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Students stand in a lunge with one foot in front of the other, and bend their knees. While lunging, practice arm swinging.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">T: Lunge forward.</td> </tr> <tr> <td style="padding: 5px;">S: Lunge forward.</td> </tr> </table> <p>(2) 擺臂 Arm swing. 讓學生維持一腳前一腳後的站姿，進行擺臂動作，提醒學生將手肘彎曲 90 度，前後擺動，過程中注意身體不能晃動。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Students stand with one foot in front of the other. Bend arms to 90 degrees and swing back and forth. Remind students to keep their bodies still when swinging.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">T: Swing your arms. (Demo)</td> </tr> <tr> <td style="padding: 5px;">S: Swing my arms.</td> </tr> </table>	T: Lunge forward.	S: Lunge forward.	T: Swing your arms. (Demo)	S: Swing my arms.		
T: Lunge forward.						
S: Lunge forward.						
T: Swing your arms. (Demo)						
S: Swing my arms.						

(3) 抬腿 Leg lift.

原地站立，手掌心朝下平放置肚臍位子，抬腿將腿碰至手掌心。

**Teacher's talk** (可適當使用跨語言技巧)

Students stand and put your hands in front, palms face down.

Raise legs up to touch the palms.

T: Put your hands in front of your belly.
---

T: Lift your legs and touch your hands.
---

T: Lift and touch. (Demo)
---------------------------

S: Lift and touch.
--------------------

T: OK?
--------

S: OK.
--------

T: Go.
--------

(4) 跑步的注意事項：

T: 運動會快到了，我們有 40 公尺的比賽，跑步的時候要注意 4 個注意事項，請大聲地唸出來。
--

T: 1. Look forward.
---------------------

S: Look forward.
------------------

T: 2. Stay in your lane.
--------------------------

S: Stay in my lane.
---------------------

T: 3. Cross the finish line.
------------------------------

S: Cross the finish line.
---------------------------

T: 4. Slow down and stop.
---------------------------

S: Slow down and stop.
------------------------

2. 搶奪寶物

將班級分成四組，在中間區域放置寶物(角錐)，每組距離寶物區 10M，第一個人出發到中間搶奪寶物，一次只能拿一個，折返回去以後和隊友擊掌，下一個才能再出發。

T: 現在我們要分成四組，第一組，男生單數，第二組男生雙數，第三組女生單數，第四組女生雙數，有沒有看到中間的寶物。等等沿著自己的跑道，看著前方的寶物，跑過去之後拿起一個寶物，跑回來以後和隊友擊掌。
--

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's split into four teams.

T: Team 1, no. 1, 3, 5... Line up here.

T: Team 2, no. 2, 4, 6... Line up here.

T: Team 3, no. 21, 23, 25... Line up here.

T: Team 4, no. 22, 24, 26... Line up here.

T: Do you see the treasures in the middle?

S: Yes, I do.

T: On your lane, go get one treasure, come back and high five.

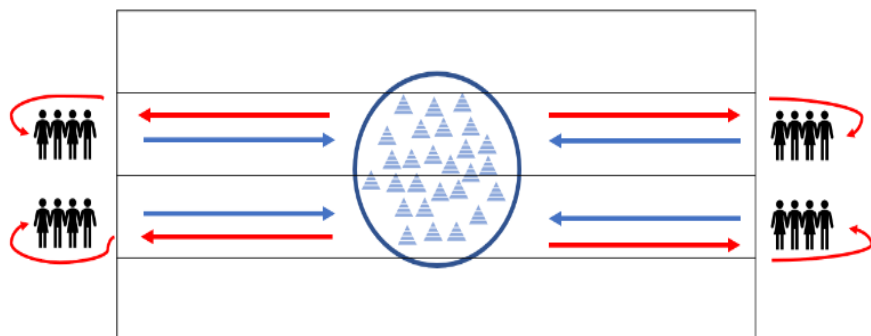
T: OK?

S: OK.

T: Ready, go!

T: 注意只能拿一個寶物，回來的時候一定要擊掌完畢才能出發，不然會撞到正在跑的同學。

T: Remember to high five, or you'll get hit.



**三、綜合活動：(7 mins)**

**[總結性-口語評量]：**

1. 詢問同學今天拿了多少個寶物。
2. 引導學生說出跑步的注意事項，並給予回饋。

**[對應學習目標]：**

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第一節 End ~~

<第二節>：跑一跑

一、準備活動：(5 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(28 mins)

1. 複習跑步姿勢

(1) 弓箭步 Forward lunge.

以弓箭步站姿，擺臂數次，更接近跑步動作

**Teacher's talk** (可適當使用跨語言技巧)

Students stand in a lunge with one foot in front of the other, and bend your knees.

While lunging, practice arm swing.

(2) 擺臂 Arm swing.

讓學生維持一腳前一腳後的站姿，進行擺臂動作，提醒學生將手肘彎曲 90 度，前後擺動，過程中注意身體不能晃動。

Students stand with one foot in front of the other.

Bend arms to 90 degrees and swing back and forth.

Remind students to keep their bodies still when swinging.

(3) 抬腿 Leg lift.

原地站立，手掌心朝下平放置肚臍位子，抬腿將腿碰至手掌心。

Students stand and hold hands out in front, palms face down.

Raise legs up and touch the palms.

(4) 複習跑步的注意事項：

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's review 4 tips for running.
T: 1. Look forward.
S: Look forward.
T: 2. Stay in your lane.
S: Stay in my lane.
T: 3. Cross the finish line.
S: Cross the finish line.
T: 4. Slow down and stop.
S: Slow down and stop.



## 2. 抬腿跑 High knee run

將學生散開以後，把手放在肚臍下方的位子，讓同慢慢地抬起大腿，是大腿去碰觸手不是手去碰觸大腿。

**Teacher's talk** (可適當使用跨語言技巧)

After hands out, put your hands under your belly button.

Raise your legs slowly to touch the hands.

T: Put your hands under your belly button.
Raise your legs to touch the hands. (demo)
T: Use your legs to touch your hands, not your hands to touch your legs. (demo)
T: Ready, go!
T: Speed up slowly.
T: Count to ten.
S: One, two, three ...

## 3. 跑一跑 Let's run.

將學生分成三組，每一組開始的姿勢都不同，跑至 20 公尺處要放慢速度並且停下來，聽到老師說 ok 才可以離開自己的跑道，並且從旁邊回去隊伍的最後面。

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's split into 3 teams.

T: Every team does different starting pose.

T: Run 20m, slow down, and stop.

T: When teacher says OK, you can leave your lane, and go back to your team.

(1) 高抬腿 10 次，衝刺

High knees 10 times, and then sprint.

(2) 小碎步跑，聽到哨聲後衝刺

Run in place using tiny steps, wait for the whistle, and then sprint.

(3) 盤腿坐，聽到哨聲後起立衝刺

Sit cross-legged, wait for the whistle, and then stand up and sprint.

(4) 坐姿雙腳伸直-正面，聽到哨聲後起立衝刺

Sit with legs straight out in front, wait for the whistle, and then stand up and sprint.

(5) 坐姿雙腳伸直-背面，聽到哨聲後起立衝刺。

Sit with legs straight out, facing away from the teacher.

Wait for the whistle, and then stand up, turn around, and sprint.

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's review 4 tips for running.

T: One?

S: Look forward.

T: Two?

S: Stay in my lane.

T: Three?

S: Cross the finish line.

T: Four?

S: Slow down and stop.

T: 非常好，等等跑到終點處，請一定要放慢速度，並且停留在自己的跑道上，聽到老師喊 ok 再從最外面的跑道，回到隊伍最後面。

T: First, high knee run.

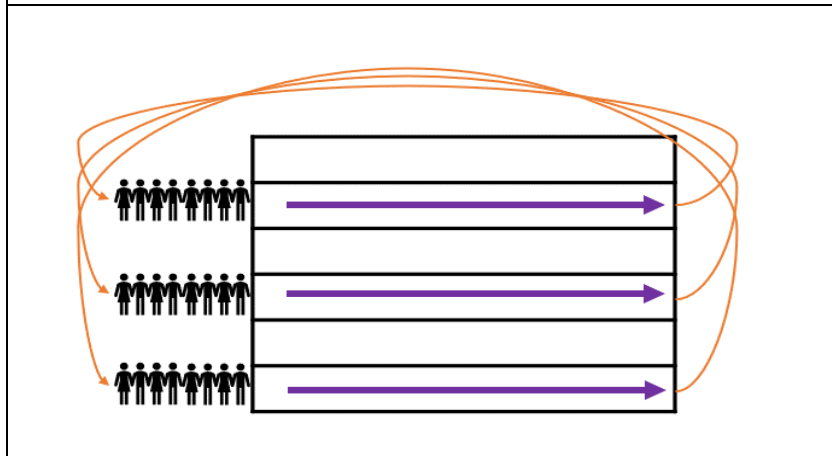
T: Ready, go!

S: One two three four five six seven eight nine ten.

T: Very good. Stay in your lane.

Across the finish line, slow down and stop.

T: Ok, go back.



**三、綜合活動：(7 mins)**

**[總結性-口語評量]：**

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 詢問同學今天跑步的時候有沒有做到跑步注意事項的四個要領。

**[對應學習目標]：**

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第二節 End ~~

<第三節>：聖火傳遞

一、準備活動：(5 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(28 mins)

1. 複習跑步姿勢

(1) 弓箭步 Forward lunge.

以弓箭步站姿，擺臂數次，更接近跑步動作

**Teacher's talk** (可適當使用跨語言技巧)

Students stand in a lunge with one foot in front of the other, and bend your knees. While lunging, practice arm swing.

(2) 擺臂 Arm swing.

讓學生維持一腳前一腳後的站姿，進行擺臂動作，提醒學生將手肘彎曲 90 度，前後擺動，過程中注意身體不能晃動。

Students stand with one foot in front of the other.

Bend arms to 90 degrees and swing back and forth.

Remind students to keep their bodies still when swinging.

(3) 抬腿 Leg lift.

原地站立，手掌心朝下平放置肚臍位子，抬腿將腿碰至手掌心。

Students stand and hold hands out in front, palms face down.

Raise legs up and touch the palms.

(4) 複習跑步的注意事項：

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's review 4 tips for running.
T: 1. Look forward.
S: Look forward.
T: 2. Stay in your lane.
S: Stay in my lane.
T: 3. Cross the finish line.
S: Cross the finish line.
T: 4. Slow down and stop.
S: Slow down and stop.

## 2. 抬腿跑 High knee run

將學生散開以後，把手放在肚臍下方的位子，讓同慢慢地抬起大腿，是大腿去碰觸手不是手去碰觸大腿。

**Teacher's talk** (可適當使用跨語言技巧)

After hands out, put your hands under your belly button.

Raise your legs slowly to touch the hands.

T: Put your hands under your belly button.

Raise your legs slowly to touch the hands.

T: Use your legs to touch your hands, not your hands to touch your legs.

T: Ready, go!

T: Speed up slowly.

T: Count to ten.

S: One, two, three ...

## 3. 聖火傳遞 Torch relay.

將班級分成三組，每組有兩個火炬(三角錐)，在第一位同學火炬(三角錐)上方放置火(小皮球)，進行 15 公尺的折返跑，不能讓火熄滅(掉下)，並且將火(小皮球)傳給下一棒的火炬(三角錐)上，在傳遞的過程中不能用手去碰觸(會燙傷)不能讓火熄滅(掉下)。

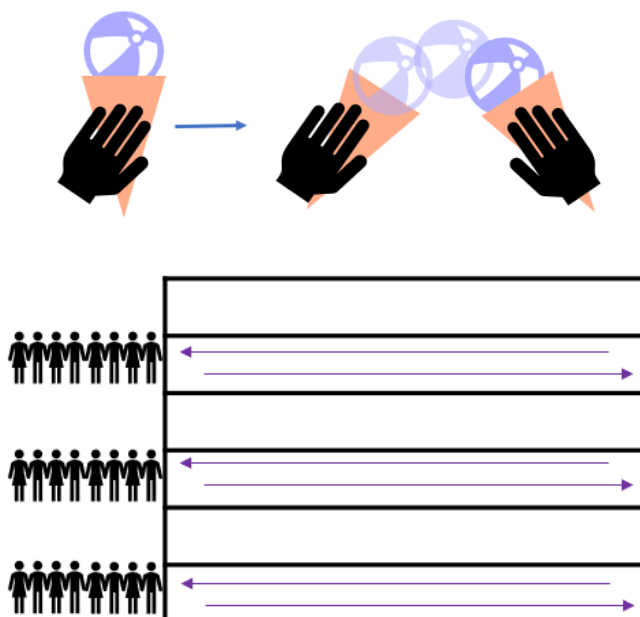
Let's split into three teams.

Each team has two cones and one ball.

Put the ball on the cone of the first one.

Do 15m shuttle run, don't let the ball fall down, and pass the ball to the next one.

When passing the ball, don't touch the ball.



<p>T: Ready, go!</p> <p>T: Don't touch the ball. (when passing)</p> <p>S: Go! Go! Go!</p> <p><b>三、綜合活動：(7 mins)</b></p> <p><b>[總結性-口語評量]：</b></p> <p>1.要學生說說今天自己的表現，並也說出同學表現很好的部分。</p> <p>2.詢問同學今天跑步的時候有沒有做到跑步注意事項的四個要領。</p> <p><b>[對應學習目標]：</b></p> <p>A1, C2, 健體-E-A1, 健體-E-C2</p> <p style="text-align: center;">～～第三節 End～～</p>											
<p style="text-align: center;"><b>&lt;第四節&gt;：速度翻轉</b></p> <p><b>一、準備活動：(5 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. T: Center, hands up.</p> <p>Ss: Hands up.</p> <p>T: Hands out.</p> <p>T: Attention!</p> <p>S: 1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p> <p><b>二、發展活動：(28 mins)</b></p> <p>1.複習跑步的注意事項：</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <table border="1" data-bbox="183 1509 1019 2036"> <tr><td>T: Let's review 4 tips for running.</td></tr> <tr><td>T: 1. Look forward.</td></tr> <tr><td>S: Look forward.</td></tr> <tr><td>T: 2. Stay in your lane.</td></tr> <tr><td>S: Stay in my lane.</td></tr> <tr><td>T: 3. Cross the finish line.</td></tr> <tr><td>S: Cross the finish line.</td></tr> <tr><td>T: 4. Slow down and stop.</td></tr> <tr><td>S: Slow down and stop.</td></tr> </table>	T: Let's review 4 tips for running.	T: 1. Look forward.	S: Look forward.	T: 2. Stay in your lane.	S: Stay in my lane.	T: 3. Cross the finish line.	S: Cross the finish line.	T: 4. Slow down and stop.	S: Slow down and stop.		
T: Let's review 4 tips for running.											
T: 1. Look forward.											
S: Look forward.											
T: 2. Stay in your lane.											
S: Stay in my lane.											
T: 3. Cross the finish line.											
S: Cross the finish line.											
T: 4. Slow down and stop.											
S: Slow down and stop.											

## 2. 抬腿跑 High knee run

將學生散開以後，把手放在肚臍下方的位子，讓同慢慢地抬起大腿，是大腿去碰觸手不是手去碰觸大腿。

**Teacher's talk** (可適當使用跨語言技巧)

After hands out, put your hands under your belly button.

Raise your legs slowly to touch the hands.

T: Put your hands under your belly button.

Raise your legs slowly to touch the hands.

T: Use your legs to touch your hands, not your hands to touch your legs.

T: Ready, go!

T: Speed up slowly.

T: Count to ten.

S: One, two, three ...

## 3. 速度翻轉 Flip up and down.

將隊伍分成四組，在中心點放置圓盤，有正反兩面數量剛好，兩組學生要負責將圓盤擺正，兩組學生要負責將圓盤翻面，計時五分鐘，時間到以後，看看正反兩面的圓盤數量哪個比較多。

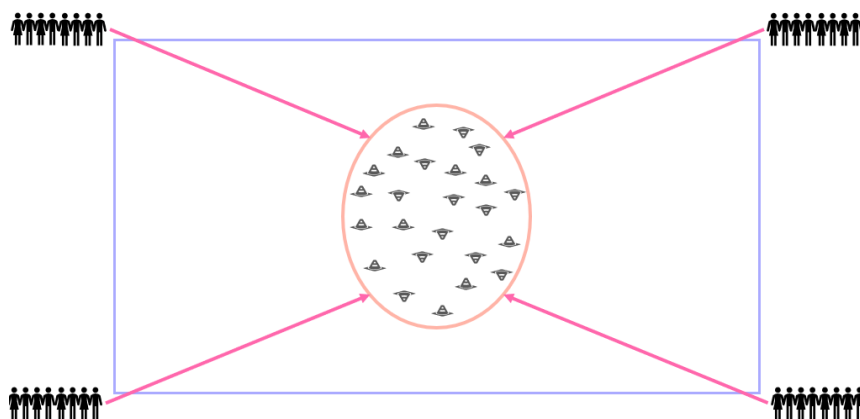
Let's split into four teams. Put disc cones in the middle.

The numbers of front and back cones are the same.

Two teams flip the cones to the back side.

Other teams flip the cones to the front side.

After 5 min, let's see which sides are more.



## 4. 一二三木頭人 One, two, three, freeze!

先教學四個動作英文：

(1) sit 坐

(2) stand 站立

(3) hand up 舉手

(4) turn back 向後轉

將班級分成六組在跑道上，每次一組一個人出發，只能跑在自己的跑道上，老師喊口令：「one two three sit」並做出動作不能移動，跑到 15 公尺處將角錐拿起，等全部同學都到以後聽哨聲從第一道跟第八道回去隊伍最後面排隊，換下一個人進行活動。

**Teacher's talk** (可適當使用跨語言技巧)

Let's split into six teams.

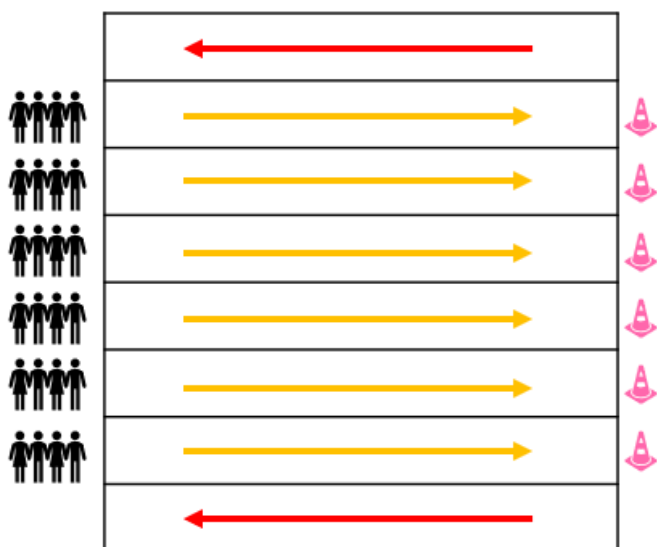
Every time, the first one of each team goes.

