

『彰化縣和美鎮大榮國小英語沉浸計畫-五年級體育』

課程架構:

教學單元	主題	教學週次
Ready Go	課程介紹及上課方式	1 週
	額外申請之游泳課程 (未加入沉浸式英文計畫課程中)	3-8 週
一	BIG HIT 樂樂棒	9-10 週
期中考週		
一	BIG HIT 樂樂棒	12-14 週
二	大家一起 RUN	15-19 週
期末考週		

健康與體育領域 核心素養	學習表現	學習內容	對應英語文核心素養
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。	1a-III-1 認識生理、心理與社會各層面健康的概念。	Aa-III-2 人生各階段的成長、轉變與自我悅納。	英-E-A1 具備認真專注的特質及良好的學習習慣，嘗試運用基本的學習策略，強化個人英語文能力。
健體-E-A2 具備探索身體活動與健康生活問題的思考能力，並透過體驗與實踐，處理日常生活中運動與健康的問題。	1b-III-1 理解健康技能和生活技能對健康維護的重要性。	Hd-III-1 守備/跑分性球類運動基本動作及基礎戰術。	
健體-E-B1 具備運用體育與健康之相關符號知能，能以同理心應用在生活中的運動、保健與人際溝通上。	1c-III-3 了解身體活動對身體發展的關係。 Ga-III-1 跑、跳與投擲的基本動作。	Cb-III-3 各項運動裝備、設施、場域。	
健體-E-C1 具備生活中有關運動與健康的道德知識與是非判斷能力，理解並遵守相關的道德規範，培養公民意識，關懷社會。	1c-III-1 了解運動技能要素和基本運動規範。 1c-III-2 應用身體活動的防護知識，維護運動安全。	Cb-III-1 運動安全教育、運動精神與運動營養知識。	英-E-B1 具備入門的聽、說、讀、寫英語文能力。在引導下，能運用所學、字詞及句型進行簡易日常溝通。

<p>健體-E-C2</p> <p>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。</p>	<p>2c-III-1</p> <p>表現基本運動精神和道德規範。</p> <p>2c-III-2</p> <p>表現同理心、正向溝通的團隊精神。</p> <p>2c-III-3</p> <p>表現積極參與、接受挑戰的學習態度。</p>		<p>英-E-C2</p> <p>積極參與課內英語文小組學習活動，培養團隊合作精神。</p>
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主題 名稱	BIG HIT 樂樂棒球	年 級	五年 級	學習領 域	健康與體育領域
教學 時間	12 節 480 分鐘		設計者	沉浸式英語教學群	

教學活動設計

【Warm up】

- 1、引起動機：從職棒談起，詢問同學觀賞棒球比賽（含職棒、世界盃、運動會等）的經驗。
- 2、觀賞棒球比賽的錄影帶或光碟。
- 3、瞭解同學對樂樂棒球的認識，並請其發表。
- 4、觀賞樂樂棒球的教學光碟。
- 5、教師分發學習單，請學生瀏覽學習單內容。
 - * 棒球與樂樂棒球的比較與相關介紹
 - * 樂樂棒球的場地介紹（英文用語融入）
 - * 裁判手勢（英文用語融入）

【Developmental Activities】

- 1、教師介紹樂樂棒球的起源、特性與發展等。
- 2、教師說明學習單內容並示範。

【Practice】

- 1、師生共同討論，教師重點結論。

單字：

run/stop/play/go/baseball/ base bag/run/homerun/hit/catch/throw
 /swing/grip/bat/ball/ strike/out/pitcher/first/second/third/home plate/
 glove/champion/pitcher/catcher/ MLB

教學用語：

Attention, everybody.

Are you following?

Are you ready?

Repeat after me. Try again.

Good job. See you next week.

