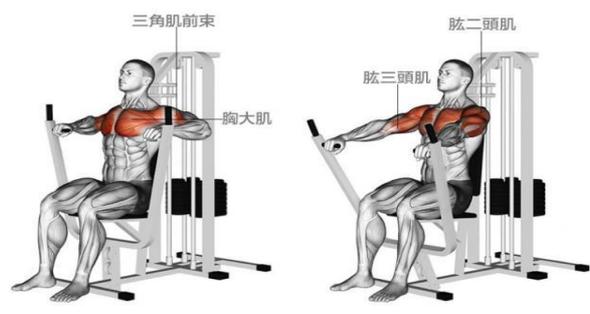


臺中市立育英國民中學沉浸式英語教案(融入健體)

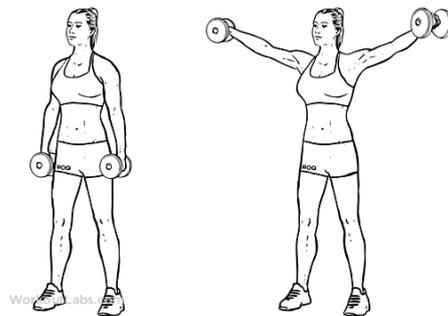
教學單元	健身	設計者	沉浸式英語社群		
教學名稱	上下肢訓練	教學年級	七年級	教學時間	8 堂課
設計理念	健身運動逐漸流行普遍，講解訓練的迷思與青少年重訓的優點。				
課程目標	<ol style="list-style-type: none"> 1. 使學生認識身體肌肉並懂得如何訓練增強。 2. 使學生能透過課堂分組操作時觀察、分析、欣賞同學動作。 3. 將英文融入教學中，且不斷重複關鍵字詞句，使學生英文聽說能力逐步提升 				
教學重點摘要	<ol style="list-style-type: none"> 1. 動作講解分析，3 個上肢訓練 + 2 個下肢訓練 + 伸展放鬆 2. 動作講解分析，3 個下肢訓練 + 2 個上肢訓練 + 伸展放鬆 				
教學評量	上課參與度、練習時的正確度、英語聽說表現				
學習活動內容			活動時間	活動資源	
<p>一、5 個動作為一個訓練(part1)</p> <p>1.臥推(Bench press)</p>  <ol style="list-style-type: none"> (1) 平躺在臥推以上，眼睛在槓鈴正下方，雙手取出適當距離握住槓鈴，緊收肩胛骨，雙腳踩地 (2) 將槓鈴從眼睛位置至胸腺，手腕垂直槓鈴、地板。 (3) 下放槓鈴時速度不宜太快，應保持離心收縮。 (4) 操作過程保持呼吸與核心穩定。 <p>機械下斜臥推Machine Bench Press 健身訓練解題圖解</p>  <p>三角肌前束 胸大肌 肱三頭肌 肱二頭肌</p> <p>©SPORTS PLANET 運動星球</p>					

2. 肩推(shoulder press)



- (1) 槓鈴放在上胸、前肩，使用窄握、手腕及前臂與地板成垂直。
- (2) 在推的動作中把胸挺起，背微微的拱狀，讓槓鈴可以垂直的往上升。
- (3) 下放槓鈴時速度不宜太快，應保持離心收縮。

3. 啞鈴飛鳥(Dumbbell Lateral Raise) 啞鈴側平舉



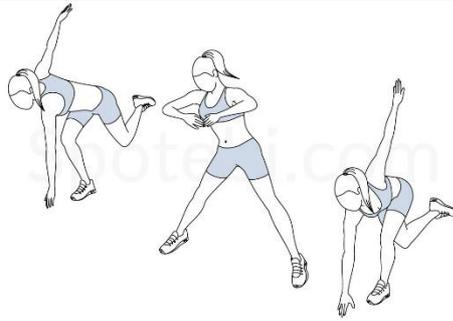
- (1) 下背打直，挺胸，核心出力，身體微向前傾。
- (2) 手臂放鬆於身體兩側，手肘微彎，輕握啞鈴。
- (3) 使用三角肌將啞鈴側平舉與肩膀平行。
- (4) 操作時身體不要過多的擺盪。