Listen to what teacher says, stop running, and do the action.

The first one who takes the cone up is the winner.

(After everyone is finished, go back to your team on first and last lanes.

Next one goes on.)



T: Ready, go!

T: On your lane.

S: Go! Go! Go!

### 三、綜合活動：(7 mins)

[總結性-口語評量]：

- 1.要學生說說今天自己的表現，並也說出同學表現很好的部分。
- 2.引導學生說出學習的困難點，並給予回饋。

[對應學習目標]：

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第四節 End ~~

教學單元二：帶球跑跑樂	教學資源	評量方式								
<p style="text-align: center;"><b>&lt;第五節&gt;：跑一跑-頂上功夫跑跑樂</b></p> <p><b>一、準備活動：(5 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S: 1, 2.</li> <li>2. Let's warm up! (如附件 1)</li> <li>3. Run one lap. Go!</li> </ol> <p><b>二、發展活動：(28 mins)</b></p> <ol style="list-style-type: none"> <li>1. 介紹龍球以及注意事項以及滾球方式： <b>Teacher's talk</b> (可適當使用跨語言技巧)</li> </ol> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">T: Today, we're going to show you the ball. Big or small?</td> </tr> <tr> <td style="padding: 5px;">S: Big.</td> </tr> <tr> <td style="padding: 5px;">T: Hard or soft?</td> </tr> <tr> <td style="padding: 5px;">S: Soft.</td> </tr> <tr> <td style="padding: 5px;">T: There are two ways to roll the ball. One way is to stand beside the ball and roll with one hand. The other way is to stand behind the ball and roll with two hands. (Demo)</td> </tr> <tr> <td style="padding: 5px;">T: When rolling the ball, your fingers face downward, and push it.</td> </tr> <tr> <td style="padding: 5px;">T: Don't kick the ball.</td> </tr> <tr> <td style="padding: 5px;">T: Don't run too fast.</td> </tr> </table> <ol style="list-style-type: none"> <li>2. 原地滾球練習 Roll the ball</li> </ol> <ol style="list-style-type: none"> <li>(1) 球感練習-單手 Roll the ball with one hand 在跑道上分成兩組，距離 8 公尺，站在球的側邊，原地單手將球推給對面以後到隊伍最後面排隊。 Let's split into two teams. Stand beside the ball and roll it to the other team. Then, go to the back of your line.</li> </ol>	T: Today, we're going to show you the ball. Big or small?	S: Big.	T: Hard or soft?	S: Soft.	T: There are two ways to roll the ball. One way is to stand beside the ball and roll with one hand. The other way is to stand behind the ball and roll with two hands. (Demo)	T: When rolling the ball, your fingers face downward, and push it.	T: Don't kick the ball.	T: Don't run too fast.		
T: Today, we're going to show you the ball. Big or small?										
S: Big.										
T: Hard or soft?										
S: Soft.										
T: There are two ways to roll the ball. One way is to stand beside the ball and roll with one hand. The other way is to stand behind the ball and roll with two hands. (Demo)										
T: When rolling the ball, your fingers face downward, and push it.										
T: Don't kick the ball.										
T: Don't run too fast.										





**Teacher's talk** (可適當使用跨語言技巧)

T: Girls, one team, boys, one team.

T: After rolling the ball, go to the back of your line.

T: Don't roll the ball to other lanes.

### 3. 跑一跑 Run.

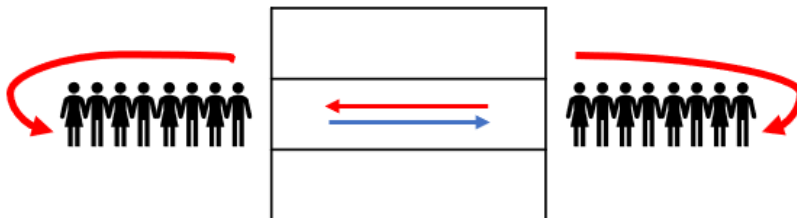
#### (1) 帶球跑 With the ball

在跑道上分成兩組，距離 10 公尺，將大球舉在頭頂上，慢跑至對面，交給下一棒，並到隊伍的最後面排隊，等待下一次。

**Teacher's talk** (可適當使用跨語言技巧)

Let's split into two teams.

Raise the ball over your head, run to the other team, and go to the back of the line.



### 三、綜合活動：(7 mins)

[總結性-口語評量]：

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出學習的困難點，並給予回饋。

[對應學習目標]：

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第五節 End ~~

<第六節>：跑步滾球(一)

一、準備活動：(5 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(28 mins)

1. 複習原地滾球練習 Roll the ball

(1) 球感練習-單手 Roll the ball with one hand

在跑道上分成兩組，距離 8 公尺，站在球的側邊，原地單手將球推給對面以後到隊伍最後面排隊。

**Teacher's talk** (可適當使用跨語言技巧)

Let's split into two teams.  
Stand beside the ball and roll it to the other team.  
Then, go to the back of your line.



T: Girls, one team, boys, one team.

T: After rolling the ball, go to the back of your line.

T: Don't roll the ball to other lanes.

(2) 雙手滾球 Roll the ball with two hands

在跑道上分成兩組，距離 8 公尺，站在球的後面，雙手將球推給對面以後到隊伍最後面排隊。

Let's split into two teams.  
Stand beside the ball and roll it to the other team.  
Then, go to the back of your line.



### 三、綜合活動：(7 mins)

#### [總結性-口語評量]：

- 1.請學生說說今天自己的表現，並也說出同學表現很好的部分。
- 2.引導學生說出滾球的注意事項。

#### [對應學習目標]：

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第六節 End~~

### <第七節>：跑步滾球(二)

#### 一、準備活動：(5 mins)

##### **Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

#### 二、發展活動：(28 mins)

##### 1.複習原地滾球練習

##### (1) 球感練習-單手 Roll the ball with one hand

在跑道上分成兩組，距離 8 公尺，站在球的側邊，原地單手將球推給對面以後到隊伍最後面排隊。

##### **Teacher's talk** (可適當使用跨語言技巧)

Let's split into two teams.  
Stand beside the ball and roll it to the other team.  
Then, go to the back of your line.



T: Girls, one team, boys, one team.

T: After rolling the ball, go to the back of your line.

T: Don't roll the ball to other lanes.

(2) 雙手滾球 Roll the ball with two hands

在跑道上分成兩組，距離 8 公尺，站在球的後面，雙手將球推給對面以後到隊伍最後面排隊。

**Teacher's talk** (可適當使用跨語言技巧)

Let's split into two teams.

Stand beside the ball and roll it to the other team.

Then, go to the back of your line.



2. 跑步滾球 Run and roll the ball

(1) 跑步滾球-單手 With one hand

在跑道上分成兩組，距離 15 公尺，站在球的側邊將球往前滾，邊跑推滾球，滾到對面時交給下一棒，並到隊伍的最後面排隊，等待下一次。

**Teacher's talk** (可適當使用跨語言技巧)

Let's split into two teams.

Stand beside the ball.

Run and roll it to the other team.

Then, go to the back of the line.



三、綜合活動：(7 mins)

[總結性-口語評量]：

1. 詢問學生，覺得自己喜歡用單手滾球還是雙手滾球。
2. 引導學生說出滾球的注意事項。

[對應學習目標]：

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第七節 End ~~

<第八節>：滾球我最行

一、準備活動：(5 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(28 mins)

1. 複習跑步滾球

(1) 跑步滾球-單手 With one hand

在跑道上分成兩組，距離 15 公尺，站在球的側邊將球往前滾，邊跑推滾球，滾到對面時交給下一棒，並到隊伍的最後面排隊，等待下一次。

**Teacher's talk** (可適當使用跨語言技巧)

- Let's split into two teams.  
Stand beside the ball.  
Run and roll it to the other team.  
Then, go to the back of the line.



(2) 跑步滾球-雙手 With two hands

在跑道上分成兩組，距離 15 公尺，站在球的側邊將球往前滾，邊跑推滾球，滾到對面時交給下一棒，並到隊伍的最後面排隊，等待下一次。

**Teacher's talk** (可適當使用跨語言技巧)

Let's split into two teams.

Stand beside the ball.

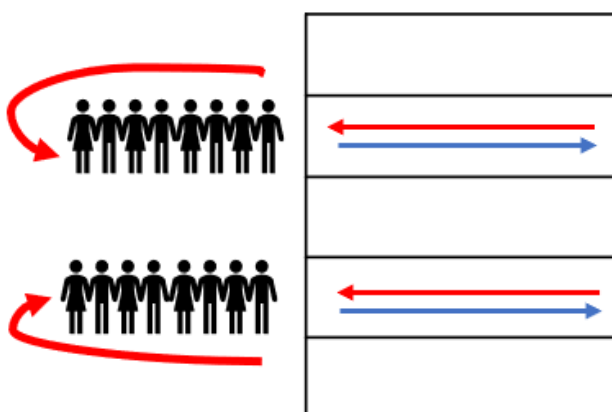
Run and roll it to the other team.

Then, go to the back of the line.



2. 滾球我最行

將全班分成兩組，進行 15 公尺的滾球比賽。



三、綜合活動：(7 mins)

[總結性-口語評量]：

1. 請學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出滾球的注意事項。

[對應學習目標]：

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第八節 End ~~

教學單元三：衝刺高手	教學資源	評量方式														
<p style="text-align: center;"><b>&lt;第九節&gt;：衝刺高手-40m 測驗練習</b></p> <p><b>一、準備活動：(5 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S: 1, 2.</li> <li>2. Let's warm up! (如附件 1)</li> <li>3. Run one lap. Go!</li> </ol> <p><b>二、發展活動：(28 mins)</b></p> <ol style="list-style-type: none"> <li>1. 複習跑步的注意事項： <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>T: 運動會快到了，今天要測驗 40m，看大家有沒有做到跑步時要注意的 4 個注意事項，請大聲地唸出來：</td> </tr> <tr> <td>T: 1. Look forward.</td> </tr> <tr> <td>S: Look forward.</td> </tr> <tr> <td>T: 2. Run in your lane.</td> </tr> <tr> <td>S: Run in my lane.</td> </tr> <tr> <td>T: 3. Cross the finish line.</td> </tr> <tr> <td>S: Cross the finish line.</td> </tr> <tr> <td>T: 4. Slow down and stop.</td> </tr> <tr> <td>S: Slow down and stop.</td> </tr> </table> </li> <li>2. 40m 測驗 學生在跑道上分組好，並且聽從老師的哨聲出發。 <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>T: 現在照著跑步隊伍排好，聽到老師的哨聲在衝刺出去。</td> </tr> <tr> <td>T: Team 1! Ready! Go!</td> </tr> <tr> <td>T: Team 2! Ready! Go!</td> </tr> <tr> <td>T: Team 3! Ready! Go!</td> </tr> <tr> <td>T: Team 4! Ready! Go!</td> </tr> </table> </li> </ol>	T: 運動會快到了，今天要測驗 40m，看大家有沒有做到跑步時要注意的 4 個注意事項，請大聲地唸出來：	T: 1. Look forward.	S: Look forward.	T: 2. Run in your lane.	S: Run in my lane.	T: 3. Cross the finish line.	S: Cross the finish line.	T: 4. Slow down and stop.	S: Slow down and stop.	T: 現在照著跑步隊伍排好，聽到老師的哨聲在衝刺出去。	T: Team 1! Ready! Go!	T: Team 2! Ready! Go!	T: Team 3! Ready! Go!	T: Team 4! Ready! Go!		
T: 運動會快到了，今天要測驗 40m，看大家有沒有做到跑步時要注意的 4 個注意事項，請大聲地唸出來：																
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S: Look forward.																
T: 2. Run in your lane.																
S: Run in my lane.																
T: 3. Cross the finish line.																
S: Cross the finish line.																
T: 4. Slow down and stop.																
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T: 現在照著跑步隊伍排好，聽到老師的哨聲在衝刺出去。																
T: Team 1! Ready! Go!																
T: Team 2! Ready! Go!																
T: Team 3! Ready! Go!																
T: Team 4! Ready! Go!																

**三、綜合活動：(7 mins)**

**[總結性-口語評量]：**

- 1.請學生說說今天自己的表現，並也說出同學表現很好的部分。
- 2.引導學生說出跑步的注意事項。

**[對應學習目標]：**

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第九節 End~~

**<第十節>：衝刺高手(二)-40m 測驗**

**一、準備活動：(5 mins)**

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

**二、發展活動：(28 mins)**

- 1.複習跑步的注意事項

**Teacher's talk** (可適當使用跨語言技巧)

T: 運動會快到了，今天要測驗 40m，看大家有沒有做到跑步時要注意的 4 個注意事項，請大聲地唸出來：

T: 1. Look forward.

S: Look forward.

T: 2. Run in your lane.

S: Run in my lane.

T: 3. Cross the finish line.

S: Cross the finish line.

T: 4. Slow down and stop.

S: Slow down and stop.



## 2. 40m 測驗

學生在跑道上分組好，並且聽從老師的哨聲出發。

**Teacher's talk** (可適當使用跨語言技巧)

T: 現在照著跑步隊伍排好，聽到老師的哨聲在衝刺出去。

T: Team 1! Ready! Go!

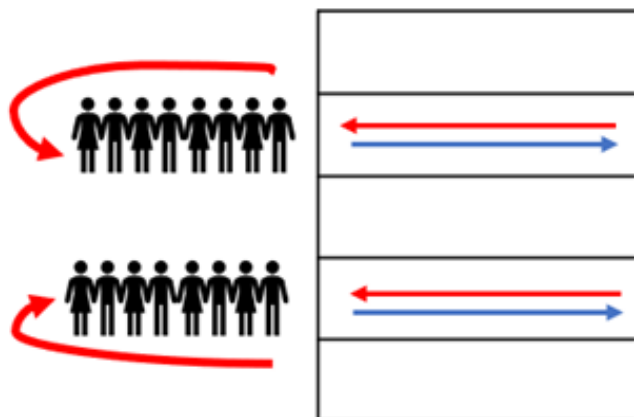
T: Team 2! Ready! Go!

T: Team 3! Ready! Go!

T: Team 4! Ready! Go!

## 3. 滾球測驗

將全班分成兩組，進行 15 公尺的滾球比賽。



## 三、綜合活動：(7 mins)

**[總結性-口語評量]**：

1. 請學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出滾球的注意事項。

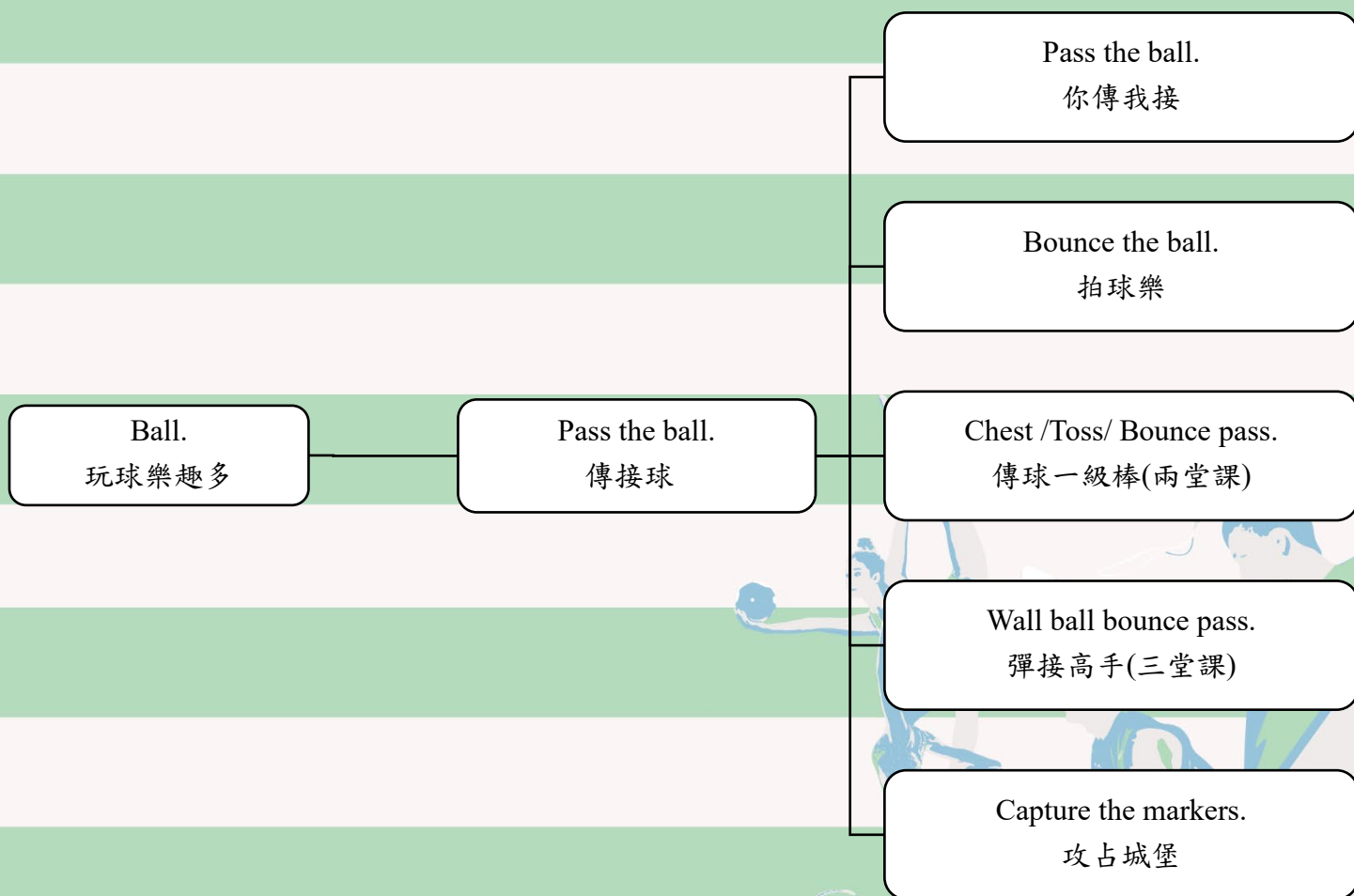
**[對應學習目標]**：

A1, C2, 健體-E-A1, 健體-E-C2

~~ 第十節 End ~~

# 單元架構

## Unit 5-1 玩球樂趣多



主題名稱	玩球樂趣多	教學設計者	臺北市大安區龍安國民小學 林秉逸
學習對象	二年級上學期	學習節次	8 節課 (320 分鐘)
學習內容	Hb-I-1 陣地攻守球類運動相關的簡易拍、拋、接、擲、傳、滾及踢、控、停之手眼、手腳動作協調、力量及準確性控球動作。 Hd-I-1 守備/跑分性球類運動相關的簡易拋、接、擲、傳之手眼動作協調、力量及準確性控球動作。		
學習表現	<b>【認知】</b> 1d-I-1 描述動作技能基本常識。 <b>【情意】</b> 2c-I-2 表現認真參與的學習態度。 <b>【技能】</b> 3c-I-1 表現基本動作與模仿的能力。 3d-I-1 應用基本動作常識，處理練習或遊戲問題。		
學習目標	1.能理解本單元教導球類的相關動作內容。 2.能願意並盡力學習教導的相關動作內容。 3.能於活動中展現出和同學互相合作的精神。 4.能順暢展現所學的球類動作技能。 5.能透過練習，讓自己球感進步。		
教學方法	1.直接教學法：由教師直接示範。 2.實作與練習：指導學生進行實務操作。 3.合作學習法：透過小組合作與互動，共同完成任務。 4.趣味化遊戲：透過遊戲化學習，深化身體活動技能。		
教學資源	教科書: 110 南一健體課本二上第 10 單元、自編 網路資源: wikihow、twinkl 等網站		
學科英語詞彙	<第一節>你傳我接 pass the ball (to a partner) pass the ball to the person on the right/left (side) pass the ball backward over the head/through the legs pass the ball with both feet <第二節>拍球樂 roll the ball forward on the floor bounce the ball when you sit down/take a knee/stand up bounce the ball and walk around <第三、四節>傳球一級棒 chest pass, toss pass, bounce pass <第五~七節>彈接高手 chest pass, toss pass, bounce pass, wall ball bounce pass <第八節>攻占城堡 chest pass, bounce pass		
學科英語句型 (視教材內容)	_____ harder/softer. (Bounce the ball harder.) When we do..., we do it with.... (When we do chest pass, we do it with our wrists.)		