~第 1 節 完~

【Warm up】

- 1、暖身運動。
- 2、運動安全保健宣導
 - *運動的重要性
 - *暖身運動的重要性

【Developmental Activities】

- 1、球場位置介紹
- 2、打擊指導教學
 - * 球棒、球、打擊座的簡介
 - * 握棒姿勢：
 - * 揮棒姿勢：先空手揮、再握球棒揮
 - * 角度方向：高飛、平飛、球落點位置等

教學重點：先求穩定，逐漸加大力道

- 3、分組練習：兩組
 - *一組依序練習打擊，教師在旁協助，另一組協助撿球，交換練習。
- 4、集合同學教師重點提醒：
- 5、分組練習：四組
 - *分兩個場地，各有一組依序練習打擊，另一組協助撿球，交換練習；教師巡迴指導

【Practice】

- 1、請學生示範。
 - *教師選擇正確動作與錯誤動作的學生示範
- 2、教師請學生指出正確與錯誤之處。
- 3、教師示範錯誤改進動作與重點提示。

單字：

run/stop/play/go/baseball/ base bag/run/homerun/hit/catch/throw
/swing/grip/bat/ball/ strike/out/pitcher/first/second/third/home plate/
glove/champion/pitcher/catcher/glove/bat/mask/chest protector
/leg protector/supporter/helmet

教學用語：

Run one lap (around the playground).

(Get in the) warm-up formation in front of me.

Let's warm up. Leader, please come here. Let's start.

Hands out ... down on the floor ... roll ... roll back and forth ... hold your
knees ... roll back ... hands on the floor ... turn your head to the side and roll to
that side

Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

Are you ready?/

Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

It's time to finish.

See you next time. /This is for you

(name)

Do you know how to ... (dribble, kick ...)?

Can you show me how to do it?

Did you practice basketball after class?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up /

~第 2、3 節 完~

【Warm up】

- 1、暖身運動。
- 2、運動安全保健簡要複習

【Developmental Activities】

- 1、守備指導教學
 - * 預備姿勢：身體重心降低、注視前方
 - * 傳球姿勢：手腕、手臂、身體擺動等
 - * 高飛球練習與判斷：盡量由後往前跑
 - * 平飛球練習與判斷
 - * 反彈球練習與判斷：落點與反彈判斷置
- 2、學生分組練習：兩人一組一顆球，聽老師口令練習高飛、平飛、反彈球等傳接球。
- 3、傳壘姿勢與判斷：各壘手接球位置
 - * 整體守備位置調配與判斷：守備補位、視各跑壘者而判定傳何壘
- 4、教師重點提醒：
- 5、分組練習：四組
 - * 區分兩個場地，各有一組依序練習打擊，另一組守備練習，交換練習；教師巡迴指導

【Practice】

- 1、請學生示範。
 - * 教師選擇正確動作與錯誤動作的學生示範
- 2、教師請學生指出正確與錯誤之處。
- 3、教師指導錯誤改進動作與重點提示。

單字：

run/stop/play/go/baseball/ base bag/run/homerun/hit/catch/throw
/swing/grip/bat/ball/ strike/out/pitcher/first/second/third/home plate/
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/leg protector/supporter/helmet

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Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

Are you ready?/

Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

It's time to finish.

See you next time. /

This is for you (name)

Do you know how to ... (dribble, kick ...)?

Can you show me how to do it?

Did you practice basketball after class?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up /

【Warm up】

1、暖身運動。

【Developmental Activities】

1、跑壘指導教學

* 壘包與壘距介紹：防守隊紅色；攻擊隊白色

2、跑壘方向：一、二、三、本壘包；路徑（避免妨礙守備）

* 踩壘位置與姿勢：攻守不同

3、教師說明比賽規則與裁判手勢

4、學生分組比賽練習：兩組

* 一組攻擊，另一組防守，採正式比賽交換練習；教師擔任裁判並依狀況適時指導

【Practice】

1、教師請學生發表心得。

2、教師指導錯誤改進動作與重點提示。

單字：

run/stop/play/go/baseball/ base bag/run/homerun/hit/catch/throw
/swing/grip/bat/ball/ strike/out/pitcher/first/second/third/home plate/
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Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up

~第 6、7 節 完~

【Warm up】

- 1、場地事先布置。
- 2、暖身運動。

【Developmental Activities】

- 1、裁判手勢練習：口述配合動作。
- 2、檢測學生示範。
- 3、學生分組比賽練習：兩組

*一組攻擊，另一組防守；採正式比賽
；部分學生擔任裁判，教師適時指導

【Practice】

- 1、教師請學生發表心得。
- 2、教師指導歸納與重點提示。
- 3、請學生利用課餘分成三組抽籤，參與比賽活動。

單字：

run/stop/play/go/baseball/ base bag/run/homerun/hit/catch/throw
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Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

Are you ready?

Repeat after me.

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It's time to finish.

