

嘉義市文雅國小 109 學年度四年級上學期英語融入體育

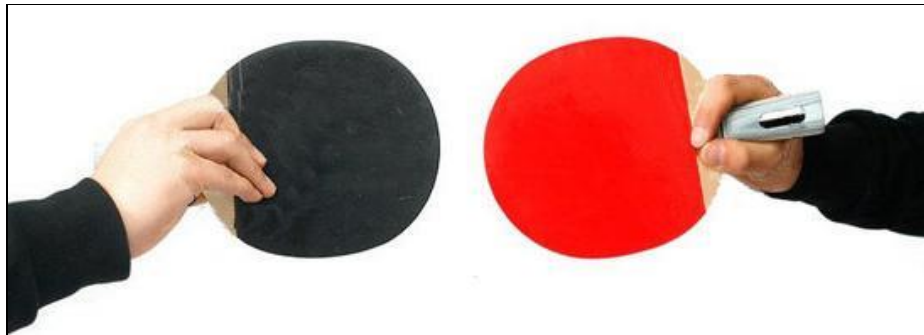
桌球教學之教案設計

<p><b>主題名稱</b></p>	<p>乒乓好手 Table Tennis</p>	<p>教學設計者</p>	<p>陳思潔</p>
<p><b>教學對象</b></p>	<p>四年級學生</p>	<p>教學節次</p>	<p>本單元共8節課(每節40分鐘)</p>
<p><b>設計理念</b></p>	<p>桌球為奧運會正式比賽項目，透過器材，最少能以兩人合作完成運動體驗，是相當適合小學生進行的運動項目之一。訓練過程中，藉由提升桌球技巧的練習，讓學生能增進身體敏捷性，在兩人對打或四人對打的賽事中，激發榮譽感與享受運動的樂趣，是本課程設計的主要理念。</p>		
<p><b>學習重點</b></p>	<p><b>學習表現</b></p> <p>健體領域： 1c-II-1 認識身體活動的動作技能。 2c-II-2 表現增進團隊合作、友善的互動行為。 3c-II-1 表現聯合性動作技能。 4d-II-1 培養規律運動的習慣並分享身體活動的益處。</p> <p>英語領域： 1-II-7 能聽懂課堂中所學的字詞。</p>	<p><b>核心素養</b></p>	<p>健體-E-A1 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 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 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 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><b>學習內容</b></p>	<p>健體領域： Cd-II-1 戶外休閒運動基本技能。 Ha-II-1 網/牆性球類運動相關的拋接球、持拍控球、擊球及拍擊球、傳接球之時間、空間及人與人、人與球關係攻防概念。</p> <p>英語領域：</p>		

		B-II-1 第二學習階段所學字詞及句型的生活溝通。		
學習目標		<b>健體領域</b> 1.了解桌球運動的起源。 2.做出觸球體驗的動作。 3.認真學習並注意安全。 4.學習丟接彈桌球。 5.了解桌球拍的種類和握法。 6.與同伴合作，和諧的完成動作。 7.完成雙人對打與四人對打賽事體驗。 <b>英語領域</b> 聽懂桌球相關詞彙，專注聆聽並樂於學習，且能順利完成相關運動技巧。		
教學方法		動作示範法、分解練習法		
評量方式		實作評量、遊戲評量、教師觀察、口語評量、同儕互評		
<b>四年級英語融入體育課程地圖---桌球篇</b>				
課前準備		<b>Language of Learning (content-driven)</b> ping-pong/table tennis 桌球 racket/paddle/bat 桌球拍 serve 發球 server 發球員 receiver 接球員 table 桌球桌 hit/strike 擊球 bounce 彈跳 toss the ball upward 向上丟球 pass the net 過網 forehand stroke 正手拍 backhand stroke 反手拍 a point 一分 score 得分 freehand 非持拍手 footwork 步法練習 Who will serve first? 誰先發球 Who will receive first? 誰先接球 “Time” 時間到 Change service 換發球 Change ends 交換方位 <b>Language for Learning (Classroom English)</b> Eyes center 中央伍為準 Eyes front 向前看齊 Hands forward 向前看 Hands down 手放下 Wings span 手向兩旁打開伸直 Eyes on me 看老師 Eyes on you 我會注意看老師 Listen up 注意聽		

