

109 學年沉浸式英語健康與體育領域三年級教案
第一單元 Unit 1

主題名稱	骨骼健康有妙方
實施年級	三年級上學期
教材	南一國小教科書「健康與體育」3上(第五冊)
主題軸	生長、發展、安全生活
十大基本能力	一、了解自我與發展潛能 三、生涯規畫與終身學習 七、規畫、組織與實踐 十、獨立思考與解決問題
分段能力指標	1-1-4 養成良好健康態度和習慣，並能表現於生活中。 5-1-1 分辨日常生活情境的安全與不安全。 5-1-3 思考並演練處理危險和緊急情況的方法。
重大議題	性別平等教育、家政教育、人權教育
教學時間	八節課，320分鐘，40分/節。
教學目標	<p>一、認知</p> <p>(一) 能認知身體的部位體認身體所做的動作，需要骨骼、肌肉和關節的奇妙組合。</p> <p>(二) 能注意身體的正確姿勢及日常生活的行為舉止，以保護骨骼。</p> <p>(三) 能分辨日常生活情境的安全與不安全，並知道緊急情況的處理方法。</p> <p>(四) 能認式教學情境英文單字。</p> <p>(五) 能認式主題情境英文指令句。</p> <p>二、技能</p> <p>(一) 能透過身體的動作，體認骨骼、肌肉和關節的奇妙組合，讓身體可以靈活的動作。</p> <p>(二) 能隨時提醒自己，做到正確姿勢及強化骨骼三要訣，讓身體健康的成長。</p> <p>(三) 運動時，能做好防護措施，避免因運動而使骨骼或關節受傷。</p> <p>(四) 受傷時，知道緊急情況的處理方法，並能尋求協助。</p> <p>(五) 能辨意情境運用的英文句子。</p> <p>三、情意</p> <p>(一) 能感受骨骼、肌肉相關節的重要性。</p> <p>(二) 能養成在日常生活中好好照顧身體的習慣。</p>
輔助教材	歌曲影片、YouTube、勞作、實作演練
主題英語單字與句型	head 頭、shoulders 肩膀、knees 膝蓋、arms 手臂、hands 手、thighs 大腿、legs 腿、foot(feet 複數)腳、toe 腳趾、skeleton 骨骼、bones 骨頭、muscles 肌肉、joints 關節、stretch 伸展、bend 彎屈、up 上、down 下、left 左、right 右、in 往內、out 往外、lift 舉、put 放
教學領綱	教學活動 (教學活動要點)
	<p>第一、二節</p> <p>奇妙的組合 課本(6-7)</p> <p>一、中文課文預習(10’) 內容是甚麼?</p> <p style="color: red;">我們的身體需要骨骼、肌肉和關節的配合,才能做出各種動作。</p> <p style="color: red;">骨骼:人體的骨骼系統是由 206 塊骨頭組成。</p> <p style="color: red;">肌肉:人骨頭連接的地方就是關節。</p> <p style="color: red;">身體需要體各種動作是因骨骼收縮時牽動骨骼所引起的。</p> <p style="color: red;">關節:骨頭和骨頭支撐才能站立,還需要骨骼肌帶動關節和骨頭關節的組合。</p> <p style="color: red;">1.Our body is supported by skeleton, joints and muscles.</p> <p style="color: red;">2.There are 206 bones in a human skeleton.</p>

- 3.The bones are connected by joints.
- 4.Muscles protect our bones. We stretch with our muscles.
- 5.Skeleton, muscles and joints work together to help us jump, run, dance and make other movements.

二、認識骨骼系統:骨骼、骨頭、關節(Skeleton, bones, joints, connect, move up, move down,必學單字在教學過程中重複運用 10”)

T: (老師可以先呈現 Halloween 的圖片或影片、恐龍的骨架 裡面有 skeleton)

What is it?

S: (中英文回答皆可 ghost, ...)

T: Yes, it's called skeleton. For people, it is call human skeleton. The skeleton is the body part that forms the shape of our body.

T: Now, look carefully. What can you find in the human skeleton?

S: ...骨頭 關節

T: (呈現 skeleton 的圖片 讓學生找到 joints, 根據學生的回答 貼上單字閃是卡 含中文) Great job. Those are called bones, and joints. Do you know how many bones do we have in our human skeleton?

S:...

T: There are 206 bones. You see a lot of bones in our body. Now, everyone touches your finger/leg bones. How many finger bones in one's hand? Show me where the joints are? .

S: 讓學生摸索自己的骨頭和關節>

T: Why do we need joints?

S:

T: Yes, our bones are connected by joints. Without joins, our bones cannot move. In other words, joints help us move bones.

