
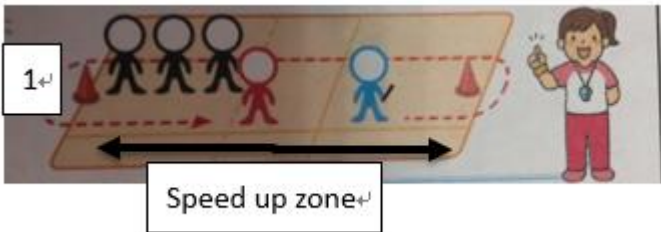


嘉義市文雅國小 108 學年度沉浸式英語融入體育教學

三年級下學期英語融入田徑之教案設計

<p>主題名稱</p>	<p>跑跳好體能</p>	<p>教學設計者</p>	<p>林容榆</p>
<p>教學對象</p>	<p>三年級學生</p>	<p>教學節次</p>	<p>2個子題，8節課(每節40分鐘)</p>
<p>設計理念</p> <p>本單元課程活動設計以接力跑、跳高等二項目為主，接力跑例如繞物接力跑、直道慢跑的技巧，跳高例如跑跳、左右側跳、向前跳躍與轉身跳躍過繩等初級跳高技巧，再進階學習連續雙腳跳躍與單腳跳躍過繩的動作要領。 在英語融入方面，能用簡單的英語語言傳達跑步及跳躍的動作語彙。</p>			
<p>學習重點</p>		<p>核心素養</p>	
<p>學習表現</p>	<p>健體領域： 1d-Ⅱ-1認識動作技能概念與動作練習的策略。 2c-Ⅱ-1遵守上課規範和運動比賽規則。 3c-Ⅱ-2透過身體活動，探索運動潛能與表現正確的身體活動。 4c-Ⅱ-2了解個人體適能與基本運動能力表現。 英語領域： 1-Ⅱ-7 能聽懂課堂中所學的字詞。</p>	<p>健體-E-A1</p> <p>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，發展運動與保健的特質。</p> <p>健體-E-B1</p> <p>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。</p> <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，並與團隊成員合作，促進身心健康。</p> <p>英-E-A1</p> <p>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。</p>	
<p>學習內容</p>	<p>健體領域： Ga-Ⅱ-1跑、跳與行進間投擲的遊 英語領域： B-Ⅱ-1 第二學習階段所學字詞及句型的生活溝通。</p>		

學習目標	<p>健體領域</p> <ol style="list-style-type: none"> 1. 學生能學習各式繞物接力的遊戲並做出繞物接力跑的動作。 2. 學生能做出跑跳及單腳跳、雙腳跳、左右側跳、向前跳躍過繩及跳要轉身過繩，並完成各種跳高遊戲。 3. 學生能互相觀摩，並鼓勵他人的努力。 <p>英語領域</p> <ol style="list-style-type: none"> 1. 能聽懂英文的簡易跑跳術語，並能作適當的回應。 2. 能簡單以英語口語回答問題。 		
教學方法	<p>授課教師透過動作示範、分解練習、影帶觀賞、異質分組合作學習等多元教學方法，將英語融入體育領域教學中。在教學過程中，授課老師將以英語做為師生主要溝通的媒介，在示範或解說課程內容時均儘量以英語表達，學生則可選擇以中文或英語做為討論溝通的語言。授課教師當鼓勵學生，嘗試突破語言隔閡，達成英語融入體育課程中的各項學習任務。</p>		
評量方式	<p>實作評量、遊戲評量、教師觀察、口語評量、同儕互評</p>		
三年級英語融入體育課程地圖（跑跳好體能篇）			
課前準備	<p>relay接力 track跑道 track and field 田徑 baton接力棒 catch接住 hold拿著 cone角椎 rubber band ropes 橡皮筋繩 height 高度 jump 雙腳跳 hop單腳跳 skip連續跳(不同腳) high jump跳高 T: Eyes on me. 師:請你看我 Ss: Eyes on you. 生:我會看著你 Let' s do the warm-up. 一起做暖身 Class dismissed. 下課 T: Let' s…… 我們來…</p>		
週次	節次	子題名稱	學習重點（體育/英語）
	1-4	繞物接力跑	relay接力 track跑道 track and field 田徑 baton接力棒 catch接住 hold拿著 cone角椎
	5-8	跳躍來闖關	rubber band ropes 橡皮筋繩 height 高度 jump 雙腳跳 hop單腳跳 skip連續跳(不同腳) high jump跳高

