

## 108 學年沉浸式英語健康與體育領域三年級教案

主題名稱	實施年級	實施時數
安全生活	三年級	5 節(200 分)
教學單元	戲水安全	
能力指標	Ba-II-1 居家、交通及戶外環境潛在危機的警覺與安全須知。	
教學目標	<p>1、 認知</p> <p>1-1 能了解游泳也硬體設備和安全設施。</p> <p>1-2 能了解不同水域的危險因素。</p> <p>1-3 能了解預防游泳運動傷害的方法。</p> <p>1-4 能了解防溺與救溺的方法。</p> <p>2、 技能</p> <p>2-1 能遵守一般與天然泳池的安全規則。</p> <p>2-2 能在游泳過程中，保護自己與他人，避免意外發生。</p> <p>2-3 能在有人發生游泳傷害時，立即通知他人協助救援。</p> <p>3、 情意</p> <p>3-1 能愉悅的和家人共同參與游泳活動。</p> <p>3-2 能關心同行游泳者的安全。</p>	
相關英語單字/句型	<p>Voc: swimming pool, river, beach, lake, swimsuit, swim trunks, swim cap, towel, goggles, sun screen, snorkel, be safe, lifebuoy, lifeguards, stretch, warm up, drown, call ,stick, throw, Paddle, No pets, No diving, Don't swim alone, No littering, Don't run, No smoking, No food, No peeing in pool, No rough play, be safe, lifeguards, stretch, warm up, drown, call (for help), stick(find a long stick), throw (a ball, a rope), paddle(use a boat, a swim ring)</p> <p>S/P: Where do you go?  What do you need?  Be safe when you go swimming.  Make sure you see lifeguards around.  Read the signs before you swim.  Make sure lifebuoys around the swimming pool.  Stretching and warming up before swimming. Make sure stretch up or warm up for 15 minutes.  How to warm up for swimming?</p> <p>What should you do when you see someone drowning but you can't swim?</p>	

輔助教材	Computer, video, YouTube, textbook, 電子書
教學目標	教學活動 (教學內容要點)
1-1 能了解游泳也硬體設備和安全設施。	<p>第一節 泳池觀察員</p> <p>一、引起動機 (5')</p> <p>1. 請學生發表戲水的經驗，教師學生發表的戲水裝備內容、地點，分別分類記錄在黑板上。</p> <p>T: Have you ever gone swimming? S: Yes, I have./ No, I haven't. T: Where did you go? S: 游泳池、小溪、海邊、湖邊。 T: Good. Swimming pool, river, beach, lake. What do you need? S: 泳衣、泳褲、泳帽、潛水衣、蛙鏡、泳圈、毛巾、食物、水、防曬乳。 T: Good job. Swimsuit, swimming trunks, wetsuit, goggles, swim cap, towel, goggles, earplug, sun screen, snorkel, lifebuoy, kickboard, water, food.</p> <p>二、發展活動 全班共同進行討論</p> <p>(1) 依據黑板上記錄的戲水裝備內容，教師提出問題，請學生思考後回答: (15')</p> <p>A. 游泳服裝與一般運動服裝的差異在哪裡? B. 除了穿著游泳裝之外，為什麼還準備其他的裝備?這些裝備與游泳安全有什麼關係? C. 說明哪些是必備?哪些不需要攜帶的物品? D. 對於能準備齊全游泳裝備的學生，給予讚美;對於未能準備齊全的學生，給予提醒。</p> <p>T: What's the difference between swimsuit and clothes? S: 泳衣是游泳時穿的,一般衣服不能下水,因為衣服會吸水導致溺水。 T: Yes, swimsuit is for swimming. The clothes is no good for swimming. You prepare a lot of things for swimming. Why do you need all the things? S: 去不同的場所就需要不同的裝備。 T: Why do you need a swim cap for swimming? S: 避免頭髮掉入水池。 T: Yes, it's to keep the swimming pool clean. Why do you need lifebuoy? S: 發生溺水時,可以救你一命。 T: You're right. It will save your life when you're drowning. Why do you need sunscreen? S: 避免曬傷。 T: Why do you need earplug?</p>

1-2 能了解不同水域的危險因素。

S: 避免耳朵入水。  
T: Yeah, they keep your ears dry.  
T: Yeah, that can avoid getting sunburn.  
Why do you need a towel?  
S: 可以擦乾身體。  
T: Yes, that is to dry your body.  
What are the necessary things when you go swimming at swimming pool?  
S: Swimsuit, swim trunks, swim cap, towel, sunscreen, water, goggles, food.  
T: What are the unnecessary things when you go swimming at swimming pool?  
S: Wetsuit, snorkel, lifebuoy. Those are for swimming at the beach.  
T: Excellent.