三、骨頭關節動一動(15”)

1.Watch the film ‘The Skeleton Dance’ (10”)

<https://www.youtube.com/watch?v=e54m6XOpRgU>

2. 看完影片，讓學生分組討論骨頭如何支撐和擺動。(foot bone, leg bone, knee bone, thigh bone, hip bone, back bone, neck bone, head bone, shake, left, right, wiggle) 先讓學生分別找到上述的骨頭和位置。(可應用學習單 確認學生了解骨頭和關節的位置 寫上骨頭的英文字)

3. 讓學生 模仿 The Skeleton Dance。(5”)

四、肌肉的功能

(老師呈現 skeleton 和人體的圖片或模型) 問學生有甚麼差異

T: Do the skeleton and human body look the same? Why not?

(讓學生摸自己的手或大腿 除了骨頭 關節 還有甚麼?)

T: In addition to bones and joints, what else does our body have?(老師可以 show 手臂的肌肉 引導學生發現)

S: 肌肉

T: Yes, it's call muscle. Is there only one muscle. No, there are a lot. (呈現 骨頭、肌肉、關節的結合圖 強調 都是可屬名詞)

T:If we people have no muscles, what do we look like?

S: ...

T: We have skeleton only. Our body is made up of bones, joints, and muscles. They work together and we can move freely, jump, run, dance and make other movements.

五、複習英語課文 (5”)

1. Our body is supported by skeleton, joints and muscles.
2. There are 206 bones in a human skeleton.

3. The bones are connected by joints.
4. Muscles protect our bones. We stretch with our muscles.
5. Skeleton, muscles and joints work together to help us jump, run, dance and make other movements.

第三節

一、暖身複習:骨頭關節動一動 (5’)

1. The Skeleton Dance

<https://www.youtube.com/watch?v=e54m6XOpRgU>

2. 拿出身體骨架和人體的圖片 讓學生說出 bones, joints, and muscles. 讓學生認識骨頭的正確位置。(10’)

T: What’s this?

S: It’s a skeleton.

T: Can you see muscles and joints?

S: NO.

T: Who can tell me what it is?

S: It’s a bone.

T: Yes, It’s a foot bone. How about this one?

S: It’s a leg bone.

T: Yes, the foot bone’s connected to the leg bone.
and this one?

S: It’s a knee bone.

T: Yes, the leg bone’s connected to the knee bone.
And this one?

S: It’s a thigh bone.

T: Yes, the thigh bone’s connected to the knee bone.
and this one?

S: It’s a hip bone.

T: Yes, the hip bone’s connected to the thigh bone.
and this one?

S: It’s a backbone.

T: Yes, the back bone’s connected to the hip bone.
and this one?

S: It’s a neck bone.

T: Yes, the neck bone’s connected to the back bone.
and this one?

S: It’s a head bone.

T: Yes, the head bone’s connected to the neck bone.
and this one?

S: It’s a hand bone.

T: Yes, and this one?

S: It’s an arm bone.

T: Yes, the hand bone’s connected to the arm bone.
and what is this?

S: It’s a skeleton.

T: Can you show me where are your head bones?

S: Here.

T: Good job. Now touch your neck bones, please.

S: Here.

T: Where are your back bones?

S: Here.

T: Great. Touch your arm bones, please.

S: Here.

T: Where are your hand bones?

S: Here.
 T: Where are your hip bones?
 S: Here.
 T: Where are your thigh bones?
 S: Here.
 T: Where are your leg bones?
 S: Here.
 T: Where are your foot bones?
 S: Here.
 T: OK. It's game time. Do you know how to play "Simon says".
 S: Yes.
 T: OK. Pay attention what I say? If I say "Simon says, head bones", please touch your head and say "head bones". If I didn't say "Simon says", please don't touch your head bones.
 S: OK.

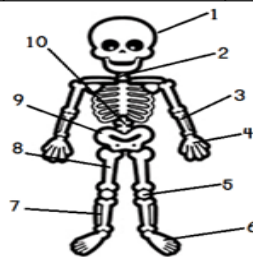
二、活動一：骨頭部位標示 (10'')

1. 學習單第二頁，一起標部位。
2. Q&A 的方式問同學。

Write the number to the name of the bones.

foot bone ____	hip bone ____	leg bone ____
back bone ____	knee bone ____	head bone ____
thigh bone ____	arm bone ____	neck bone ____

eg. hand bone 4



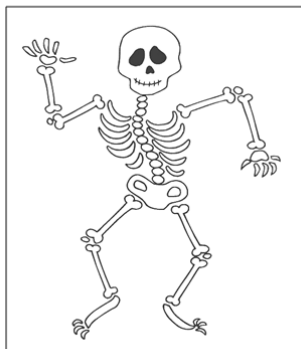
三、活動二：骨頭關節著色 (15'')

- 老師與小朋友一起閱讀指令著色。
 老師可以用小畫家與同學一起同步著色。
 “Color the leg bones red?”
 “Color the joints black.”