教學活動流程	教具	評量
<p>子題一：繞物接力跑（第1-4節，160分鐘）</p> <p>Class I</p> <p>Activity 1: Warm-up jogging, jump ropes, jump jacks, butt kicks, high knees, stretch</p> <p>Activity 2: Circle Relay (1)T sets up two circles, and Ss practice circle relay (2)T reminds Ss the skills to catch and hold the baton Eyes front. Stretch the arm out. Upturn the hand. Put the baton down to the hand.</p>  <p>Activity 3: Obstacle Relay - Part 1 (1) T sets up the running tracks and the obstacles (i) T Put 2 cones at the end of 2 sides (ii) Line behind cone 1 and are prepared to run (iii) Catch the baton in “Speed up zone”</p> 	<p>batons cones</p>	<p>T observation</p>

(2)T reminds Ss the skills to catch and hold the baton
Eyes front. Stretch the arm out. Upturn the hand. Put the baton down to the hand.

Activity 4: Game for Obstacle Relay-Part 1

(1) T reminds Ss to keep safe

Class II

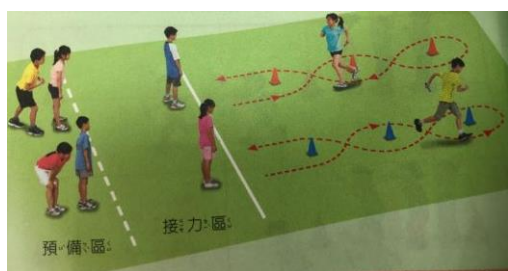
Activity 1: Warm-up

jogging, jump ropes, jump jacks, butt kicks, high knees, stretch...etc

Activity 2: Obstacle Relay - Part 2

(1)T sets up the running tracks and the obstacles

- (i) Put 3 cones on the tracks
- (ii) Run in “S” shape
- (iii) Wait in preparation line
- (iv) Catch the baton at Speed up zone”



(2)T reminds Ss the skills to catch and hold the baton
Eyes front. Stretch the arm out. Upturn the hand. Put the baton down to the hand.

(3)Ss need to keep speed and control running directions

Activity 3: Game for Obstacle Relay- Part 2

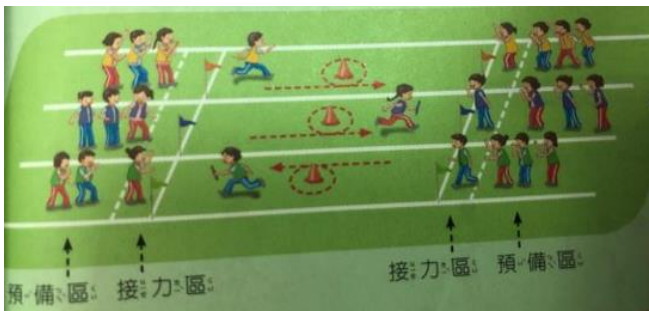
(1) T reminds Ss to keep safe

batons
cones

T
observation

Activity 4: Obstacle Relay - Part 3

- (1) T sets up the running tracks and the obstacles
 - (i) Ss in the same team stand at the end of 2 sides (preparation zone)
 - (ii) Run from “catching zone”
 - (ii) Put 1 cone in the middle
 - (iii) Left side starts first---run around the cone---give the baton to the partner



- (2) T reminds Ss the skills to catch and hold the baton
Eyes front. Stretch the arm out. Upturn the hand. Put the baton down to the hand.
- (3) Ss need to keep speed and control running directions

Class III

Activity 1: Warm-up

jogging, jump ropes, jump jacks, butt kicks, high knees, stretch

Activity 2: Formal Relay Race

- (1) T sets up the running zone based on formal relay races on Sports Day
- (2) Ss Competition

batons
cones

T
observation

Class IV

Activity 1: Warm-up

jogging, jump ropes, jump jacks, butt kicks, high knees, stretch

High cones

T-ball

T
observation

Activity 2: Hurdle Relay

- (1) Ss run and raise one leg across the cones
- (2) T reminds Ss to raise their legs as high as possible

Activity 3: Relay Race with Balls on the Top of Cones

- (1) Ss take turns to run and put balls on the top of cones
- (2) T reminds Ss to make sure that the ball is on the top of the cone before taking another ball

Activity 4: Physical Training Exercise

- (1) T sets up the training environment

Hula hoops

T
observation



- (2) Ss run through hula hoops
- (3) One S runs through hula hoops, picks up hula hoops and the next S puts hula hoops back again

※Resources for T

<https://www.youtube.com/watch?v=JHyN9ObK5cw> 56''

