

二年級英語融入健體領域體育課教學之教學設計與評量-主題二

主題名稱	跳繩	教學設計者	簡雯敏老師
教學對象	二年級	教學節次	6週12節/每週2節
學習表現	<p>1c- I -1 認識身體活動的基本動作。 1c- I -2 認識基本的運動常識。</p> <p>2c- I -1 表現尊重的團體互動行為。 2c- I -2 表現認真參與的學習態度</p> <p>2d- I -1 專注觀賞他人的動作表現。 3c- I -2 表現安全的身體活動行為。 3d- I -1 應用基本動作常識，處理練習或遊戲問題。</p>		
學習內容	<p>Ab- I -1 體適能遊戲。 Bc- I -1 各項暖身伸展動作。</p> <p>Cb- I -1 運動安全常識、運動對身體健康的益處。</p> <p>Cb- I -2 班級體育活動。</p> <p>Fa- I -2 與家人及朋友和諧相處的方式。</p> <p>Ga- I -1 走、跑、跳與投擲遊戲。</p> <p>Ha- I -1 跳繩運動相關的簡易動作之手眼動作協調、力量及準確性。</p>		
教學方法	實作教學、遊戲教學		
英語學習 Content vocabulary/ sentences patterns	<p>英語單字：</p> <p>Greeting: Good morning/afternoon. Roll call. Good job! Great!</p> <p>Action : walk, run, jump, march,</p> <p>Body Parts : head, nose, arms, shoulders, knees, legs, toes, foot,</p> <p>Warm up: Warm up. Nod/turn around your head/wrist/ankle.</p> <p style="padding-left: 40px;">Bend your knees. Up and down. Move your arms.</p> <p style="padding-left: 40px;">Stretch your legs. Swing your arms. Bend your knees.</p> <p>Number : number, 1~20</p> <p>Jump rope : rope skipping, jumping rope, jump rope</p> <p>English Instruction : Attention. At ease. Count off! Eyes front.</p> <p style="padding-left: 40px;">By two, number. Left turn. Right turn. About turn. Look to the center. Cover. Left, right left right. One two one two.</p> <p>Ready! Set! Go! Look to the center. Spread formation. Wait.</p> <p style="padding-left: 40px;">Stop. Go. Show me. Close ranks</p> <p>encouragement : Good job! Great! Excellent! Good for you.</p> <p>English Sentences : Show me your _____. Let's play a game.</p> <p>Let's count. Do you bring your jump rope?</p>		
教學活動			教具
跳繩教學			評量
<p><b>*第一節*</b> (表現：1c- I -1, 1c- I -2, 3c- I -2; 內容 Bc- I -1, Cb- I -1)</p> <p><b>Greeting</b></p> <p>T : Good morning/afternoon.</p>			<p>白板</p> <p>值星帶</p>
			實作評量 學生操演 熱身操動