(2)依據黑板上記錄的戲水地點討論說明。(10')

- 天然泳池(海灘)與一般泳池的差異在哪裡?
- 為什麼一般泳池會比天然泳池安全?
- 進入一般泳池時，會先注意到哪一項安全設施?
- 教師準備圖文的設備名稱，請各組學生派代表抽籤，分組討論一般泳池各項安全設施的必要性。

1-3 能了解預防游泳運動傷害的方法。

T: What's the difference between swimming at swimming pool and swimming at the beach?  
S: 海灘是鹹水，泳池是淡水。  
T: The beach is salty water. The swimming pool is fresh water.  
Which one is safer?  
S: 在海灘水的深度和浪很難預測，有些地方沒有救生員比較不安全。在泳池水的深度比較清楚又有救生員比較安全。  
T: Yeah, it's hard to know how deep the water is. Some places don't have lifeguard. It's unsafe.

2. 師生共同歸納(10')

- 游泳必需品包括泳裝、泳鏡、泳帽和毛巾,依個人情況戴耳塞，保護耳朵，避免進水。根據自己的泳技和經濟能力，還可以選擇一些其他的裝備，如浮板、划手板、腳蹼。
- 應注意的安全設施有：
  - 合格的救生員。
  - 完備的救生器材。
  - 清澈的水質，明確的水質、水溫公告。
  - 清楚深度標示。
  - 充足的照明亮度。
  - 張貼各項警語說明。

T: What do you need for swimming at swimming pool?

S: Swimsuit, swimming trunks, wetsuit, goggles, swim cap, towel, goggles, earplug, sun screen.

T: Good job. You probably need a kickboard and snorkel.

Make sure you see qualified lifeguards, lifebuoys, warning signs and lights.

1-4 能了解防溺與救溺的方法。

第二節 泳池的安全守則

一、引起動機 (10')

教師列舉兒童的游泳池意外事故案例，說明遵守泳池注意事項的重要。

<https://www.youtube.com/watch?v=n5FeYdzh6E>

T: Watch the video and tell me what happened?

S: 有人溺水了。

T: Yes, someone is drowning. Remember, always follow the swimming pool's rules.

## 二、發展活動

### 1. 討論泳池畔的嚴禁事項。(15')

- 嚴禁在池畔追逐嬉戲，以免滑倒受傷。
- 不可將他人壓入水中，以免對方因嗆水而窒息。
- 泳池水淺，嚴禁跳水以免造成頸椎傷害。

T: What are the Swimming Pool Rules?

S: 不可以亂跑，不可以跳水。

T: Yeah, remember the Swimming Pool Rules.

- **No running.**
- **No diving.**
- **No fooling around.**
- **Supervise kids.**
- **Toddlers must wear swim-proof diapers.**
- **No animals in the pool.**
- **No glass bottles.**

2-1 能遵守一般與天然泳池的安全規則。

Why shouldn't you run around the swimming pool?

S: 會跌倒受傷。

T: Yeah. You probably get hurt.

Why shouldn't you dive at the swimming pool?

S: 會受傷。

T: Yes. You probably get hurt.

Why shouldn't you go alone for swimming?

S: 不安全。

T: Yes, it's unsafe to swim alone.

Why shouldn't you bring animals for swimming at the swimming pool?

S: 不衛生。

T: Yes, that will make the pool dirty.

Why shouldn't you bring glass bottles for swimming at the swimming pool?

S: 可能會打破，割傷別人。

T: Yeah. You probably break the glass bottle and hurt someone.

2-2 能在游泳過程中，保護自己與他人，避免意外發生。

### 2. 游泳前、中、後的問題討論(15')

2-3 能在有人發生游泳傷害時，立即通知他人協助救援。

- 飽食或飢餓狀態適合游泳嗎?
- 為什麼下水前要先做淋浴和暖身運動?
- 安排初學游泳者兩人一組，有什麼用意?
- 當在池中抽筋時，該怎麼辦?

e.注意上岸後的身體狀況。

f.注意身體的清潔。

T: Is it OK to go swimming when you're hungry or full?

S: No, it's dangerous.

T: Why not?

S: 可能會抽筋?

T: You probably get foot cramp while you're swimming.

