

嘉義市文雅國小 109 學年度四年級上學期英語融入體育

籃網球教學之教案設計

<p>主題名稱</p>	<p>優雅的英式籃球——籃網球 Netball</p>	<p>教學設計者</p>	<p>陳思潔</p>
<p>教學對象</p>	<p>四年級學生</p>	<p>教學節次</p>	<p>本單元共6節課(每節40分鐘)</p>
<p>設計理念</p>	<p>籃網球發源於英格蘭，並源於籃球運動，又名為英式籃球，籃框背後並無籃板，遊戲規則也異於籃球，需要速度、策略、團隊合作和協調能力。學生透過練習能增強體力與全身協調力，沉浸在運動所帶來的成就與喜悅，有助於全人發展，也增進對運動項目的認識，開拓國際視野，是本課程設計之主要理念。</p>		
<p>學習重點</p>	<p>學習表現</p> <p>健體領域： 1c-II-1 認識身體活動的動作技能。 2c-II-1 遵守上課規範和運動比賽規則。 3c-II-1 表現聯合性動作技能。 4d-II-2 參與提高體適能與基本運動能力的身體活動。</p> <p>英語領域： 1-II-8 能聽懂簡易的教室用語。 6-II-1 能專注於教師的說明與演示。</p>	<p>核心素養</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>學習內容</p>	<p>健體領域： Cd-II-1 戶外休閒運動基本技能。</p> <p>英語領域： Ac-II-3 第二學習階段所學字詞。</p>		

				英-E-C2 積極參與課內英語文小組學習活動， 培養團隊合作精神。
學習目標	<p>健體領域</p> <ol style="list-style-type: none"> 1. 運動技術養成過程中培養成就感，並在團隊合作中，順利與夥伴合作學習，感受運動的喜悅。 2. 完成籃網球相關運動技術的練習，並能瞭解比賽規則，進而開心地與夥伴進行賽事，培養運動家精神。 <p>英語領域</p> <ol style="list-style-type: none"> 1. 聽懂籃網球相關詞彙，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	<ol style="list-style-type: none"> 1. 直接教學法，讓學生理解籃網球規則。 2. 透過分組合作學習方式，讓同儕相互給予支持，以順利完成老師的指令。 3. 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。授課教師以鼓勵方式，讓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。 			
評量方式	實作評量、遊戲評量、教師觀察、口語評量、同儕互評、賽事參與			
四年級英語融入體育課程地圖---籃網球篇				
課前準備	<p>Language of Learning (content-driven)</p> <p>netball 籃網球 Goal Shooter(GA) 射球手 Goal Attack(GA) 攻擊手 Wing Attack(WA) 翼鋒 Center(C) 中鋒 Wing Defence(WD) 翼防衛 Goal Defence(GD) 後衛 Goal Keeper(GK) 阻攻手 Goal Third 攻擊區 Center Third 發球區 free pass 自由球 landing foot 軸心腳 pass 傳球 shot 射球</p> <p>Language for Learning (Classroom English)</p> <p>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</p>			



Teacher: We're going to play the Hula Hut Game.
You are going to play as a team so I want you to be team players!

我們要進行呼拉圈堡壘遊戲，大家要發揮團隊精神，一起合作。

First, each team needs 6 hula hoops to make a hula hut.

Put one on the floor.

That is like a basement of a house.

Next, we need walls. Take two to go on the inside of floor hula hoop.

Make sure they are side by side.

Then, we need to build another 2 walls.

Take two and lean them against the previous two.

Last piece is the roof.

Just place it on the top.

Now, it's your turn to make one by yourselves.

解釋如何製作Hula Hut，接著讓學生分四組製作(每組6~7人)

(After explaining how to make one, the students are divided into 4 teams to make it on their own.)

Teacher: Great, you've all finished. Then, here are the rules of the game.

First, use teamwork. Knock down other teams' hula huts. You may throw or roll balls. No kicking!

Second, protect your hula hut.

請大家分工合作，用球擊垮別組的Hula Hut，也要避免自己隊的被擊垮

Teacher: You can choose to do one of the three jobs.

NO.1 throwers(offence)

NO.2 guards(defence)

NO.3 builders

Teacher: Are you ready to play? Let's get started!