Activity 2

Look at the skeleton. Read and color.

joints: black	foot bones: green	leg bones: blue	thigh bones: red
hip bones: pink	back bones: orange	neck bones: brown	head bones: purple



第四節

一、複習：骨頭與關節 (2'')

二、活動一：舞動骨骼 (10’)

T: Now, we will watch dancing skeleton. Watch carefully and find out what kinds of movements skeleton can do.

撥放影片：Skeleton Frolics [1:59~6:00] (單字：joints, ___bones, bend, stretch)

<https://www.youtube.com/watch?v=I8O-caLwoTw>

T: What kinds of movements do skeletons do?

S: Dance, jump, shake, play music, °

T: Good. Now I do the movements and you guess what I am doing.

S: OK.

T: Good. Let’s start.

I stretch my arms and shake them.

Guess what am I doing?

S: You are dancing.

T: Bingo. You’re right.

Next, I bend my knee and jump constantly.

Guess what am I doing?

S: You are jumping rope.

T: Good job. Muscles protect our bones.

We stretch with our muscles.

Skeleton, muscles and joints work together to help us jump, run, dance and make other movements.

三、活動二：舞動骨骼立體寫真 (30’)

在黑板上畫出骨頭與主要關節的連結點，複習骨頭跟關節的部位。用棉花棒的頭當關節，棒桿當骨頭，黏貼出跳動中的骨頭人。

材料: 彩紙、白膠、紙桿棉花棒、白紙、剪刀

T: Do you know what it is?

S: It’s a skeleton.

T: Yes. It’s a skeleton. It’s a Q-tips skeleton.

Now it’s your turn to make your own Q-tips skeleton.

S: OK.

T: Let me show you how to make a Q-tips skeleton.

The cotton is the joint. The stick is the bone.

1. First, fold the white paper into third.

Paper 1: Draw a mushroom.

Paper 2: Write number 8.

Paper 3: Write down your class , number and name.

2. Then cut them off. The mushroom is the head bone.

The number 8 is the hip bone. The head of the Q-tip is the joint.

The stick of the Q-tip is the bone.

3. If the Q-tip is too long, you can cut it in half.

Don’t forget to glue all the Q-tips on the black paper and paste your name tag at the right bottom of the black paper.

4. If you need help, please raise your hand.

S: OK.

(老師把事前做好的棉花棒骨骼放置黑板,供學生參考。)

1. 請學生量好骨頭比例後，剪斷棉花棒。

2. 先將骨頭與關節擺設好，老師檢查關節是否在正確位置，在進行黏貼，老師可以從同學的陳列中引導骨頭與關節正確聯結的方式。

1、認識肌肉：沒有肌肉，骨骼會發生什麼事?(15’)
(記得先熱身，否則會有乳酸堆積，肌肉會疲勞。)

T: Class, touch your muscles, please.

S: Here.

T: Very good. Touch your joints, please.

S: Here.

T: Good job. Where are your bones?

S: Here.

T: Excellent. Who can tell me what happens if you don't have muscles and bones?

S: I can't walk./I can't run.....

T: Yeah. Muscles, bones and joints work together to make a lot of movements.

If you don't have muscles you can't do any movements.

If you only have skeleton. What can you do?

S: I can scare people on Halloween. / I can do skeleton dance.

T: OK. Sounds pretty good.

So bones, muscles and joints have to work together to help us jump, run, dance and make other movements.

Remember to warm up before you exercising or you'll hurt your muscles.

Now I need a volunteer to do the actions and everybody can guess what does he/she do?

Raise your hand if you want to be a volunteer.

S: Teacher, me.

T: Just do what I say. Touch your muscle.

S: OK.

T: What is it? Raise your hand if you know the answer.

S: It is muscle.

英單：bones, joints, muscles, support, protect, break, fall apart, bend, stretch

“The body is supported by skeleton.”

“Muscles protect our joints and bones.”

“Bones, muscles, and joints work together to make movements.”

活動二：肌肉帶動關節骨頭 (10’)

請同學將一隻手放鬆放在桌上，手腕手心朝上，另一隻手像中醫把脈的方式，出力往下壓，就能看到肌肉牽動手指關節。

T: First, put you left hand on the table and palm's up.

Then use your right hand press your left hand.

You will see your muscles and fingers are moving.