<p>T : Roll call./ Who is not here?/ Why he/she is not here? T: Do you bring your jump rope?</p> <p><b>Practice</b></p> <p>T: Look to the center. Form the Exercise formation. T: Let's practice how to warm-up. T : Nod your head.-&gt;Turn around your head. -&gt;Turn your wrist. -&gt; Turn your ankle.-&gt; T : Bend your knees. Keep balance your body. -&gt; Up and down. T : Stretch your arms. -&gt;Draw a circle. -&gt;Stretch your hand. -&gt; Stretch your feet.-&gt; Stretch your body. T : Mark time, march! 100 times. T : Jumping Jacks. 30 times. T : March on the spot and deep breath. T : High knee and stand on one foot. Keep balancing. T : Close rank.</p> <p><b>Wrap-up</b></p> <p>T: Listen and do the action. Attention.-&gt; At ease. -&gt;Bow. -&gt;Left turn. -&gt;Right turn. -&gt;About turn.</p> <p>一、暖身操</p> <p>1.運動隊型：中央伍為準→成做操隊型散開→成集合隊型集合 T: Look to the center. Exercise formation. Close ranks.</p> <p>2.熱身操(1)頭頸伸展(點→轉)(2)手腕+腳踝轉 (3)腳(膝→蹲起) Nod/turn around your head/wrist/ankle. Bend your knees. Up and down.</p> <p>(4)手臂伸展+畫圈+直臂前後拍手 (5)體側伸展+左右轉體+前彎後仰 Stretch your arms. Draw a circle. Stretch your body.</p> <p>(6)跨步伸展+坐姿伸展 (7)原地跑步(小碎步)*100 Stretch your feet/body. Mark time, march!</p> <p>(8)開合跳*30+原地踏步深呼吸 (9)抬膝單腳站立 Jumping Jacks. Deep breath. High knee and stand on one foot.</p> <p>二、複習主題—<b>六口令+原地踏步、齊步走</b>學生週會常用六口令： 立正、稍息、敬禮(聽到國歌需原地立正、行注目禮)； 向左、右、後轉..... Attention. At ease. Bow. Left turn. Right turn. About turn.</p>	跳繩	作及六口 令(學生 能聽懂老 師的英語 指令)
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<p>✳️第二節✳️(表現：1c- I -1, 1c- I -2, 3c- I -2; 內容 Bc- I -1, Cb- I -1, Fa- I -2)</p> <p><b>Greeting</b></p> <p>T : Good morning/afternoon.  T : Roll call./ Who is not here?/ Why he/she is not here?  T: Do you bring your jump rope?</p> <p><b>Practice</b></p> <p>T: Look to the center. Form the Exercise formation.  T: PE leader comes to the front.  T: Look to the center. Form the Exercise formation.  T: Let's warm-up.  T : Nod your head.-&gt;Turn around your head. -&gt;Turn your wrist. -&gt; Turn your ankle.-&gt;  T : Bend your knees. Keep balance your body. -&gt; Up and down.  T : Stretch your arms. -&gt;Draw a circle. -&gt;Stretch your hand. -&gt; Stretch your feet.-&gt; Stretch your body.  T : Mark time, march! 100 times.  T : Jumping Jacks. 30 times.  T : March on the spot and deep breath.  T : High knee and stand on one foot. Keep balancing.  T : Close rank.  Ss : Thank you, teacher.  PE leader : Thank you all.  T : Run along the courtyard/playground/sport field.  T : Please keep running in your track.</p> <p><b>Wrap-up</b></p> <p>T: Listen and action : Attention. At ease. Bow. Left turn. Right turn. About turn.  T : Jump rope testing. Number _____. Ready. Set. Go.  T : You all do a great job. Please keep jump rope at your free time. It will help you healthy and grow.</p> <p>一、熱身操</p> <p>1.運動隊型：中央伍為準→成做操隊型散開→成集合隊型集合</p>	<p>跳繩</p>	<p>實作評量  測驗六口  令(學生  能聽懂老  師的英語  指令)</p>
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<p>Look to the center. Spread formation. Close ranks.</p> <p>2.熱身操(如第一節)</p> <p>二、跑操場</p> <p>Run along the courtyard/playground/sport field.</p> <p>三、測驗主題一(依照號碼分組考試)，未測驗者跳繩。</p> <p>Jump rope testing. Number _____. Ready. Go.</p> <p><b>*第三節*</b>(表現：1c- I -1, 1c- I -2, 2c- I -2, 3c- I -2; 內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)</p> <p><b>Greeting</b></p> <p>T : Good morning/afternoon.</p> <p>T : Roll call./ Who is not here?/ Why he/she is not here?</p> <p>T: Do you bring your jump rope?</p> <p><b>Warm Up</b></p> <p>T: Look to the center. Form the Exercise formation.</p> <p>T: Look to the center. Form the Exercise formation.</p> <p>T: Let's practice how to warm-up.</p> <p>T : Nod your head.-&gt;Turn around your head. -&gt;Turn your wrist. -&gt; Turn your ankle.-&gt;</p> <p>T : Bend your knees. Keep balance your body. -&gt; Up and down.</p> <p>T : Stretch your arms. -&gt;Draw a circle. -&gt;Stretch your hand. -&gt; Stretch your feet.-&gt; Stretch your body.</p> <p>T : Mark time, march! 100 times.</p> <p>T : Jumping Jacks. 30 times.</p> <p>T : March on the spot and deep breath.</p> <p>T : High knee and stand on one foot. Keep balancing.</p> <p>T : Close rank.</p> <p>T : Run along the courtyard/playground/sport field.</p> <p>T : Please keep running in your track.</p> <p><b>Practice</b></p> <p>T : Let's practice "I am a cowboy."</p> <p>T : Spin the rope above your head.</p> <p>T : Spin the rope on the side.</p> <p>T : Spin the rope on both side.</p> <p>T : Hang the rope on your shoulders and spin.</p> <p>T : Spin the rope and jump.</p>	<p>跳繩</p>	<p>競賽評量 (學生能用英語數數)</p>
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**Wrap-up**