說明學生分工角色，可擔任擊球員、守門員與重建員

說明完畢開始遊戲

2. Rope Ladder Training Program 籃網球技巧練習——繩梯(10分)

繩梯*4組

賽事

實作

<p>Teacher: Before we play netball, let's practice some netball skills. First, it's called one step. (Show the students how to do it then get them started.) Second, it's called two steps. Third, two steps lateral. NO. 4, double leg hops. NO.5, single leg lateral hops. NO. 6, single leg zig zag. NO. 7, hopscotch. NO. 8, 90 degrees pivot. NO. 9, shuffles. (leading leg first) NO. 10, river dance. (forward) 一連串繩梯練習，先示範動作，再讓學生做</p> <p>綜合活動(10分) Rules of Netball 籃網球初探 Introduction of netball. Court and related areas. Review. 籃網球簡介，複習今日所學。</p> <p>Class 2 (40分鐘) 引起動機(10分) warm up routine 暖身活動(6分) Teacher: Let's run for three laps. Do not run faster than the leader.(4分) 跑操場三圈，維持隊形，不跑超過體育股長</p> <p>發展活動(25分) Skipping Training 籃網球技巧練習——跳繩練習 NO. 1, let's practice "fast standard skipping." (for 30 seconds) NO. 2, let's practice "forward and back skipping." (for 30 seconds)</p>		<p>口語評量</p> <p>跳繩(每生) 實作</p>
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<p>NO. 3, let's practice "side to side skipping." (for 30 seconds)</p> <p>NO. 4, let's practice "ali shuffle skipping." (for 30 seconds)</p> <p>NO. 5, let's practice "alternate one foot skipping." (for 30 seconds)</p> <p>Practice from NO. 1 to 5 and repeat the skipping sequence.</p> <p>Passing the Ball 籃網球技巧練習——傳球遊戲 Teacher: 2 students are a group. Pass the ball directly to your partner without bouncing. 兩人一組傳球練習 Teacher: Next, let's try to bounce and pass the ball to your partner. 球彈地再傳給隊友</p> <p>Hula Hoop Relay Game 團隊精神建立——呼拉圈接力遊戲 Teacher: 6 students work as a group. Line up and turn left. Hand in hand. Then, let the hula hoop go through the first one's body without holding it. You can only move your body, like raising your hand or moving your leg. Once the hula hoop moves to the next one, the first one can runs to the front of the line and hand in hand with your partner again. When the hula hoop reaches the finish, the team wins! 6人一組手牽手，呼拉圈在隊伍中移動，隊伍前進，最快抵達終點者獲勝。</p> <p>綜合活動(5分) Rules of Netball 籃網球初探 Watch a short clip of netball game. Review. 看一段籃網球比賽，複習今日所學。</p> <p>Class 3 (40分鐘) 引起動機(10分) warm up routine 暖身活動(6分)</p>	<p>籃網球*13</p> <p>呼拉圈</p> <p>影片</p>	<p>實作 合作</p> <p>遊戲 同儕自評 教師觀察</p> <p>教師觀察</p>
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<p>Teacher: Let's run for three laps. Do not run faster than the leader.(4分)</p> <p>跑操場三圈，維持隊形，不跑超過體育股長</p> <p>發展活動(25分)</p> <p>Hula Hoop Hop Game 團隊精神建立——跳呼拉圈遊戲</p> <p>First, do hoop-jumping routine.</p> <p>Jump forward out of your hoop; jump backwards into your hoop.</p> <p>Jump backwards out of your hoop; jump forward into your hoop.</p> <p>Jump sideways to right out of your hoop; jump sideways into your hoop.</p> <p>Jump sideways to left out of your hoop; jump sideways into your hoop.</p> <p>Jump in and out of the hoop and all the way around it.</p> <p>Next, play hoop pattern jumping.</p> <p>Place hoops flat on the ground to make a pattern.</p> <p>Ask the students to travel through the pattern: jumping feet together, hopping on one foot, stepping or moving in hands and feet.</p> <p>Shooting 籃網球技巧練習——投籃練習</p> <p>Basic Shot Technique</p> <p>Remember, your body faces towards the goal. Bend your knees slightly. Keep your feet should-width apart. When you are in good balance, you are ready to shoot.</p> <p>Hold the ball above your head.</p> <p>Rest it on your fingers of your preferred shooting hand.</p> <p>Place your free hand on the near side of the ball.</p> <p>Concentrate.</p> <p>The ball should loop up higher than the ring and drop into the net.</p> <p>Every student makes 5 shots each time.</p> <p>每人練習投5球</p> <p>Try different positions around the circle.</p> <p>從不同角度練習投籃</p> <p>綜合活動(5分)</p> <p>Rules of Netball 籃網球初探</p>	<p>呼拉圈</p> <p>籃網球柱 籃網球</p>	<p>實作 教師觀察 同儕自評</p> <p>實作 教師觀察</p> <p>口語評量</p>
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Introduction of team players.

Review.

講解球員位置與任務，複習今日所學。

Class 4 (40分鐘)

引起動機(10分)

warm up routine 暖身活動(6分)

Teacher: Let's run for three laps. Do not run faster than the leader.(4分)

跑操場三圈，維持隊形，不跑超過體育股長

發展活動(25分)

Tic-tac-toe Game 團隊精神建立——井字遊戲

Six students work as a team.

Two teams compete together.

They line up in a row and only the first players stand up and hold a cone.

When hearing the teacher whistling, two players run to the 3×3 grid and put down their cones in any of the grids.