教學單元一：傳接球	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第一節&gt;：你傳我接</b></p> <p><b>一、準備活動 (15 mins)</b></p> <p>(一) <u>點名 Roll call</u></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Now, I am calling your name (s) .</p> <p>When you hear your name, please raise your hand, like me (老師示範), and say 'Here,' or '右' in Chinese.</p> <p>Is that OK? ...</p> <p>Good! Let's start! (開始點名, 確認學生是否出席)</p> <p>(二) <u>暖身操 Warm up routines.</u></p> <p>提醒大家, 進行體育活動前都要進行暖身, 並說明原因。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. Jogging on the spot (原地跑) <ul style="list-style-type: none"> <li>● Do jogging on the spot and count to 20.</li> </ul> </li> <li>2. Arm circles (大臂繞環) <ul style="list-style-type: none"> <li>● Show me big T (with your arms) and roll the shoulders. Forward, count to 8 four times. (口令如 1234-5678, 2234-5678, 3234-5678, 4234-5678)</li> </ul> </li> <li>3. Arm scissors (雙臂交叉) <ul style="list-style-type: none"> <li>● Show me big T and cross our bodies, like this, and count to 8 four times.</li> </ul> </li> <li>4. Ankle rolls (扭轉腳踝) <ul style="list-style-type: none"> <li>● Start from the left ankle, here (邊示範提醒), like this, and count to 8 four times.</li> </ul> <p>You can also roll your wrists...Then switch to the other ankle...</p> </li> <li>5. Calf raises (小腿上提) <ul style="list-style-type: none"> <li>● Stand on your tiptoes, like this. (比較難, 需要再次示範)</li> </ul> <p>I will count the number and you say and do 'up, hold, down.'</p> <p>When you hear 'ten,' please say and do 'up, hold, 5, 4, 3, 2, 1, and down.'</p> <p>(數到十, 要多停留 5 秒)</p> </li> <li>6. Star jumps (星形跳) <ul style="list-style-type: none"> <li>● Jump into the shape of a star and count to 20.</li> </ul> </li> </ol> <p>*詳細教師口令請參考第一單元的&lt;課堂規則、暖身操介紹&gt;。</p> <p>(三) <u>引發動機</u></p> <p>詢問學生：老師拿球問學生 「What's this?」</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● T: What's this? (拿一顆小皮球詢問) [Ss: Ball.]</li> <li>T: Yes, this is a ball.</li> <li>● T: Everyone, say with me, 'This is a ball.' [S1: This is a ball.]</li> </ul>		

● T: What do you do with a ball? [S1: 拍球。]

T: Yes, bounce the ball.

● T: What else? [S2: I kick the ball.]

T: Wow! Very good. We also kick the ball, like playing soccer.

● T: So, when we play with a ball, (邊說邊示範)

we can hit the ball up (如排球向上擊球), bounce the ball (如籃球), or we can kick the ball (如足球踢球)。

## 二、發展活動 (20 mins)

介紹傳球 (pass the ball), 強化傳球的概念。

### 1. 用手左右傳接球

● 請學生圍成一或兩個圈，站立或坐下向右邊傳球。



### 2. 用腳左右傳接球

● 請學生圍成一或兩個圈，坐下向右邊傳球。

### 3. 向後傳接球

● 請學生排成兩排，站立向後過頭傳球。

● 請學生排成兩排，站立向後腳下傳球。



小皮球  
每組 1 顆

觀察評量

**Teacher's talk** (可適當使用跨語言技巧)

- Now, let me show you how to pass a ball. Let's make a circle first.

Hold hands...good, hands down. (帶學生一起實作)

- OK, well done.

And I am giving someone a ball and he (she) is passing the ball to the person on the right side, like this (邊示範), and keep passing the ball.

Can you do it? Ready? (把一顆球給某位學生) On the whistle, ...go!

- And now, let's sit down.

I am giving you one more ball to pass and this time don't let two balls meet.

The person who has two balls, he (she) has to stand up and sing us a song.

[Ss 大笑] OK, let's try playing.

(這個活動可以給更多球,像是玩貓抓老鼠遊戲,可增加傳球的刺激感覺)

- (把所有的球收回) Next, we are passing the ball with both feet, like this (邊示範), to the person on your right.

And you can see I have a timer on the screen.

Please try to pass the ball back in one minute.

Ready? On the whistle, ...go! (結束收球)

- Class, attention! Please stand up!

I want to see two lines in front of me. Go! Take a knee or sit down first!

Now, we are passing the ball backward over your heads, like this (邊示範) to the last person on the line.

I want to see which line can do it faster. Ready? On the whistle ... go!

(完成後) Good, line one did it faster. And please turn back.

We are passing the ball backward over our heads to the front.

(傳到後面,請學生向後轉,回到前面。可進行來回,做兩回合)

- Now, let's try passing the ball backward through our legs, like this.

(邊示範) ...

### 三、綜合活動 (5 mins)

#### (一) 總結課程

用問題再次加深今日學習重點。

**Teacher's talk** (可適當使用跨語言技巧)

- What did we do/learn today?

(引導說出 pass the ball, 老師補充 to the right with hands/backward over the heads or through the legs)

- How can we pass the ball well? (專心、模仿、慢慢來、不違規等等)

#### (二) 結束課程

**Teacher's talk** (可適當使用跨語言技巧)

OK. Time's up. I hope you had a good time today. See you next time. Bye!拜拜!

~~ 第一節 End~~

口頭評量

<第二節>：拍球樂

一、準備活動 (15 mins)

(一) 點名 Roll call

(二) 暖身操 Warm up routines

\*教師口令請參考第一堂課。

(三) 複習 pass the ball (過頭/腳下往後傳球)

**Teacher's talk** (可適當使用跨語言技巧)

● Now, let's review what we did last time.

Pass the ball. Please say with me, pass the ball. [Ss: Pass the ball.]

Good! Please make me two lines in my front.

Let's do 'pass the ball backward over our heads' and then turn back, passing the ball backward to the front.

OK? On the whistle, ready...go!

● I'm happy that you remember how to pass the ball backward over the heads. Give yourselves a big hand!

Now, let's try it through our legs, like this. (邊示範，確認大家都懂) ...

二、發展活動 (20 mins)

(一) 活動 1: 手足球 (Circle hand soccer)

用影片簡易說明活動方式

<https://www.youtube.com/watch?v=tFRR9oilNyM>



1.將學生分成4組，約一組6-7人，並請各組圍成一圈。

2.發下每組一顆小皮球，活動實施用滾球方式進行，大家把腿張開當成球門，如果沒有顧好自己的球門，讓球通過3次就出局。

**Teacher's talk** (可適當使用跨語言技巧)

● OK, today we are playing two games.

Game one is called 'Circle hand soccer.'

First thing, let's make four groups.

● And then, make a circle with your group partners and sit down.

Let's watch the video to see how to play this game.

(片中可輔以中文向學生介紹活動)

● (看完影片) Now you know how to play, don't you?

We play this game by rolling the ball forward.

If the ball passes through your legs three times, you are out.

So don't let the ball pass through your legs. Try your best!

● (預防發生危險) For safety, don't roll the ball upward, we roll the ball forward on the floor. (邊示範)

Alright, on the whistle, ready... go!

小皮球每  
組 1 顆

觀察評量

小皮球  
每組 1 顆

觀察評量

<p>(二) 活動 2: 拍球樂 (bounce the ball)</p> <p>讓學生練習不同姿勢的拍球感覺。</p> <ol style="list-style-type: none"> <li>1. 坐地拍球 (bounce the ball when sitting down)</li> <li>2. 蹲地拍球 (bounce the ball when taking a knee)</li> <li>3. 站立拍球 (bounce the ball when standing up)</li> <li>4. 移動拍球 (bounce the ball and walk around)</li> </ol> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● OK, As for game two, we are doing 'bounce the ball'. This is 'bounce the ball'. (邊示範) We push (hit) the ball down with one hand, and relax the fingers, like this. I believe most of you know how to do this. Let's go get one ball from the basket first. Please line up in front of the basket. (請學生在球籃前排隊取球) When you get one ball, find a space and sit down.</li> <li>● Now, let's do 'bounce the ball' when we sit down/take a knee/stand up. (走路拍球則說 Bounce the ball and walk around.) Please sit down/take a knee/stand up/walk around. Let's bounce the ball and count to 20. (每項建議可做 1~2 次)</li> <li>● Everyone did a great job today. When you hear one whistle, please put the ball back into the basket and sit down in front of me. (哨聲) Go!</li> </ul> <p>三、綜合活動 (5 mins)</p> <p>(一) 總結課程</p> <p>用問題再次加深今日學習重點。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● What did we do/learn today? (引導說出 pass the ball, bounce the ball...)</li> <li>● When we bounce the ball, which way is easier? (可提示+示範) When we sit down, take a knee, stand up or bounce the ball and walk around?</li> </ul> <p>(二) 結束課程</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● OK. Time's up. I hope you had a good time today.</li> <li>● See you next time. Bye! 拜拜!</li> </ul> <p>~~ 第二節 End ~~</p>	<p>小皮球 1 人 1 顆</p>	<p>觀察評量 實作評量</p> <p>口頭評量</p>
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<第三、四節>：傳球一級棒

一、準備活動 (15 mins)

(一) 點名 Roll call

(二) 暖身操 Warm up routines

\*教師口令請參考第一堂課。

(三) 複習 Circle hand soccer

1.提醒規則：只能向前滾球(roll the ball forward)、不得坐下(no sitting)。

2.加入新規則，持球不得超過3秒(roll the ball in 3 seconds)，否則算犯規。

3.這次將學生分兩大組，各圍成一圈。



**Teacher's talk** (可適當使用跨語言技巧)

● When you play this game, we have rules.

Rule one, you roll the ball forward on the floor.

Don't roll the ball upward. You may hit other's heads or face.

● Rule two, no sitting down when you play.

● Rule three is new today.

When you get the ball, roll the ball forward in three seconds.

(拿球超過三秒就算犯規。)

(四) 複習 bounce the ball

1.拍球前進(bounce the ball and move forward)

2.拍球後退(bounce the ball and move backward)

3.拍球側身走左/右邊(bounce the ball and move to the left/right)

**Teacher's talk** (可適當使用跨語言技巧)

● Now I want everyone to get one ball (from the basket).

Let's practice bounce the ball and walk around.

● Please go to the back (of the classroom).

Do 'bounce the ball and walk forward to the front and stop.'

On the whistle, ready...go! (學生完成後) Good!

Now, please bounce the ball and walk forward to the back.

On the whistle, ready...go! (視情況安排練習次數)

小皮球 1  
組 1 顆

實作評量

小皮球  
每人 1 顆

## 二、發展活動 (20 mins)

- 1.介紹三種拍球方式，胸前傳球 (chest pass)、拋傳球 (toss pass)、彈地傳球 (bounce pass)。
- 2.讓學生倆倆練習，距離由近到遠。

### (一) 胸前傳球 (chest pass)

**Teacher's talk** (可適當使用跨語言技巧)

- Today we are learning three ways of passing a ball.
- First one is chess pass. Say with me, chest pass.  
[Ss: Chest pass.]  
I need a volunteer to be my partner. (某生自願出列後)  
We hold the ball in front of the chest, here (指出胸前位置), look at the partner's chest and pass the ball, like this.  
Did you see it? [Ss: Yes!] Good.  
Now, please find one partner and take a knee.  
If you have no partner, keep standing, I will help you.
- Now one person, go get one ball (from the basket) and come to me, lining up please.  
And the rest of you, go to your partner and stand with him or her face to face.  
Good. And walk backward three steps.
- Let's do chest pass. I want you to do 20 passes.  
When you are finished, hold the ball over your head.  
One the whistle, ready...go!
- Now, line 2 (第二排的人, 沒有拿球的) please step backward two steps.  
Let's do 20 passes one more time.  
When you are finished, hold the ball over your head.  
One the whistle, ready...go!



小皮球  
2人1顆

觀察評量

## (二) 上拋傳球 (toss pass)

**Teacher's talk** (可適當使用跨語言技巧)

- Next is toss pass.

Everyone, say with me, toss pass.

[Ss: Toss pass!]

Good! I need a volunteer to be my partner again.

(某生自願出列後)

We hold the ball with hands, like this (雙手下放持球), and toss it up to the partner.

The higher, the better.

Can you do it? [Ss: Yes!]

Good.

- Now, let's do toss pass.

Please stand with your partner face to face, three steps away.

I want you to do 20 passes.

When you are finished, hold the ball over your head.

One the whistle, ready...go!

- Now, line 2 (沒有拿球的) please walk backward two steps.

Let's do 20 passes one more time.

When you are finished, hold the ball over your head.

One the whistle, ready...go!

## (三) 彈地傳球 (bounce pass)

**Teacher's talk** (可適當使用跨語言技巧)

- Last one is bounce pass.

Say with me, bounce pass.

[Ss: Bounce pass!]

I need a volunteer to be my partner again.

(某生自願出列後)

I hold the ball at my chest, like this (雙手下放持球), and bounce it on the ground to the partner.

(請學生回傳球) And please do bounce pass to me...Good!

Can everyone do this? [Ss: Yes!]

Good. Let's try.

Please do 20 passes at a time.

- Stand with your partner face to face, three steps away.

When you are finished, hold the ball over your head.

One the whistle, ready...go!

小皮球

1 顆

呼拉圈

1 個

實作評量

<p>● Now, line 2 (沒有拿球的) please take two steps backwards. Let's do 20 passes one more time. When you are finished, hold the ball over your head. One the whistle, ready...go!</p> <p><b>(四) 活動: Pass through the hoop</b> 練習胸前傳球，穿越呼拉圈。</p> <p>1.將學生分成兩組，彼此面對面(約5步距離)站著。 2.請兩位自願學生拿著呼拉圈，讓兩組學生輪流 chest pass，穿越呼拉圈。 <u>*提示: 手腕須出力，腳站穩，身體協調，要專心。</u></p> <p><b>三、綜合活動 (5 mins)</b></p> <p>(一) 總結課程 用問題再次加深今日學習重點。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>● What did we do/learn today? (引導說出 pass the ball, chess pass, bounce pass, toss pass 等等)</p> <p>● If your partner can't catch your ball, what can you do? Do you pass it faster or slower? (引導學生說 slower) Do you pass it harder or softer? (引導學生說 softer)</p> <p>● We have learned three passes, chess pass, toss pass and bounce. Which one is easy? Which one is hard? Why?</p> <p>(二) 結束課程</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>● OK. Time's up. ● I hope you had a good time today. ● See you next time. Bye! 拜拜!</p> <p>～～第三、四節 End～～</p>	<p>小皮球 1 顆</p> <p>呼拉圈 1 個</p>	<p>實作評量</p> <p>口頭評量</p>
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<第五~七節>彈接高手

一、準備活動 (10 mins)

- (一) 點名 Roll call
- (二) 繞籃球場慢跑兩圈
- (三) 暖身操 Warm up routines

\*教師口令請參考第一堂課。

二、發展活動 (25 mins)

先分組，每組 2 人。

(一) 複習傳球概念與練習

練習方式如第四節課，分項練習，並且補充以下知識，讓學生調整動作。

**Teacher's talk** (可適當使用跨語言技巧)

1. 胸前傳球

- (補充) When we do **chest pass**, we do it with our wrists.

2. 上拋傳球

- (補充) When we do **toss pass**, we do it with our arms and knees.

3. 彈地傳球

- (補充) When we do **bounce pass**, we do it with our wrists and arms.

(二) 活動 1: Wall ball bounce pass (第五堂施作)

- 1. 此活動為個人練習，請學生排隊依序取球。
- 2. 示範操作。
- 3. 收球回球籃。

**Teacher's talk** (可適當使用跨語言技巧)

- Now, after the practice of passing the ball, we are doing 'wall ball bounce pass.'

Do you know wall? (老師指著牆) [Ss: Yes.]

This is a wall.

- And we stand in front of the wall to get ready, like this.

(老師示範取好距離)

It's about two steps away.

- (示範) We bounce the ball on the ground and it goes to the wall, and when it bounces back, we catch it, like this.

Did you see it? [Ss: Yes.]

Let me show you one more time.

- Now, I need a volunteer to show us. Who wants to try? [S1: Me!]

OK, come over here please. (學生示範完後)

Well done!

Let's start practicing. Go!

