

嘉義市文雅國小 109 學年度四年級上學期英語融入體育

滾跳好體能之教案設計

<p><b>主題名稱</b></p>	<p>滾跳好體能 Rolling &amp; Jumping Blast</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>學會體操運動基本動作，表現身體的協調性，在少量時間中，獲得最大的健康效果，增進心肺功能，同時也感受同儕互助與成功的喜悅，愛上運動，把運動視為日常生活的必需，是本單元設計主要理念。</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認識身體活動的基本動作技能。 2c-II-2表現增進團隊合作、友善的互動行為。 3d-II-1運用動作練習的學習策略。 4a-II-2展現促進健康的行為</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識，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： Bc-II-2運動與身體適能相關保健知識。 Cb-II-1安全規則的遵守、運動促進發展相關知識。 Ia-II-1滾翻、支撐、平衡與擺盪動作。</p> <p>英語領域： Ac-II-7簡易的教室用語</p>			

<p><b>學習目標</b></p>	<p>健體領域：</p> <ol style="list-style-type: none"> <li>1. 瞭解前滾翻、後滾翻的動作要領、做出前滾翻、後滾翻的動作，和同伴快樂參與學習活動。</li> <li>2. 瞭解移動設備的器材名稱及使用方法，做出原地撐箱跳、撐箱轉體跳、踏越過箱、空中姿勢、安全落地的動作，培養認真參與學習及愛好運動的習慣。</li> <li>3. 瞭解跳繩的特性及其動作要領、用跳繩做體操的動作內容，利用跳繩，做出空迴旋的動作，學會並熟悉跳繩的動作技術，培養與同儕間互助合作的學習態度。</li> </ol> <p>英語領域：</p> <p>瞭解簡易的英語教室用語。</p> <p>認真學習簡易英語教室用語。</p> <p>能使用簡易英語教室用語。</p>
<p><b>教學方法</b></p>	<ol style="list-style-type: none"> <li>1. 直接教學法</li> <li>2. 動作示範</li> <li>3. 小組合作</li> <li>4. 影片或圖片輔助說明</li> </ol>
<p><b>評量方式</b></p>	<p>實作評量、遊戲評量、教師觀察、口語評量、同儕互評</p>
<p><b>四年級英語融入體育課程地圖---滾跳好體能篇</b></p>	
<p><b>課前準備</b></p>	<p>Language of Learning (content-driven)</p> <p>tuck 團身</p> <p>egg rolls 團身搖籃</p> <p>log/sausage/pencil rolls 直身側滾翻</p> <p>egg/sideways tucked rolls 團身測滾翻</p> <p>forward rolls 前滾翻 backward rolls 後滾翻</p> <p>vaulting box/box horse 跳箱 spring board 踏板 mat 地墊</p> <p>skipping/jumping ropes 跳繩</p> <p>Language for Learning (Classroom English)</p> <p>Eyes center 中央伍為準</p> <p>Eyes front 向前看齊 Hands forward 向前看 Hands down 手放下</p> <p>Wings span 手向兩旁打開伸直</p> <p>Eyes on me 看老師 Eyes on you 我會注意看老師</p> <p>Listen up 注意聽</p>

