

表一 108 上體育科教學單元主題與週次

主 題	名 稱	教學週次
一	排球（一）-（低手傳球）	第 02~03 週
二	桌球（一）--小橘歷險	第 04~06 週
第一次段考		
三	排球（二）-(排球高手托球)	第 08~09 週
四	足球-足下乾坤	第 10~12 週
第二次段考		
五	籃球（一）-青出於籃	第 14~16 週
六	羽球（一）一觸即發	第 17~19 週
第三次段考		

表二 七年級英語融入健康與體育領域教學單元理念與重點

上學期：低手傳球

週次	主題	健體領綱	健體課程理念與設計	英語相關知識 content vocabulary
1	開學準備週			
2	<b>主題一</b> 排球-(低手托球)	J-A1 具備良好的身心發展知能與態度，並展現自我潛能、探索人性、自我價值與生命意義、積極實踐。 J-A3 具備善用資源以擬定計畫，有效執行，並發揮主動學習與創新求變的素養。 J-C2 具備利他與合群的知能與態度，並培育相互合作及與人和諧互動的素養。	1.指導學生低手傳球的技巧，讓學生知道低手傳球的技術.進而學會個人對空擊球的技巧。 2.除了認識排球低手傳球得技巧外、更學會對空擊球的技，更透過2人一組小組合作學習了解低手傳球、經過拋球、移位至低手動作技巧傳球的過程，並了解這個過程要如何將球傳送給對方，讓學生學會基本的排球低手傳球。 3.體育教學包含了認識排球的起源、低手傳球的技術、學合作的經驗、懂得分享與欣賞同學低手傳球的技巧。	<b>單字：</b> Volleyball Volleyball court Net player  <b>動作與技巧</b> Pass the ball underhanded(bumping)  <b>教室用語：</b> Do warm-ups.  <b>句子</b> Hit the ball with any part of your body.
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4	主題二 桌球- 小橘歷險	<p>J-A1 具備體育與健康的知能與態度，展現自我運動與保健潛能，探索人性、自我價值與生命意義，並積極實踐。</p>	<p>指導學生了解及運用正確直拍方式(直式、橫式)，透過趣味化的遊戲活動學會控球技巧，提升學生學習動機、眼手協調的動作反應訓練，以小組互助為原則培養團體觀念。</p>	<p><b>單字：</b> Ping pong Table tennis Ball Table Net paddle</p>
5		<p>J-A2 具備理解體育與健康情境的全貌，並做獨立思考與分析的知能，進而運用適當的策略，處理與解決體育與健康的問題。</p>	<p>循序漸進到正手擊(發)球的練習(包括手部動作、腰肩轉動、步法轉移等)讓整體能有一貫性</p>	<p><b>動作與技巧：</b> Serve the ball. Receive the ball.</p> <p><b>教室用語：</b> Do warm-ups. Play singles. Play doubles.</p>
6		<p>J-A3 具備善用體育與健康的資源，以擬定運動與保健計畫，有效執行並發揮主動學習與創新求變的能力。</p> <p>J-B1 具備情意表達的能力，能以同理心與人溝通互動，並理解體育與保健的基本概念，應用於日常生活中。</p>		<p><b>句子：</b> Keep your eye on the ball. Keep the ball low.</p>
7	第一次段考			
8	主題三 排球(二) (高手托球)	<p>J-A1 具備良好的身心發展知能與態度，並展現自我潛能、探索人性、自我價值與生命意義、積極實踐。</p> <p>J-A2 具備理解情境全貌，並做獨立思考與分析的知能，運用適當的策略處理解決生活及生命議題。</p>	<p>1.幫助初學者孰悉高手托球動作要領，透過個人對空托球。 2.學習者以高手傳球預備姿勢站立將手掌置於額前2人相對站立距離約3-4公尺，採正確高手傳球，相互傳球，至熟練。 3.練習者依傳球要領屈伸手臂推送球。</p>	<p><b>單字：</b> Volleyball Setting Spiking/attacking Bumping Blocking digging</p> <p><b>動作與技巧：</b> Pass the ball overhead.</p>

9		<p>J-C2 具備利他與合群的知能與態度，並培育相互合作及與人和諧互動的素養。</p>	<p>4.反覆練習，以體會高手托球傳球的整體動作要領。</p>	<p><b>教室用語：</b> Do warm-ups.</p> <p><b>句子：</b> Contact the ball with fingers without letting it touch on the bottom of the hands.</p>
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10	主題四 足球- 足下乾坤	J-A1 具備體育與健康的知能與態度，展現自我運動與保健潛能，探索人性、自我價值與生命意義，並積極實踐。	1 認識足球簡史 2 學會傳球、控球(腳背挑球、大腿控球、前額頂、足外側控球)等基礎技術的動作要領和練習方法 3 認真練習上述動作並產生興趣 努力練習 4 養成互助合作的精神	單字： Soccer Soccer field/pitch Goal
11		J-A2 具備理解體育與健康情境的全貌，並做獨立思考與分析的知能，進而運用適當的策略，處理與解決體育與健康的問題。		Goal Player Red cards Yellow cards
12		J-A3 具備善用體育與健康的資源，以擬定運動與保健計畫，有效執行並發揮主動學習與創新求變的能力。 J-B1 具備情意表達的能力，能以同理心與人溝通互動，並理解體育與保健的基本概念，應用於日常生活中。 J-C2 具備利他及合群的知能與態度，並在體育活動和健康生活中培育相互合作及與人和諧互動的素養。		教室用語： Do warm-ups.  <b>動作與技巧：</b> Dribble the ball. Pass the ball. <b>教室用語：</b> Do warm-ups. Dribble the ball with the inside of your foot. Dribble the ball above the toe. Dribble the ball with the outside of the ball.
13	第二次段考			
14	主題五 籃球(一) 青出於籃	J-A1 具備體育與健康的知能與態度，展現自我運動與保健潛能，探索人性、自我價值與生命意義，並積極實踐。	1.藉由教學，期使學生了解籃球投籃、運球方式的重要性。 2.鍛鍊協調性、敏捷性等體能。 3.培養主動學習、互助合作、服從等社會行為。 4.從中獲得樂趣進而培養對籃球的喜愛與增進運動常識。	單字： Basketball Hoop Basketball court Baseline Side line
15		J-A2 具備理解體育與健康情境的全貌，並做獨立思考與分析的知能，進而運用適當的策略，處理	5. 能由活動中觀察自己與同學間的差異 6. 運用遊戲的方式增進運動技巧	Midcourt line Free-throw line <b>動作與技巧：</b> Dribble the ball. Bounce the ball.

16		<p>與解決體育與健康的問題。</p> <p>J-A3 具備善用體育與健康的資源，以擬定運動與保健計畫，有效執行並發揮主動學習與創新求變的能力。</p> <p>J-B1 具備情意表達的能力，能以同理心與人溝通互動，並理解體育與保健的基本概念，應用於日常生活中。</p> <p>J-C2 具備利他及合群的知能與態度，並在體育活動和健康生活中培育相互合作及與人和諧互動的素養。</p>	7. 跳戰培養自我及團隊合作精神	<p>Pass the ball. Shoot the ball.</p> <p><b>教室用語：</b> Do warm-ups.</p> <p><b>句子：</b> Protect the ball while you dribble. Bounce the ball with each hand. Bounce the ball with your tips. Try to keep the ball about waist-high. Keep your head up.</p>
17	主題六 羽球（一） 一觸即發	<p>J-A1 具備體育與健康的知能與態度，展現自我運動與保健潛能，探索人性、自我價值與生命意義，並積極實踐。</p> <p>J-A2 具備理解體育與健康情境的全貌，並做獨立思考與分析的知能，進而運用適當的策略，處理與解決體育與健康的問題。</p>	<p>了解羽球運動的由來，認識基本球具設備、場地規模，並知道簡易的羽球規則。</p> <p>羽球技巧的重點，在於如何將力量透過腕部，傳遞到拍面上來擊球，所以本課程目的是讓學生先能掌握政手及反手握拍方式並熟襲擊球感覺、進而學習如何準確的擊球，進而學會正確的擊球及發球動作。能夠學會正確的發球，才能使大部分的羽球技巧做出有效的練習，而且在比賽中，發球是得分的先決條件，所以必須熟練發球的技術。</p>	<p><b>單字：</b> Badminton Shuttle Racket Net Basketball court</p> <p><b>動作與技巧：</b> Hit the center of the shuttle. Serve the ball. Pass the ball overhead.</p>
18				<p><b>教室用語：</b> Do warm-ups. Play singles. Play doubles.</p>
19		<p>J-A3 具備善用體育與健康的資源，以擬定運動與保健計畫，有效執行並發揮主動學習與創新求變的能力。</p>		<p><b>句子：</b> Hold the shuttle by its feathers, and hit it forward over the net.</p>
20	第三次段考			