Why do you need to warm up before entering the pool?

S: 避免會抽筋?

T: Yeah. Again, you probably get foot cramp or heart attack while you're swimming.

Why do you need a quick shower before entering the pool?

S: 可以保持池水的乾淨。

T: Yes. That will keep the water clean.

It will also let you get used to the water temperature.

What should you do if you get foot cramp in the water?

S: 求救。

T: Good. Call for help. And you also need to learn how to float in the water.

What else do you need to pay attention?

S: ....

T: You also need to keep yourself warm after you're out of the pool.

Remember to take a shower after you finish swimming.

### 第三節

一、教師播放影片”暖身運動示範篇---游泳”，師生一起演練。(10')

<https://www.youtube.com/watch?v=2vAgGSV5tOw>

T: Let's watch a video.

(1.5 minutes later)

What is this video about?

S: 游泳前要暖身。

T: Warm up is very important for swimming.

Let's practice.

Ready, go.

T/S: One and two and there and four.....

### 二、發展活動

師生共同歸納

#### 1. 游泳前的注意事項(10')

A. 評估個人的身體狀況。

B. 暖身和拉筋運動。

1 暖身可增進血液循，提高身體溫度、降低心臟負荷。

2 拉筋是增進肌肉及關節的柔軟度，讓身體有足夠準備去適應激烈運動。

3 暖身運動包括從頭到腳的各關節，都要前、後、左、右的轉一轉，最好能暖身十五分鐘後，再下水。

4 先行淋浴以適應水溫，也可排除在水中對水的陌生感。

5 飽食或飢餓狀態下不可下水。

T: Stretching and warming up before swimming is very important.

3-1 能愉悅的和家人共同參與游泳活動。

3-2 能關心同行游泳者的安全。

It can avoid getting foot cramp or heart attack.

Make sure stretch up or warm up for 15 minutes.

S: OK.

T: We were practicing warming up earlier. You can practice by yourself.

Take a shower before you enter the pool. That will help you get used to the water temperature.

Remember, not to enter the pool when you're hungry or full.

## 2. 游泳中的注意事項 (10')

A. 初學游泳時，兩人一組練習，可以互相照應。

B. 游泳者太多，要留意別被他人的動作擊中身體而受傷。

C. 感覺有寒意時或將有抽筋現象時，應上岸休息。

D. 當感到抽筋時，先吸一口氣後站在水中用手按摩抽筋部位，盡量將抽筋的腳掌向上翹，讓症狀漸漸消失，如果感覺仍未改善，應大聲呼救。

T: Two people a team for beginners. You can take care of each other.

Why?

S: 避免危險發生，兩人可以互相幫助。

T: Make sure not to hit anyone while you're swimming when the pool is crowded.

Why?

S: 造成別人受傷。

T: Yes, you probably hurt someone.

What should you do when you feel cold or get foot cramp in the water?

S: 要上岸休息才是。

T: Yeah. Get out of water or call for help.

S: OK.

## 3. 游泳後的注意事項(10')

A. 兩人一組，應互相觀察對方的臉色及身體變化，如果發現異狀，立即告訴師長。

B. 游泳後應澈底清洗全身，可減少池中的含氯消毒水對頭和皮膚的不良刺激，餘氯可能引起皮膚乾燥，甚至皮膚發炎。

C. 上岸淋浴要擦乾頭髮，以免著涼

T: Two people a team to practice swimming for beginners. You can take care of each other. You can tell the coach if something happens.

S: OK.

T: Do you need a shower after swimming?

S: Yes.

T: Why?

S: 保持乾淨。

T: That will clean the Chlorine away and avoid skin inflammation.

S: OK.

T: Why do you need to dry your hair after taking a shower?

S: 避免感冒。

T: Yes. Keep yourself dry. Don't catch a cold.

## 一、引起動機(10')

教師請學生分享海灘戲水活動的親身經歷與見聞。

T: Have you ever went to the beach before?

S: Yes.

T: Where had you been?

S: 情人灣(內埤海水浴場)、七星潭、福隆海水浴場....

T: How was it?

S: It's beautiful./ It was fun./ I had a good time.

T: Terrific.

## 二、發展活動

### 1. 全班進行分組討論海灘戲水的安全規則。(5')

A. 臺灣四周環海，應該選擇哪些海域游泳呢?

B. 合格的關於海水浴場應該具備哪些條件?

C. 人們:在海邊游泳的正確服裝是什麼?

T: Taiwan is an island. Where are the best beaches?