單元名稱	節次	學習重點(體育/英語)	
前翻接後滾 Rolling	1~3	1. 前滾翻 / Forward Rolls 2. 後滾翻 / Backward Rolls 3. 團身搖籃 / Egg Rolls	
箱上小精靈 Genie on the Box	4~5	1. 原地撐箱跳 / Flat Hands Front Support and On-spot Two-foot Jumping 2. 撐箱轉體過箱 / Run in, Spring, Flat Hands Front Support, Body Turn and over the Box 3. 跨越跳箱 / Jump over the Box 4. 跳箱擊掌 / Jumping and Clapping hands	
繩索體操 Rope Exercise	6	1. 繩索暖身 / Warm up with Ropes 2. 跳繩基礎式 / Basic Skipping Form	
輕快來跳繩 Skipping with Me	7~8	1. 盪繩式 / Blue Bells 2. 掃腿遊戲 / Jump the Shot 3. 過繩衝浪 / Front Door Entry-Exit Pattern 4. 過繩8字衝浪 / Front Door Figure-Eight Pattern 5. 跳浪大挑戰 / Copy Cat Jumping	
教學活動流程		教具	評量
<p><b>Class 1 (40分鐘)</b></p> <p>引起動機(10分)</p> <p>Warm up routine 暖身運動</p> <p>1.Do a gentle jogging around the sports field. (Just jog slowly.) (3 minutes)</p> <p>2.Neck(forward, backward, both sides)</p> <p>3.Shoulders rotations to front and back</p> <p>4.Hip circles</p> <p>5.Jog</p> <p>6.Reach and squat</p> <p>7.Wind mills</p> <p>8.Knee up hop</p> <p>9.Jumping jacks</p> <p>10.Kicks</p>			

<p>11.Push-up 12.Jump rope</p> <p>發展活動(15分) Egg Roll 團身搖籃(5分) Lie on your back. Hug your knees to your chest, elbows into your sides, chin tucked between your knees. Roll sideways first. Then, roll forward and backwards. 背部貼緊地面，團身抱住自己，下巴收緊，雙手環抱膝蓋，先左右滾動，再前後滾動。 Log Roll直身側滾翻(5分) In front-lying position, arms extended overhead and hands clasped, make yourself as long as you can. 躺下手伸直，雙手合掌，身體拉長，測滾翻 Log Roll in Pairs 雙人直身側滾翻(5分) Lie on your tummies facing each other on the mat. Link hands and roll in the same direction. 兩人面對面，肚子朝地，手牽起來，朝同方向測滾。 Lie down on the mat on your backs so that your feet are touching. Lock your feet together. Roll slowly in the same direction with your feet locked. 綜合活動(15分) Forward Rolls前滾翻 Squat with your arms across your chest. Place two hands on the mat. Without touching your head, do a forward roll, land on shoulder tops, and make sure your head is well-tucked under. Finish in a standing position. Stand still for 3 seconds. 蹲下，雙手撐地，頭確實收進靠胸，前滾翻時頭不碰地，翻完後報腿起身，站立三秒。</p> <p><b>Class 2 (40分鐘)</b> 引起動機(10分) Warm up routine 暖身運動</p>	<p>地墊</p> <p>地墊</p>	<p>實作觀察 教師評量</p> <p>實作觀察 教師觀察</p>
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<p>發展活動</p> <p>Hand Support 雙手撐推墊(25分)</p> <p>Start in the squat position with your back to the mat. Place your hands pointing back over your shoulders with the palms up and the thumbs near your neck. Tuck your chin down onto your chest. Sit down on the mat and push backwards with your toes, keeping in tucked position. Roll on your backs back and forth.</p> <p>做出團身動作，以圓背方式順勢向後滾，再向前滾，如搖籃一般，使身體前後擺動。</p> <p>綜合活動(5分)</p> <p>Review.</p> <p>重點歸納</p> <p><b>Class 3 (40分鐘)</b></p> <p>引起動機</p> <p>Warm up routine 暖身運動(8分)</p> <p>發展活動</p> <p>Backwards Roll後滾翻(15分)</p> <p>Start the backwards roll from the sitting position. Rock forward and then backwards into the roll, giving a very hard push with the feet.</p> <p>以背向前進方式，做出雙手撐地墊，完成後滾翻</p> <p>Rolling down on incline(springboard)斜坡後滾翻(15分)</p> <p>Place a mat over the springboard. Place both hands at the high end of the board. Roll backwards. Remain in tucked position during the roll down; then stand.</p> <p>在跳板上鋪設地墊，藉由斜坡助力，完成斜坡後滾翻</p> <p>綜合活動</p> <p>Review.</p> <p>重點歸納</p> <p><b>Class 4 (40分鐘)</b></p>	<p>地墊</p>	<p>實作觀察</p> <p>教師觀察</p>
<p>發展活動</p> <p>Backwards Roll後滾翻(15分)</p> <p>Start the backwards roll from the sitting position. Rock forward and then backwards into the roll, giving a very hard push with the feet.</p> <p>以背向前進方式，做出雙手撐地墊，完成後滾翻</p> <p>Rolling down on incline(springboard)斜坡後滾翻(15分)</p> <p>Place a mat over the springboard. Place both hands at the high end of the board. Roll backwards. Remain in tucked position during the roll down; then stand.</p> <p>在跳板上鋪設地墊，藉由斜坡助力，完成斜坡後滾翻</p> <p>綜合活動</p> <p>Review.</p> <p>重點歸納</p> <p><b>Class 4 (40分鐘)</b></p>	<p>地墊</p> <p>跳板</p>	<p>教師觀察</p> <p>實作評量</p> <p>口語評量</p>