表三 七年級英語融入健康與體育領域教學教學教案設計—主題一

主題名稱		排球（一）低手托球	教學對象	七年級
		球感練習、低手擊球練習、拋球擊球練習	節數	3節
教學研究	教學重點	能正確的做出低手擊球動作及對擊球的感覺進而達到熟練		
	教學法	講演示範、個人及小組實作練習		
	教學資源	排球		
	教學目標	能做出低手擊球動作及2人拋球擊球練習 能做出正確低手擊球動作及2人一組組練		
	能力指標	1c-IV-1 了解各項運動基礎原理和規則。 1c-IV-2 評估運動風險，維護安全的運動情境。 1c-IV-3 了解身體成長與動作發展的關係。 1d-IV-1 了解各項運動技能原理。		
英語學習	<p><b>單字：</b> Volleyball, Volleyball court, Net, player, feet, shoulder, toe, knee, arm, front, back, bend, forward, fist, bump, wrap, fist, strike hit, weight, forearms, above, reach, ground, wrist, around, pair, in front, bend,</p> <p><b>動作與技巧</b></p> <ol style="list-style-type: none"> <li>1. basic stance: Your feet should be slightly placed wider than. shoulders, your weight should be put forward on your toes, and your knees should be bent. And make sure your arms are free and in front.</li> <li>2. bumping the ball: Pass the ball underhanded(bumping)             <ol style="list-style-type: none"> <li>(1) Make a fist with your left hand and wrap your right hand around it.</li> <li>(2) Allow the ball to strike your forearms about 10 cm above your wrists.</li> <li>(3) Throw the ball up and hit it.</li> <li>(4) Don't let the ball hit the ground.</li> </ol> </li> <li>3. practice : practice bumping in pairs             <ol style="list-style-type: none"> <li>(1) Bend your knees and put your weight forward on your toes.</li> <li>(2) Make your arms free and put them in front of you.</li> <li>(3) Move your body to a place which you can reach the ball.</li> <li>(4) Hit the ball with your forearms about 10 cm above your wrists.</li> <li>(5) Bump the ball and start with the basic stance.</li> </ol> </li> </ol> <p><b>教室用語：</b></p> <ol style="list-style-type: none"> <li>1. Do warm-ups.</li> <li>2. Let's have a roll-call.</li> <li>3. Pass the ball.</li> <li>4. Don't let the ball fall on the ground.</li> <li>5. Well done./ Good job.</li> <li>6. Bend your knees and put your weight forward on your toes.</li> <li>7. Make your arms free and put them in front of you.</li> <li>8. Move your body to a place which you can reach the ball.</li> <li>9. Hit the ball with your forearms about 10 cm above your wrists.</li> <li>10. Bump the ball and start with the basic stance.</li> </ol> <p><b>句子</b></p>			

	<ol style="list-style-type: none"> <li>1. Hit the ball with any part of your body.</li> <li>2. Make your arms free and put them in front of you.</li> <li>3. Move your body to a place which you can reach the ball.</li> <li>4. Hit the ball with your forearms about 10 cm above your wrists.</li> <li>5. Bump the ball and start with the basic stance.</li> <li>6. Make a fist with your left hand and wrap your right hand around it.</li> <li>7. Throw the ball up and hit it.</li> <li>8. Don't let the ball hit the ground.</li> </ol>			
<b>教學活動</b>	<b>教材 教具</b>	<b>評量</b>	<b>教學 時間</b>	
<p><b>壹、準備活動</b></p> <p>一、集合點名：Let's have a roll-call.</p> <p>二、暖身做操：Do warm ups./ Do stretches.</p> <p><b>貳、發展活動一：</b></p> <p>一、介紹排球及低手握手方式：Basic stance: Your feet should be slightly placed wider than shoulders, your weight should be put forward on your toes, and your knees should be bent. And make sure your arms are free and in front.</p> <p>1、低手對空擊球：Bumping the ball.</p> <p>二、實作練習</p> <p>1、個人：</p> <p>a. 講解低手手握方式：Make a fist with your left hand and wrap your right hand around it.</p> <p>b. 低手最佳擊球點位於手腕關節往上 10 公分是最佳擊球點：Allow the ball to strike your forearms about 10 cm above your wrists.</p> <p>c. 向上拋球球落下後擊球：Throw the ball up and hit it.</p> <p>d. 向上擊球後讓球落下但不得落地，依此連續：Don't let the ball hit the ground.</p> <p>2、雙人：(in pairs)</p> <p>a、一人拋球一人將球回擊拋球人(20 球後換人)：One person throw the ball and the other bump the ball.</p> <p>三、步法</p> <p>排球步法：雙腳與肩同寬(常見基本步)：Your feet are slightly wider than shoulders.</p> <p><b>發展活動二：</b></p> <p>一、低手拍擊球(講解)：Bumping.</p> <p>1、站位：左、右腳稍微站立前後，身體重心置於腳尖並保持膝蓋彎曲：Bend your knees and put your weight forward on your toes.</p> <p>2、預備動作：將手自然放鬆預備：Make your arms free and put them in front of you.</p> <p>3、視球的位置移動身體。Move your body to a place which you can reach the ball.</p> <p>4、擊球位置：手腕關節向上 10 公分的位置擊球。Hit the ball with your forearms about 10 cm above your wrists.</p> <p>5、完成動作：當球擊出後，回復到原先的預備動作。Bump the ball and start with the basic stance.</p> <p>二、實作練習</p>		<p>排球</p> <p>排球</p> <p>排球</p>	<p>能隨時注意運動安全</p> <p>能知道即作出排球握手法的動作要領能掌控擊球力度及控制球方向</p> <p>能從觀摩中發覺動作的對錯</p>	<p>2 5</p> <p>10 15</p> <p>5 10</p> <p>15</p> <p>10 15</p>



<p>1、個人：擊球預備動作 Get ready and bump the ball. 擊完球 回復原來動作</p> <p>2、雙人：(2 人一組) Do the bump in pairs. 一人徒手將球拋至對方，另一人將球擊回後再重新拋球繼續回擊，連續 20 球後再換邊。依此進行 2~3 組。One throws the ball and the other do the bumping.</p> <p><b>發展活動三：</b></p> <p>一、講解排球低手球的相關規則</p> <p>二、實作練習</p> <p>1、個人：(球感練習) 對空擊球練習 Bump the ball into the air.</p> <p>2、雙人：低手傳球練習(2 人一組) Do the bumping in pairs. a、先由 A 拋球給 B 低手擊球後給 A 再將球拋回給 B 做低手傳球動作，以此連續 20 球後再換 B 拋球給 A 做低手傳球</p> <p><b>參、綜合活動</b></p> <p>一、評量</p> <p>1.說明給分標準</p> <p>2.實作評量</p> <p>二、說明同學優缺點並讓同學互相觀摩</p>			3
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表四 七年級英語融入健康與體育領域教學教案設計—主題二