小皮球每人 1 顆

觀察評量

### (三) 活動 2: Bounce pass with disc cone (第六堂施作)

此活動為兩人練習，請一位學生與老師，示範操作。

**Teacher's talk** (可適當使用跨語言技巧)

- Now, we are playing a game.  
It's called 'Bounce pass with disc cone'.  
I need someone to do a demo with me.
- (老師取一個角盤放在師生中間)  
The disc cone is the target that we throw the ball to, but don't throw the ball onto the cone. Let me show you. (老師示範後，對自願學生說)  
Now, pass the me the ball. (學生做得不錯) Good.
- Now please find one partner and take a knee.  
No partner, please keep standing, I will help you... (分好組後)  
One person puts your ball back into the basket and go get one disc cone.  
(原本每人都有一顆球，現在一個人還球且領取一個角盤)
- Find a space and put the cone between you and your partner.  
Is everyone ready?  
Let's do 'bounce pass to the partner' and count to twenty.  
When you finish, hold the ball between your legs.  
On the whistle, ready...go! (可視情況做 2-3 次)
- (距離加大再做一次) Now, I want everyone walk backward one step.  
Let's do bounce pass to the partner one more time.  
On the whistle, ready...go!

### (四) 活動 3: Bounce pass over an object/obstacle (第七堂施作)

此活動為兩人練習，並使用障礙物如下圖，師生示範，操作方式及口令請參考活動 2。

- 1.將學生分成兩組，每組再分兩小組，各自站在障礙物對面一步距離。
- 2.某方開始彈地傳球過障礙物，即可跑到隊伍最後，對方接球再彈地回傳直到每人都輪過一次。(此活動可依需求安排操作次數)
- 3.此活動可作單純練習，或兩組競賽。



**Teacher's talk** (可適當使用跨語言技巧)

- Now, we are doing bounce pass to the partner again.  
But this time, we do it over an object. We do it like this. (邊示範)

小皮球  
2 人 1 顆

角盤  
2 人 1 個

實作評量

小皮球  
2 人 1 顆

高角錐障  
礙物 2 組

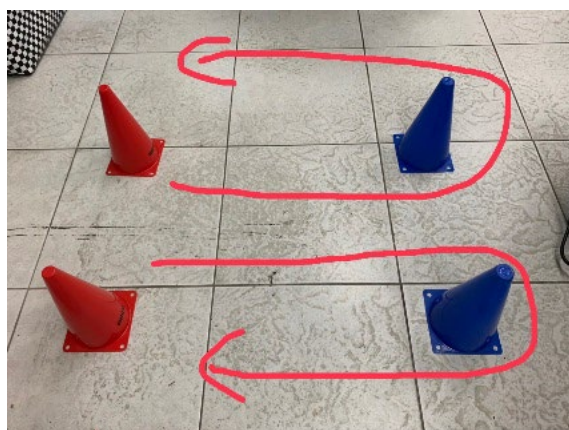
實作評量

<p><b>三、綜合活動 (5 mins)</b></p> <p>(一) 總結課程</p> <p>用問題再次加深今日學習重點。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● What did we do/learn today? (引導說出 chest pass, toss pass, bounce pass, wall ball bounce pass)</li> <li>● What makes three passes different? (We do 'chest pass.' with our...wrists.) (We do 'toss pass.' with our ...knees and arms.) (We do 'bounce pass.' with our ...wrists and arms.)</li> <li>● When you do wall bounce pass, do you do it harder or softer? Why? (Softer, otherwise I may hit myself. )</li> <li>● When you are two steps away from your partner, like this (示範距離近), do you bounce the ball harder or softer? Why? (Harder, because it is fun.) (Softer, because the partner may get hurt / it is not easy to catch the ball...)</li> <li>● There's an object (obstacle) between and your partner (指著障礙物), do you bounce the ball (to him/her) harder or softer? Why? (Harder, because do it softer, the partner can't catch the ball...)</li> <li>● <b>小結:</b> When we pass the ball, do it harder or softer, it's our choice. But for safety, we need to control the ball. No hurting ourselves and others.</li> </ul> <p>(二) 結束課程</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● OK. Time's up. I hope you had a good time today.</li> <li>● See you next time. Bye! 拜拜!</li> </ul> <p style="text-align: center;">~~第五、六、七節 End~~</p>		口頭評量
<p style="text-align: center;"><b>&lt;第八節&gt;：攻占城堡</b></p> <p><b>一、準備活動 (12 mins)</b></p> <p>(一) <u>點名 Roll call</u></p> <p>(二) 繞籃球場慢跑兩圈</p> <p>(三) <u>暖身操 Warm up routines</u> <u>*教師口令請參考第一堂課。</u></p> <p>(四) 複習 chest pass</p> <p>請同學分組兩兩一組，取球，練習 30 顆胸前傳球，完畢後將球返回球籃。</p>	小皮球 2 人 1 顆	觀察評量 實作評量



## 二、發展活動 (20 mins)

### (一) 活動 1: Carry then throw the ball



角錐 x4

小皮球  
2 顆

此活動為 chest pass 衍伸活動。

1. 將學生分成 2 組，每組設置起點和終點放置角錐。
2. 發下每組一顆小皮球，學生從起點出發快跑，到終點後 chest pass 傳給下一位隊員。如果是競賽活動，最快完成的隊伍獲勝。

#### **Teacher's talk** (可適當使用跨語言技巧)

- Today we are playing two games.

Now let's play game one.

It's called 'Carry then throw the ball.'

Let's make two groups first.

(用任何方式將學生分成 2 組)

- Each team stands behind the red marker. (邊示範)

The first player has to run to the blue marker and do 'chest pass' to the next player and run back to the back of your team.

(解說完畢可請一位學生與老師示範一次)

Can you do it? [Ss: Yes!]

- Now, the first player raises your hand.

Good! Are you ready? [S1: Yes!]

On the whistle, ready...go!

### (二) 活動 2: 攻佔城堡

此活動練習 bounce pass 衍伸活動。

#### **Teacher's talk** (可適當使用跨語言技巧)

- Now let's play game two...

It's called 'Capture the markers'.

Before we start, I want to see two lines in front of me.

(做 2 排出手式)

角錐 x6

小皮球  
1 顆

觀察評量

實作評量

觀察評量

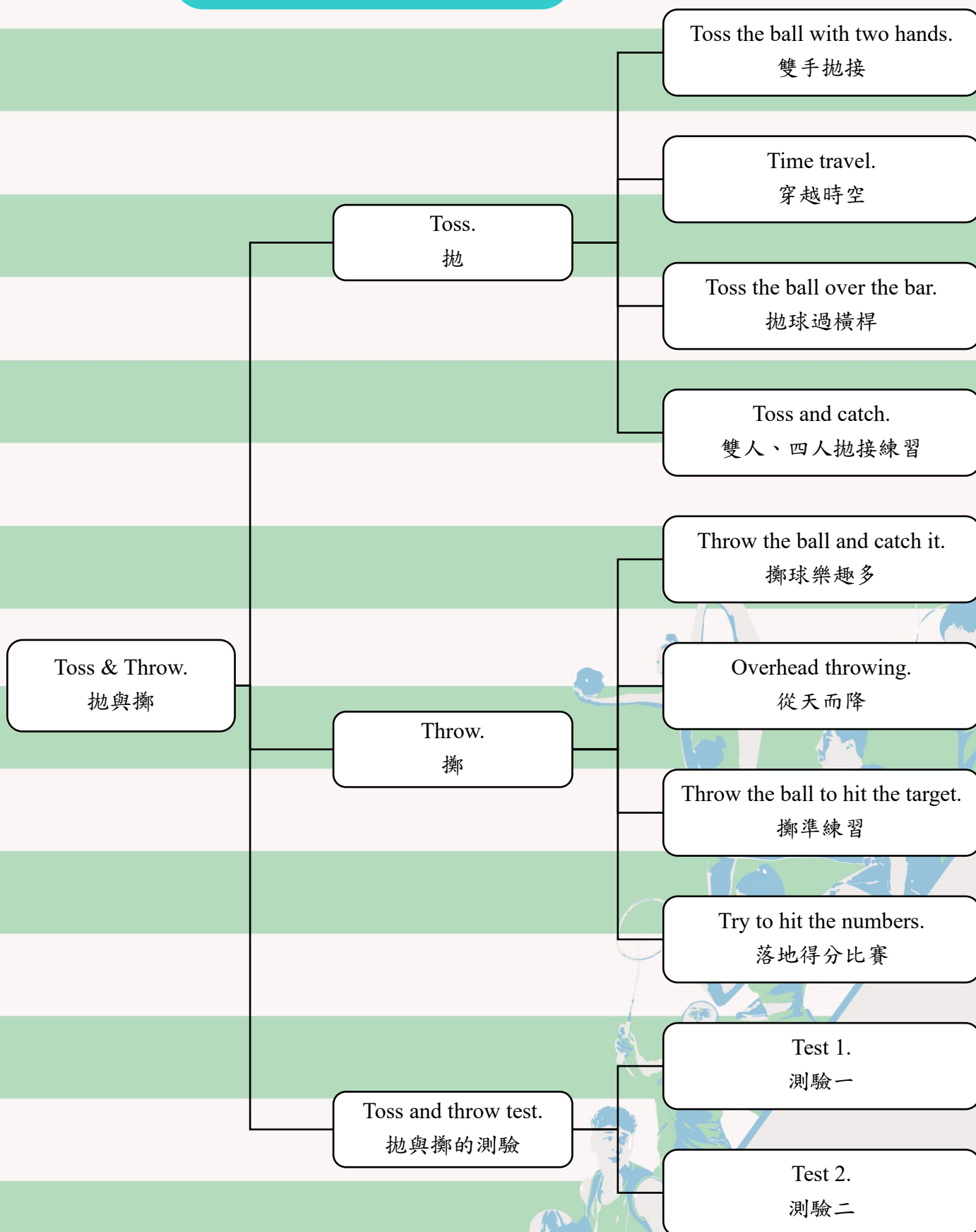
實作評量



<p>● Team one; can you see the three red markers on the ground over there? [Ss: Yes.] Please go stay behind the red markers. And Team two, please to the three blue markers.</p> <p>● (學生就位) Good! Let me show you how to play this game. Each time, three players come out and stand behind one marker. One player from Team one hold the ball. When you hear the whistle, you do ‘bounce pass’ and three of you have to run to touch the blue markers and take a knee. And Team two, you run to touch the red markers, but one of you has to catch the ball. (邊示範)</p> <p>●三個人最快完成的，可以得一分。 (每次共 6 位參與，兩隊輪流發球，進行 1-2 回合分勝負)</p> <p><b>三、綜合活動 (8 mins)</b></p> <p>(一) 總結今日活動重點</p> <p>(二) 總結本單元學習目標</p> <ol style="list-style-type: none"> <li>1.我能盡力完成每一項活動。</li> <li>2.我能了解並遵守活動規則。</li> <li>3.我能和同學一同合作練習。</li> <li>4.我能注意活動時的安全。</li> <li>5.我會利用下課和同學練習，以求進步。</li> </ol> <p><b>Teacher’s talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. I can do my best.</li> <li>2. I can play by rules.</li> <li>3. I can work with others.</li> <li>4. I can play safe.</li> <li>5. I will practice after class.</li> </ol> <p><u>*透過提問，提醒學生盡量做到上述要求。</u></p> <p>(三) 結束課程</p> <p><b>Teacher’s talk</b> (可適當使用跨語言技巧)</p> <ul style="list-style-type: none"> <li>● OK. Time’s up. I hope you had a good time today.</li> <li>● See you next time. Bye!拜拜!</li> </ul> <p style="text-align: center;">~~ 第八節 End~~</p>		<p>觀察評量</p> <p>實作評量</p> <p>口語評量</p>
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# 單元架構

## Unit 5-2 拋與擲



主題名稱	拋與擲	教學設計者	臺中市豐原區瑞穗國民小學 蔡逸欣
學習對象	二年級 下學期	學習節次	10 節課(400 分鐘)
學習內容	Ha-1-1 網/牆性類運動相關的簡易拋、接、控、擊、持拍及拍、擲、傳、滾之手眼動作協調、力量及準確性控球動作。 Hc-1-1 標的性球類運相關的簡易拋、接、控、擊、持拍及拍、擲、傳、滾之手眼動作協調、力量及準確性控球動作。		
學習表現	1c-1-1 認識身體活動的基本動作。 2c-1-1 表現尊重的團體互動行為。 4d-1-2 利用學校或社區資源從事身體運動。		
學習目標	1.能正確的做出拋、擲及接球動作。 2.能熟練拋、擲球的力道及控制方向能力。 3.能與同學合作進行練習。		
教學方法	直接教學法、示範教學		
教學資源	排球、樂樂棒低彈球或沙包、交通錐及橫桿、呼拉圈、長擦竿、橡皮筋繩、籃子		
學科英語詞彙	Toss, clap, catch, throw, box, basket, through the hula hoop, clap, catch over the bar, hit the target.		
學科英語句型 (視教材內容)	Toss the ball with one hand/ two hands. Toss the ball up, clap, and catch. Toss the ball through the hula hoop. Throw the ball. Throw the ball to hit the target.		
<b>教學單元一：拋(Toss)</b>		教學資源	評量方式
<p style="text-align: center;"><b>&lt;第一節&gt;：雙手拋接</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p>			聽口令並完成動作

## 二、發展活動：(26 mins)

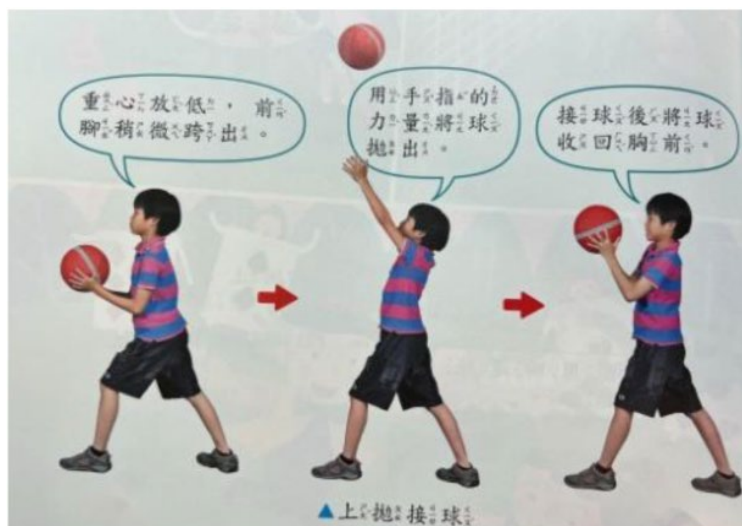
■學生分 2-3 排，分排練習，以排球或軟球

1.上拋接球：雙手拋接球練習：一腳在前，雙腳微微蹲低，再用手指的力量將球拋出，接球後將球收回胸前。

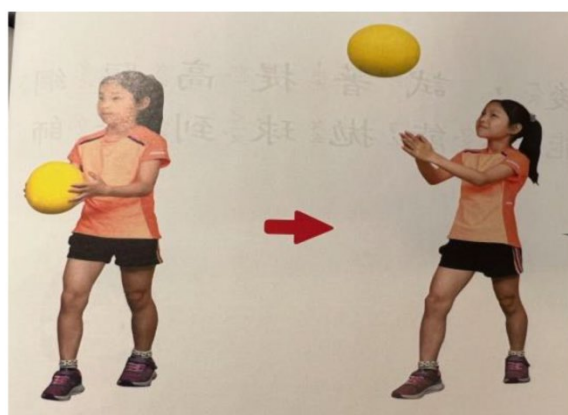
**Teacher's talk** (可適當使用跨語言技巧)

T: Toss the ball with two hands.

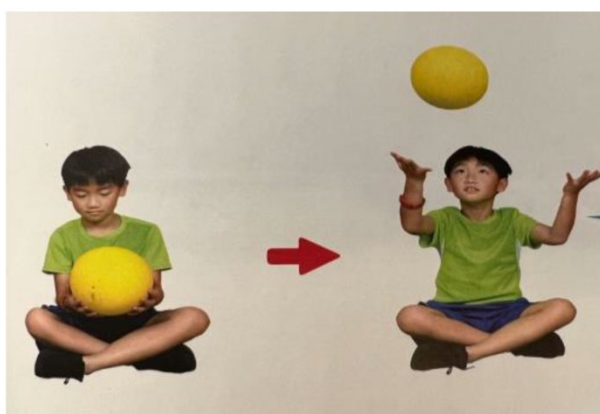
T: Toss the ball up and catch.



2.上拋拍手接球 Toss the ball up, clap, and catch.



3.坐姿拋高接球 Sit down. Toss and catch.



排球、標的  
籃子或紙  
箱

積極參與練習並做出正確的拋球動作

<p><b>4.拋球準確練習</b></p> <p>將紙箱或籃子稍架高當標的物</p> <p>學生分組，距離5公尺練習雙手拋球進籃</p> <p>T: Toss the ball into the box/ basket. (可挑戰拉遠距離)</p> <p><b>三、綜合活動：(4 mins)</b></p> <p>1.要學生說說今天自己的表現，並也說出同學表現很好的部分。</p> <p>2.引導學生說出學習的困難點，並給予回饋。</p> <p>～～第一節 End～～</p>	<p>排球、 標的籃子 或紙箱</p>	<p>能完整表達 自己的想法</p>
<p style="text-align: center;"><b>&lt;第二節&gt;：穿越時空</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p> <p><b>二、發展活動：(26 mins)</b></p> <p>1.複習雙手拋球。(Toss with two hands)</p> <p>2.<b>穿越時空</b>：三人一組，一人在中間拿呼拉圈，兩人用雙手和單手互拋球，球必須穿越呼拉圈，並讓對方接住。適時更換拿呼拉圈及拋擲的位置。</p> <div data-bbox="323 1473 895 2002" data-label="Image"> </div>	<p>排球、 呼拉圈</p>	<p>聽口令並完 成動作</p> <p>積極參與活 動並與同學 互相配合</p>

<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. Review: Toss with two hands.</li> <li>2. Time travel       <ol style="list-style-type: none"> <li>(1) Three students in a team.</li> <li>(2) One person stands in the middle and holds a hula hoop.</li> <li>(3) Toss the ball through the hula hoop. (First use two hands, and then one hand.)</li> <li>(4) Catch.</li> <li>(5) Change positions.</li> </ol> </li> </ol> <p><b>三、綜合活動：(4 mins)</b></p> <ol style="list-style-type: none"> <li>1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。</li> <li>2. 引導學生說出學習的困難點，並給予回饋。</li> </ol> <p style="text-align: center;">~~ 第二節 End ~~</p>		<p>能完整表達自己的想法</p>
<p style="text-align: center;"><b>&lt;第三節&gt;：拋球過橫桿</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</li> <li>2. Let's warm up! (如附件 1)</li> <li>3. Run one lap. Go!</li> </ol> <p><b>二、發展活動：(26 mins)</b></p> <ol style="list-style-type: none"> <li>1. 複習雙手拋接動作。(Toss with two hands)</li> <li>2. 架設橫桿，練習用雙手將球拋過橫桿。 可分次提高橫桿高度。</li> </ol>	<p>排球、三角錐、長擦竿、橡皮筋繩、呼啦圈</p>	<p>聽口令並完成動作</p> <p>積極參與練習並與同學互相配合</p>



3. 練習將球拋過橫桿到指定的範圍。



排球、  
三角錐、  
長擦竿、  
橡皮筋繩、  
呼啦圈

積極參與練習  
並與同學  
互相配合

**Teacher's talk** (可適當使用跨語言技巧)

1. Review: Catch the ball with two hands.
2. (Set a bar in the middle.)  
Toss the ball over the bar.
3. Toss the ball into the hula hoop.