<p>引起動機(10分) Warm up routine 暖身運動</p> <p>發展活動 flat hands front support and on-spot two-foot jumping 原地撐箱跳(10分) Two students stand by two sides of a vaulting box. Place hands flat on the top of the box, spring with a two-foot jump, legs astride and then do a safe landing. 跳箱兩端各站一位學生，雙手平放壓在箱上，雙腳並腿向上跳，跳起後再分腿，併腿落下。 run in, spring, flat hands front support, body turn and over the box 撐箱轉體過箱(15分) Approach, run in, spring, place hands flat on the top of the box, do a body turn and land on the box, do a body turn again and land safely. 助跑，雙腳踩踏板，雙手撐箱轉體後，雙腳併攏屈膝上箱，手腳離箱落於軟墊。</p>	<p>軟墊 三層跳箱</p> <p>軟墊 三層跳箱</p>	<p>教師觀察 實作評量</p> <p>教師觀察 實作評量</p>
<p>綜合活動(5分) Review. 重點歸納</p>		<p>口語評量</p>
<p><b>Class 5 (40分鐘)</b></p>		
<p>引起動機(5分) Warm up routine 暖身運動</p> <p>發展活動 Jump over the box 跨越跳箱(15分) Approach, run in, spring, place hands flat on the top of the box, do a body turn, jump over the box and land safely. 助跑，雙腳踩踏板，雙手撐箱轉體過箱後，手腳離箱落於軟墊。 Approach, run in, spring, jump over the box and land safely. 助跑，單腳踩踏板，跨越跳箱，雙腳落地 Jumping and Clapping Hands 跨越跳箱空中擊掌(15分)</p>	<p>軟墊 三層跳箱</p>	<p>教師觀察 實作評量</p>