主題名稱		桌球（一）--小橋歷險 球感練習、正手拍擊球、正手發直球	教學對象	七年級
			節數	3 節
教學研究	教學重點	能正確的做出握拍方式及增加對球的感覺進而達到熟練		
	教學法	講演示範、個人及小組實作練習		
	教學資源	桌球		
	教學目標	能做出球動作及配合小組練習 能做出正手拍擊球動作及配合小組練習 能做出正手發球動作及配合小組練習		
	能力指標	1c-IV-1 了解各項運動基礎原理和規則。 1c-IV-2 評估運動風險，維護安全的運動情境。 1c-IV-3 了解身體成長與動作發展的關係。 1d-IV-1 了解各項運動技能原理。		
	英語學習	<b>單字：</b> Ping pong, Table tennis, Ball, Table, Net, paddle, penhold grip, shakehand grip, loosely, freely, balanced, relaxed, forehand strike, backhand strike, throw, return, palm, wrist, rotate <b>動作與技巧：</b> 1. How to grip the paddle: (1) Penhold grip: hold the paddle as you hold a pen with your thumb and index finger in front and the others in back of the face of the paddle. (2) Shakehand grip: hold the paddle as you shake hands with someone . (3) With either penhold grip or shakehand grip, you should hold the paddle loosely to allow your wrist to move freely.		

2. Basic stance: Your body needs to be balanced, relaxed, and ready to move in any direction.

3. Forehand strikes:

- A. Stand with your left foot slightly forward and your right foot backward.
- B. Put your weight forward on the toes and bend your knees.
- C. Put your hand which holds the paddle around your waist, and the ball is put on the palm.
- D. Hit the ball at the center of the paddle.
- E. Rotate your body backward.
- F. Rotate your body forward while hitting the ball.

4. Serve the ball:

- A. Put the ball on the palm, toss it, and catch it.(Feel the ball)
- B. One serve the ball and the other catch it with his/her hand.
- C. One serve the ball, and the other returns it.

5. Practice:

- A. Individual practice:
  - a. feel the paddle and rotate your wrist.
  - b. keep the ball on the surface of the paddle.
  - c. hit the ball with forehand.
  - d. hit the ball up, let it drop on the floor, and then hit it up again.
  - e. hit the ball against the wall.
- B. Practice in pairs:
  - a. one person hit the ball and the other returns it without dropping the ball on the floor.

**教室用語：**

1. Do warm-ups.
2. Let's have a roll-call.
3. Let's practice in pairs.
4. Keep your eye on the ball.
5. Keep the ball low.
6. Feel the paddle and rotate your wrist.
7. Keep the ball on the surface of the paddle.
8. Hit the ball with forehand.
9. Hit the ball up, let it drop on the floor, and then hit it up again.
10. Hit the ball against the wall.

**句子：**

1. One throws the ball, and the other returns the ball.
2. Put the ball on the palm, toss it up, and catch it.
3. Put the ball on the palm, toss it up, and hit it with forehand strike.
4. Feel the paddle and rotate your wrist.
5. Keep the ball on the surface of the paddle.
6. Hit the ball with forehand/backhand.
7. Hit the ball up, let it drop on the floor, and then hit it up again.
8. Hit the ball against the wall.
9. One person hits the ball and the other returns it without dropping the ball on the floor.

教學活動	教材 教具	評量	教學 時間
<p>壹、準備活動</p> <p>一、集合點名: Let's do the roll-call.</p> <p>二、暖身做操: Do warm ups./Do stretches.</p> <p>貳、發展活動一：</p> <p>一、介紹球拍及握法: How to grip the paddle?</p> <p>1、直拍: Penhold Grip</p> <p>2、橫拍: Shakehand Grip</p> <p>※注意握拍手力道適當即可並保持手腕靈活。Hold the paddle loosely to allow your wrist to move freely.</p> <p>二、實作練習</p> <p>1、個人：</p> <p>a.執拍手腕繞∞: Feel the paddle and rotate your wrist.</p> <p>b.球靜止於球面上: Keep the ball on the surface of the paddle.</p> <p>c.正拍向上擊球: Hit the ball with forehand.</p> <p>d.正拍向上擊球後讓球落地，依此連續: Hit the ball up, let it drop on the floor, and then hit it up again.</p> <p>e.對牆擊球：Hit the ball against the wall.</p> <p>2、雙人：Practice returning the ball in pairs.</p> <p>a、一人拋球一人直拍將球回擊(10球後換人)：One person throws the ball and the other returns it.</p> <p>b、兩人直拍來回擊球球不落地：One person hit the ball and the other returns it without dropping the ball on the floor.</p> <p>三、步法: Stance.</p> <p>桌球步法3分在手7分在腳可見其重要(常見基本步): Your body needs to be balanced, relaxed, and ready to move in any direction.</p> <p>a.單步</p> <p>b.併步</p> <p>c.交叉步</p> <p>發展活動二：</p> <p>一、正手拍擊球(講解): Forehand strikes.</p> <p>1、站位：左腳前，右腳後，身體重心置於腳尖並保持膝蓋彎曲。Stand with your left foot slightly forward and your right foot backward. Put your weight forward on the toes and bend your knees.</p> <p>2、預備動作：握拍手放在腰旁預備，持球手手心朝上將球放在手掌。Put your hand which holds the paddle around your waist, and the ball is put on the palm.</p> <p>3、拍面角度：約呈現45度角，並拍擊拍面中心點位置。</p> <p>4、擊球位置：拍擊球體中間點。Hit the ball at the center of the paddle.</p> <p>5、引拍動作：握拍手往身體後方擺動。Rotate your body backward.</p> <p>6、完成動作：當球落於球桌反彈時，揮拍向前擊球後回復到原先的預備動作。And rotate your body forward while hitting the ball.</p> <p>二、實作練習</p> <p>1、個人：呈擊球預備動作</p>	<p>桌球</p> <p>桌球</p>	<p>能隨時注意運動安全</p> <p>能知道即作出桌球握法的動作要領</p> <p>能掌控擊球力度及控制球方向</p> <p>能從觀摩中發覺動作的對錯</p>	<p>2 5</p> <p>5</p> <p>10 15</p> <p>5</p> <p>3</p>

<p>           口令 1 引拍: Rotate(backward).            口令 2 擊球: Rotate(foreward ) and hit.            口令 3 回復原來動作: Ready stance.            2、雙人：(4 人一組一球桌) : Practice in pairs.            一人徒手將球拋至對方球桌，一人將反彈的球擊回後再重新拋球繼續回擊，連續 10 球後再換邊。依此進行 2~3 回合: One throw the ball, and the other returns the ball.         </p> <p><b>發展活動三：</b></p> <p>一、講解發球的相關規則：How to serve a ball?</p> <p>二、實作練習</p> <p>1、個人：(球感練習)Feel the ball. 將球放置於非執拍手的掌心，向上將球拋起至少 16cm 以上，以執拍手將凌空的球接住：Put the ball on the palm, toss it up, and catch it.</p> <p>2、雙人：發球練習(4 人一組一球桌)</p> <p>a、先由 A 發球 B 徒手接球後 B 再將球拋回給 A 做發球動作在徒手接球，以此連續 10 球後再換 B 發球 A 徒手接球: One serve the ball and the other catch it with his/her hand.</p> <p>b、A 做發球動作 B 將球反擊到對方球桌上，10 球後再換 B 發球 A 接球: One serve the ball, and the other returns it.</p> <p><b>參、綜合活動</b></p> <p>一、評量</p> <p>1.說明給分標準</p> <p>2.實作評量</p> <p>二、說明同學優缺點並讓同學互相觀摩</p>			
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表五 七年級英語融入健康與體育領域教學教學教案設計—主題三