T : Let's play a game.

T : Let's divided into 6 teams.

T : Spin the rope on one side. And let's count together.

T : Say Go! Go! Go! To your teammates.

一、熱身操(如第一節)

二、跑操場 (如第二節)

三、我是「西部牛仔」(每一單項需達 20 下) I am a cowboy.

(1)頭上迴旋 (2)側迴旋(左右換手) (3)交叉迴旋(慣用手)

Spin the rope above your head/on the side. Switch. Cross.

(4)掛肩迴旋 (5)水平迴旋跳-向地上甩繩(個人跳)

Hang the rope on your shoulders and spin.

Spin the rope and jump.

- 活動：水平迴旋跳-向地上甩繩挑戰賽(分組 PK 選出五名代表，兩組總和比賽成功跳躍的次數)。

Let's play a game. Let's count.

**\*第四節\***(表現：1c- I -1, 1c- I -2, 2c- I -1 2c- I -2, 3c- I -2;

內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)

**Greeting**

T : Good morning/afternoon.

T : Roll call./ Who is not here?/ Why he/she is not here?

T: Do you bring your jump rope?

**Warm Up**

T: Look to the center. Form the Exercise formation.

T: Look to the center. Form the Exercise formation.

T: Let's practice how to warm-up.

T : Nod your head.->Turn around your head. ->Turn your wrist. -> Turn your ankle.->

T : Bend your knees. Keep balance your body. -> Up and down.

T : Stretch your arms. ->Draw a circle. ->Stretch your hand. -> Stretch your feet.-> Stretch your body.

T : Mark time, march! 100 times.

T : Jumping Jacks. 30 times.

跳繩

競賽評量  
(學生能  
聽懂老師  
的英語指  
令並用英  
語數數)

T : March on the spot and deep breath.  
 T : High knee and stand on one foot. Keep balancing.  
 T : Close rank.  
 T : Run along the courtyard/playground/sport field.  
 T : Please keep running in your track.

**Practice**

T : Let's practice "I am a cowboy."  
 T : Spin the rope above your head.  
 T : Spin the rope on the side.  
 T : Spin the rope on both side.  
 T : Hang the rope on your shoulders and spin.  
 T : Spin the rope and jump.

**Wrap-up**

T : Let's play a game.  
 T : Let's divided into 6 teams.  
 T : Spin the rope above your head and let's count together.  
 T : Say Go! Go! Go! To your teammates.  
 T : Say "Great!" to your teammates.  
 T : Don't say bad words to others.