<https://www.youtube.com/watch?v=JHyN9ObK5cw> 1'35''

<https://www.youtube.com/watch?v=kIJty6vDOzA> 5'47''

子題二：跳躍來闖關（第5-8節，160分鐘）

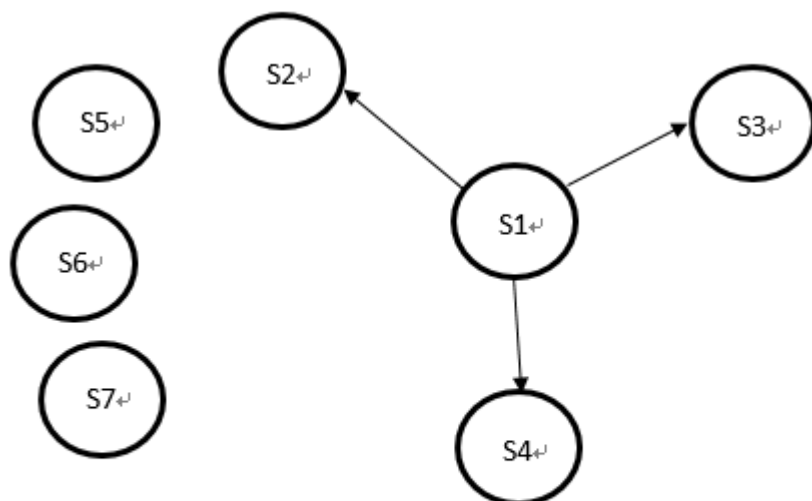
Class V

Activity 1: Warm-up

jogging, jump ropes, jump jacks, butt kicks, high knees, stretch

Activity 2: Jump, Jump, Jump

- (1) T assigns 6-8 Ss as a group
- (2) 4 Ss hold ropes (Picture 1)
- (3) 2-4 Ss practice to jump with different height (on the shoulder, on the head or above the heads)
- (4) S1 is taking three roles at a time
S2-S4 hold the ropes with S1
- (5) S5-S7 practice hop, jump and side jump
- (6) After 5 minutes, S1→S2 S2→S3 S3→S4...



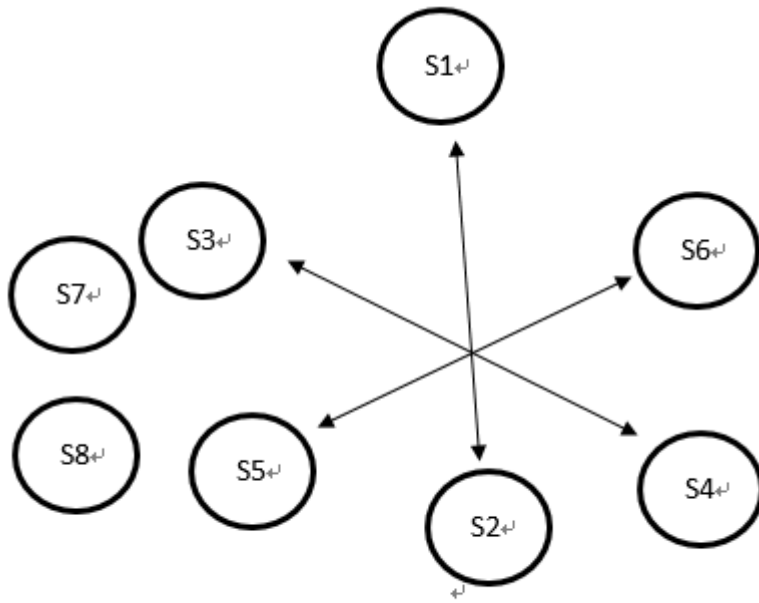
Picture 1

rubber band
ropes

Ss
Discussion

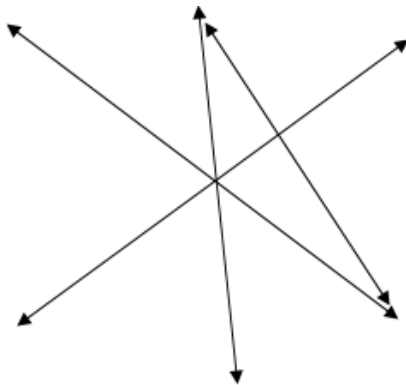
Activity 3: Jump across the Spider Webs

- (1) T assigns 6-8 Ss as a group
- (2) 6 Ss hold ropes (Picture 2)
- (3) After 5 minutes, S1→S2 S2→S3 S3→S4...