主題名稱	排球（二）—高手托球 球感練習、雙手面對地板擊球、雙手對空托球	教學對象	七年級		
		節數	3 節		
教學研究	教學重點	能正確的做出雙手托球動作及增加對托球的感覺進而達到熟練			
	教學法	講演示範、個人及小組實作練習			
	教學資源	排球			
	教學目標	能做出雙手托球基本動作及配合 2 人一組練習 能做出雙手面對地板托球動作及配合 2 人一組練習 能做出雙手對空托球動作及配合 2 人一組練習			
能力指標	1c-IV-1 了解各項運動基礎原理和規則。 1c-IV-2 評估運動風險，維護安全的運動情境。 1c-IV-3 了解身體成長與動作發展的關係。 1d-IV-1 了解各項運動技能原理。				
英語學習	<b>單字：</b> volleyball, setting, spiking/attacking, bumping, blocking , digging, push, shoulder, feet, knee, leg, bend, slightly, weight, move, body, toward, forehead, hit <b>動作與技巧：</b>				

	<p>1. Stance: Place your feet shoulder-width apart, and bend your knees slightly.</p> <p>2. Setting:</p> <p>(1) Hold your hands in the air and make a triangle window you can see through.</p> <p>(2) Hit the ball with your fingertips when the ball reaches eye level.</p> <p>(3) Push forward with your legs as you strike the ball.</p> <p>(4) Push the ball continually without letting the ball fall on the ground.</p> <p>3. Practice:</p> <p>(1) Keep one foot forward and the other backward.</p> <p>(2) Put your weight forward on your toes and bend your knees.</p> <p>(3) Relax your arms and get ready to hit.</p> <p>(4) Move your body toward the ball.</p> <p>(5) Put your hands around your forehead and set the ball.</p> <p>(6) Return to the basic stance after you set the ball.</p> <p>Pass the ball overhead.</p> <p><b>教室用語：</b></p> <p>1. Do warm-ups.</p> <p><b>2. Let's have a roll-call.</b></p> <p><b>3. Push the ball up.</b></p> <p><b>4. Don't let the ball fall on the ground.</b></p> <p><b>5. Set the ball into the air.</b></p> <p><b>句子：</b></p> <p>1. Contact the ball with fingers without letting it touch on the bottom of the hands.</p> <p>2. Push the ball continually without letting the ball fall on the ground.</p> <p>3. Put your weight forward on your toes and bend your knees.</p> <p>4. Relax your arms and get ready to hit.</p> <p>5. One throws the ball, and the other does the setting.</p>			
教學活動	教材 教具	評量	教學 時間	
<p>壹、準備活動</p> <p>一、集合點名: Let's have a roll-call.</p> <p>二、暖身做操: Let's do warm ups.</p> <p>貳、發展活動一：</p> <p>一、介紹排球高手托球基本動作:Setting.</p> <p>1、高手托球面對地板擊球</p> <p>二、實作練習</p> <p>1、個人：</p> <p>a.講解高手托球雙手基本動作: Hold your hands in the air and make a triangle window you can see through.</p> <p>b.高手最佳接觸球點位於雙手 10 個手指.手掌不得接觸球: Hit the ball with your fingertips when the ball reaches eye level.</p> <p>c.向上拋球球落下後雙手手指輕輕將球往上托高: Push forward with your legs as you strike the ball.</p>	排球	<p>能隨時注意運動安全</p> <p>能知道即作出桌球握法的動作要領</p> <p>能掌控擊球力度及</p>	<p>2 5</p> <p>10 15</p>	

<p>d.向上拋球雙手手肘張開後將球往上托但不得落地，依此連續。</p> <p>2、雙人：Practicing in pairs.</p> <p>a、一人拋球一人將球托球回拋球人(20 球後換人)：One throws the ball up and the other set the ball.</p> <p>三、步法</p> <p>排球步法：雙腳與肩同寬(常見基本步)：Place your feet shoulder-width apart, and bend your legs slightly.</p> <p><b>發展活動二：</b></p> <p>一、 高手托球(講解)</p> <p>1、站位：左、右腳稍微站立前後，身體重心置於腳尖並保持膝蓋彎曲。Keep one foot forward and the other backward. Put your weight forward on your toes and bend your knees.</p> <p>2、預備動作：將手自然放鬆預備。Relax your arms and get ready to hit.</p> <p>3、視球的位置移動身體。Move your body toward the ball.</p> <p>4、托球位置：雙手位於額頭上方手肘張開手指張開將球拖回拋球人。Put your hands around your forehead and set the ball.</p> <p>5、完成動作：將球托出後，回復到原先的預備動作。Return to the basic stance after you set the ball.</p> <p>二、實作練習</p> <p>1、個人：托球預備動作：Ready stance. 托完球 回復原來動作: Set. And back to ready stance.</p> <p>2、雙人：(2 人一組)：Practicing in pairs. 一人徒手將球拋至對方，另一人將球高手托回後再重新拋球繼續回擊，連續 20 球後再換邊。依此進行 2~3 組: One throws the ball, and the other do the setting.</p> <p><b>發展活動三：</b></p> <p>一、講解排球高手球的相關規則</p> <p>二、實作練習</p> <p>1、個人：(球感練習) 對空擊球練習: Setting the ball into the air.</p> <p>2、雙人：高手傳球練習(2 人一組): Practicing setting the ball in pairs.</p> <p>a、先由 A 拋球給 B 高手托球後給 A 再將球拋回給 B 做高手手傳球動作，以此連續 20 球後再換 B 拋球給 A 做高手托球</p> <p>參、綜合活動</p> <p>一、評量</p> <p>1.說明給分標準</p> <p>2.實作評量</p> <p>二、說明同學優缺點並讓同學互相觀摩</p>	排球	控制球方向	5 10 15 10 15 3
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表六 七年級英語融入健康與體育領域教學教學教案設計—主題四

主題名稱	足球	教學對象	七年級
		節數	3 節
教學重點	培養學生運動觀念.態度.提升體適能.增加活力.強健體魄及自信心和足球的喜愛		

教學研究	教學法	講演示範、個人及小組實作練習		
	教學目標	一、認知部份 瞭解控球的正確方法 二、情意部份 培養積極、責任感、爭取榮譽的精神 三、動作技能部份 學會控球、足內側傳球、傳球的技能		
	能力指標	1c-IV-1 了解各項運動基礎原理和規則。 1c-IV-2 評估運動風險，維護安全的運動情境。 1c-IV-3 了解身體成長與動作發展的關係。 1d-IV-1 了解各項運動技能原理。 2c-IV-1 展現運動禮節，具備運動的道德思辨和實踐能力。 2c-IV-2 表現利他合群的態度，與他人理性溝通與和諧互動。 2c-IV-3 表現自信樂觀、勇於挑戰的學習態度。		
英語學習	單字： soccer, soccer field/pitch, goal, player, red cards, yellow cards, dribble, pass, kick, sideline, corner, middle line, side-step, knee lifting, kicking forward, crossover steps, juggle, lap, head, 教室用語： 1. Do warm-ups. 2. Let's have a roll-call. 3. Let's do some side-steps. 4. Let's do some knee liftings. 5. Let's do some kicking forward. 6. Let's do some crossover steps. 動作與技巧： 1. Dribble the ball: (1) Dribble the ball with the inside of your feet. (2) Dribble the ball above the toe. (3) Dribble the ball with the outside of the ball. 2. Juggling: (1) Practice juggling with your feet. (2) Practice juggling with your laps. (3) Practice juggling in pairs. 3. Heading the ball: (1) Put the ball on your forehead and feel it. (2) Two people clamp one ball with their foreheads and move. 4. Pick up the ball with the inside of your feet. 5. Pass the ball with the inside of your feet(in pairs). 6. Pass the ball with the outside of your feet. 教室用語： 1. Do warm-ups. 2. Let's have a roll-call. 3. Don't touch the ball with your hand. 4. Dribble the ball with the inside of your feet. 5. Dribble the ball above the toe. 6. Dribble the ball with the outside of your feet. 7. Pass the ball. 8. Shoot.			
教學活動		教材 教具	評量	教學 時間