**三、綜合活動：(4 mins)**

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出學習的困難點，並給予回饋。

~~ 第三節 End ~~

能完整表達  
自己的想法

**<第四節>：雙人、四人拋接練習**

**一、準備活動：(10 mins)**

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

聽口令並完  
成動作



## 二、發展活動：(26 mins)

1. 複習將球拋過橫桿到指定的範圍。
2. 練習二人一組，將球拋過網給對方接住，接球的人要移動身體接球。
3. 練習四人一組，互相拋接。
4. 四人一組，輪流將球拋到對方場內不同的地方，接球的人要盡量移動身體接球。



### **Teacher's talk** (可適當使用跨語言技巧)

1. Review: Toss the ball over the bar into the hula hoop.
2. Two students in a team.  
NO.1, toss the ball over the bar.  
No.2, catch the ball.
3. Four students in a team. Toss and catch.
4. Four students in a team. Toss the ball over the bar and catch.

## 三、綜合活動：(4 mins)

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出學習的困難點，並給予回饋。

~~ 第四節 End ~~

排球、  
三角錐、  
長擦竿、  
橡皮筋繩

積極參與活  
動並與同學  
互相配合

能完整表達  
自己的想法



教學單元二：擲(Throw)	教學資源	評量方式
<p style="text-align: center;"><b>&lt;第五節&gt;：擲球樂趣多</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S: 1, 2.</li> <li>Let's warm up! (如附件 1)</li> <li>Run one lap. Go!</li> </ol> <p><b>二、發展活動：(26 mins)</b></p> <ol style="list-style-type: none"> <li>說明擲球要領。 避免同手同腳，腰部須適當轉動，最後出手點要注意手腕及手指的運用。學生二人一組進行練習。</li> <li>空手，分解動作練習。</li> <li>學生兩人一組，以樂樂棒低彈跳球或沙包球進行練習。</li> </ol> <div data-bbox="233 990 970 1406" data-label="Image"> </div> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>Throw the ball with your right hand, left foot forward. Throw the ball with your left hand, right foot forward.</li> <li>Hold the ball by your ear. Turn your waist slightly. Throw over your head.</li> <li>Two in one team. Throw the ball and catch it.</li> </ol> <p><b>三、綜合活動：(4 mins)</b></p> <ol style="list-style-type: none"> <li>要學生說說今天自己的表現，並也說出同學表現很好的部分。</li> <li>引導學生說出學習的困難點，並給予回饋。</li> </ol> <p style="text-align: center;">~~ 第五節 End~~</p>	<p style="text-align: center;">小球</p>	<p>聽口令並完成動作</p> <p>積極參與練習並做出正確的擲球動作</p> <p>能完整表達自己的想法</p>

<第六節>：從天而降

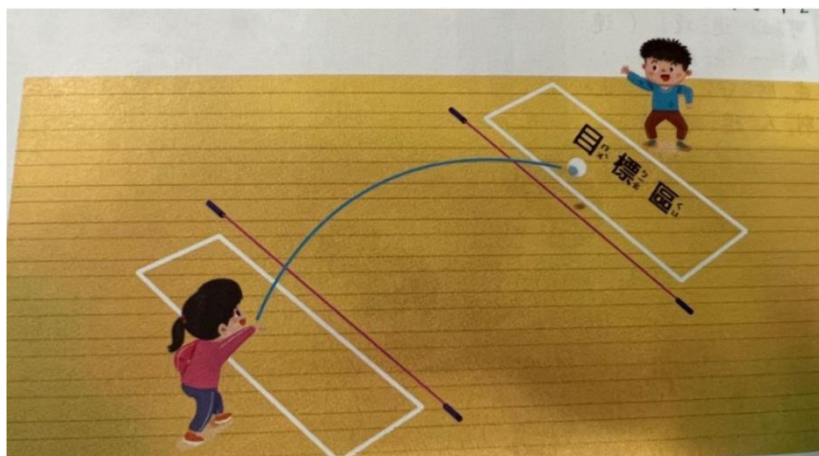
一、準備活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(26 mins)

1. 複習擲球動作。
2. 將球往上丟，看你能不能準確命中目標區。  
老師示範向上擲球動作，引導學生注意拋物線，多加練習以掌握落地位置。  
學生兩人一組進行練習，甲擲出落地後，乙撿起再擲回，互相檢視球落地的位置。



**Teacher's talk** (可適當使用跨語言技巧)

1. Review: overhead throwing.
2. Throw the ball to the target.

三、綜合活動：(4 mins)

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出學習的困難點，並給予回饋。

~~第六節 End~~

小球

聽口令並完成動作

積極參與練習並與同學互相配合

能完整表達自己的想法

<第七節>：擲準練習

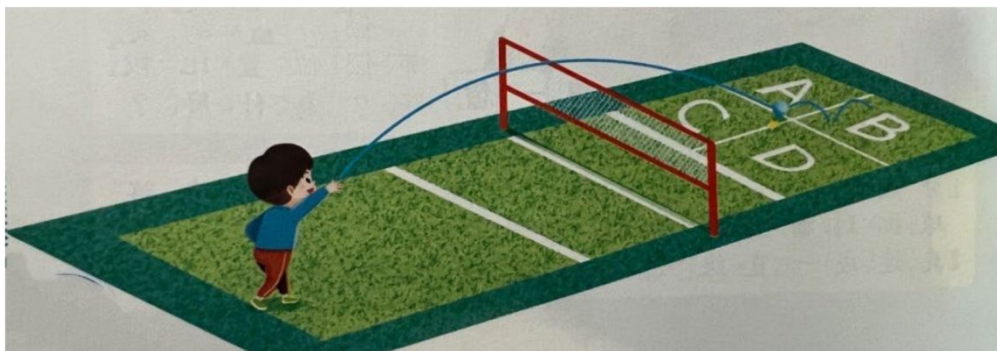
一、準備活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
S: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(26 mins)

1. 複習擲球動作。
2. 架設橫桿，練習將球拋過橫桿到指定的範圍。  
動作要領不變，要控制球的力道。
3. 學生分散練習：教師依序指定不同區域，學生練習將球擲進不同區域，以練習精準度。



**Teacher's talk** (可適當使用跨語言技巧)

1. Review: overhead throwing.
2. Throw the ball to hit the target.

三、綜合活動：(4 mins)

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出學習的困難點，並給予回饋。

~~第七節 End~~

聽口令並完成動作

小球、三角錐、長擦竿、橡皮筋繩

積極參與練習並與同學互相配合

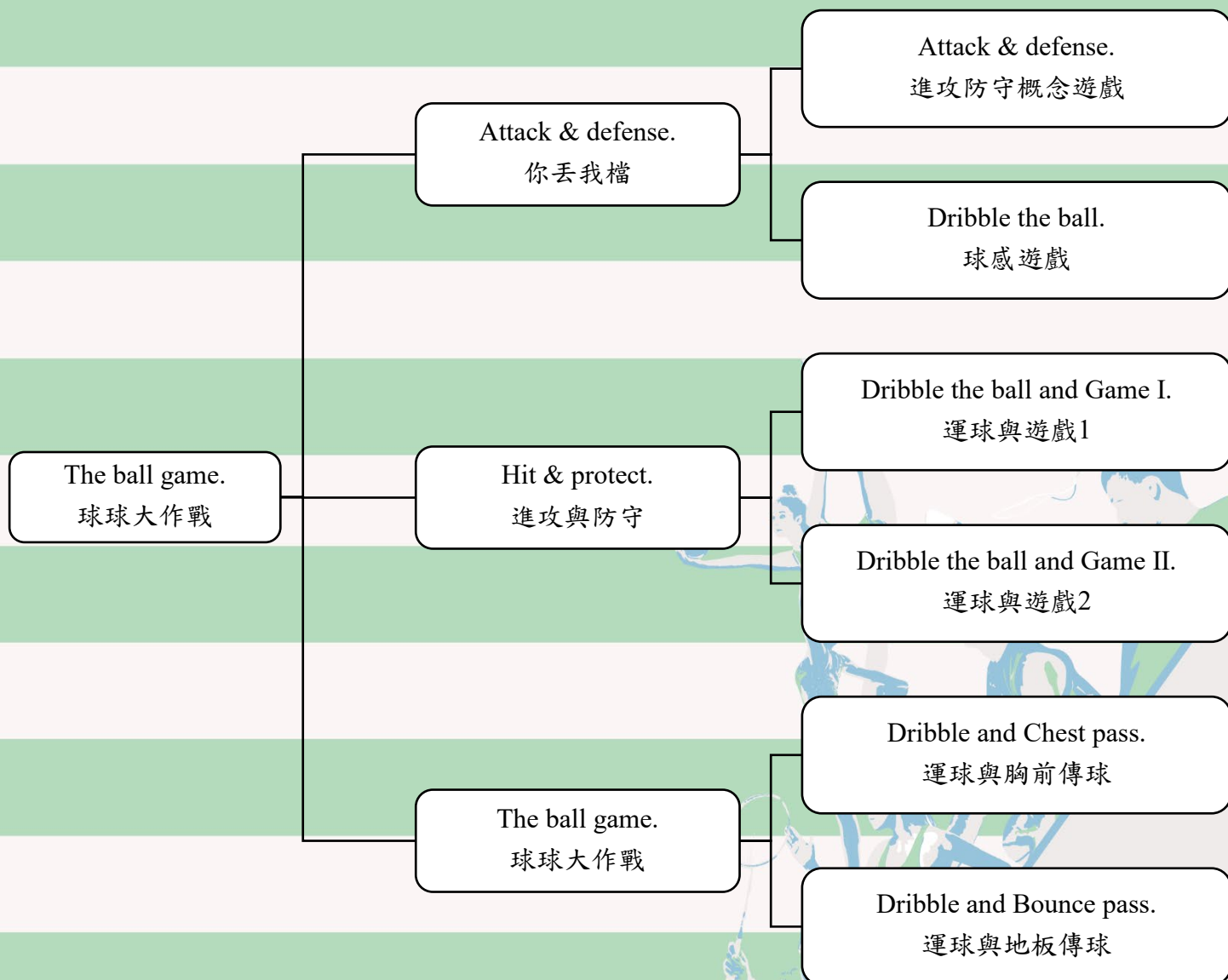
能完整表達自己的想法

<p style="text-align: center;"><b>&lt;第八節&gt;：落地得分比賽</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S: 1, 2.</li> <li>2. Let's warm up! (如附件 1)</li> <li>3. Run one lap. Go!</li> </ol> <p><b>二、發展活動：(26 mins)</b></p> <ol style="list-style-type: none"> <li>1. 教師說明規則： 兩組各成一縱列， 由排頭開始，輪流將球往上擲越過橫桿，落在目標區域內， 依落點計算得分，全部輪完後計算總得分。分數高組別獲勝。</li> <li>2. 分組比賽</li> </ol> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. rules: <ol style="list-style-type: none"> <li>(1) 2 teams.</li> <li>(2) The first one throws.</li> <li>(3) Throw the ball over the bar. Try to hit the numbers. (points)</li> <li>(4) The team that gets the highest scores wins.</li> </ol> </li> <li>2. Game time.</li> </ol> <p><b>三、綜合活動：(4 mins)</b></p> <ol style="list-style-type: none"> <li>1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。</li> <li>2. 引導學生說出學習的困難點，並給予回饋。</li> </ol> <p style="text-align: center;">~~ 第八節 End ~~</p>	<p style="text-align: center;">教學資源</p> <p>小球、 三角錐、 長擦竿、 橡皮筋繩</p>	<p style="text-align: center;">評量方式</p> <p>聽口令並完成動作</p> <p>積極參與活動</p> <p>能完整表達自己的想法</p>
<p style="text-align: center;"><b>教學單元三：拋與擲的測驗</b></p> <p style="text-align: center;"><b>&lt;第九節&gt;：測驗一</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S: 1, 2.</li> <li>2. Let's warm up! (如附件 1)</li> <li>3. Run one lap. Go!</li> </ol>		

<p><b>二、發展活動：(26 mins)</b></p> <ul style="list-style-type: none"> <li>●測驗雙手拋球</li> </ul> <p>評比項目</p> <ol style="list-style-type: none"> <li>1.能以正確姿勢雙手拋球</li> <li>2.拋物線及準確度</li> </ol> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Evaluation:</p> <ol style="list-style-type: none"> <li>1. Throw the ball with two hands and catch it.</li> <li>2. Throw the ball to the target.</li> </ol> <p>(評量規準)</p> <p><b>三、綜合活動：(4 mins)</b></p> <ol style="list-style-type: none"> <li>1.要學生說說今天自己的表現</li> <li>2.引導學生說出學習的困難點，並給予回饋。</li> </ol> <p>～～第九節 End～～</p>		
<p style="text-align: center;"><b>&lt;第十節&gt;：測驗二</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S: 1, 2.</li> <li>2. Let's warm up! (如附件 1)</li> <li>3. Run one lap. Go!</li> </ol> <p><b>二、發展活動：(26 mins)</b></p> <ul style="list-style-type: none"> <li>●測驗單手擲球</li> </ul> <p>評比項目</p> <ol style="list-style-type: none"> <li>1.學生能以正確的姿勢投擲</li> <li>2.投擲拋物線及準確度</li> </ol> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>Evaluation:</p> <ol style="list-style-type: none"> <li>1. Throw the ball with one hand.</li> <li>2. Throw the ball to the target.</li> </ol> <p>(評量規準)</p> <p><b>三、綜合活動：(4 mins)</b></p> <ol style="list-style-type: none"> <li>1.要學生說說今天自己的表現</li> <li>2.引導學生說出學習的困難點，並給予回饋。</li> </ol> <p>～～第十節 End～～</p>		

# 單元架構

## Unit 5-3 球球大作戰



主題名稱	球球大作戰	教學設計者	臺北市文山區景興國民小學 潘映帆
學習對象	二年級 下學期	學習節次	6 節課(240 分鐘)
學習內容	1. Bc-I-1 各項暖身伸展動作。 2. Cb-I-2 班級體育活動。 3. Hc-I-1 陣地攻守性球類運動相關的簡易拍、拋、接、擲、傳、滾及踢、控、停之手眼、手腳動作協調、力量及準確性控球動作。		
學習表現	認知：1c-I-1 認識身體活動的基本能力。 情意：2c-I-2 表現認真參與的學習態度。 技能：3c-I-2 表現安全的身體活動行為。 行為：4d-I-2 利用學校或社區資源從事身體活動。		
學習目標	1.能了解身體活動基本能力。 2.課堂中能認真參與學習。 3.能表現出安全的身體活動行為。 4.能於課後利用學校或社區資源從事身體活動。		
教學方法	直接教學法、實作與練習、趣味化遊戲		
教學資源	角錐、桌子、軟式排球或籃球、不同色背帶或號碼衣、圓盤角錐		
學科英語詞彙	<暖身> Jumping jack. Frog jump. Squat jump. Sonic run. Crab walk. Shuffle steps. Jump back and forth. <第一節> Ball. Volleyball. Basketball. Attack and defense. <第二節> Fingertips. Wrist. Clap. Bounce the ball. Over. <第三節> Pair up. Flip. <第四節> Protect <第五節> Chest pass. Snap. <第六節> Bounce pass. Floor.		
學科英語句型 (視教材內容)	Time to warm up, let's do _____. Take a break, drink water and sit down. Today we are going to practice _____. Work with your teammates. Try to hit the targets (cones). Use your fingertips and wrist to bounce the ball. Bend your knees and lower your hips, like you are sitting on a chair. Head up and hand down. Protect the ball.		





## ◆活動二：Attack & defense

同學分成四組，每一組同學再分成兩個小隊，穿著不同顏色的背帶，分別代表 team attack(攻擊隊) and team defense(防守隊)。

每一組的活動區有一張桌子，教師邊講解邊示範動作。

**防守隊**，你們要保護角錐不要被進攻的球打到，你可以接住球或把球擋掉，但是你們只能在防守區域移動。

**攻擊隊**，你們的攻擊區域在黃線(場地)的外側，不能進入到防守區域。



\*不同色背帶或號碼衣

\*桌子 4 張  
\*角錐 16 個

\*軟式排球 4 顆

\*實作評量  
\*規則理解

### **Teacher's talk** (可適當使用跨語言技巧)

T: Next game, we are going to play in 4 groups.

T: Team attack and team defense.

(每組同學再分成兩個小隊，穿著不同顏色的背帶，分別代表攻擊隊和防守隊)

T: There are 4 cones on the table.(每一組的活動區有一張桌子)

T: These cones are the targets.

T: You are going to throw the ball and hit them.(教師邊講解邊示範動作)

T: Inside the yellow line is the defense area。

T: **Team defense**, stay in the defense area.

You have to block the ball, defend the cones.

Don't let people hit the cones.

(**防守隊**，你們要保護角錐不要被進攻的球打到，你可以接住球或把球擋掉，但是你們只能在防守區域移動。)

T: **Team attack**, you have to attack the cones.

Yes! Hit the cones with your ball, but you can only use both hands to throw the ball at the cones.

Team attack, stay outside of the yellow line.

(**攻擊隊**，你們的攻擊區域在黃線(場地)的外側，不能進入到防守區域。)

T: The balls are in the basket, team attack, go take a ball and get ready.

T: Team defense, get ready in the defending area.

T: Remember, 1 cone is 1 point.

T: Be careful and let's start the game.