活動三：肌肉伸展 (10’)

請同學將兩手握拳，合再一起，手臂伸直與肩同高，測量雙手臂為一樣長度。左手保持原位，右手往下槌動 30 下，再次伸直放到左手臂旁，此刻右手臂將比左手臂長半顆拳頭。

T: Let's do muscles stretch.

1.Show me your fists, raise your arms as high as your shoulders.

2.Keep your left hand still then shake your right hand for 30 times. Then put your right hand back to the same place. Let's see what happened?

S: Wow... My right hand is longer than my left hand.

T: Here you go. Do you know why?

S: I don't know.

T: That happens when your muscles are relaxed and stretch.

OK. Now try the other hand.

S:一樣地!

二、課文朗讀 (5’)

老師帶讀附件(二)英語內容，孩子們可猜內容意思。

第六節

一、認識肌肉、骨頭、關節的合作 (15’)

活動一：利用附件(一)內容，讓學生透過扳手腕，了解肌肉的伸展。

“Muscles stretch and relax when we bend our bones.”

“Bones, muscles and joints work together to make movements.”

老師解釋完教具後，可讓同學輪流觀察肌肉骨頭與關節的互動。

如何保健你的骨骼？

1. 不要做危險動作。
2. 加強喝牛奶。
3. 運動可以刺激骨構板成長。

T: There are some tips to keep your bones strong.

1. Do not do dangerous actions.
2. Two cups of milk every day is necessary.
3. Exercising helps your bones growing.

S: OK.

二、活動二：閱讀附件(一)(二)中英內容 (10’)

三、活動三：自主練習 (15’)

學習單附件(三)的練習題，學生可以閱讀內容，互相討論答案。

第七節

一、如何擁有健康的骨骼、關節與肌肉(5’)

1.1 飲食、運動、曬太陽

stretch, relax, warm-up, cool down, exercise, sun tanning, protein, meat, calcium, Vitamin D, healthy, strong

活動一：

1. 討論僵硬肌肉與健康肌肉(5’)

2. 簡單拉筋動作 (5’)

3. 鈣質食物有哪些? (5’)

4. 維他命 D 與陽光 (5’)

5. 依年紀的不同骨骼保健也有不同?(10’)

老年人身體狀況，要注意飲食運動曬太陽，不要過度運動，可用護膝、護腕、攝取高維他命的食物或保健食品。

T: Do you warm up during P.E. class?

S: Yes, I do.

T: Can you show me how do you do?

S: Yes. One and two and three and four.(學生喊口令並做熱身運動。)

T: Good job. Why do you need to warm up before you exercise.

S: Stretch and relax our muscles.

T: Yeah. Muscles stretch and relax.

You’ll not get hurt during exercise.

Who can tell me how to make our bones stronger?

S: 曬太陽。

T: Yes. Sun tanning.
Make sure to get some sun for 10-15 mins every time per day.
Why can't you get some sun too long?
S: 很容易曬傷。
T: You're right. You'll probably get sunburned.
What else can you do to get Vitamin D?
S: 補充鈣質. 吃維他命 D 的食物。
T: Very good. Have some food that has calcium or Vitamin D.
What kinds of food has calcium?
S: Fish, cheese, milk....
T: Bingo. Dairy has calcium. Such as cheese, milk, butter, yogurt.
Some green vegetables have calcium as well.
What else do you make your bones strong?
S:

T: Yes, taking vitamin D and sun tanning are also good for your bones.
Remember, get some sun tanning for 10-15 minutes every time.
Or you will get sunburned.

活動二：【食物分類】學習單(5')

第八節

一、做骨骼的好主人(5')

1.1 安全舉動、正確姿勢、重物

活動一：討論骨頭有哪些病?(5')

1. 如何在生活中保健預防骨頭病
2. 錯誤的姿勢搬重物或隨意劈腿會很容易拉傷。

T: How to protect our bones not to get hurt?

S:

T: Warm up before you exercise. Balance diet is very important as well.

Good postures when you are carrying heavy things, or you'll hurt your muscles or tendon.

1.2 預防受傷、如何在生活中擁有安全意識、保護自己(15')

Let's watch the video.

[http://youtube.com/watch?v=0-X6_4YyJeA\(0~2:30\)](http://youtube.com/watch?v=0-X6_4YyJeA(0~2:30))

T: What is the video about?(10')

S: 有人受傷了。

T: Yes. What happened to him?

S: 他被樹根給絆倒了。腳跌斷了。

T: Yes, he fell and broke his leg. So, how to prevent getting hurt?

S: Be careful when you are playing.

T: You are right. Accident happens all the time. Remember always be careful. No jumping or fooling around.

If you get hurt and can't move.

What should you do?