- 一、熱身操(如第一節)
- 二、跑操場 (如第二節)
- 三、我是「西部牛仔」(如第三節)
  - 活動：水平迴旋跳-頭上甩繩PK賽(分組選出五名代表，五名代表，再和敵對PK 成功跳躍次數的總和)

**\*第五節\***(表現：2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2;  
 內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)

**Greeting**

T : Good morning/afternoon.  
 T : Roll call./ Who is not here?/ Why he/she is not here?  
 T: Do you bring your jump rope?

**Warm Up**

T: Look to the center. Form the Exercise formation.  
 T: Look to the center. Form the Exercise formation.  
 T: Let's practice how to warm-up.

跳繩

競賽評量  
 (學生能  
 聽懂老師  
 的英語指  
 令並用英  
 語數數)

<p>T : Nod your head.-&gt;Turn around your head. -&gt;Turn your wrist. -&gt; Turn your ankle.-&gt;</p> <p>T : Bend your knees. Keep balance your body. -&gt; Up and down.</p> <p>T : Stretch your arms. -&gt;Draw a circle. -&gt;Stretch your hand. -&gt; Stretch your feet.-&gt; Stretch your body.</p> <p>T : Mark time, march! 100 times.</p> <p>T : Jumping Jacks. 30 times.</p> <p>T : March on the spot and deep breath.</p> <p>T : High knee and stand on one foot. Keep balancing.</p> <p>T : Close rank.</p> <p>T : Run along the courtyard/playground/sport field.</p> <p>T : Please keep running in your track.</p> <p><b>Practice</b></p> <p>T : Practice as a group of three.</p> <p>T : Two students spin the rope together. The other one jump rope. Then take turns.</p> <p>T : Please look at your teammate's posture.</p> <p>T : Say "Good job!" or tell your teammate how to correct his/her posture.</p> <p><b>Wrap-up</b></p> <p>T : Let's play a game.</p> <p>T : Three as a team. Each team member jumps 20 seconds. Let's count and add them up. Then see which team is the winner.</p> <p>T : Don't forget to say "Go! Go! Go!" to everyone.</p> <p>一、熱身操(如第一節)</p> <p>二、跑操場 (如第二節)</p> <p>三、練習:三人一組繞圈跳繩 (Practice as a group of three)</p> <p>•活動: 加總每人 20 秒所跳的次數和敵對一決高下</p> <p>Let's count. Go! Go! Go!</p> <p><b>*第六節*</b></p> <p>(表現: 2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2; 內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)</p> <p><b>Greeting</b></p> <p>T : Good morning/afternoon.</p> <p>T : Roll call./ Who is not here?/ Why he/she is not here?</p>	跳繩	競賽評量 (學生能 聽懂老師 的英語指 令並用英 語數數及
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T: Do you bring your jump rope?

### Warm Up

T: Look to the center. Form the Exercise formation.

T: Look to the center. Form the Exercise formation.

T: Let's practice how to warm-up.

T: Nod your head.->Turn around your head. ->Turn your wrist. ->  
Turn your ankle.->

T: Bend your knees. Keep balance your body. -> Up and down.

T: Stretch your arms. ->Draw a circle. ->Stretch your hand. ->  
Stretch your feet.-> Stretch your body.

T: Mark time, march! 100 times.

T: Jumping Jacks. 30 times.

T: March on the spot and deep breath.

T: High knee and stand on one foot. Keep balancing.

T: Close rank.

T: Run along the courtyard/playground/sport field.

T: Please keep running in your track.

### Practice

T: Two as a team.

T: Spin the rope above your head and shuffle run.

T: Let's practice.

T: Keep on your track. Don't run into others.

T: Ready! On your mark! Go!

T: Go! Go! Go!

### Wrap-up

T: Let's play the game as last time.

T: Three as a team. Each team member jumps 20 seconds. Let's  
count and add them up. Then see which team is the winner.

T: Let's challenge last time's winner.

T: Don't forget to say "Go! Go! Go!" to everyone.

一、熱身操(如第一節)

二、頭上甩繩跳躍(兩人一組)+折返跑

Spin the rope above your head.