<p>壹、準備活動</p> <p>一、集合點名: Let's have a roll-call.</p> <p>二、暖身做操: Let's do warm ups.</p> <p>貳、發展活動一：</p> <p>一、足球熱身操</p> <p>(1)側滑步: Let's do some side-steps.</p> <p>(2)抬腿：前抬腿.抬腿向內.外轉: Let's do some knee liftings.</p> <p>(3)踢腿前進: Do some kicking forward.</p> <p>(4)前後交叉腿跳: Do some crossover steps.</p> <p>二、挑球：說明及示範足球技術中足部中可以碰觸足球的位置</p> <p>(1)一人一顆足球練習挑球：Practice juggling with your feet.</p> <p>(2)兩人一組對挑練習: Practice juggling in pairs.</p> <p>三、大腿挑球：用單腳大腿將球頂起再左右互換</p> <p>(1)分組練習:Practice juggling with your laps.</p> <p>四、遊戲時間：比賽看哪一位學生可以挑球最多下給予獎勵,順便利用遊戲互相觀摩</p> <p>發展活動二：</p> <p>一、前額頂球：原地將球拋起，兩眼注視落下球體中心，雙膝微彎頂球高度約 30-50 公分:Practice heading the ball.</p> <p>(1)先練習將球放在額頭上靜止感受球體:Put the ball on your forehead and feel it.</p> <p>(2)兩人一組將球放在兩人額前做移動練習:</p> <p>二、足內側控球：兩眼注視球的位置以足內側將球彈起 Pick up the ball with the inside of your feet.</p> <p>三、內側傳球：兩人一組相隔約 10 公尺練習互相傳球 Pass the ball with the inside of your feet.</p> <p>發展活動三：</p> <p>一、足內側傳球;</p> <p>(1)兩人一組相隔 10 公尺傳球 Pass the ball in pairs.</p> <p>(2)將三角錐排兩排讓學生用腳內側運球繞過三角錐 Practice dribbling the ball with the inside of your feet.</p> <p>二、外側傳球：五人一組相聚 10 公尺以足外側踢球方式將球傳給對方然後排到對尾，依此類推 Pass the ball with the outside of your feet.</p> <p>參、綜合活動</p> <p>一、評量</p> <p>1.說明給分標準</p> <p>2.實作評量</p> <p>二、說明同學優缺點並讓同學互相觀摩</p>	<p>足球</p> <p>足球</p> <p>足球</p>	<p>能隨時注意運動安全</p> <p>能知道即作出動作要領</p> <p>能掌控力度及控制球方向</p> <p>能從觀摩中發覺動作的對錯</p>	<p>2 5</p> <p>5</p> <p>10</p> <p>15</p> <p>5</p> <p>3</p>
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表七 七年級英語融入健康與體育領域教學教學教案設計—主題五

主題名稱	籃球（一）-青出於籃	教學對象	七年級
教學重點	培養學生運動觀念.態度.提升體適能.增加活力.強健體魄及自信心		
教學法	講演示範、個人及小組實作練習		



<p>研究</p>	<p>教學目標</p>	<p>一、能了解籃球技術相關知識、規則與技能原理。  二、促進身體的發展，豐實休閒生活。  三、能養成遵理守法的態度與培養運動員「勝不驕、敗不餒」之運動家精神。  四、能了解性別平等之意涵及做到尊重異性、共同參與事務及與之合作學習的態度。  五、肯定自我的能力並能主動參與。</p>
	<p>能力指標</p>	<p>1c-IV-1 了解各項運動基礎原理和規則。  1c-IV-2 評估運動風險，維護安全的運動情境。  1c-IV-3 了解身體成長與動作發展的關係。  1d-IV-1 了解各項運動技能原理。  1d-IV-2 反思自己的動作技能。  1d-IV-3 應用運動比賽的各項策略。</p>
<p>英語學習</p>	<p><b>單字：</b>  basketball, hoop, basketball court, baseline, side line, midcourt line, free-throw line, dribble, bounce, pass, shoot, protect, waist, head, finger, finger pads, walking, running, sprinting, bank shots</p> <p><b>動作與技巧：</b></p> <p>1. Basic stance:  (1) Hold the ball with your finger pads.  (2) Stand on the balls of your feet and keep low.  (3) Keep low and slightly bend your knees.</p> <p>2. Dribble the ball:  (1) Keep your head up and your eyes on the game. Don't look at the ball.  (2) Extend your arm and snap your wrists to send the ball into the ground.  (3) Use your fingers, not your palm, to control the ball.  (4) Do not bounce the ball too high while dribbling.  (5) Use your body and your non-dribbling arm to shield the ball from defenders.</p> <p>3. Chest pass:  (1) Grip the ball on both sides with your fingertips pointed towards your chin.  (2) Bring the ball towards your chest.  (3) Take a step with your dominant foot and throw the ball.  (4) Bounce the ball instead of throwing it in the air to perform a bounce pass.</p> <p>4. Overhead pass:  (1) Put a hand on each side of the ball with your fingers spread apart.  (2) Bring the ball up over your head.  (3) Step forward with your dominant foot and throw the ball.</p> <p>5. Shooting:  (1) Make a shot:  A. Square up with the basket each time you shoot.  B. Balance the ball on your dominant hand.  C. Roll the ball off your hand.</p>	

	<p>D. Push off with your feet, jumping straight up. E. Aim for getting the ball just over the rim and into the basket.</p> <p>(2) Lay-ups(BEEF) A. Balance-bend your knees. B. Eyes-watch the hoop. C. Elbow-no chicken wings. D. Follow-follow, shoot.</p> <p><b>教室用語：</b> 1. Do warm-ups. 2. Hold the ball with your finger pads. 3. Stand on the balls of your feet and keep low. 4. Keep low and slightly bend your knees. 5. Bounce the ball with each hand. 6. Make a bounce pass. 7. Make an overhead pass. 8. Dribble the ball. 9. Shoot the ball. 10. Use your fingers, not your palm, to control the ball.</p> <p><b>句子：</b> 1. Protect the ball while you dribble. 2. Bounce the ball with each hand. 3. Bounce the ball with your finger tips. 4. Try to keep the ball about waist-high. 5. Keep your head up and your eyes on the game. Don't look at the ball. 6. Use your fingers, not your palm, to control the ball.</p>			
<p style="text-align: center;">教學活動</p>	<p>教材 教具</p>	<p>評量</p>	<p>教學 時間</p>	
<p>壹、準備活動 一、集合點名: Let's have a roll-call. 二、暖身做操: Let's do some warm-ups/stretches.</p> <p>貳、發展活動一： 一、示範教學：老師動作講解與示範。 1. 手部：持球方式、用力方式。Hold the ball with your finger pads. 2. 運用身體律動、重心。Stand on the balls of your feet and keep low. 3. 下肢動作及膝蓋彎曲。Keep low and slightly bend your knees. 二、分組練習 1. 個人基礎運球動作。Practice dribbling the ball. 2. 兩人一組做學生關係互動。Practice passing the ball in pairs. 三、綜合活動 團體合作對抗：4人一組與他隊對抗，相互干擾運球，由老師進行計時，在時間結束前仍持持續運球的組別獲勝。</p>	<p>籃球</p>	<p>能隨時注意運動安全  能知道及作出動作要領  能掌控力度及控制球方向</p>	<p>2  5  5  10</p>	