S: Call for help or tell our teachers.

T: Good. Remember, don't panic.

Can you move by yourself?

S: No, I should wait for help.

T: Good job. You probably get worse and hurt your muscles or joints.

If you only scratch a little bit or get a bruise. Can you move around?

S: Yes.

T: I think you're OK.
Go to the nursing room.
Let the school nurse check you.

S: OK.

1.3 坐姿不正確會導致脊椎側彎。(5')

T: I need a volunteer.

S: Teacher, me.

T: OK. You, sit down.

Everybody looks at him.

Does he have good posture?

S: No, he doesn't.

T: Poor posture will cause crooked spine.

S: Oh, no. 怎麼辦?

T: Watch out your posture all the time.

1.4 書包減重。

公式：體重(公斤) \div 8=書包重量(不可超過體重的八分之一【12.5%】)

T: May I borrow your school bag?

S: Yes, you may.

T: Wow, how heavy is your school bag?

S: I don't know.

T: I think your school bag is too heavy.

The perfect weight is your weight divided into 8.

Which means if you are 24 kgs, your school bag must be under 3 kgs.

S: OK.

Name: _____

Class: _____

Week 1 : Our body

The Skeleton Dance

Dem bones, dem bones, dem dancing bones.

Dem bones, dem bones, dem dancing bones.

Dem bones, dem bones, dem dancing bones.

Doing the skeleton dance.

The foot bone is connected to the leg bone.

The leg bone is connected to the knee bone.

The knee bone is connected to the thigh bone.

Doing the skeleton dance.

The thigh bone is connected to the hip bone.

The hip bone is connected to the backbone.

The backbone is connected to the neck bone.

Doing the skeleton dance.

Shake your hands to the left.

Shake your hands to the right.

Put your hands in the air.

Put your hands out of sight.

Shake your hands to the left.

Shake your hands to the right.

Put your hands in the air.

Wiggle, wiggle, wiggle, wiggle, wiggle,

wiggle, wiggle, wiggle, wiggle, wiggle,

wiggle, wiggle...wiggle your knees.

Dem bones, dem bones, dem dancing bones.

Dem bones, dem bones, dem dancing bones.

Dem bones, dem bones, dem dancing bones.

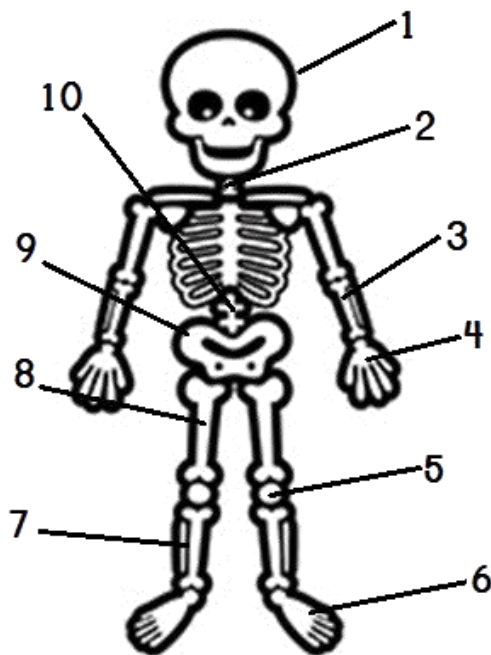
Doing the skeleton dance.



Write the number to the name of the bones.

foot bone ____	hip bone ____	leg bone ____
back bone ____	knee bone ____	head bone ____
thigh bone ____	arm bone ____	neck bone ____