三、練習:三人一組繞圈跳繩

•活動:加總每組 20 秒所跳的次數和敵對一決高下。



Let's count. Go!Go!Go! Way to go!

✳第七節✳(表現：2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2;  
內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)

### Greeting

T : Good morning/afternoon.

T : Roll call./ Who is not here?/ Why he/she is not here?

T: Do you bring your jump rope?

### Warm Up

T: Look to the center. Form the Exercise formation.

T: Look to the center. Form the Exercise formation.

T: Let's practice how to warm-up.

T : Nod your head.->Turn around your head. ->Turn your wrist. ->  
Turn your ankle.->

T : Bend your knees. Keep balance your body. -> Up and down.

T : Stretch your arms. ->Draw a circle. ->Stretch your hand. ->  
Stretch your feet.-> Stretch your body.

T : Mark time, march! 100 times.

T : Jumping Jacks. 30 times.

T : March on the spot and deep breath.

T : High knee and stand on one foot. Keep balancing.

T : Jump rope without a rope 30 times, twice.

T : Close rank.

### Practice

T : Jump rope and count to 20.

T : \_\_\_\_\_. You did a good job. Please come to front and show  
others.

T : Let's give him/her a big hand.

T : Now, let's jump rope and count to 20 again.

T : Do you remember how to shuttle run?

T : Let's shuttle run with jump rope.

T : Please keep on your track. Don't run into others.

T : Go! Go! Go!

### Wrap-up

T : Jump rope and count to 50, three times.

跳繩

競賽評量  
(學生能  
聽懂老師  
的英語指  
令並用英  
語數數及  
幫同學加  
油)

<p>一、熱身操+無繩跳(30次×2)(如第一節)  二、每人20次一跳一迴旋(四組)+折返跑  Jump rope and count to 20. Shuttle Run.  三、練習一跳一迴旋50次×3循環  Jump rope and count to 50.</p> <p><b>*第八節*</b>  (表現：2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2;  內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)</p> <p><b>Greeting</b>  T: Good morning/afternoon.  T: Roll call./ Who is not here?/ Why he/she is not here?  T: Do you bring your jump rope?</p> <p><b>Warm Up</b>  T: Look to the center. Form the Exercise formation.  T: Look to the center. Form the Exercise formation.  T: Let's practice how to warm-up.  T: Nod your head.-&gt;Turn around your head. -&gt;Turn your wrist. -&gt;  Turn your ankle.-&gt;  T: Bend your knees. Keep balance your body. -&gt; Up and down.  T: Stretch your arms. -&gt;Draw a circle. -&gt;Stretch your hand. -&gt;  Stretch your feet.-&gt; Stretch your body.  T: Mark time, march! 100 times.  T: Jumping Jacks. 30 times.  T: March on the spot and deep breath.  T: High knee and stand on one foot. Keep balancing.  T: Jump rope without a rope 30 times, twice.  T: Close rank.</p> <p><b>Practice</b>  T: Let's practice jump rope and run.  T: Here is the starting point. There is the finish point.  T: Please jump rope and run to the finish point.  T: Please keep running in your track.  T: Let's do jump rope and run relay race.  T: Two as a team. One stands on the start point, and the other  stands on the finish point.</p>	跳繩	實作評量 (學生能 聽懂老師 的英語指 令)
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<p>T : The one on the start point jump rope and run first. Run to the finish point then give the jump rope to your teammate and stay on the finish line. The other teammate run to the start line.</p> <p>T : Please keep running on your track.</p> <p>T : Ready! Set! Go!</p> <p><b>Wrap-up</b></p> <p>T : Jump rope and count to 50. Three times.</p> <p>一、熱身操+無繩跳(30次×2)(如第一節)</p> <p>二、跑步跳接力賽：操場跑道或籃球場直線折返(先練習跑步跳→再接力賽)。</p> <p>Jump rope run relay race. Ready. Set. Go!</p> <p>三、練習一跳一迴旋 50次×3循環</p> <p>Jump rope and count to 50.</p> <p><b>*第九節*</b>(表現：2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2; 3d- I -1 內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ga- I -1, Ha- I -1)</p> <p><b>Greeting</b></p> <p>T : Good morning/afternoon.</p> <p>T : Roll call./ Who is not here?/ Why he/she is not here?</p> <p>T: Do you bring your jump rope?</p> <p><b>Warm Up</b></p> <p>T: Look to the center. Form the Exercise formation.</p> <p>T: Look to the center. Form the Exercise formation.</p> <p>T: Let's practice how to warm-up.</p> <p>T : Nod your head.-&gt;Turn around your head. -&gt;Turn your wrist. -&gt; Turn your ankle.-&gt;</p> <p>T : Bend your knees. Keep balance your body. -&gt; Up and down.</p> <p>T : Stretch your arms. -&gt;Draw a circle. -&gt;Stretch your hand. -&gt; Stretch your feet.-&gt; Stretch your body.</p> <p>T : Mark time, march! 100 times.</p> <p>T : Jumping Jacks. 30 times.</p> <p>T : March on the spot and deep breath.</p> <p>T : High knee and stand on one foot. Keep balancing.</p>	跳繩	實作評量 (學生能聽懂老師的英語指令並用英語數數及幫同學加油)
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T : Jump rope without a rope 30 times, twice.