節次	單元名稱	學習重點(體育/英語)	
觸球體驗 Sense of Ball	1~4	1. 桌球拍握法 / Table Tennis Grips 2. 球拍打氣球遊戲 / Balloon Bat 3. 團隊練習-球拍打氣球 / Circle Bat 4. 步法練習 / Footwork 5. 接球反應力遊戲 / Quick Response 6. 彈球與接球 / Bounce and Catch 7. 球拍拍球練習 / Bounce the Ball to the Floor and in the Air 8. 交互拍球練習 / Alternately Bouncing the Ball 9. 對牆練習 / Hit against the Wall 10. 對牆發球與接球練習 / Serve and Catch	
桌球體驗 Ping-pong is so Fun	5~8	1. 目標擊球練習 / Target Stroking 2. 小組練習 / Partner Practice 3. 水桶進球練習 / Bucket Stroking 4. 步法練習 / Footwork 5. 球拍持球接力比賽/ Paddle Relay 6. 發球練習 / Serve 7. 規則說明/ Rules 8. 對打練習 / Play the Game	
教學活動流程		教具	評量
<b>Class 1 (40分鐘)</b> 引起動機(10分) Warm up routine 暖身運動 1. Do a gentle jogging around the sports field. (Just jog slowly.) (3 minutes) 2. A shoulder movement. Move forward. Start with small and make the action bigger and bigger. Then, go backwards. 3. Stretch side to side gently. 4. Do rotation with the waist. (Keep your knees stable and pointing forward.) 5. Side to side groin stretch. 6. Move around starting at the bottom and going all the way			教師觀察

<p>around. Then, go around the other way.</p> <p>7. Go forwards and backwards.</p> <p>8. Move legs backwards and forwards. (both legs do the same thing)</p> <p>9. Stretch the sideways. (Kick your leg across and up to the side.)</p> <p>10. Hold your knee and then do lunges.</p> <p>緩慢跑步約3分鐘後，全身從頭到腳步暖身操</p> <p>發展活動(20分)</p> <p>Footwork 步法練習(5分)</p> <p>Place 4 cones, a rope ladder and four hurdles on three sides. Run around the cones, do front steps and jump over the hurdles.</p> <p>地上排角椎，繩梯與小跨欄，依序跑完。</p> <p>Quick Response 接球反應力遊戲(5分)</p> <p>Two students work as a group.</p> <p>They stand in front of each other.</p> <p>Player A holds a ball in the hand in front of the chest.</p> <p>Player B faces Player A and puts two hand above Player A's hand.</p> <p>Player A decides when to let go of the ball and Player B tries to catch the ball.</p> <p>And exchange.</p> <p>兩人一組，一人手握桌球於胸前，另一人在球掉下時去接住，交換練習。</p> <p>Quick Response II 接球反應力遊戲II(5分)</p> <p>Everyone holds two balls in the hands.</p> <p>Drop two balls on the ground at the same time.</p> <p>When two balls bounce up, try to catch two balls.</p> <p>每人手握2桌球，同時放掉，球彈回時再用雙手接回。</p> <p>Quick Response III 接球反應力遊戲III(5分)</p> <p>Toss up a ball and tries to catch it with the other hand.</p> <p>拋接桌球。</p> <p>綜合活動(10分)</p> <p>Table Tennis Grips 桌球拍握法</p>	<p>角錐 小跨欄 繩梯 桌球</p> <p>氣球</p>	<p>教師觀察 實作</p> <p>教師觀察 同儕互評 遊戲</p> <p>教師觀察</p>
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### Penhold Grip 直拍握法

One grips the paddle handle the same way one would grip a pen when one is about to write, with the thumb and index finger in front of the handle, and the remaining three fingers curled slightly around the back of the racket for support.