<p><b>三、綜合活動：(5 mins)</b></p> <p>◆ 總結今日課程</p> <p>T: Gather around, back to 4 lines.</p> <p>T: Take a break, drink water and sit down.</p> <p>T: What did we learn today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: How many cones did you hit?</p> <p>Ss: 學生回答</p> <p>T: 你們發揮團隊合作嗎?</p> <p>Ss: 學生回答</p> <p>T: Great job everyone.</p> <p>T: After I say class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~ 第一節 End~~</p>		<p>*口語評量</p>
<p style="text-align: center;"><b>&lt;第二節&gt;：球感遊戲</b></p> <p><b>一、引起動機：(10 mins)</b></p> <p>◆ 集合整隊與散開成體操隊型</p> <p>(教師示範動作與口令，學生跟著說與做)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. T: Gather up and make 4 lines.</p> <p>T: Attention. Ss: 1, 2.</p> <p>T: Hands up. Ss: Hands up.</p> <p>T: Hands down. Ss: Hands down.</p> <p>T: Heads, hands up and spread out.</p> <p>2. Time to warm up.</p> <p>3. First, let's do 10 jumping jacks, 10 squat jumps.</p> <p>4. Next, shuffle steps (側併步) and crab walk.</p> <p>5. Take a break, drink water and sit down.</p>		<p>*實作評量</p>



<p>●散開再練習一次。</p> <p><b>三、綜合活動：(5 mins)</b></p> <p>◆ 總結今日課程</p> <p>T: Gather around, back to 4 lines and sit down.</p> <p>T: What did we learn today?</p> <p>Ss:學生回答，教師跟著做動作讓學生複習</p> <p>T: How did you protect the ball?</p> <p>Ss:學生回答</p> <p>T:下次上課我們會進行運球遊戲。</p> <p>T: Great job everyone.</p> <p>T: After I say class dismissed, let's do the fist bump to your teammate, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~ 第二節 End~~</p>		*口語評量
<p><b>教學單元二：進攻與防守</b></p>	<p>教學資源</p>	<p>評量方式</p>
<p style="text-align: center;"><b>&lt;第三節&gt;：運球與遊戲 1</b></p> <p><b>一、引起動機：(10 mins)</b></p> <p>◆集合整隊與散開成體操隊型 (教師示範動作與口令，學生跟著說與做)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. T: Gather up and make 4 lines.</p> <p>T: Attention. Ss: 1, 2.</p> <p>T: Hands up. Ss: Hands up.</p> <p>T: Hands down. Ss: Hands down.</p> <p>T: Heads, hands up and spread out.</p> <p>2. Time to warm up.</p> <p>3. Let's jump back and forth for 30 seconds.</p> <p>4. Let's do the crab walk and shuffle steps.</p> <p>5. Take a break, drink water and sit down.</p>		*實作評量



<p><b>三、綜合活動：(5 mins)</b></p> <p>◆ 總結今日課程</p> <p>T: Gather around, back to your line and sit down.</p> <p>T: What did we learn today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: How did you protect the ball?</p> <p>Ss: 學生回答</p> <p>T: 你的球有被拍走嗎?</p> <p>Ss: 學生回答</p> <p>T: Great job everyone.</p> <p>T: Next class, we will have more games to play, are you excited?</p> <p>T: After I say class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~ 第三節 End ~~</p>		<p>*口語評量</p>
<p style="text-align: center;"><b>&lt;第四節&gt;：運球與遊戲 2</b></p> <p><b>一、引起動機：(10 mins)</b></p> <p>◆ 同前面課堂熱身 Warm up.</p> <p><b>二、發展活動：(25 mins)</b></p> <p>◆ 活動一：運球動作複習</p> <ul style="list-style-type: none"> <li>● Can anyone SHOW me how to dribble? (學生示範)</li> <li>● 運球動作要領</li> </ul> <ol style="list-style-type: none"> <li>1. <b>BOUNCE</b>：Use your fingertips and wrist to bounce the ball. 運球時，用手指與手腕力量運球。</li> <li>2. <b>BEND</b>：Bend your knees and lower your hips, like you are sitting on a chair. 膝蓋微彎，身體重心放低，就像坐在椅子上。</li> <li>3. <b>HEAD UP</b>：Head up and hand down. 抬頭眼睛注視前方，手腕下壓。</li> <li>4. <b>PROTECT</b>：Protect the ball. 非持球手做出護球動作。</li> </ol> <ul style="list-style-type: none"> <li>● Everyone, please pair up, 一位同學操作，另一位同學觀察動作。</li> </ul>	<p>*軟式排球 或籃球</p>	<p>*實作評量</p> <p>*實作評量</p>

<p>◆活動二：運球遊戲 Hold hands</p> <ol style="list-style-type: none"> <li>1. Please pair up. Hold hands with your partner, 一人運球，另一人防守。</li> <li>2. 運球的同學，注意運球的節奏。防守的同學，記得拍掉對手的球。</li> <li>3. 遊戲計時 30 秒。Ready, GO.</li> </ol> <p>◆活動三：運球遊戲 Protect the ball</p> <ol style="list-style-type: none"> <li>1. Make 4 lines, 一次一排的同學進行遊戲。</li> <li>2. 計時 30 秒的時間，listen to the whistle.</li> <li>3. 個人運球的同時，還要把別人的球拍走，you have to protect your ball.</li> <li>4. 球被拍出界線，或自己運球出界，就算出局。</li> <li>5. 每隊優勝的同學，可以晉級到下一輪的比賽。</li> </ol> <p>三、綜合活動：(5 mins)</p> <p>◆ 總結今日課程</p> <p>T: Gather around, back to your line and sit down.</p> <p>T: What did we learn today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: 你喜歡哪個遊戲？為什麼喜歡呢？</p> <p>Ss: 學生回答</p> <p>T: Great job everyone.</p> <p>T: 下次上課我們要學傳球喔。</p> <p>T: After I said class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~ 第四節 End~~</p>	<p>*軟式排球 或籃球</p>	<p>*實作評量</p> <p>*實作評量 *規則理解</p> <p>*口語評量</p>
<p><b>教學單元三：球球大作戰</b></p>	<p>教學資源</p>	<p>評量方式</p>
<p style="text-align: center;">&lt;第五節&gt;：運球與胸前傳球</p> <p>一、引起動機：(10 mins)</p> <p>◆同前面課堂熱身 Warm up.</p>		<p>*實作評量</p>

<p><b>二、發展活動：(25 mins)</b></p> <p>◆活動一：S 型跑動運球</p> <ul style="list-style-type: none"> <li>● One by one, start from the line.</li> <li>● When you hear 1 whistle, start dribbling.</li> <li>● When you hear 2 whistle, 運球出發繞 S 型通過角椎。</li> <li>● 跑動運球的時候，請把球往斜前方運，如果球太靠近腳邊，你可能會踩到球喔</li> <li>● 過了最後一個角錐，pass the ball with two hands to next student. 拿到球的同學，可直接出發。</li> <li>● Let's see which team is the winner?</li> <li>● Ready? GO!!!!</li> <li>● 遊戲結束，教師視活動情形提點與修正學生動作。</li> <li>● Let's play it one more time.</li> </ul> <p>◆活動二：胸前傳球 (Chest pass) 動作要領</p> <ol style="list-style-type: none"> <li>1. Use two hands to hold the ball close to your chest. 持球手像御飯糰一樣呈現三角形，將球至於胸前。</li> <li>2. One step forward while snapping your arms forward. 單腳跨步的同時，手臂伸直將球送出。</li> <li>3. Follow through by extending your arms fully in front of your body. 確定手臂有完全伸展至身體前方。</li> </ol> <ul style="list-style-type: none"> <li>●請學生示範動作 Let's welcome _____.</li> <li>●教師詢問學生觀察到的情形，教師稱讚或修正後，準備開始分組練習。</li> <li>● Line 1 and line 3 turn around, let's practice chest pass with your partner.</li> <li>● Are you ready? Let's go.</li> <li>● Gather around, 教師再次講解動作及提示後，再次練習。</li> </ul>	<p>*角錐 *軟式排球 或籃球</p> <p>*軟式排球 或籃球</p>	<p>*實作評量 *規則理解 *口語評量</p> <p>*實作評量 *動作理解 *口語評量</p>
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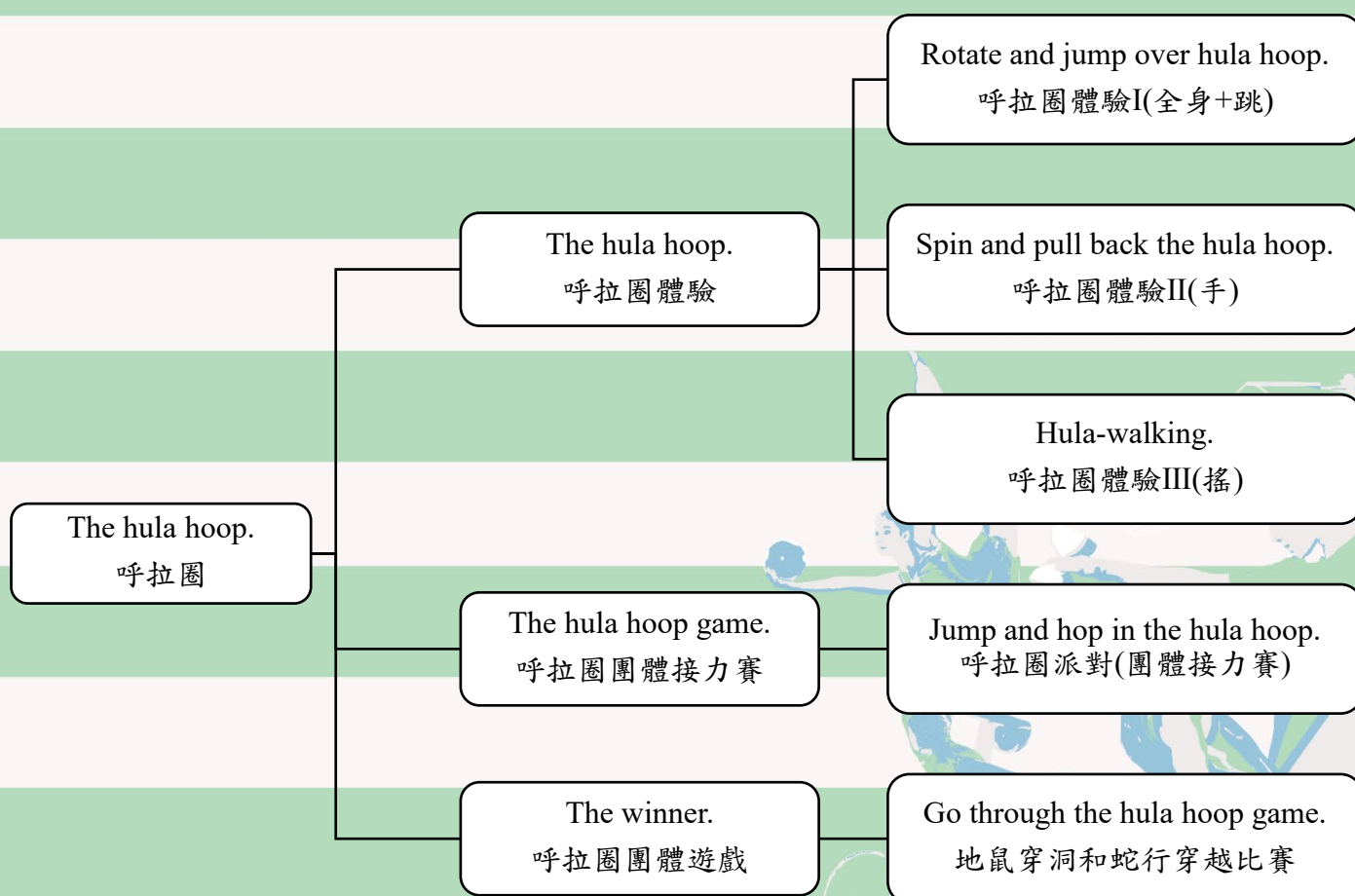


<p><b>三、綜合活動：(5 mins)</b></p> <p>◆ 總結今日課程</p> <p>T: Gather around, back to your line and sit down.</p> <p>T: What did we learn today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: How did you pass the ball to your teammate?</p> <p>Ss: 學生回答</p> <p>T: 請問你有順利把球傳給你的隊友嗎?</p> <p>Ss: 學生回答</p> <p>T: 下次上課我們要進行運球與傳球的遊戲。</p> <p>T: Great job everyone.</p> <p>T: After I say class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~ 第五節 End ~~</p>		<p>*口語評量</p>
<p style="text-align: center;"><b>&lt;第六節&gt;：運球與地板傳球</b></p> <p><b>一、引起動機：(10 mins)</b></p> <p>◆ 同前面課堂熱身 Warm up.</p> <p><b>二、發展活動：(25 mins)</b></p> <p>◆ 活動一：S 型跑動運球+胸前傳球</p> <ul style="list-style-type: none"> <li>● One by one, start from the line.</li> <li>● When you hear 1 whistle, start dribbling.</li> <li>● When you hear 2 whistle sounds, 運球出發繞 S 型通過角錐。</li> <li>● 跑動運球的時候，請把球往斜前方運，如果球太靠近腳邊，你可能會踩到球喔</li> <li>● Use chest pass to pass the ball to next student, 拿到球的同學，可直接出發。</li> <li>● Let's see which team is the winner?</li> <li>● Ready? GO!!!!</li> <li>● 遊戲結束，教師視活動情形提點與修正學生動作。</li> </ul>	<p>*軟式排球 或籃球</p>	<p>*實作評量</p> <p>*實作評量</p> <p>*動作理解</p> <p>*口語評量</p>

<p>● Let's play it one more time.</p> <p>◆活動二：地板傳球 (Bounce pass)</p> <p>1. Use two hands to hold the ball close to your chest. 持球手像御飯糰一樣呈現三角形，將球至於胸前。</p> <p>2. Step forward, extent your arms and snap your wrist to pass the ball forward and down into the floor. 單腳跨步的同時，手臂伸直將球往斜下方地板送出。</p> <p>3. Follow through by extending your arms fully and bounce the ball to your teammate. 確定手臂有完全伸展，並且球能從地板彈至隊友的位置。</p> <p>●請學生示範動作 Let's welcome _____.</p> <p>●教師詢問學生觀察到的情形，教師稱讚或修正後，準備開始分組練習。</p> <p>● Line 1 and line 3 turn around; let's practice with your partner.</p> <p>● Start from dribbling, when you hear a short blow, use chest pass to your partner.</p> <p>● When you hear a long blow, use bounce pass to your partner.</p> <p>● Are you ready? Let's go.</p> <p>● Gather around, 教師再次講解動作及提示後，再次練習。</p> <p>三、綜合活動：(5 mins)</p> <p>◆ 總結今日課程</p> <p>T: Gather around, back to your line and sit down.</p> <p>T: What did we play today?</p> <p>Ss:學生回答，教師跟著做動作讓學生複習</p> <p>T:過去幾堂課，我們學到了運球跟傳球的動作，小朋友也越來越厲害!</p> <p>T: Great job everyone.</p> <p>T: After I say class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p>～～第六節 End～～</p>	<p>*軟式排球 或籃球</p>	<p>*實作評量 *動作理解 *口語評量</p> <p>*口語評量</p>
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# 單元架構

## Unit 6-1 呼拉圈



主題名稱	呼拉圈	教學設計者	宜蘭縣宜蘭市黎明國民小學 簡雯敏
學習對象	二年級	學習節次	五節課(200分鐘)
學習內容	<p>【學習內容】</p> <p>Ab-I-1 體適能遊戲。</p> <p>Bc-I-1 各項暖身伸展動作。</p> <p>Ce-I-1 其他休閒運動入門遊戲。</p> <p>【領綱-核心素養指標】</p> <p>健體-E-A1 具備良好身體活動習慣，以促進身心健全發展，發展運動與保健的潛能。</p> <p>健體-E-A2 具備探索身體活動的能力，並透過體驗與實踐，處理日常生活中運動的問題。</p> <p>健體-E-C2 具備同理他人感受，在體育活動中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。</p>		
學習表現	<p>1c-I-1 認識身體活動的基本動作。</p> <p>2c-I-1 表現尊重的團體互動行為。</p> <p>2c-I-2 表現認真參與的學習態度。</p> <p>2d-I-1 專注觀賞他人的動作表現。</p> <p>2d-I-2 接受並體驗多元性身體活動。</p> <p>3c-I-1 表現基本動作與模仿的能力。</p> <p>3c-I-2 表現安全的身體活動行為。</p>		
學習目標	<p>1.學生能運用呼拉圈，進行搖、跳等全身性的運動。</p> <p>2.學生能運用搖、跳呼拉圈等基本動作，進行一連串組合性之遊戲。</p>		
教學方法	實作教學、遊戲教學。		
教學資源	跳繩、記分板、交通錐。		
學科英語詞彙	<p>to rotate, to jump, to hop, to run</p> <p>to stand, to spin, to roll, to pull back</p> <p>to pass, to pass through, a hula hoop</p> <p>a traffic cone, the finish line. hula hoops, jump over, place.</p>		
學科英語句型 (視教材內容)	<p>Rotate the hula hoops.</p> <p>Jump over the hula hoops in place.</p> <p>Jump and hop in the hula hoops.</p> <p>Run and jump over the hula hoops.</p> <p>Stand the hoops.</p> <p>Spin the hoops on the ground.</p> <p>Run around the hoops.</p> <p>Roll the hoops.</p> <p>Run with the hoops.</p> <p>Catch the hoops.</p> <p>Pull back the hoops.</p> <p>Run backward with the hoops.</p> <p>Pass through the hoops.</p> <p>Pass the hoops.</p> <p>Do hula-walking.</p>		



T: Do two more exercises. Ss: Rotate waists. T: Slowly.→ Fast.  
 T: Number 10? T+Ss: Bend back forward and backward.  
 T: Number 11? T+Ss: Do the lunge.  
 T: Number 12? T+Ss: The head touches toes and close your body.  
 T: Number 13? T+Ss: Straighten and bend the legs.  
 T: Number 14? T+Ss: Run in place.  
 T: How many steps do you run? Ss: 80 steps.  
 T: 2 rounds. Round 1, you count. Go! Round 2, I count. Go!  
 T: Number 15? T+Ss: Jumping Jacks.  
 T: How many times do you do? Ss: 30 times.  
 T: Number 16? T+Ss: March in place.  
 T: Number 17? T+Ss: Hold up knees.  
 T: Number 18? T+Ss: Breathe in and breathe out.  
 T: Everyone! Ss: Here!  
 T: Assemble! Ss: Go!  
 T: Today's warm-up teachers are Teacher\_\_\_\_\_ and Teacher\_\_\_\_\_.  
 T: Give them a big hand.  
 Ss: (Clap hands.) Good job!  
 S1&2: Thank you. Ss: You're welcome!  
 T: Assemble here! Sit down. Ss: I sit down.  
 T: Listen to me. Ss: Listen to you.