T : Close rank.

### Practice

T : Let's practice jump rope and run.

T : Here is the starting point. There is the finish point.

T : Please jump rope and run to the finish point.

T : Do your best.

T : Please keep running in your track.

T : Let's do jump rope and run relay race.

T : Let's divided into four teams and half on the start point, and the other half on the finish point.

T : Let's do the relay race.

T : Please keep running on your track.

T : Ready! Set! Go! Go! Go! Go!

### Wrap-up

T : Jump rope and count to 100. Twice times.

T : Do your best and let's count.

T : Next lesson we will test your jump rope skill.

一、熱身操+無繩跳(30次×2)(如第一節)

二、1.跑步跳繩衝刺賽(四組) Jump rope sprint.

2.跑步跳折返跑接力賽(四組) Jump rope run relay race.

3.每人 20 次一跳一迴旋(四組)+折返跑

Ready. Set. Go.

三、練習一跳一迴旋 100 次×2

•活動：分組 10 秒計次賽

Let's count.

### 第十節

(表現：2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2;

內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ga- I -1, Ha- I -1)

### Greeting

T : Good morning/afternoon.

T : Roll call./ Who is not here?/ Why he/she is not here?

T: Do you bring your jump rope?

跳繩

實作評量  
(學生能  
聽懂老師  
的英語指  
令並用英  
語數數及  
幫同學加  
油)

### Warm Up

T: Look to the center. Form the Exercise formation.

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T: Let's practice how to warm-up.

T: Nod your head.->Turn around your head. ->Turn your wrist. ->  
Turn your ankle.->

T: Bend your knees. Keep balance your body. -> Up and down.

T: Stretch your arms. ->Draw a circle. ->Stretch your hand. ->  
Stretch your feet.-> Stretch your body.

T: Mark time, march! 100 times.

T: Jumping Jacks. 30 times.

T: March on the spot and deep breath.

T: High knee and stand on one foot. Keep balancing.

T: Jump rope without a rope 30 times, twice.

T: Close rank.

### Practice

T: Today we will do the test.

T: Four as a group. Please jump 50 times.

T: Ready! Set! Go!

T: Now we will count how many you can jump in 1 minute.

T: Two as a group. One jump, the other one count.

T: Ready! Set! Go!

T: Good job!

### Wrap-up

T: You all do a great job. Please keep jump rope at your free time.  
It will help you grow up and healthy.

一、熱身操+無繩跳(30次×2)(如第一節)

二、跳繩測驗

Let's count.