4. 跳躍(box jump)

- (1) 用力波墊疊成平台。
- (2) 雙手向上擺盪時跳起，跳至平台時站穩不動。
- (3) 跳躍下平台，利用落地的衝力使肌肉離心收縮。

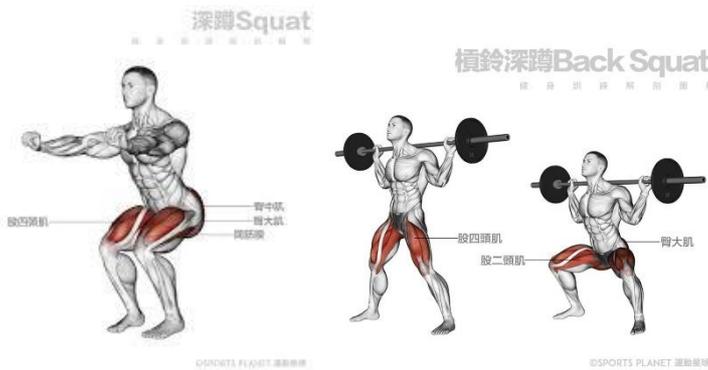
5. 溜冰跳(skater jumps)

- (1) 後交叉跳躍，將後交叉腳盡量向兩側延伸。
- (2) 前腳保持穩定後再換腳跳躍。
- (3) 手臂擺盪觸摸地板。



一、5 個動作為一個訓練(part2)

1. 深蹲(squat)



- (1) 雙腳不內八、膝蓋不內夾。
- (2) 上半身保持穩定，隨著體下蹲身體前傾。
- (3) 低頭看下放保持脊椎中立。
- (4) 啟動髖關節，將注意力放在自己的臀部，以臀部往後坐的概念，用大腿和臀部的力量向後蹲。

2. 弓步蹲(lunge)



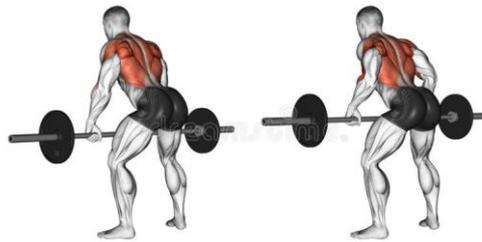
- (1) 雙腳前後分開，雙手插腰保持上半身穩定。
- (2) 後腿膝蓋向下收腿，膝蓋輕觸地面。
- (3) 前腿保持穩定，維持身體平衡不傾倒。

3. 靠牆蹲(wall sit)



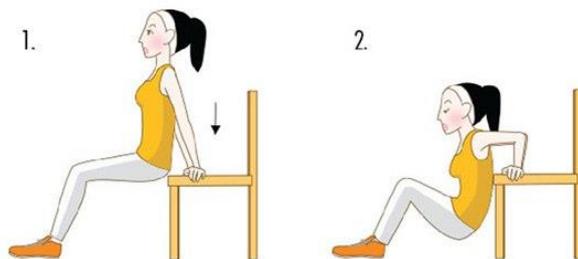
- (1) 身體向後發力緊靠牆壁。
- (2) 臀部下蹲與膝蓋平行，膝蓋垂直腳根。
- (3) 保持呼吸不憋氣。

4. 槓鈴划船(barbell row)



- (1) 提起槓鈴，身體略為前傾保持脊椎中立。
- (2) 將槓鈴自然下放低於膝蓋，雙手輕握不抓死。
- (3) 緊收肩胛將手肘向後收，將槓鈴拉至髖關節。

5. 三頭肌下壓(triceps pushdown)



- (1) 坐在椅子上雙手支撐椅子兩側。
- (2) 將臀部向外推離椅子，臀部懸空。
- (3) 臀部下放使手肘成90度，依能力調整手肘彎曲角度。

英語單字：

臥推 bench press, 肩推 shoulder bench press, 啞鈴 dumbbell, 啞鈴側平舉 dumbbell lateral raise, 跳躍 box jump, 溜冰跳 skater jump,