## 二、發展活動 (20 mins)：呼拉圈體驗I(全身+跳)

(一) 利用身體不同部位搖動呼拉圈：

脖子、手腕、手肘、手臂、胸、腰、大腿、膝蓋、小腿、腳踝等。

**Teacher's talk** (可適當使用跨語言技巧)

T: Use your body to rotate the hula hoops.

T: Now use your neck/wrist/elbow/arm/chest/waist/leg/knee/ankle.

(二) 原地跳呼拉圈 (Jump over Hula Hoops in Place)：

練習如原地跳繩一般跳呼拉圈。(連續跳 10 下→15 下→20 下)

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's jump over hula hoops in place and count.

T: You have to jump up with both feet at the same time.

T: You have 3 rounds (left).

T: Round 1. 10 times. Are you ready?

Ss: Yes! On my mark! Get set! Jump!

T: Round 2. 15 times. Are you ready?

Ss: Yes! On my mark! Get set! Jump!

呼拉圈  
數個

學生能運用  
身體部位  
(手腕、腰、  
腿)搖動呼  
拉圈。

呼拉圈  
數個

學生能專心  
聽講，並依  
指令完成原  
地跳呼拉  
圈、邊跑邊  
跳呼拉圈等  
動作。

T: Round 3. 20 times. Are you ready?

Ss: Yes! On my mark! Get set! Jump!

(三) 邊跑邊跳呼拉圈 (Run and Jump over Hula Hoops) :

練習邊跑邊跳呼拉圈方式前進。(四人一組練習，共兩組各站兩端交叉進行此活動。)(師生討論訣竅：呼拉圈甩遠一點，步伐跨大些。)



**Teacher's talk** (可適當使用跨語言技巧)

T: Four students in a team.

T: Go line up on this/that side.

T: You run and jump over the hoop.

T: Pass the hoop. Then go line up.

三、綜合活動 (10 mins) : 跳圈圈

(一) 「原地連續跳」10 下→各隊各分兩端(組)交叉進行「邊跑邊跳呼拉圈」的動作，全員皆完成任務者為勝。

**Teacher's talk** (可適當使用跨語言技巧)

T: Now jump over the hoop in place. 10 times.

T: You run and jump over the hoop again. Then go line up.

T: When you all are on the other side, you win.

(二) 宣布比賽結果。

**Teacher's talk** (可適當使用跨語言技巧)

T: The winner is Team \_\_\_\_!

Ss (Team\_\_\_\_): Yeah! Hooray!

T: The class is over. Don't forget your water bottles and clothes.

Ss: Goodbye, teacher! Goodbye, everyone!

T: Goodbye! See you next week!

~~ 第一節 End~~

呼拉圈  
數個

學生能專心聽講，並依指令完成原地跳呼拉圈、邊跑邊跳呼拉圈等動作。

呼拉圈  
數個

學生能依指令做出正確動作及回應，以原地跳呼拉圈、邊跑邊跳呼拉圈等動作，與同儕合作，進行團體遊戲。

<第二節>：呼拉圈體驗II(手)

一、準備活動 (10 mins)

1.慢跑(室外)操場或(室內)籃球場。

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's jog 1 lap in the sports field. Please jog on your track.

T: Let's jog 3 laps on the basketball court.

T: Please keep your distance.

2.點名(Roll Call)。

**Teacher's talk** (可適當使用跨語言技巧)

T: Roll call.

T: Is everybody here? / Who is not here? / Why is he/she not here?

T: Check your sportswear and sneakers.

3.師生做暖身操(Warm-up) (英文用語參考第一節)。

二、發展活動 (20 mins)：呼拉圈體驗II(手)

(一) 旋轉呼拉圈：

將呼拉圈站立於地面上，以單手扭轉呼拉圈方式使之自轉，再以(1)拍掌(2)跑步方式計算呼拉圈轉動時間的長短。

**Teacher's talk** (可適當使用跨語言技巧)

T: Stand the hoops and spin the hoops on the ground.

T: Look at the hoops. Clap your hands and count.

T: Look at the hoops. Run around the hoops and count.

(二) 你追我跑：推動呼拉圈使之向前滾動。

1.學生將呼拉圈用力向前推，推得又直又遠者為勝。

**Teacher's talk** (可適當使用跨語言技巧)

T: Stand the hoops and roll the hoops.

T: The hoop that goes straight and far is the winner.

2.推動呼拉圈使之向前滾，學生跟著滾動的呼拉圈向前跑，率先於終點線捉住呼拉圈者為勝。

**Teacher's talk** (可適當使用跨語言技巧)

T: Roll the hoops and run with the hoops.

T: When you reach the finish line, you catch the hoops.

T: The fastest is the winner.

呼拉圈  
數個

學生能聽懂  
英文指令並  
以英文回  
應。

學生能聽懂  
英文指令並  
以英文回  
應，做出正  
確的暖身操  
動作。

學生能運用  
單手扭轉呼  
拉圈，使呼  
拉圈於地上  
自轉，並使  
用拍手及跑  
步方式，計  
算呼拉圈所  
轉之圈數。

呼拉圈  
數個

學生能運用  
單手推動呼  
拉圈，使呼  
拉圈向前滾  
動。

學生能運用  
單手，於終  
點線處，將  
前行滾動的  
呼拉圈捉  
住。



<p><b>三、綜合活動 (10 mins)：迴力呼拉圈(Pull back the Hula Hoops)</b></p> <p>學生站在終點線，以拉回呼拉圈方式，跟著滾回的呼拉圈後退跑，並於呼拉圈倒地前捉住呼拉圈，以完成任務。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Stand on the finish line. Pull back the hoops.  T: Run backward with the hoops.  T: You catch it before it falls. You're done.</p> <p>～～第二節 End～～</p>	<p>呼拉圈 數個 跳繩</p>	<p>學生能運用單手拉回呼拉圈，使呼拉圈向後滾動，並於呼拉圈倒地前捉住。</p>
<p style="text-align: center;"><b>&lt;第三節&gt;：呼拉圈體驗III(搖)</b></p> <p><b>一、準備活動 (10 mins)</b></p> <p>1.慢跑(室外)操場或(室內)籃球場。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's jog 1 lap in the sports field. Please jog on your track.  T: Let's jog 3 laps on the basketball court.  T: Please keep your distance.</p> <p>2.點名(Roll Call)。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Roll call.  T: Is everybody here? / Who is not here? / Why is he/she not here?  T: Check your sportswear and sneakers.</p> <p>3.師生做暖身操(Warm-up) (英文用語參考第一節)。</p> <p><b>二、發展活動 (20 mins)：呼拉圈體驗III(搖)</b></p> <p>(一) 搖呼拉圈(Hula Hoop in Place)：</p> <p>1.老師講解示範搖呼拉圈四要領：</p> <p>①將呼拉圈放在背後 ②扭腰 ③手推呼拉圈 ④轉動呼拉圈。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: There are 4 tips to rotate the hula hoop.</p> <p>Tip 1: Take your hula hoop and place it on your back.  Tip 2: Twist your waist.  Tip 3: Push your hula hoop.  Tip 4: Rotate your hula hoop.</p> <p>※Use your waist to move front to back and back to front; or use your</p>	<p>呼拉圈 數個</p>	<p>學生能聽懂英文指令並以英文回應。</p> <p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p> <p>學生能專心聽講，並依指令完成原地搖呼拉圈、邊走邊搖呼拉圈等動作。</p>

<p>hip to write a 0.</p> <p>2.原地搖呼拉圈：計 30 秒，兩回合練習並數圈數。 (師生討論圈數進步的訣竅：擺弓箭步。)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's hula hoop in place and count. T: 30 seconds. 2 rounds. T: Round 1. Are you ready? Ss: Yes! On my mark! Get set! Push. Rotate! T: Time's up! Please sit inside the hula hoops. T: You can try to do the lunge and rotate the hula hoops. T: Round 2. Are you ready? Ss: Yes! On my back! Get set. Push. Rotate! T: Time's up! Please sit inside the hula hoops.</p>	<p>呼拉圈 數個</p>	<p>學生能專心聽講，並依指令完成原地搖呼拉圈、邊走邊搖呼拉圈等動作。</p>
<p>(二) 邊走邊搖呼拉圈(Hula-walking)：學生四人一組，進行練習。 (師生討論訣竅：以側面前進取代面向前行。)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Now 4 students in a team. T: Let's do Hula-walking! T: You rotate the hula hoop and walk from the gray line to the white line. T: When you finish, please hang the hula hoop on your shoulders. T: Then walk back to your team. T: Are you ready? Ss: Yes! T: (Blow the whistle.) T: You can walk sideways to do Hula-walking. Now let's try again!</p>	<p>呼拉圈 數個</p>	
<p><b>三、綜合活動 (10 mins)：搖~~~落起！</b></p> <p>(一) 分四組，進行接力賽。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's play the relay game. Make 4 teams.</p> <p>(二) 原地搖呼拉圈 10 下後，邊走邊搖呼拉圈至交通錐，繞過交通錐後，以跑步跳方式回到起點，將呼拉圈交接給下一位同學。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Rotate the hula hoop in place and count to 10. T: Do Hula-walking to the traffic cone. T: Then run around the traffic cone. T: Run and Jump over the hoop back to your team.</p>	<p>呼拉圈 數個 交通錐 4 個</p>	<p>學生能依指令做出正確動作及回應，以原地搖呼拉圈、邊走邊搖呼拉圈等動作，與同儕合作，進行團體遊戲。</p>

<p>T: Pass the hula hoop to the next one. Change!</p> <p>(三) 宣布比賽結果。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: The winner is Team ____!</p> <p>Ss (Team____): Yeah! Hooray!</p> <p>T: The class is over. Don't forget your water bottles and clothes.</p> <p>Ss: Goodbye, teacher! Goodbye, everyone!</p> <p>T: Goodbye! See you next week!</p> <p style="text-align: center;">~~ 第三節 End~~</p>		
<p><b>教學單元二：呼拉圈團體接力賽</b></p>	<p>教學資源</p>	<p>評量方式</p>
<p style="text-align: center;"><b>&lt;第四節&gt;：呼拉圈派對(團體接力賽)</b></p> <p><b>一、準備活動 (10 mins)</b></p> <p>1.慢跑(室外)操場或(室內)籃球場。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's jog 1 lap in the sports field. Please jog on your track.</p> <p>T: Let's jog 3 laps on the basketball court.</p> <p>T: Please keep your distance.</p> <p>2.點名(Roll Call)。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Roll call.</p> <p>T: Is everybody here? / Who is not here? / Why is he/she not here?</p> <p>T: Check your sportswear and sneakers.</p> <p>3.師生做暖身操(Warm-up) (英文用語參考第一節)。</p> <p><b>二、發展活動 (20 mins)：</b></p> <p>(一) 原地搖呼拉圈(Hula Hoop in Place)：</p> <p>1.師生複習搖呼拉圈四要領。</p> <p style="text-align: center;">(①將呼拉圈放在背後②扭腰③手推呼拉圈④轉動呼拉圈)</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Tell me how to hula hoop. Tip 1. You?</p> <p>Ss: Place on my back.</p> <p>T: Tip 2. You?</p> <p>Ss: Twist my waist.</p> <p>T: Tip 3. You?</p> <p>Ss: Push my hula hoop.</p> <p>T: Tip 4. You?</p>	<p>呼拉圈 數個</p>	<p>學生能聽懂英文指令並以英文回應。</p> <p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p> <p>學生能專心聽講，並依指令完成原地搖呼拉圈、跳躍呼拉圈等動作。</p>

Ss: Rotate my hula hoop.

2.原地搖呼拉圈：計 30 秒，兩回合練習並數圈數。

**Teacher's talk** (可適當使用跨語言技巧)

T: Let's hula hoop in place and count.

T: You can try to do the lunge and rotate the hula hoops.

T: 30 seconds. 2 rounds.

T: Round 1. Are you ready?

Ss: Yes! On my mark! Get set! Push. Rotate!

T: Time's up! Please sit inside the hula hoops.

T: How many spins did you do?

T: Round 2. Are you ready?

Ss: Yes! On my back! Get set. Push. Rotate!

T: Time's up! Please sit inside the hula hoops.

T: This time you got more spins, please stand up!

(二) 跳躍呼拉圈(Jump and hop in the hula hoops)：分四組進行練習。

(師生討論訣竅：「單腳跳躍時，放慢速度，穩住重心」之後，再進行第二回合。)



(the starting line)

**Teacher's talk** (可適當使用跨語言技巧)

T: 8 hula hoops and 1 traffic cone in a line.

T: You stand behind the white line.

T: The others stand behind the gray line.

T: You run to the hula hoops.

T: And jump and hop in the hula hoops.

T: Then run around the traffic cone, jump and hop again and run back to the white line.

三、綜合活動 (10 mins)：呼拉圈派對(團體接力賽)

(一) 分四隊進行，原地搖呼拉圈十次後，邊走邊搖呼拉圈至交通錐，並將呼拉圈套至交通錐，接著以跳躍方式完成地上擺放之呼拉圈，繞過交通錐後，重複進行地上呼拉圈的跳躍，最後拾起呼拉圈，以跑步跳方式回到起點，交接給下一棒。

呼拉圈  
數個

學生能專心聽講，並依指令完成原地搖呼拉圈、跳躍呼拉圈等動作。

呼拉圈  
數個  
交通錐 4  
個

呼拉圈  
數個  
交通錐 8  
個



呼拉圈  
數個  
交通錐 8  
個

學生能依指令做出正確動作及回應，以原地搖呼拉圈、邊走邊搖呼拉圈、跳躍呼拉圈、邊跑邊跳呼拉圈等動作，與同儕合作，進行團體遊戲。

**Teacher's talk** (可適當使用跨語言技巧)

- T: Let's play the relay game. Make 4 teams.  
 T: Rotate the hula hoop in place and count to 10.  
 T: Do Hula-walking to the traffic cone.  
 T: Put down the hoop here.  
 T: Jump and hop in the hula hoops.  
 T: Then run around the traffic cone.  
 T: Jump and hop again.  
 T: Pick up and jump over the hoop back to your team.  
 T: Pass the hula hoop to the next one.  
 T: Now let's play this game. Are you ready? (Blow the whistle.)

(二) 宣布比賽結果。

**Teacher's talk** (可適當使用跨語言技巧)

- T: The winner is Team\_\_\_\_\_!  
 Ss (Team\_\_\_\_\_): Yeah! Hooray!  
 T: The class is over. Don't forget your water bottles and clothes.  
 Ss: Goodbye, teacher! Goodbye, everyone!  
 T: Goodbye! See you next week!

~~ 第四節 End~~

**教學單元三：呼拉圈團體遊戲**

教學資源

評量方式

<第五節>：地鼠穿洞和蛇行穿越比賽

一、準備活動 (10 mins)

1.慢跑(室外)操場或(室內)籃球場。

**Teacher's talk** (可適當使用跨語言技巧)

- T: Let's jog 1 lap in the sports field. Please jog on your track.  
 T: Let's jog 3 laps on the basketball court.  
 T: Please keep your distance.

2.點名(Roll Call)。

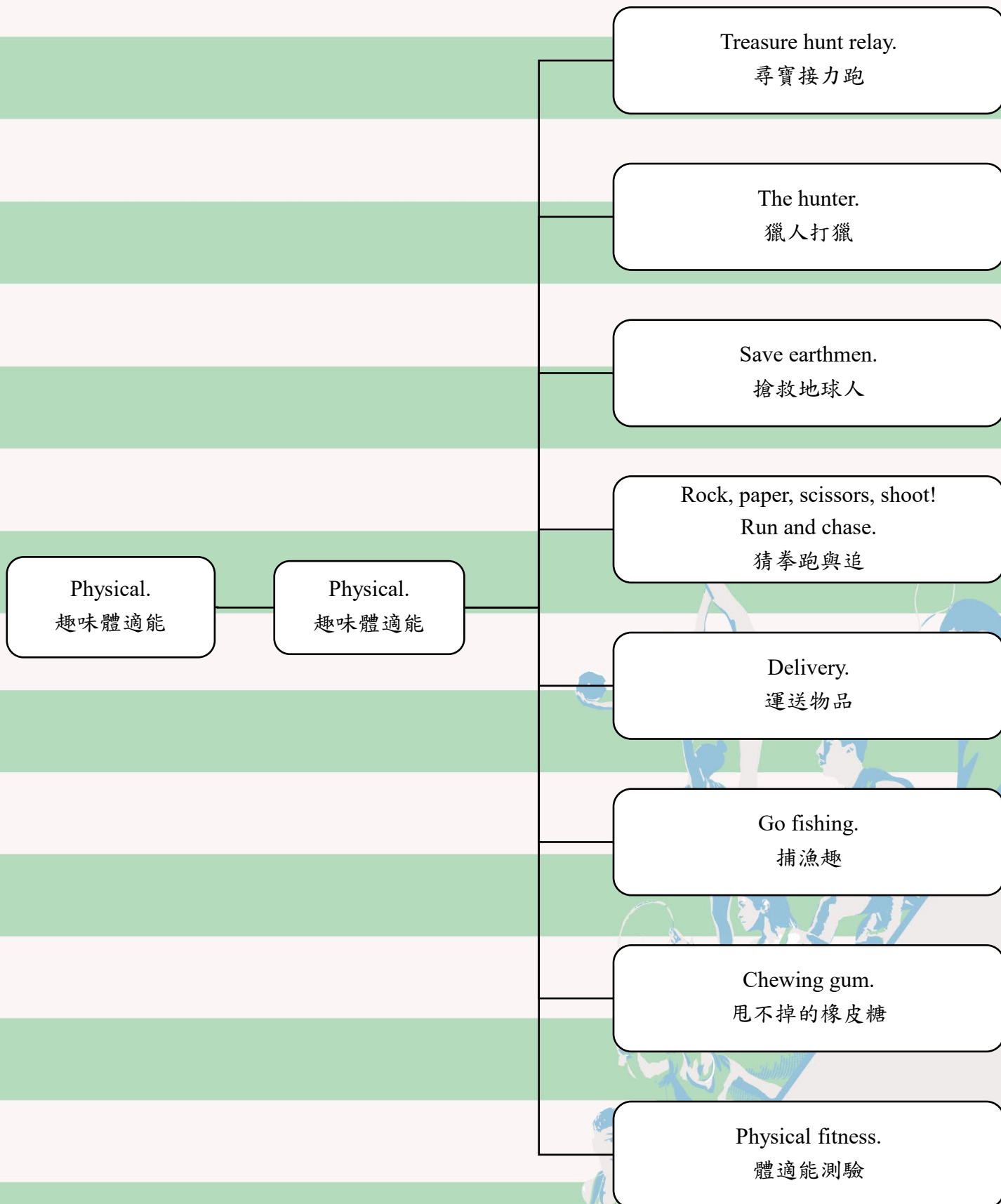
學生能聽懂英文指令並以英文回應。

<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Roll call. T: Is everybody here? / Who is not here? / Why is he/she not here? T: Check your sportswear and sneakers.</p> <p>3. 師生做暖身操(Warm-up) (英文用語參考第一節)。</p> <p><b>二、發展活動 (8 mins) :</b></p> <p>(一) 師生複習搖呼拉圈四要領：</p> <p>①將呼拉圈放在背後 ②扭腰 ③手推呼拉圈 ④轉動呼拉圈</p>		<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>
<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Tell me how to do hula hoop. Tip 1. You? Ss: Place on my back. T: Tip 2. You? Ss: Twist my waist. T: Tip 3. You? Ss: Push my hula hoop. T: Tip 4. You? Ss: Rotate my hula hoop.</p> <p>(二) 原地搖呼拉圈(Hula Hoop in Place) : 計 30 秒，進行二回合。 一回合自行練習並數圈數，另一回合，與鄰排同學互相數圈數，並比賽誰的次數較多。</p>	<p>呼拉圈 數個</p> <p>呼拉圈 數個</p>	<p>學生能聽懂英文指令並以英文回應。</p> <p>學生能專心聽講，並依指令完成原地搖呼拉圈的動作。</p>
<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: Let's do hula hoop in place and count. T: 30 seconds. 2 rounds. T: Round 1. Are you ready? Ss: Yes! On my mark! Get set! Push. Rotate! T: Time's up! T: Please tell me how many spins did you do? T: Round 2. Line 1 and 3 do hula Hoop in Place. T: Lines 2 and 4 sit inside the hula hoops and count how many spins did the students in Line 1 or 3 do. T: Are you ready? T: Lines 1 and 3. Ss: Yes! On my back! Get set. Push. Rotate! T: Time's up! You did more spins than others, you won the game. T: Please stand up! Change!</p> <p><b>三、綜合活動 (22 mins) : 呼拉圈團體遊戲</b></p>		