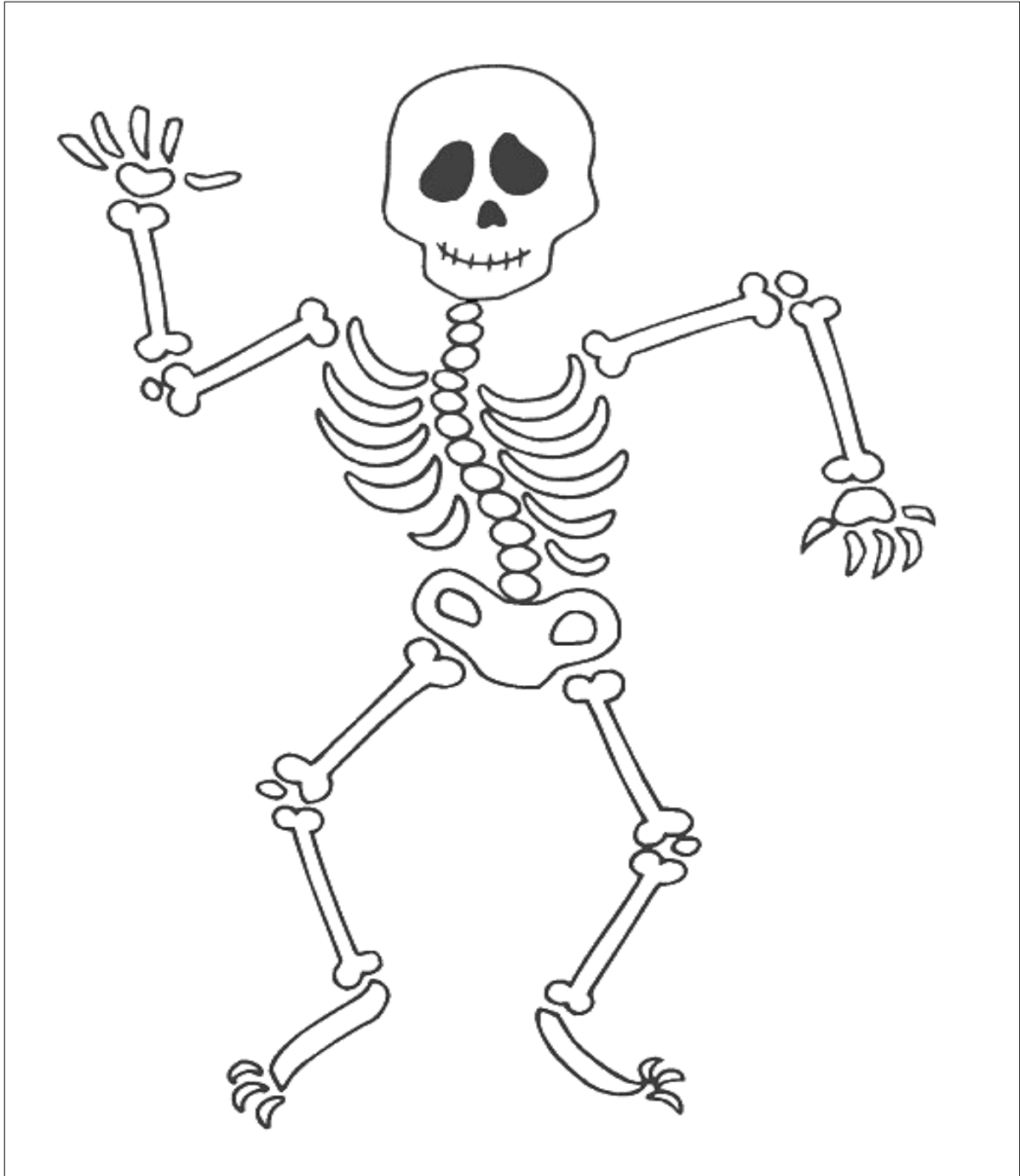
eg. hand bone 4



Activity 2

Look at the skeleton. Read and color.

joints: black	foot bone: green	leg bone: blue	thigh bone: red
hip bone: pink	backbone: orange	neck bone: brown	head bone: purple






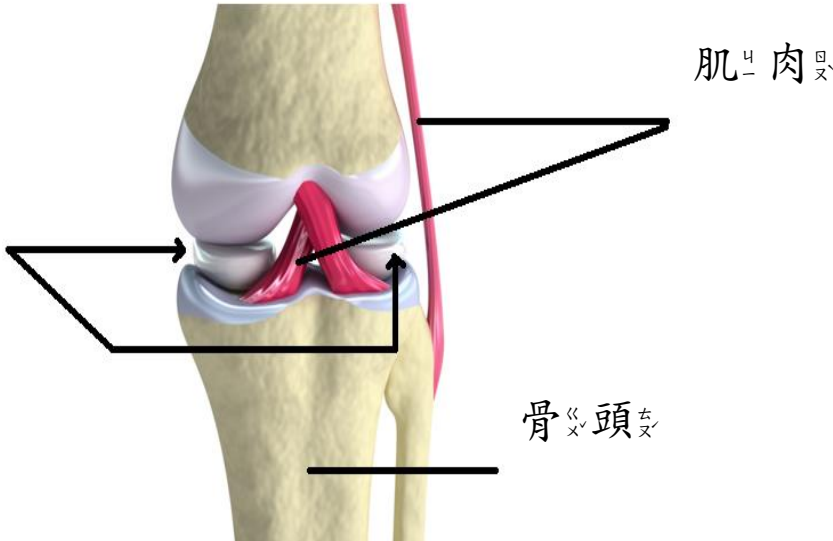



附件(一)