S: 找合格的海水浴場。

T: Yes. Go to the qualified beaches.

What do you see in the qualified beach?

S: I see a lifeguard, lifebuoy.

T: Yes. Do you know what you need to go swimming?

S: Yes, swimsuit, swimming trunks, wetsuit, goggles, swim cap, towel, goggles, earplug, sun screen, snorkel, lifebuoy, kickboard, water, food.

T: Perfect. A swimsuit should top your list of swimming accessories.

### 2. 分組練習”救溺五步驟”:是指”叫叫伸拋划、救溺先自保”,避免貿然下

水救人。(5')

A. 叫:大聲呼救。

B. 叫:呼叫 119、110、118(行政院海岸巡防署救難服務電話)。

C. 伸:利用延伸(竹竿、樹枝等)。

D. 拋:拋送漂浮物(球、繩、瓶子等)。

E. 划:利用大型浮具划過去(船、救生圈、浮木、救生浮標等)。

**5 steps to save someone from drowning:**

1.Call: Yell for help.

2.Call: Call 119, 118, 110 or 112.

3.Stick: Find a long stick to hold out to the person.

4.Throw: Throw a ball, a rope, or swim ring to the person.

5.Paddle: Use a boat, a swim ring or a log to swim out to a person.

### 3. 師生共同歸納(15')

A. 人

- 1 了解個人健康狀況，若有心臟病、高血壓、傳染病、癲癇等，不宜游泳。
- 2 飲酒或是情緒不佳時，避免到下水游泳。
- 3 近年來，常發生學生偕伴去戲水，因不諳水性而溺水，同伴無法及時救援，又害怕被責備，沒有及時危及生命。故不去非安全水域游泳，且一定要有大人同行，以免發生危險時耽誤救護。
- 4 下水前務必做好暖身運動。
- 5 身體飢餓或是飽食，最好隔一小時後再下水游泳。

1. Don't swim if you have heart diseases, high blood pressure or infectious disease
2. Don't swim if you have been using drugs or alcohol
3. Always swim where a lifeguard can see you

#### B.時

- ①冬季海水溫度低，除非是受過訓練的冬泳者，否則不可貿然戲水。
- ②強烈的紫外線照射，不僅會晒傷皮膚，更可能讓人中暑，應該避開中午日照最強的時段。

#### C.地

- ①選擇政府規畫開放的海水場，並救生員值勤的水域。
- ②避免在設有”禁止游泳”、”水深危險”等標誌區從事水上活動。

#### C.物

- ①游泳時應穿著泳衣、褲，不可穿牛仔褲入水。
- ②須先了解周圍救生器材如救生繩袋圈、救生圈的放置處。

3. 救溺五步驟:熟悉”救溺五步驟”是自保且的重要項目。(5')

#### 第五節

##### 一、引起動機(10')

教師播放一則有關野溪溺水報導。

##### 二、發展活動



### 1.問題討論(5')

A.為什麼溪河溺水事件頻傳，仍有許多民眾前往戲水？

B.在溪水戲水的民眾可能進行哪些危險行為？

What should you do when you see someone drowning but you can't swim?

### 2.認識野溪常見的危險因素: (10')

A.水底多為溼滑溪口，在水中行走，容易失足滑倒。

B.平緩水面下可能暗藏漩渦，易被捲入漩渦中。

C.在水庫下游，要注意水庫洩洪資訊，以免被困在沙洲或被水沖走。

D.採砂石後形成的深潭，水質不清,深度不明，容易使人受傷或陷入泥沼  
無法脫困而喪命。

E.山區氣候變化大，當發溪流水面忽然上升，即是山洪爆發的前兆，應  
立即前往高處。

### 三、師生共同歸納(20')

1.從事溪流的水上活動應先注意水域的狀況，避免發生危險。

2.野溪有如一顆不時炸彈，常因山區的雷雨、溪水暴漲而造成土石의 滑動、  
落石。另因野溪位處偏遠，一旦發生意外，救援不易，具有潛在危險性。

3.各地消防隊一再呼籲民眾，不要在危險水域戲水，但是有許多野溪沒有  
告示牌，民眾仍不可貿然下水，以免發生危 4.不慎落入有翻滾流水潭地  
形，要直接潛入水底，身體緊貼溪床往下游方向爬出翻滾流，才有機會逃  
生。

4.正確選擇安全水域戲水，不僅玩得開心，生命也有保障。