<p><b>發展活動二：</b></p> <p>一、示範教學：老師動作講解與示範。</p> <ol style="list-style-type: none"> <li>1. 手部動作及用力方式: Basic stance and the way to make a shot.</li> <li>2. 下肢蹲跳動作: Practice jumping and pushing the ball.</li> </ol> <p>二、個人練習</p> <ol style="list-style-type: none"> <li>1. 坐姿投籃做動: Sitting-position shooting.</li> <li>2. 全身單手投籃動作。One-handed shooting.</li> <li>3. 全身標準投籃動作。Standard shooting.</li> <li>4. 運球收球投籃動作。Dribbling and shooting.</li> </ol> <p>三、綜合活動</p> <p>團體合作：2人一組，做傳球投籃練習，由老師進行計時40秒，在時間結束前投進籃球最多次的組別獲勝。Team work: Passing and shooting the ball.</p> <p><b>發展活動三：</b></p> <p>一、示範教學：老師動作講解與示範。</p> <ol style="list-style-type: none"> <li>1. 手部動作及用力方式: Using your finger pads and the way to control the ball.</li> <li>2. 跑動腳步動作</li> </ol> <p>二、個人練習</p> <ol style="list-style-type: none"> <li>1. 對籃做跑動作。Dribbling and walking/running/sprinting.</li> <li>2. 遇三角錐做方向變換動作或摸地板動作。Movements practice.</li> <li>3. 至禁區做擦板投籃動作。Bank shots practice.</li> </ol> <p>三、綜合活動</p> <p>團體合作：六人一組，做個人運球投籃練習，由老師進行計時40秒，在時間結束前投進籃球最多次的組別獲勝。</p> <p>參、綜合活動</p> <p>一、評量</p> <ol style="list-style-type: none"> <li>1. 說明給分標準</li> <li>2. 實作評量</li> </ol> <p>二、說明同學優缺點並讓同學互相觀摩</p>	籃球	能從觀摩中發覺動作的對錯	15 5 3
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表八 七年級英語融入健康與體育領域教學教案設計—主題六

主題名稱		羽球一觸即發	教學對象	七年級
			節數	3節
教學研究	教學重點	培養學生運動觀念.態度.提升體適能.增加活力.強健體魄及自信心		
	教學法	講演示範、個人及小組實作練習		
	教學目標	(一)能說出羽球運動的由來。 (二)能說出學習羽球應該具備的基本運動能力。 (三)能指導他人或接受指導。 (四)能經由與同儕欣賞、觀摩、學習、比較，了解自己動作的優缺點。 (五)能在運動中充分表達自己，發揮潛在能力。 (六)能對於運動中的美好動作與經驗表現出讚美，並與他人分享。 (七)能利用各種練習方法，增進運動技能。		

	能力指標	<p>1c-IV-1 了解各項運動基礎原理和規則。</p> <p>1c-IV-2 評估運動風險，維護安全的運動情境。</p> <p>1c-IV-3 了解身體成長與動作發展的關係。</p> <p>1d-IV-1 了解各項運動技能原理。</p> <p>1d-IV-2 反思自己的動作技能。</p>			
英語學習		<p><b>單字：</b>  badminton, shuttle, racket, net, badminton court, handle, racket face, thumb, index finger, forehand grip, backhand grip, clockwise, clear, net play, high serve, low serve, swing, opponent</p> <p><b>動作與技巧：</b></p> <p>1. Forehand grip:</p> <p>(1) Hold the racket with your non-playing hand, pointing the handle toward you with your racket face perpendicular to the floor.</p> <p>(2) Put your hand on the handle as if you are shaking hands with it.</p> <p>(3) Look for a V shape between your thumb and index finger.</p> <p>(4) Rest the handle loosely in your fingers for more flexibility.</p> <p>2. Backhand grip:</p> <p>(1) Hold the racket as if you were holding a forehand grip.</p> <p>(2) Then, turn it clockwise, so that the V shape you've formed moves to the right.</p> <p>(3) Put your thumb against the back bevel of the handle for more leverage and power, resting the racket loosely in your fingers.</p> <p>(4) Again, use a longer grip for clears and a shorter grip for net play.</p> <p>(5) Relax your thumb and use more power from your arm instead for clears.</p> <p>3. <b>The high and low serve:</b></p> <p>(1) The high serve.</p> <p>A. You have to use an underhanded forehand for this serve.</p> <p>B. Relax, bend your knees, standing 2–3 feet (0.6–0.9 m) behind the short service line.</p> <p>C. Lead with your non-racket leg, placing your racket leg behind it.</p> <p>D. Move your racket back almost to your shoulder, then swing it forward.</p> <p>E. Hold the shuttle by the feathers and drop it slightly in front of you.</p> <p>F. Hit the shuttle with the flat face of your racket and follow through until your racket reaches all the way to the non-racket side of your head.</p> <p>(2) The low serve.</p> <p>A. You can use the forehand or the backhand for this motion.</p> <p>B. For the forehand serve:</p>			

	<p>a. Stand 2–3 feet (0.6–0.9 m) behind the service line.</p> <p>b. Bring your racket back to your waist level and start swinging forward.</p> <p>c. Hold the shuttle by the feathers and bring it close to meet the racket instead of dropping it.</p> <p>d. Hit the shuttle at a higher point, but still below your waist.</p> <p>e. Push it with the racket face, and try to make it just skim the tape of the net.</p> <p>C. For the backhand serve:</p> <p>a. Just lead with your racket leg and your non-racket leg behind, with your feet pointing toward your opponent.</p> <p>b. Use a short backswing and then bring the racket forward.</p> <p>c. Hold the shuttle at the tip of the feathers in front of waist level.</p> <p>d. Push the shuttle with the racket face and try to make it skim the tape of the net.</p> <p>e. Shorten your grip for more control.</p> <p><b>教室用語：</b></p> <ol style="list-style-type: none"> <li>1. Do warm-ups.</li> <li>2. Let's have a roll-call.</li> <li>3. Hold the shuttle at the tip of the feathers in front of waist level.</li> <li>4. Push the shuttle with the racket face.</li> <li>5. Move your racket back almost to your shoulder, then swing it forward.</li> <li>6. Rest the handle loosely in your fingers for more flexibility.</li> <li>7. Shorten your grip for more control.</li> </ol> <p><b>句子：</b></p> <ol style="list-style-type: none"> <li>1. Hold the shuttle by its feathers, and hit it forward over the net.</li> <li>2. Put your hand on the handle as if you are shaking hands with it.</li> <li>3. Look for a V shape between your thumb and index finger.</li> <li>4. Rest the handle loosely in your fingers for more flexibility.</li> <li>5. Hit the shuttle with the flat face of your racket and follow through until your racket reaches all the way to the non-racket side of your head.</li> </ol>			
教學活動	教材 教具	評量	教學 時間	
壹、準備活動 一、集合點名: Let's have a roll-call.			2	

<p>二、暖身做操: Let's do warm-ups/stretches.</p> <p>貳、發展活動一：</p> <p>一、正式課程</p> <ol style="list-style-type: none"> <li>1.介紹羽球運動的由來。</li> <li>2.介紹球具、球場規模。Badminton court. Racket. Shuttlecock.</li> <li>3.介紹握拍法(正手及反手)。Forehand grip and backhand grip. <ol style="list-style-type: none"> <li>(1) 正手向上擊球練習。Hitting the shuttle with forehand shots.</li> <li>(2) 反手向上擊球練習。Hitting the shuttle with backhand shots.</li> <li>(3) 分組擊球練習。Hitting the ball in pairs.</li> </ol> </li> <li>4.正反拍連續擊球競賽。Competitions in groups.</li> </ol> <p>發展活動二：</p> <p>一、正式課程</p> <ol style="list-style-type: none"> <li>1.說明發球規則。The way to serve.</li> <li>2.介紹正手發球法。Forehand serve.</li> <li>3.正手發球練習。Practice serving.</li> <li>4.正手發短球、高遠球練習。High serve and low serve.</li> <li>5.發球遊戲。</li> </ol> <p>發展活動三：</p> <p>一、正式課程</p> <ol style="list-style-type: none"> <li>1.說明發球規則。Ways of serving.</li> <li>2.介紹反手發球法。Backhand serve.</li> <li>3.反手發球練習。Practice backhand serve.</li> <li>4.反手發短球、高遠球練習。High serve and low serve with backhand.</li> <li>5.發球遊戲。</li> </ol> <p>參、綜合活動</p> <p>一、評量</p> <ol style="list-style-type: none"> <li>1.說明給分標準</li> <li>2.實作評量</li> </ol> <p>二、說明同學優缺點並讓同學互相觀摩</p>	<p>羽球</p> <p>羽球</p> <p>羽球</p>	<p>能隨時注意運動安全</p> <p>能知道即作出動作要領</p> <p>能掌控力度及控制球方向</p> <p>能從觀摩中發覺動作的對錯</p>	<p>5</p> <p>10</p> <p>15</p> <p>10</p> <p>15</p> <p>10</p> <p>15</p> <p>3</p>
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108 上學期英語學習彙整