Name: _____







Class: _____

Week 2, Lesson 3 & 4

一、骨^{ㄅㄨㄣˋ} 骼^{ㄍㄜˊ} 健^{ㄑㄩㄢˋ} 康^{ㄎㄨㄤ} 有^{ㄩˇ} 妙^{ㄇㄧㄠˋ} 方^{ㄈㄨㄥ}

		
<p>人^{ㄖㄣˊ} 體^{ㄊㄩˋ} 骨^{ㄅㄨㄣˋ} 骼^{ㄍㄜˊ} skeleton</p>	<p>骨^{ㄅㄨㄣˋ} 頭^{ㄊㄨㄤ} bone</p>	<p>肌^ㄐ 肉^{ㄨㄠˋ} muscle</p>
		
 <p>彎^{ㄨㄢ} 曲^ㄑ bend</p>		 <p>伸^ㄕ 直^ㄓ stretch</p>

Reading

					
skeleton	bones	muscles	joints	bend	stretch

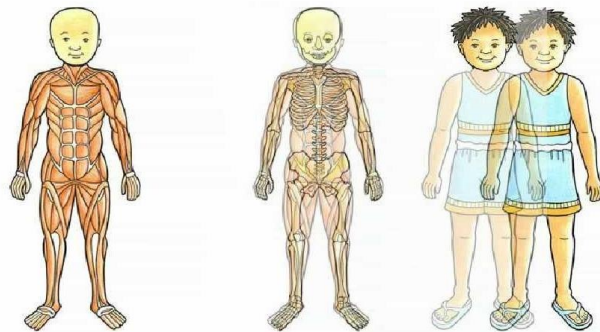
A  is build up with  .



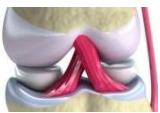
There are 206  in a human  .

The  are connected by  .

 protect our  and  .


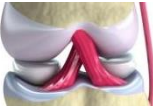
Our body is supported by our ,  and  .



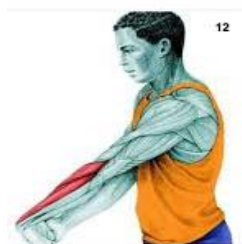
,  and  work together to make movements, like climbing, dancing, and jumping ropes.



We  and  with our .

,  and  help us jump, run, dance and make other movements.

Look, I can  and .



附件(三)

練習題

一、是非題

1、() 我們的_ら身體_{ちん}需要_い骨_こ骼_ご、肌_ひ肉_{にく}和_て關節_{くわつせつ}的_の

配_{はい}合_{ごう}，才_ち能_{ぞう}做_ぞ出_だ各_い種_{しゆ}動_{どう}

作_さ。

2、() 骨_こ頭_{とう}和_て骨_こ頭_{とう}連_{れん}接_{けつ}的_の地_ち方_は就_は是_は骨_こ骼_ご。

3、() 身體需要肌肉的支撐才能站立。

4、() 人體的骨骼系統是由 206 塊骨頭組成的。

5、() 人體的動作是因肌肉收縮時牽動骨骼

所引起的。

6、() 跑步的時候，關節不會動。

7、() 坐下時候，大腿骨跟小腿骨是彎曲

的。

8、() 膝關節能保護肌肉的磨擦。

9、() 跳繩的時候需要骨頭、肌肉與關節的

配合才能做出正確的動

作。

10、() 當關節或骨骼受傷時，必須移動搖

擺才能恢復。

二、選擇題

1、() 人類約有多少關節呢？ (1) 100 (2) 200 (3)