<p>Approach, run in, spring, clap hands in the air and do a two-foot landing.</p> <p>助跑，單腳踩踏板，跳躍跳箱，跳起後在空中擊掌，雙足同時落地於軟墊上。</p> <p>綜合活動</p> <p>Review.</p> <p>重點歸納</p> <p><b>Class 6 (40分鐘)</b></p> <p>引起動機</p> <p>Warm up with ropes(10分)</p> <p>繩索體操</p> <p>Rope Stretching:</p> <p>Hold a folded rope overhead and taut in both hands and stretch from side-to-side. Hold the rope behind your head and in front.</p> <p>手持折短的跳繩兩端，拉直，雙手舉高過頭，前後伸展。</p> <p>Put your rope behind your waist and pull for five seconds, then relax.</p> <p>Try to pull upward for five seconds.</p> <p>繩子放背後腰高度的位置，試著把繩子拉高。</p> <p>In the long-sit position, put the rope around your feet, gently pull toward yourself for ten seconds. Put the rope around each foot and pull.</p> <p>坐下，雙腳往前伸直，繩子繞過雙腳朝自己方拉。接著繞單腳，持續伸展。</p> <p>Thread the Needle: 水平掃腿螺旋槳</p> <p>Hold your rope low and in front of you with both hands apart. Step over it one foot at a time. Try to jump over the rope.</p> <p>Limbo the Rope 凌波跳繩</p> <p>Form groups of three. While two hold the rope at waist level taut between you, the third player tries to move under the rope with your body facing upward. Take turns.</p> <p>三人一組，兩人先把挑繩放在腰部高度抓緊，一人臉部朝上方式，從跳繩底下過去，輪流抓跳繩。</p>	<p>跳繩</p>	<p>口語評量</p> <p>教師觀察 實作評量</p>
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<p>引起動機 Warm up with ropes(10分)</p> <p>發展活動(25分) Blue Bells 盪繩式(10分) Turners gently swing the rope from side-to-side. Each jumper take turns to jump in place over the rope. 持繩者緩慢溫柔地來回擺動跳繩，跳繩者依序跳過繩子。</p> <p>Jump the Shot 掃腿遊戲(15分) Each group stand in a circle with the turner in the center, holding a rope. Turner gently swing the rope CW around the circle along the floor. Jumpers try to jump the rope as it comes near you. Repeat game, with rope turning CCW. 一人蹲中間，順時針方向沿著地面轉動跳繩，其餘分散以圓形方式站著。遇繩即跳，可轉換成逆時針方向轉繩。輪流當轉繩者與跳繩者。</p> <p>綜合活動(5分) Front Door Entry-Exit Pattern 過繩衝浪(5分) Turners turn rope toward incoming jumpers. Each jumper stand near left turner's right shoulder. Watch the rope as turners turn it toward you, down and away. As rope passes your nose, enter and run through to exit near the right turner's right shoulder. Just run through. 兩人持繩盪繩，朝著跳繩者方向甩，當繩子越過鼻子高度時，跳繩者跑過繩子，不必跳躍。</p>	<p>跳繩</p> <p>跳繩</p>	<p>教師觀察 實作評量 同儕互評</p> <p>教師觀察 實作評量 同儕互評</p>
<p>Class 8 (40分鐘)</p> <p>引起動機 Warm up with ropes(10分)</p> <p>發展活動(27分) Front Door Figure-Eight Pattern 過繩8字衝浪(15分) Start near left turner's right shoulder; run through the "open side; exit</p>	<p>跳繩</p>	<p>教師觀察</p>

<p>near the right turner's right shoulder; around the turner; then re-enter front door near right turner's left shoulder; run through again, exiting near left turner's left shoulder; ready to do the circuit again.</p> <p>輪流擔任持繩者與跳繩者，以8字形方式練習順勢衝浪，熟悉節奏</p> <p>Copy Cat Jumping 跳浪大挑戰(12分)</p> <p>Turners rhythmically turn the rope. Jumpers stand in a single-file formation behind one rope turner. Jumpers jump together.</p> <p>排成一列，一起跳，直至拌繩中斷。</p> <p>綜合活動(3分)</p> <p>Review.</p> <p>重點歸納</p>		<p>實作評量</p> <p>同儕互評</p> <p>口語評量</p>
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### Vocabulary

tuck 團身

egg rolls 團身搖籃

log rolls 直身側滾翻

sideways tucked rolls 團身測滾翻

forward rolls 前滾翻

backward rolls 後滾翻

box horse 跳箱 spring board 踏板 mat 地墊

skipping 跳繩

neck 脖子

Shoulders rotations to front and back 肩膀向前與向後旋轉

hip circles 臀部繞圈

jog 慢跑

reach and squat 向上伸展與蹲下

wind mills 彎腰手碰腳趾

knee up hop 原地碰膝跳

jumping jacks 開合跳

kicks 踢腿

push-up 俯臥稱

jump rope 跳繩

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