<p>(一) 身體傳遞呼拉圈(Pass through the Hula Hoops)。</p> <p>1.(練習)分四組，手牽手圍成一個圓圈。將呼拉圈套入其中一人的肩膀，利用身體穿越的方式，輪流傳遞呼拉圈，最先將呼拉圈傳回第一人肩膀者的隊伍為勝。</p> <p>T: Hand in hand to make a circle. Pass through the hoop.</p> <p>2.(比賽)分兩隊進行。</p> <p>T: Make 2 teams. Each team, make one big circle.</p> <p>T: Pass the hoop.</p> <p>T: The team who gets the hoop back to the first student is the winner.</p> <p>(二) 地鼠穿洞(Go through the Hula Hoops)。</p> <p>1.分四組，兩組為<u>立呼拉圈組</u>，另兩組為<u>穿洞組</u>，穿越完 6 個呼拉圈後折返、衝刺回起點，以拍手方式接力，完成此趟競賽。</p> <p>T: Make 4 teams.</p> <p>T: Two teams stand the hoops and the other teams go through the hoops.</p> <p>T: Then run back to the finish line and clap hands with your friends.</p> <p>2.<u>立呼拉圈組</u>和<u>穿洞組</u>交換，進行下一回合比賽。</p> <p>T: Change. Round 2.</p> <p>(三) 蛇行穿越(Go through the Hula Hoops in an S-shape)。</p> <p>1.分四組，兩組為<u>立呼拉圈組</u>，另兩組為<u>穿洞組</u>，蛇型(S 型)穿越完 6 ~7 個呼拉圈後折返、衝刺回起點，以拍手方式接力，完成此趟競賽。</p> <p>T: Make 4 teams. Go through the hoops in an S-shape.</p> <p>2.<u>立呼拉圈組</u>和<u>穿洞組</u>交換，進行下一回合比賽。</p> <p>T: Change. Round 2.</p> <p>(四) 宣布比賽結果。</p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>T: The winner is Team ____!</p> <p>Ss (Team____): Yeah! Hooray!</p> <p>T: The class is over. Don't forget your water bottles and clothes.</p> <p>Ss: Goodbye, teacher! Goodbye, everyone!</p> <p>T: Goodbye! See you next week!</p> <p>~~ 第五節 End~~</p>	<p>呼拉圈 數個</p> <p>呼拉圈 數個</p> <p>呼拉圈 數個</p>	<p>學生能依指令做出正確動作及回應，與同儕合作，進行三種團體遊戲。</p>
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# 單元架構

## Unit 7-1 趣味體適能





主題名稱	趣味體適能	教學設計者	臺中市豐原區瑞穗國民小學 蔡逸欣
學習對象	二年級 下學期	學習節次	8 節課(320 分鐘)
學習內容	Ab-1-1 體適能遊戲。		
學習表現	1c-1-1 認識身體活動的基本動作。 2c-1-2 表現認真參與的學習態度。 4d-1-1 願意從事規律身體活動。		
學習目標	1.以正確的跑步動作進行跑步遊戲。 2.能與同學合作，完成體能遊戲任務。 3.認真參與團隊遊戲活動，並發揮勝不驕敗不餒的運動家精神。		
教學方法	直接教學法、動作示範		
教學資源	三角錐、 小球（沙包）、呼啦圈、紅布條、標誌盤		
學科英語詞彙	Run, chase, Rock, touch, shuttle run, treasure, whistle , hunter, earthmen, paper, scissors, shoot, Run and chase, Delivery, Chewing gum, Physical, fitness.		
學科英語句型 (視教材內容)	Let's run. When you hear the whistle, stop right away. When you hear the whistle, touch the ground. Sit on the lane. When you hear the whistle, stand up and run 15 meters. Shuttle run. Run fast and I will time you.		
<b>教學單元一：趣味體適能</b>		教學資源	評量方式
<第一節>：尋寶接力跑 Treasure hunt relay			
<b>一、準備活動：(10 mins)</b> <b>Teacher's talk</b> (可適當使用跨語言技巧) 1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S: 1, 2. 2. Let's warm up! (如附件 1) 3. Run one lap. Go!			聽口令並完成動作

## 二、發展活動：(26 mins)

### 1.分排跑步練習 Let's run

A.快跑，聽到哨聲急停

When you hear the whistle, stop right away.

B.快跑，聽到哨聲摸地

When you hear the whistle, touch the ground.

### 2.尋寶接力跑

三角錐 20 個+寶物（小球或沙包）11 個+呼拉圈二個

學生分成二組

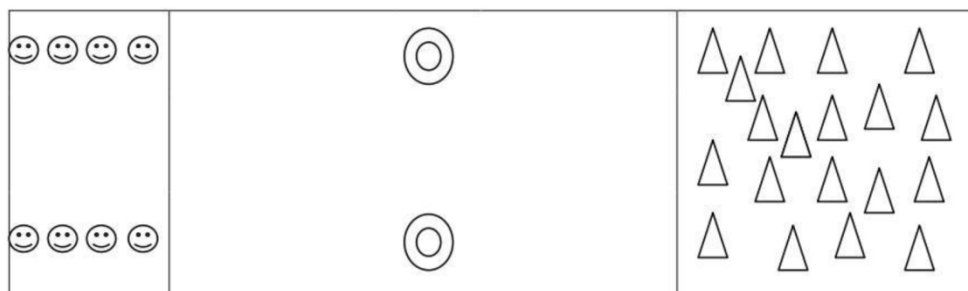
距離 20 公尺遠擺放角錐，並在角錐下隨機放置寶物

出發翻看角錐，一次只能翻看一個角錐，若有發現寶物取回，放在呼拉圈中

角錐需擺放好

回到起跑線拍手接力換下一人出發

看哪一組找到的寶物多



### Teacher's talk (可適當使用跨語言技巧)

T:	<p>Split into 2 teams.</p> <p>Run to one cone and find the treasure under the cone.</p> <p>If you find the treasure, put it in the hula hoop.</p> <p>Place the cone back.</p> <p>Go back and high five the next one.</p> <p>The team with the most treasure is the winner.</p>
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## 三、綜合活動：(4 mins)

1.要學生說說今天自己的表現，並也說出同學表現很好的部分。

2.引導學生說出學習的困難點，並給予回饋。

~~ 第一節 End ~~

三角錐、  
小球（沙  
包）、  
呼拉圈

積極參與活  
動

能完整表達  
自己的想法

<第二節>：獵人打獵 The hunter.

一、準備活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
Ss: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(26 mins)

1. 分排跑步練習 Let's run
  - A. 快跑，聽到哨聲急停  
When you hear the whistle, stop right away.
  - B. 快跑，聽到哨聲摸地  
When you hear the whistle, touch the ground.

2. 獵人打獵

全班分成數組，每組圍成圈

其中一人當獵人，一人持紅色布條為獵物

兩人繞圓圈跑，當獵人追上獵物並碰到獵物，就完成打獵

獵物可仿繞圓圈跑時，將布條交給其他人，接到布條的人就成為獵物

**Teacher's talk** (可適當使用跨語言技巧)

T:	Split into several teams. Every team should make a circle. Choose one person as the hunter, and the other as the prey holding a red cloth. These two persons run around the circle. When the hunter touches the prey. It's done. The prey can hand (out) the cloth to other person, who in turn will become the (next) prey.
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三、綜合活動：(4 mins)

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出學習的困難點，並給予回饋。

～～第二節 End～～

聽口令並完成動作

積極參與活動

紅布條

能完整表達自己的想法

<第三節>：搶救地球人 Save earthmen.

一、準備活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
Ss: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(26 mins)

1. 分排跑步練習 Let's run
  - A. 快跑，聽到哨聲急停  
When you hear the whistle, stop right away.
  - B. 快跑，聽到哨聲摸地  
When you hear the whistle, touch the ground.

2. 搶救地球人

三角錐六個

分三組，兩個三角錐間隔 20 公尺

第一人當領隊，出發到對面三角錐搭救一人

被搭救的人當領隊，二人牽手折返至對面三角錐搭救第三人

第三個人當領隊，三人牽手折返至對面搭救第四人

第四個人...

以此類推到全部搭救完畢

中途手不能斷開，斷開點後方的人要回到原來的位

聽口令並完成動作

積極參與活動

三角錐

能完整表達自己的想法

T:	Split into 3 teams. Half of team stay on one side, and the other half on the other side. The first one will be the leader; s/he has to run to the cone on the other side to save the second person. The second person becomes the leader, hand in hand with first person, and goes back to the cone to save the third person. All of the team should be saved. Everyone should not put your hands down, or those who are behind the person who did it will have to go back to where they started.
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三、綜合活動：(4 mins)

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出學習的困難點，並給予回饋。

~~第三節 End~~

<第四節>：猜拳跑與追 Run and chase

一、準備活動：(10 mins)

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
T: Attention!  
Ss: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

二、發展活動：(26 mins)

1. 分排跑步練習 Running practice (一次 3 人)
  - A. 聽到哨聲，原地抬腿跑 5 下後出發，快跑 15 公尺  
When you hear the whistle, lift legs for 5 times, and go running 15 meters.
  - B. 面對跑道坐著，聽到哨聲起立快跑 15 公尺  
Sit on the lane.  
When you hear the whistle, stand up and run 15 meters.

2. 猜拳抓人





































學生兩人一組，跑到中間  
聽教師哨音後猜拳，輸的往回跑到等待線，  
贏的人想辦法在猜輸的同學跑到等待線前碰到他即得分



聽口令並完成動作

積極參與活動

T:	2 people in a group. Run to the middle. When you hear the whistle, play rock, paper, scissors, shoot. The loser runs back to the waiting line. The winners chase the loser and try to touch the loser before waiting line.
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<p><b>三、綜合活動：(4 mins)</b></p> <p>1.要學生說說今天自己的表現，並也說出同學表現很好的部分。</p> <p>2.引導學生說出學習的困難點，並給予回饋。</p> <p style="text-align: center;">~~ 第四節 End~~</p>		<p>能完整表達自己的想法</p>																		
<p style="text-align: center;"><b>&lt;第五節&gt;：運送物品 Delivery</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <p>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p> <p><b>二、發展活動：(26 mins)</b></p> <p>1.分排跑步練習 (一次 3 人)</p> <p>A.聽到哨聲，原地抬腿跑 5 下後出發，快跑 15 公尺 When you hear the whistle, lift legs for 5 times, and go running 15 meters.</p> <p>B.面對跑道坐著，聽到哨聲起立快跑 15 公尺 Sit on the lane. When you hear the whistle, stand up and run 15 meters.</p> <p>2.運送物品</p> <p>全班分成 4 組，每組有七個標誌盤和一個三角錐，標誌盤排成一列 學生聽哨音後取一標誌盤至三角錐處套上 折返至起點取第二個標誌盤 以此類推至七個標誌盤運送完畢</p> <table border="1" data-bbox="103 1523 1093 1825"> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table> <table border="1" data-bbox="143 1870 1077 2004"> <tr> <td style="width: 50px;">T:</td> <td>Let's split into 4 groups. When you hear the whistle, take one disc cone and put it on the sport cone, and go back.</td> </tr> </table>																	T:	Let's split into 4 groups. When you hear the whistle, take one disc cone and put it on the sport cone, and go back.	<p>聽口令並完成動作</p> <p>積極參與活動</p> <p>三角錐、標誌盤</p>	
																				
																				
																				
																				
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<p style="text-align: center;"><b>&lt;第六節&gt;：捕漁趣 Go fishing</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p> <p><b>二、發展活動：(25 mins)</b></p> <p>1.分排跑步練習</p> <p>A.聽到哨聲，原地抬腿跑 5 下後出發，快跑 15 公尺 When you hear the whistle, lift your legs 5 times, and run 15 meters.</p> <p>B.面對跑道坐著，聽到哨聲起立快跑 15 公尺 Sit on the lane. When you hear the whistle, stand up and run 15 meters.</p> <p>2.捕漁趣</p> <p>全班分成二組，每組派二人當漁夫，其他人當魚 兩名漁夫牽手在另一組捕魚，漁夫碰到或跑離界線外即算捕獲 先將魚全部捕獲的組別獲勝</p> <div data-bbox="279 1400 925 2038" data-label="Image"> </div>		<p>聽口令並完成動作</p> <p>積極參與活動</p>

<p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <table border="1" data-bbox="140 174 1075 515"> <tr> <td data-bbox="140 174 225 515">T:</td> <td data-bbox="225 174 1075 515"> <p>Let's split into 2 groups. 2 people from the same group will be the fishers, and other people will be the fish. 2 fishers go hand in hand and catch the fish from the other group(s). If someone is touched by the fisher or go out of the line, he / she is caught.</p> </td> </tr> </table> <p><b>三、綜合活動：(5 mins)</b></p> <ol style="list-style-type: none"> <li>1.要學生說說今天自己的表現，並也說出同學表現很好的部分。</li> <li>2.引導學生說出學習的困難點，並給予回饋。</li> </ol> <p style="text-align: center;">~~ 第六節 End~~</p>	T:	<p>Let's split into 2 groups. 2 people from the same group will be the fishers, and other people will be the fish. 2 fishers go hand in hand and catch the fish from the other group(s). If someone is touched by the fisher or go out of the line, he / she is caught.</p>		<p>能完整表達自己的想法</p>
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<p style="text-align: center;"><b>&lt;第七節&gt;：甩不掉的橡皮糖 Chewing gum</b></p> <p><b>一、準備活動：(10 mins)</b></p> <p><b>Teacher's talk</b> (可適當使用跨語言技巧)</p> <ol style="list-style-type: none"> <li>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! Ss: 1, 2.</li> <li>2. Let's warm up! (如附件 1)</li> <li>3. Run one lap. Go!</li> </ol> <p><b>二、發展活動：(26 mins)</b></p> <ol style="list-style-type: none"> <li>1.二人一組，一個是「人」，一個是「橡皮糖」 橡皮糖的右（左）肩要一直跟人的左（右）肩黏在一起 老師喊 1（或按電子哨），在聲音未停止前，人可以隨意跑動或轉動身體方向，橡皮糖要盡全力跟在旁邊黏住肩膀不被甩掉。 由 1 喊到 8 之後，二人角色交換。</li> </ol> <table border="1" data-bbox="140 1664 1075 2047"> <tr> <td data-bbox="140 1664 225 2047">T:</td> <td data-bbox="225 1664 1075 2047"> <p>2 people in a group. One person as human, and the other as chewing gum. The right or left shoulder of the chewing gum should stick together with human's right or left shoulder. I'll say 1 to 8. Human can run or turn around. Chewing gum should do his/her best to stick to the human. After counting from 1-8, switch your role.</p> </td> </tr> </table>	T:	<p>2 people in a group. One person as human, and the other as chewing gum. The right or left shoulder of the chewing gum should stick together with human's right or left shoulder. I'll say 1 to 8. Human can run or turn around. Chewing gum should do his/her best to stick to the human. After counting from 1-8, switch your role.</p>		<p>聽口令並完成動作</p> <p>積極參與活動</p>
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- 2.三人一組，左右各一橡皮糖，但停止時，人可以擺出任意的姿勢，二個橡皮糖要模仿出一樣的動作。  
 (三人時，橡皮糖可以只靠近不黏肩，以免推擠絆倒)  
 數次之後角色交換。

**Teacher's talk** (可適當使用跨語言技巧)

T:	<p>3 people in a group.          There is one chewing gum on the right side, and the other chewing gum is on the left side.          The 2 chewing gums should do the same action.</p>
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**三、綜合活動：(4 mins)**

- 1.要學生說說今天自己的表現，並也說出同學表現很好的部分。
- 2.引導學生說出學習的困難點，並給予回饋。

能完整表達自己的想法

～～第七節 End～～

**<第八節>：體適能測驗 Physical fitness**

**一、準備活動：(10 mins)**

**Teacher's talk** (可適當使用跨語言技巧)

1. T: Center, hands up.  
 Ss: Hands up.  
 T: Hands out.  
 T: Attention!  
 Ss: 1, 2.
2. Let's warm up! (如附件 1)
3. Run one lap. Go!

**二、發展活動：(26 mins)**

- 測驗活動五運送物品 (折返跑) 計時
  1. Shuttle run.
  2. Run fast and I will time you.

**三、綜合活動：(4 mins)**

- 1.要學生說說今天自己的表現，並也說出同學表現很好的部分。
- 2.引導學生說出學習的困難點，並給予回饋。

～～第八節 End～～