Run back to their team and the next players start.

Run to the grid and put down another cone.

Each team has three cones to put down.

Once the three cones are put, the next player can move one of their team's cone into other empty grid.

The team who succeed in placing three of their cones in a horizontal, vertical, or diagonal row is the winner.

Footwork Drills 籃網球技巧練習——腳力與傳接球訓練

Two cones in a row are on the round for each student.

First, do the figure eight drill.

Next, do the figure eight drill one time and go.

Then, do the figure eight drill one time and lateral hops.

Add a ball. Do the figure eight and lateral hops. At the same time, your teammate will pass the ball to you. When you catch the ball, you stop and pass the ball back and keeping doing the drill.

粉筆
小角錐

籃網球
小角錐

實作
教師觀察

實作
教師觀察

<p>綜合活動(5分)</p> <p>Rules of Netball 籃網球初探</p> <p>Ball control 持球規則</p> <p>When a netball player receives a pass, they are not allowed to run with the ball or dribble with it.</p> <p>To gain control of the ball, a player can only bat or bounce the ball once. It is also against the rules to push the ball into the air before batting or bouncing it.</p> <p>A player has to be standing in a stationary position before they can throw the ball.</p> <p>Three-second rule in netball 持球三秒原則</p> <p>So that the game is played at a fast pace, netball players are given only three seconds to make a pass after catching the ball.</p> <p>Making space in a netball match 保持適當距離</p> <p>To give the opposition an opportunity to steal the ball, team members must leave enough room between themselves when passing so that an opponent would feasibly be able to move between them and intercept.</p> <p>Review.</p> <p>解說持球相關規則，複習今日所學。</p> <p>Class 5(40分鐘)</p> <p>引起動機(10分)</p> <p>warm up routine 暖身活動(6分)</p> <p>Teacher: Let's run for three laps. Do not run faster than the leader.(4分)</p> <p>跑操場三圈，維持隊形，不跑超過體育股長</p> <p>發展活動(25分)</p> <p>Hoop Bounce 籃網球技巧練習——彈地傳球練習</p> <p>In, Around and Over:</p> <p>Lay a hoop flat on the ground.</p> <p>Bounce the netball inside your hoop.</p> <p>When the teacher says "Around!", bounce the ball around your hoop.</p> <p>When the teacher says "Over!", bounce your ball over your hoop and change bouncing hand each time you go over the hoop.</p>	<p>呼拉圈 籃網球</p>	<p>口語評量</p> <p>實作 教師觀察</p>
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Hoop Bounce:

4 students work as a group.

Place the hoop flat on the ground.

Form a square around it.

Use a overhand throw to bounce the netball into the hoop to another player.

Overhead Throwing Game 籃網球技巧練習——傳高球練習

4 students work as a group.

Form a square.

Pass a overhead throw without bouncing to another player.

綜合活動(5分)

Rules of Netball 籃網球初探

Netball footwork 籃網球軸心腳步法

If a player catches the ball with only one foot on the ground then that foot is called the landing foot. The player has a number of options:

--The player can step with the other foot, lift the landing foot, and throw the ball before the landing foot returns to the ground.

--The player can pivot on the landing foot and move the other foot any number of times, but are not allowed to hop on or lift the landing foot until they have thrown the ball.

--The player can also jump, switching from the landing foot to the other one, and then jump again to throw the ball.

--If a player has both feet on the floor when catching the ball, they can decide which foot will act as their landing foot.

--Breaking the footwork rule is called stepping and leads to the award of a free pass.

Review.

複習今日所學

Class 6(40分鐘)

引起動機(10分)

warm up routine 暖身活動(6分)

Teacher: Let's run for three laps. Do not run faster than the leader.(4

口語評量

<p>分) 跑操場三圈，維持隊形，不跑超過體育股長</p> <p>發展活動(10分) Tossing to Goal 團隊精神建立——投球遊戲 Use basic shot techniques to make 5 shots each student. Try different positions around the circle near the goal. 投準練習，從不同位置輪流投</p> <p>Place three cones in a row. Try three shots on every cone. Change the position with every shot. 地上排三個一系列的角錐。從每個位置練習投籃</p> <p>綜合活動(20分) Playing Netball 籃網球比賽 Review. 複習今日所學</p>	<p>籃網球 角錐</p>	<p>實作 教師觀察</p> <p>實作 教師觀察</p>
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Vocabulary

netball 籃網球

Goal Shooter(GA) 射球手

Goal Attack(GA) 攻擊手

Wing Attack(WA) 翼鋒

Center(C) 中鋒

Wing Defence(WD) 翼防衛

Goal Defence(GD) 後衛

Goal Keeper(GK) 阻攻手

Goal Third 攻擊區

Center Third 發球區

free pass 自由球

landing foot 軸心腳

pass 傳球

shot 射球

footwork 走步

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