大拇指與食指握前面拍身，其餘手指在背面輕放開來。

### Balloon Bat 球拍打氣球遊戲

Bat the balloon with the paddle. Don't let the balloon touch the floor. Switch hands and repeat.

Find a partner. Bat the balloon back and forth to each other with paddles.

用球拍拍氣球，避免球掉地上。

接著兩人一組互拍。

### Class 2 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(20分)

Bounce and Catch 彈球與接球(7分)

Everyone holds a plastic cup in one hand and a ball in the other hand. Bounce the ball and catch it with the cup.

每人手握一杯子與一球，把球彈地用杯子接。

Paddle with the Ball 當球拍與桌球黏在一起(6分)

Walk with your ping-pong ball on the paddle without dropping the ball.

桌球拍

實作

桌球  
杯子

實作  
同儕互評

球拍  
桌球

<p>Try to run: skip or hop. 把桌球放在球拍上走路，跑或跳，維持球不掉下來。</p> <p>Circle Bat 團隊練習-球拍打氣球(7分) Form groups of six players. Stand in a circle, spaced arm-length apart. The groups bat the balloon without touching the floor. Call “Mine!” if you are going to bat the balloon. 6人一組用球拍打氣球，維持氣球不掉下，要打的人必須喊聲。</p> <p>綜合活動(10分) Table Tennis Grips 桌球拍握法</p>	<p>球拍 氣球</p>	
 <p>The Shakehand Grip 橫拍握法 Hold the paddle with index fingers on the side of the paddle directly facing the body, and the thumb resting on top of the other fingers which are encircled around the blade handle. The index finger should lie roughly parallel with the edge of the rubber at the base of the flat paddle area where one hits the ball.</p> <p>Bounce the Ball to the Floor and in the Air 球拍拍球練習 Bounce the ball against the floor and off your paddle into the air. 把球拍地彈回後再用球拍拍球向上。</p>	<p>球拍</p>	<p>教師觀察</p>
<p>Class 3 (40分鐘) 引起動機(10分) Warm up routine 暖身運動</p> <p>發展活動(15分)</p>	<p>球拍 桌球</p> <p>桌球 球拍</p>	<p>實作 教師觀察</p> <p>遊戲</p>