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If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up

~第 8、9 節 完~

【Warm up】

- 1、場地事先布置。
- 2、暖身運動。
- 3、比賽禮儀：

* 球員進退場儀式、服裝

* 裁判服裝

【Developmental Activities】

- 1、正式比賽：

* 分甲乙 2 組循環，兩組比賽；一組擔任裁判、計分、各項紀錄等工作；教師適時指導

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glove/champion/pitcher/catcher/glove/bat/mask/chest protector
/leg protector/supporter/helmet

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Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

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Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

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See you next time.

This is for you (name)

Do you know how to ... (dribble, kick ...)?

Can you show me how to do it?

Did you practice basketball after class?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up

~第 10、11 節 完~

【Warm up】

1.暖身運動。

【Developmental Activities】

成果評量 1 ---paper test

成果評量 2 --- action test

~第 12 節 完~

Class:_____ Name:_____ Number:_____

Questions and Answers

- 1.**
The game of Tee Ball has two teams, batting and fielding. When is an innings complete?
Discuss
A. When the batter is 'out'.
B. When all members of the batting team have had a turn of batting.
C. When all members of the fielding team have rotated places.
- 2.**
What shape are the bases set up into ?
A. A rectangle
B. A square
C. A diamond
- 3.**
What is the role of the pitcher? Hint: Remember, this quiz refers to the rules of Tee Ball
A. To stand on the plate as the ball is hit, and to act as a fielder.
B. To pitch the ball at the batter.
C. To umpire the game.
- 4.**
When can the batter hit the ball?
A. When the pitcher throws the ball
B. When the ball has been placed back on the tee and umpire instructs play
C. When players are still running the bases

5. What is the term used to describe when the batter swings to hit the ball and misses?

- A. A miss
- B. A strike
- C. Out

6. The batter is 'out' if...?

- A. The ball gets caught on the full.
- B. The ball is thrown to the first base fielder before the batter arrives at the base.
- C. The batter makes it to first base before the ball.

7. When the batter hits the ball he/she must....?

- A. Run to the first base to be 'safe'.
- B. Have another turn at batting.
- C. Run straight for 3rd base without passing 1st or 2nd base.

8. The batter is considered out if they throw the bat after hitting the ball.

- A. True
- B. False

9. The batter gets a strike when...?

- A. The batter hits the ball into foul territory.
- B. The batter swings and misses the ball.
- C. The batter hits the ball between the 1st and 3rd base

10. All base runners must be touching their base when the ball is hit from the tee.

- A. True
- B. False

11. Two players can stay on one base at the same time.

- A. True

B. False

12. What is the meaning of the term 'forced runner'?

A. A base runner who is forced to run to the next base because another team member is running towards their base.

B. A player who is forced to run when fielding.

C. A base runner who is forced to run back to their original base.

13. Which hand should the glove be on?

A. The hand the glove fits on.

B. The throwing hand.

C. The catching hand.

14. The player batting should have their eyes focused on the field when hitting the ball.

A. False

B. True

15. How should a player stand when batting?

A. Side on to the target area

B. Face on to the pitcher

C. Face on to the target area

16. What is the correct hand grip for batting?

A. Two handed - with the hand closest to the handle end matching the front foot.

B. One handed - right hand only

C. Two handed - with the hand closest to the handle end matching the back foot

17. When catching the ball, where should the players eye's be focused?

A. On the batter

B. On their own hands

C. On the ball

18. When catching a ball, players should always bend their elbows to absorb the impact.

A. True

B. False

19. When throwing the ball, the opposite leg to the throwing arm steps forward.

A. True

B. False

20. The team which has the most runs after an even innings wins the game.

A. True

B. False

大榮國小沉浸式英語---樂樂棒 成果評量 2 --- action test

Class: _____ Name: _____ Number: _____

Item	Excellent	Good	Fair	Poor
1.Team Throwing Drill				
2.Flicking the Ball Drill (Focus on Wrist Action)				
3.Kneeling and Throwing Drill				
4.Standing and Throwing – Hip Turn Drill				
5.Step and Throw Drill				
6.Leaning Stance Drill				
7.Throwing with Legs Drill				
8.Throwing Accuracy Drill				
9.Three Step Throwing Drill				

Excellent: All goals achieved beyond expectation 所有目標皆達成且超越期望

Good: All goals achieved 所有目標皆達成

Fair: Minimum goals achieved 達成基本目標

Poor: Minimum goals achieved with minor flaws 達成基本目標，但有些缺失