單元	教室用語	專業用語	備註
<p>排球</p> <p>Volleyball(一)</p> <p>(underhand)</p>	<p>教室用語</p> <ol style="list-style-type: none"> <li>1. Do warm-ups.</li> <li>2. Let's have a roll-call.</li> <li>3. Pass the ball.</li> <li>4. Don't let the ball fall on the ground.</li> <li>5. Well done./ Good job.</li> <li>6. Bend your knees and put your weight forward on your toes.</li> </ol>	<p>單字：</p> <p>Volleyball, Volleyball court, Net, player, feet, shoulder, toe, knee, arm, front, back, bend, forward, fist, bump, wrap, fist, strike hit, weight, forearms, above, reach, ground, wrist, around, pair, in front, bend,</p> <p>動作與技巧</p>	

	<ol style="list-style-type: none"> <li>7. Make your arms free and put them in front of you.</li> <li>8. Move your body to a place which you can reach the ball.</li> <li>9. Hit the ball with your forearms about 10 cm above your wrists.</li> <li>10. Bump the ball and start with the basic stance.</li> <li>11. Make a fist with your left hand and wrap your right hand around it.</li> <li>12. Throw the ball up and hit it.</li> <li>13. Don't let the ball hit the ground.</li> </ol>	<ol style="list-style-type: none"> <li>1. basic stance: Your feet should be slightly placed wider than. shoulders, your weight should be put forward on your toes, and your knees should be bent. And make sure your arms are free and in front.</li> <li>2. bumping the ball: Pass the ball underhanded(bumping) <ol style="list-style-type: none"> <li>(1) Make a fist with your left hand and wrap your right hand around it.</li> <li>(2) Allow the ball to strike your forearms about 10 cm above your wrists.</li> <li>(3) Throw the ball up and hit it.</li> <li>(4) Don't let the ball hit the ground.</li> </ol> </li> <li>3. practice : practice bumping in pairs <ol style="list-style-type: none"> <li>(1) Bend your knees and put your weight forward on your toes.</li> <li>(2) Make your arms free and put them in front of you.</li> <li>(3) Move your body to a place which you can reach the ball.</li> <li>(4) Hit the ball with your forearms about 10 cm above your wrists.</li> <li>(5) Bump the ball and start with the basic stance.</li> </ol> </li> </ol>
<p>桌球 Table tennis</p>	<p>教室用語</p> <ol style="list-style-type: none"> <li>1. Do warm-ups.</li> <li>2. Let's have a roll-call.</li> <li>3. Let's practice in pairs.</li> <li>4. Keep your eye on the ball.</li> <li>5. Keep the ball low.</li> <li>6. Feel the paddle and rotate your wrist.</li> <li>7. Keep the ball on the surface of the paddle.</li> <li>8. Hit the ball with forehand.</li> <li>9. Hit the ball up, let it drop on the floor, and then hit it up again.</li> <li>10. Hit the ball against the wall.</li> <li>11. One throws the ball, and the other returns the ball.</li> <li>12. Put the ball on the palm, toss it up, and catch it.</li> <li>13. Put the ball on the palm, toss it up, and hit it with forehand strike.</li> <li>14. Feel the paddle and rotate your wrist.</li> <li>15. Keep the ball on the surface of the paddle.</li> <li>16. Hit the ball with forehand/backhand.</li> <li>17. Hit the ball up, let it drop on the floor, and then hit it up again.</li> <li>18. Hit the ball against the wall.</li> </ol>	<p><b>單字：</b> Ping pong, Table tennis, Ball, Table, Net, paddle, penhold grip, shakehand grip, loosely, freely, balanced, relaxed, forehand strike, backhand strike, throw, return, palm, wrist, rotate</p> <p><b>動作與技巧：</b></p> <ol style="list-style-type: none"> <li>1. How to grip the paddle: <ol style="list-style-type: none"> <li>(1) Penhold grip: hold the paddle as you hold a pen with your thumb and index finger in front and the others in back of the face of the paddle.</li> <li>(2) Shakehand grip: hold the paddle as you shake hands with someone .</li> <li>(3) With either penhold grip or shakehand grip, you should hold the paddle loosely to allow your wrist to move freely.</li> </ol> </li> <li>2. Basic stance: Your body needs to be balanced, relaxed, and ready to move in any direction.</li> <li>3. Forehand strikes: <ol style="list-style-type: none"> <li>A. Stand with your left foot slightly forward and your right foot backward.</li> <li>B. Put your weight forward on the toes and bend your knees.</li> </ol> </li> </ol>

	<p>19. One person hits the ball and the other returns it without dropping the ball on the floor.</p>	<p>C. Put your hand which holds the paddle around your waist, and the ball is put on the palm.  D. Hit the ball at the center of the paddle.  E. Rotate your body backward.  F. Rotate your body forward while hitting the ball.  4. Serve the ball:  A. Put the ball on the palm, toss it, and catch it.(Feel the ball)  B. One serve the ball and the other catch it with his/her hand.  C. One serve the ball, and the other returns it.  5. Practice:  A. Individual practice:  a. feel the paddle and rotate your wrist.  b. keep the ball on the surface of the paddle.  c. hit the ball with forehand.  d. hit the ball up, let it drop on the floor, and then hit it up again.  e. hit the ball against the wall.  B. Practice in pairs:  a. one person hit the ball and the other returns it without dropping the ball on the floor.</p>
<p>排球  Volleyball  (Above hand)</p>	<p>教室用語  1. Do warm-ups.  2. Let's have a roll-call.  3. Push the ball up.  4. Don't let the ball fall on the ground.  5. Set the ball into the air.  6. Contact the ball with fingers without letting it touch on the bottom of the hands.  7. Push the ball continually without letting the ball fall on the ground.  8. Put your weight forward on your toes and bend your knees.  9. Relax your arms and get ready to hit.  10. One throws the ball, and the other does the setting.</p>	<p>單字：  volleyball, setting, spiking/attacking, bumping, blocking, digging, push, shoulder, feet, knee, leg, bend, slightly, weight, move, body, toward, forehead, hit  動作與技巧：  1. Stance: Place your feet shoulder-width apart, and bend your knees slightly.  2. Setting:  (1) Hold your hands in the air and make a triangle window you can see through.  (2) Hit the ball with your fingertips when the ball reaches eye level.  (3) Push forward with your legs as you strike the ball.  (4) Push the ball continually without letting the ball fall on the ground.  3. Practice:</p>