<p>Bounce, spin and catch 球感訓練(7.5分)  Bounce the ball to the floor and then spin and try to catch the ball.  把球彈地，旋轉後，再接球。  Bounce the ball to the floor and then spin and try to hit the ball with paddles.  重複步驟，用球拍去接球  Throw, touch the ground and catch 觸地接球(7.5分)  Throw the ball up in the air and touch the ground and try to catch the ball.  拋球到空中，蹲地摸地後再起身接球。  Throw the ball up in the air and touch the ground and try to hit the ball with paddles.  重複步驟，用球拍去接球</p> <p>綜合活動(15分)  Bounce Serve 彈地發球  Drop the ball and serve it to the wall.  Catch the ball with your free hand after each serve.  把球彈地後，對牆練習。  球彈回後用空手接。  Step back again and repeat.  距離拉大練習。  Rules of Serve 發球說明  Hit the ball with your paddle. The ball must first bounce on your side of the table and then go over the net and bounce on your opponent's side of the table.  Review of Table Tennis Grips.  複習握拍方式</p> <p><b>Class 4 (40分鐘)</b>  引起動機(10分)  Warm up routine 暖身運動</p> <p>發展活動(10分)</p>	<p>桌球 球拍</p> <p>角錐</p>	<p>實作 教師觀察 同儕互評</p> <p>教師觀察</p>
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<p>Footwork 步法練習</p> <p>Put cones on the floor about 5 meters apart.</p> <p>In each team, there is one cone on the start and four on the finish.</p> <p>Run from the start. When reaching the opposite side, collect a cone and run back each time until 4 cones are collected.</p> <p>終點處放4個角錐，每位學生做折返跑，每次拿回1個角錐，直到4個都放回起點。</p> <p>Put cups on start and finish.</p> <p>Walk or run with your ping-pong ball on the paddle without dropping the ball. When reaching finish, carefully drop the ball into the cups.</p> <p>桌球維持在球拍上不掉下，走或跑到終點，把桌球放進杯中再回到起點輪下一位</p> <p>綜合活動(20分)</p> <p>Hit against the Wall 對牆練習</p> <p>Bounce the ball once and then hit the ball against the wall. If possible, as the ball comes off the wall, let it bounce and then hit it again.</p> <p>球先彈地，再擊球到牆面。當球反彈至地面一次，再度擊球至牆面。</p> <p>Serve Practice on the Table 發球練習</p> <p>Hit the ball with your paddle. The ball must first bounce on your side of the table and then go over the net and bounce on your opponent's side of the table.</p> <p>Everyone hits five times and teammates help collect balls.</p> <p>每人在桌球桌上練習發球五次，隊友幫忙撿球</p> <p><b>Class 5(40分鐘)</b></p> <p>引起動機(10分)</p> <p>Warm up routine 暖身運動</p> <p>發展活動(25分)</p> <p>Footwork 步法練習(7分)</p> <p>1. Zig zag hop. (Put cones in two lines on the floor.)</p>	<p>杯子 球拍 桌球</p> <p>桌球 球拍</p> <p>角錐 小跨欄</p>	<p>實作 遊戲</p> <p>同儕互評 教師觀察 實作</p> <p>同儕互評</p>
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<p><b>Class 6 (40分鐘)</b></p> <p>引起動機(10分) Warm up routine 暖身運動</p> <p>發展活動(27分) Footwork 步法練習(6分)</p> <ol style="list-style-type: none"> <li>1. Forward Sprint(one step in each blank)</li> <li>2. Lateral High Kness</li> <li>3. Zig Zag Shuffle</li> <li>4. Backwards Zig Zag Shuffle</li> </ol> <p>Forehand Stroke 正手拍擊球練習(8分) Hold the paddle in the handshake grip horizontally. Toss the ball up without spin and hit the ball up with paddles as many times as possible without dropping. 直握正拍，球上拋不旋轉，持續擊球不落地</p> <p>Backhand Stroke 反手拍擊球練習(8分) Hold the paddle in the handshake grip horizontally. Toss the ball up without spin and hit the ball up with the back of paddles facing the direction of the stroke as many times as possible without dropping. 直握反拍，球上拋不旋轉，持續擊球不落地</p> <p>Forehand &amp; Backhand Stroke 正反手拍擊球練習(5分) Hold the paddle in the handshake grip horizontally. Toss the ball up without spin. Hit the ball up with forehand and backhand stroke alternatively. 球上拋不旋轉，持續擊球不落地，一次正拍一次反拍，以此類推</p> <p>綜合活動(3分) Review. 複習今日所學</p> <p><b>Class 7 (40分鐘)</b></p> <p>引起動機(10分) Warm up routine 暖身運動</p>	<p>繩梯</p> <p>桌球拍 桌球</p>	<p>同儕互評 教師觀察 實作</p> <p>同儕互評 教師觀察</p> <p>同儕互評</p>
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<p>發展活動(20分)</p> <p>Paddle Relay 球拍持球團隊接力比賽(5分)</p> <p>Form groups of six players.</p> <p>Six players stand in a line with arm-spaced.</p> <p>The first one walk with the ball on the paddle without dropping it.</p> <p>Walk to the next player. Pass the ball on the paddles without touching it.</p> <p>Until the ball reaches the last player, the last one walk to the finish.</p> <p>六人一組排成一行，把球放在球拍上不掉下，傳球給下一位時只能用球拍，不能用空手控制球</p> <p>Partner Stroke 夥伴擊球練習(15分)</p> <p>Form groups of two players.</p> <p>Player A gets a ball and stand opposite Player B.</p> <p>Toss the ball so that it bounces in front of Player B's paddle side.</p> <p>Player B makes a forehand stroke and hits it back to Player A.</p> <p>Repeat five times. Player A catches the ball each time.</p> <p>Then, Player A tosses the ball to Player B's other side, so that Player B can make a backhand stroke.</p> <p>Repeat five times. Player A catches the ball each time.</p> <p>Change roles after ten hits.</p> <p>兩人一組，A把球丟至B正手拍方向，B正手拍回擊球給A，A把球接住。</p> <p>接著A把球丟至B反手拍方向，B反手拍回擊球給A，A把球接住。</p> <p>各練習5次後，交換身分</p>	<p>桌球拍 桌球</p>	<p>教師觀察 遊戲</p> <p>同儕互評 教師觀察 實作</p>
<p>綜合活動(10分)</p> <p>Rules規則說明(3分)</p> <p>Return接球</p> <p>If the service is "good", then the receiver must make a "good" return by hitting the ball back before it bounces a second time on receiver's side of the table so that the ball passes the net and touches the opponent's court, either directly or after touching the net assembly.</p>	<p>桌球拍 桌球</p>	<p>同儕互評 教師觀察 實作</p>