Picture 2

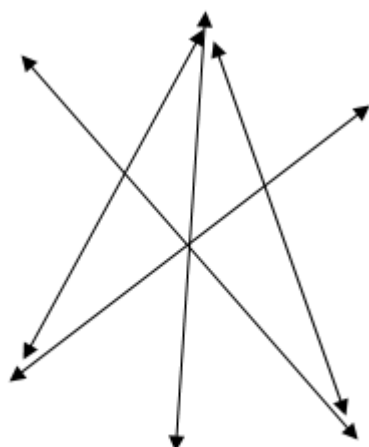
- (4) 2 Ss practice to jump with different height (on the shoulder, on the head or above the heads)
- (5) Ss practice hop, jump and side jump
- (6) Add 1 rope (4 ropes in total)



rubber band ropes

Ss Discussion

(7) Add 2 ropes (5 ropes in total)



Class VI

Activity 1: Warm-up

jogging, jump ropes, jump jacks, butt kicks, high knees, stretch

Activity 2: Left & Right Side Jump

(1) Fasten the ropes to two boxes at 30-centimeter height

(2) Ss practice left & right side jump

(3) The height of the ropes changes based on Ss' ability

Activity 3: Forward Jump

(1) Fasten the ropes to two boxes at 30-centimeter height

(2) Ss practice forward jump

(3) The height of the ropes changes based on Ss' ability

Activity 4 Turn-Around Jump

(1) Fasten the ropes to two boxes at 30-centimeter height

(2) Ss practice turn around jump

(3) The height of the ropes changes based on Ss' ability

rubber band
ropes

several
boxes

Self-evaluation
worksheet

<p>Class VII</p> <p>Activity 1: Warm-up jogging, jump ropes, jump jacks, butt kicks, high knees, stretch</p> <p>Activity 2: Continuous Jump (1) Fasten the ropes to a set of two boxes at 30-centimeter height (add 2 or more sets later) (2) Ss practice continuous forward jump (3) The height of the ropes changes based on Ss' ability</p> <p>Activity 3: Continuous Hop (1) Fasten the ropes to two boxes at 30-centimeter height (add 2 or more sets later) (2) Ss practice continuous forward jump (3) The height of the ropes changes based on Ss' ability</p>	<p>rubber band ropes</p> <p>several boxes</p>	<p>Self-evaluation worksheet</p>
<p>Class VIII</p> <p>Activity 1: Warm-up jogging, jump ropes, jump jacks, butt kicks, high knees, stretch</p> <p>Activity 2: Track and Field Training-Bingo Line (1) T sets up the training environment (2) Ss in different teams hold different objects, run and put the objects in the grid which is made by Frisbees (3) Ss have 5 seconds to replace the objects (4) The team who makes a vertical/horizontal/diagonal line first wins the game</p>	<p>16 Frisbees</p> <p>4 balls</p> <p>4 shuttles</p>	<p>T evaluation</p>



※Resource for T

https://www.youtube.com/watch?v=5CM_AhWEcaM

Activity 3: High Jump

- (1) Ss practice high jump with rubber band ropes with different heights and write down their own records
- (2) T invites Ss who are talented to do the presentation
- (3) Ss learn how to appreciate power and beauty of human beings when jumping

Self-
evaluation
worksheet

Peer
evaluation

本單元重要字詞一覽表

relay 接力	track 跑道	track and field 田徑
baton 接力棒	catch 接住	hold 拿著
cone 角椎	rubber band ropes 橡皮筋 繩	height 高度
jump 雙腳跳	Hop 單腳跳	Skip 連續跳(不同腳)
high jump 跳高	relay race 接力賽	circle relay 圓形接力
obstacle relay 障礙接力	hurdle relay 跨欄接力	preparation zone 準備區
catching zone 接棒區	right-side jump 右側跳	left-side jump 左側跳
forward jump 向前跳	continuous forward jump 連續向前跳	turn-around jump 旋轉跳

Let's do the warm-up activities: jogging, jump ropes, jump jacks, butt kicks, high knees, and stretch 一起來暖身:慢跑、跳繩、開合跳、踢屁股、抬膝、伸展

Eyes front. 眼睛看前面

Stretch the arm out. 手伸出去

Upturn the hand. 手心朝上

Put the baton down to the hand. 將接力棒放入手中

Run in "S" shape. S 型跑步

Keep speed and control running directions. 保持速度並控制跑步方向

Raise your legs as high as possible. 盡量將腿抬高

Make a vertical/horizontal/diagonal line. 排成一直線/水平線/對角線