		<p>(1) Keep one foot forward and the other backward.</p> <p>(2) Put your weight forward on your toes and bend your knees.</p> <p>(3) Relax your arms and get ready to hit.</p> <p>(4) Move your body toward the ball.</p> <p>(5) Put your hands around your forehead and set the ball.</p> <p>(6) Return to the basic stance after you set the ball.</p> <p>Pass the ball overhead.</p>	
<p>足球 Soccer</p>	<p>教室用語：</p> <ol style="list-style-type: none"> <li>1. Do warm-ups.</li> <li>2. Let's have a roll-call.</li> <li>3. Let's do some side-steps.</li> <li>4. Let's do some knee liftings.</li> <li>5. Let's do some kicking forward.</li> <li>6. Let's do some crossover 3. Don't touch the ball with your hand.</li> <li>7. Dribble the ball with the inside of your feet.</li> <li>8. Dribble the ball above the toe.</li> <li>9. Dribble the ball with the outside of your feet.</li> <li>10. Pass the ball.</li> <li>11. Shoot.</li> </ol>	<p>單字：</p> <p>soccer, soccer field/pitch, goal, player, red cards, yellow cards, dribble, pass, kick, sideline, corner, middle line, side-step, knee lifting, kicking forward, crossover steps, juggle, lap, head,</p> <p>動作與技巧：</p> <ol style="list-style-type: none"> <li>1. Dribble the ball: <ol style="list-style-type: none"> <li>(1) Dribble the ball with the inside of your feet.</li> <li>(2) Dribble the ball above the toe.</li> <li>(3) Dribble the ball with the outside of the ball.</li> </ol> </li> <li>2. Juggling: <ol style="list-style-type: none"> <li>(1) Practice juggling with your feet.</li> <li>(2) Practice juggling with your laps.</li> <li>(3) Practice juggling in pairs.</li> </ol> </li> <li>3. Heading the ball: <ol style="list-style-type: none"> <li>(1) Put the ball on your forehead and feel it.</li> <li>(2) Two people clamp one ball with their foreheads and move.</li> </ol> </li> <li>4. Pick up the ball with the inside of your feet.</li> <li>5. Pass the ball with the inside of your feet(in pairs).</li> <li>6. Pass the ball with the outside of your feet.</li> </ol>	
<p>籃球 Basketball</p>	<p>教室用語：</p> <ol style="list-style-type: none"> <li>1. Do warm-ups.</li> <li>2. Hold the ball with your finger pads.</li> <li>3. Stand on the balls of your feet and keep low.</li> <li>4. Keep low and slightly bend your knees.</li> <li>5. Bounce the ball with each hand.</li> <li>6. Make a bounce pass.</li> <li>7. Make an overhead pass.</li> </ol>	<p>單字：</p> <p>basketball, hoop, basketball court, baseline, side line, midcourt line, free-throw line, dribble, bounce, pass, shoot, protect, waist, head, finger, finger pads, walking, running, sprinting, bank shots</p> <p>動作與技巧：</p> <ol style="list-style-type: none"> <li>1. Basic stance: <ol style="list-style-type: none"> <li>(1) Hold the ball with your finger pads.</li> </ol> </li> </ol>	

	<p>8. Dribble the ball.  9. Shoot the ball.  10. Use your fingers, not your palm, to control the ball.  11. Protect the ball while you dribble.  12. Bounce the ball with each hand.  13. Bounce the ball with your finger tips.  14. Try to keep the ball about waist-high.  15. Keep your head up and your eyes on the game. Don't look at the ball.  16. Use your fingers, not your palm, to control the ball.</p>	<p>(2) Stand on the balls of your feet and keep low.  (3) Keep low and slightly bend your knees.  2. Dribble the ball:  (1) Keep your head up and your eyes on the game. Don't look at the ball.  (2) Extend your arm and snap your wrists to send the ball into the ground.  (3) Use your fingers, not your palm, to control the ball.  (4) Do not bounce the ball too high while dribbling.  (5) Use your body and your non-dribbling arm to shield the ball from defenders.  3. Chest pass:  (1) Grip the ball on both sides with your fingertips pointed towards your chin.  (2) Bring the ball towards your chest.  (3) Take a step with your dominant foot and throw the ball.  (4) Bounce the ball instead of throwing it in the air to perform a bounce pass.  4. Overhead pass:  (1) Put a hand on each side of the ball with your fingers spread apart.  (2) Bring the ball up over your head.  (3) Step forward with your dominant foot and throw the ball.  5. Shooting:  (1) Make a shot:  A. Square up with the basket each time you shoot.  B. Balance the ball on your dominant hand.  C. Roll the ball off your hand.  D. Push off with your feet, jumping straight up.  E. Aim for getting the ball just over the rim and into the basket.  (2) Lay-ups(BEEF)  A. Balance-bend your knees.  B. Eyes-watch the hoop.  C. Elbow-no chicken wings.  D. Follow-follow, shoot.</p>
<p>羽球 Badminton</p>	<p><b>教室用語：</b>  1. Do warm-ups.  2. Let's have a roll-call.</p>	<p><b>單字：</b>  badminton, shuttle, racket, net, badminton court, handle, racket face,</p>

	<p>3. Hold the shuttle at the tip of the feathers in front of waist level.</p> <p>4. Push the shuttle with the racket face.</p> <p>5. Move your racket back almost to your shoulder, then swing it forward.</p> <p>6. Rest the handle loosely in your fingers for more flexibility.</p> <p>7. Shorten your grip for more control.</p> <p>8. Hold the shuttle by its feathers, and hit it forward over the net.</p> <p>9. Put your hand on the handle as if you are shaking hands with it.</p> <p>10. Look for a V shape between your thumb and index finger.</p> <p>11. Rest the handle loosely in your fingers for more flexibility.</p> <p>12. Hit the shuttle with the flat face of your racket and follow through until your racket reaches all the way to the non-racket side of your head.</p>	<p>thumb, index finger, forehand grip, backhand grip, clockwise, clear, net play, high serve, low serve, swing, opponent</p> <p><b>動作與技巧:</b></p> <p>1. Forehand grip:</p> <p>(1) Hold the racket with your non-playing hand, pointing the handle toward you with your racket face perpendicular to the floor.</p> <p>(2) Put your hand on the handle as if you are shaking hands with it.</p> <p>(3) Look for a V shape between your thumb and index finger.</p> <p>(4) Rest the handle loosely in your fingers for more flexibility.</p> <p>2. Backhand grip:</p> <p>(1) Hold the racket as if you were holding a forehand grip.</p> <p>(2) Then, turn it clockwise, so that the V shape you've formed moves to the right.</p> <p>(3) Put your thumb against the back bevel of the handle for more leverage and power, resting the racket loosely in your fingers.</p> <p>(4) Again, use a longer grip for clears and a shorter grip for net play.</p> <p>(5) Relax your thumb and use more power from your arm instead for clears.</p> <p><b>3. The high and low serve:</b></p> <p>(1) The high serve.</p> <p>A. You have to use an underhanded forehand for this serve.</p> <p>B. Relax, bend your knees, standing 2–3 feet (0.6–0.9 m) behind the short service line.</p> <p>C. Lead with your non-racket leg, placing your racket leg behind it.</p> <p>D. Move your racket back almost to your shoulder, then swing it forward.</p> <p>E. Hold the shuttle by the feathers and drop it slightly in front of you.</p> <p>F. Hit the shuttle with the flat face of your racket and follow through until your racket reaches all the way to the non-racket side of your head.</p> <p>(2) The low serve.</p> <p>A. You can use the forehand or the backhand for this motion.</p> <p>B. For the forehand serve:</p> <p>a. Stand 2–3 feet (0.6–0.9 m) behind the service line.</p>	
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		<p>b. Bring your racket back to your waist level and start swinging forward.</p> <p>c. Hold the shuttle by the feathers and bring it close to meet the racket instead of dropping it.</p> <p>d. Hit the shuttle at a higher point, but still below your waist.</p> <p>e. Push it with the racket face, and try to make it just skim the tape of the net.</p> <p>C. For the backhand serve:</p> <p>a. Just lead with your racket leg and your non-racket leg behind, with your feet pointing toward your opponent.</p> <p>b. Use a short backswing and then bring the racket forward.</p> <p>c. Hold the shuttle at the tip of the feathers in front of waist level.</p> <p>d. Push the shuttle with the racket face and try to make it skim the tape of the net.</p> <p>e. Shorten your grip for more control.</p>	
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