<p>成功發球後，接球員把球直接擊回對手的臺區內，球可能會直接過網，或者碰到網再進到對手臺區內，都是成功的</p> <p>Play the Game 對打練習(7分)</p> <p>Class8 (40分鐘)</p> <p>引起動機(10分)</p> <p>Warm up routine 暖身運動</p> <p>發展活動(10分)</p> <p>Partner Wall Ball 夥伴對牆擊球練習(5分)</p> <p>Two students play as a group.</p> <p>First player serves the ball so that it hits the wall. Partner hits the ball on the first bounce. Two players take turns to hit.</p> <p>兩人一組，一人發球，一人回球，輪流方式把球擊回牆面</p> <p>Group Wall Ball 團隊對牆擊球練習(5分)</p> <p>Form groups of 6 players.</p> <p>Stand in single-file formation.</p> <p>First player bounces the ball and serves it to the wall; then step aside quickly so that the second player can hit the ball after it bounces once. The third player does the same and so on.</p> <p>Join the end of the file after each play.</p> <p>Count how many times the team hits the wall.</p> <p>6人一組排成一排，第一人發球，第二人回擊後，接著是第三人，以此類推，擊球完畢後回到隊伍最後位置，數一數團隊成功連續擊球的次數</p> <p>綜合活動(20分)</p> <p>Play the Game 桌球對打練習(15分)</p> <p>Review</p> <p>複習今日所學(5分)</p>	<p>桌球拍 桌球</p> <p>桌球拍 桌球</p>	<p>同儕互評 教師觀察 實作</p> <p>同儕互評 教師觀察 實作</p>
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### Vocabulary

movement 動作

stretch 伸展

rotation 旋轉

waist 腰部

groin 腹股溝.  
lunge 弓步  
ping-pong/table tennis 桌球  
racket/paddle/bat 桌球拍  
serve 發球  
server 發球員  
receiver 接球員  
table 桌球桌  
hit/strike 擊球  
bounce 彈跳  
toss the ball upward 向上丟球  
pass the net 過網  
forehand stroke 正手拍  
backhand stroke 反手拍  
a point 一分  
score 得分  
freehand 非持拍手  
footwork 步法練習  
Who will serve first? 誰先發球  
Who will receive first? 誰先接球  
“Time” 時間到  
Change service 換發球  
Change ends 交換方位  
Eyes center 中央伍為準  
Eyes front 向前看齊  
Hands forward 向前看  
Hands down 手放下  
Wings span 手向兩旁打開伸直  
Eyes on me 看老師  
Eyes on you 我會注意看老師  
Listen up 注意聽