深蹲 squat, 弓步蹲 lunge, 靠牆蹲 wall sit, 槓鈴 barbell, 槓鈴划船 barbell row, 三頭肌下壓 triceps pushdown, 胸線 nipple line 筆直的, 挺直的 upright, 肩胛骨 shoulder blade, 下巴 chin, 站立姿勢 stance, 與肩同寬 shoulder-width, 把啞鈴放在你的兩側 let dumbbells hang at your sides, 肩膀的高度 at shoulder level, 停住 pause, 健美 bodybuilding, 健力 powerlifting, 舉重 weightlifting, 總長 length, 核心 core, 肌肉 muscles, 呼吸 breathe

英語句子：

- 1 you lie on a bench and lift a heavy weight with both your arms
- 2 push up, lower the bar
- 3 Keep stable and stay tight.
- 4 You need to keep your wrists vertical.
- 5 The more you practice your bench press, the better you'll be at it.
- 6 Start light and work up in weight as you begin to understand the movement.
- 7 Bend your wrists, extend the triceps.
- 8 Keep the dumbbells high.
- 9 Raise weights to the sides and up to shoulder level, then lower them again.
- 10 Keep your back straight, brace your core, and then slowly lift the weights out to the side until your arms are parallel with the floor, with the elbow slightly bent.
- 11 Keep your chest up.
- 12 Prepare to jump, jump and land softly, carefully step down.
- 13 Bend your knees and push your hips back while swinging your arms behind you. Push your feet off the floor.
- 14 Stand with your legs hip-width apart.
- 15 Swing your arms out.
- 16 Repeat this side-to-side motion, transferring your weight each time.
- 17 How to Squat with proper form, using a barbell.
- 18 Plant your feet on the ground. Bend your knees. Straighten your back.
- 19 Inhale as you lower. Exhale as rise.
- 20 Look forward as you squat to help keep your form correct.
- 21 Stand tall with feet hip-width apart. Take a big step forward with right leg.
- 22 Hold yourself in a seated position for a certain amount of time.
- 23 in a standing up position, lean against your vertical surface of choice
- 24 have your feet shoulder width apart
While leaning back on the wall, slide down until there is a 90-degree bend at both your hips and knees.
- 25 Your back should be leaning against the wall with your head, neck, and spine in a neutral position.
- 26 Take a big breath, hold it. Then do your next rep.
- 27 Stand with your mid-foot under the bar.
- 28 Grab the bar (palms down)

29 Keep your hips high.
30 Lift your chest and straighten your back.
31 Pull the bar against your lower chest.

教室用語：

集合、點名、做操。

Attention! Come over here. Who is not here? = Who is absent?

Here. / Not here. Is she/he sick?

大聲答數。Let's count together. Louder, please. Speak louder.

Let's do it together. One Two, One Two, One Two...

試試看 Try it. 認真聽 Listen carefully. 專心 Pay attention.

小組討論(4(5)人一組) Discuss in groups of 4(5). 兩人一組(pair up)

慢慢跑 run slowly 老師示範 let me /him /her show you

排隊 line up 排兩排 make two lines

舉手發言 Raise your hand to answer the question. 沒關係 That is

okay. 看著我 Look at me. 再一次 One more time. 你完成了嗎?

Are you finished? Are you done? 有沒有自願的人? Any

Volunteers?

有沒有任何問題? Any questions? 輪到誰了? Whose turn?

輪到你了 It is your turn. 這是什麼東西? What is it?

請給她掌聲鼓勵 Let us give her a big hand.

讚美詞 compliments : Good! (很好!) Very good! (非常好!) Great!
(很棒!) Good job! (做得好!) Excellent! (太棒了!) Amazing! (太
棒了!) Perfect! (完美的棒!) Wonderful! (美好的棒!) Well-done!
(做得很好!) You did great. (你做的很棒!)