300。

2、() 腿骨頭跟膝蓋關節如果被固定了，無法

作以下哪些動作呢？

(1) 打哈欠 (2) 伸手 (3) 跑步。

3、() 下列哪一項是老年人在生理上退化的現

象？ (1) 全身充滿了活

力 (2) 反應變慢 (3) 不斷長高 (4) 體能變好。

4、() 以下何者不是骨骼的功能？ (1) 保護體內

器官 (2) 支撐身體

(3) 收縮。

1089 學年沉浸式英語健康與體育領域三年級教案
Unit 2

主題名稱	飲食與生活
實施年級	三年級上學期
教材	南一國小教科書「健康與體育」3上(第五冊)
主題軸	人與食物
十大基本能力	六、文化學習與國際了解 九、主動探索與研究 十、獨立思考與解決問題
分段能力指標	2-1-2 了解環境因素如何影響到食物的質與量，並探討影響飲食習慣的因素。
重大議題	環境教育
教學時間	八節課，320分鐘，40分/節。
教學目標	<p>一、認知</p> <p>(一) 能了解食物的選擇會受地區、社會、文化、經濟、自然環境等因素的影響。</p> <p>(二) 能了解因時代的改變，食物和飲食習慣也有了變化。</p> <p>(三) 能認識食物生產與分部及自然環境的關係。</p> <p>(四) 能認式教學情境英文單字。</p> <p>(五) 能認式主題情境英文指令句。</p> <p>二、技能</p> <p>(一) 能分辨各地區不同飲食習慣的差異性及影響飲食型態的因素。</p> <p>(二) 能說出影響飲食型態的因素。</p> <p>(三) 能說出吃當地和當季食物的益處。</p> <p>(四) 能了解並實踐多吃當地的食物。</p> <p>(五) 選擇食物時，不受電視廣告、海報、朋友推薦、不同飲食場所等周遭環境因素，影響個人的飲食習慣。</p> <p>三、情意</p> <p>(一) 能以健康的態度尊重、欣賞，並接受不同的飲食文化。</p>
輔助教材	歌曲影片、YouTube、勞作、實作演練
主題英語單字與句型	<p>Spring 春天、summer 夏天、autumn/fall 秋天、winter 冬天、vegetables 蔬菜、fruits 水果、seasonal 季節性、grow in 生長於__季節中、air 空氣、hot 熱、warm 溫、cool 涼、cold 冷。</p> <p>1. There are four seasons that happen in a year.</p> <p>2. Can you tell me what season it is?</p> <p>3. It is <u>spring/summer/autumn/winter</u>. The air is <u>warm/hot/cool/cold</u>.</p> <p>4. What fruit and vegetable grow in spring/summer/autumn/winter?</p> <p>5. (fruit) and (fruit) grow in (season).</p> <p>6. ____ and ____ are (season) vegetables.</p> <p>Landform 地形、island 島、seaside 海邊、plain 平原、高山 mountain、rice fields 水稻田、orchard 果園、vegetable farm 菜園、animal farm 動物農場、fishery 魚塭、processed food 加工食品。</p>

	<p>1. What is this process food made from?</p> <p>region 地區、climate 氣候、world 世界、cold 冷帶區、temperate 涼帶區、warm 溫帶區、tropical 熱帶區。Water 水、rain 雨、wet 濕、dry 乾、a lot of 許多、little 一些些、more 更多、windy 多風</p>
<p>教學 領綱</p>	<p style="text-align: center;">教學活動 (教學活動要點)</p> <p>第一節</p> <p>1、介紹時間概念 365 days = 12 months = 4 seasons = 1 year (8’) 能理解四季交替的順序與概念 T: Good morning, class. How’s it going? S: Pretty good. T: It’s a nice day. What day is today? S: It’s Wednesday. T: Thank you. How many days are there in a week? S: There are 7 days in a week. T: Good. How many weeks are there in a month? S: There are 4 weeks in a month. T: Yes. How many months are there in a year? S: There are 12 months in a year. T: Good. How many seasons are there in a year? S: There are 4 seasons. T: You’re right. How many days are there in a year? S: There are 365 days in a year.</p> <p>2、教唱主題歌曲 (5’) “season song” https://www.youtube.com/watch?v=ksGiLaIx39c 歌詞： There are four seasons that happen in a year. Spring, Summer, Autumn, Winter. Can you tell me what season it is? Let’s take a look. Spring, Summer, Autumn, Winter.</p> <p>三、認識四季與氣溫 (10’) Spring, Summer, Autumn, Winter, days, months, year, seasons, warm, hot, cool cold. 1. There are four seasons that happens in a year. 2. (How many seasons are in a year?) 3. There are 12 months in a year. 4. Which months are in spring/summer/autumn/winter? 5. Can you tell me what season it is? 6. It is (season). The air is (warm/hot/cool/cold).</p> <p>四、教唱主題歌曲 (5’) “season song” https://www.youtube.com/watch?v=ksGiLaIx39c 歌詞：</p>

There are four seasons that happen in a year.

Spring, Summer, Autumn, Winter.

Can you tell me what season it is?

Let's take a look.

Spring, Summer, Autumn, Winter.

第二節

1、 暖身活動 (5'')

唱主題歌曲 “season song” <https://www.youtube.com/watch?v=ksGiLaIx39c>

歌詞：

There are four seasons that happen in a year.

Spring, Summer, Autumn, Winter.

Can you tell me what season it is?

Let's take a look.

Spring, Summer, Autumn, Winter.

2、 認識四季蔬果 (15'')

Loquat, rose-apple, sweet peas, peppers, mango, longan, water bamboo winter melon, persimmon, cantaloupe, carrot, okra, cherry tomato, custard apple, leaf mustard, white cabbage.

1. What fruit and vegetable grow in spring/summer/autumn/winter?
2. (fruit) and (fruit) grow in (season).
3. (vegetable) and (vegetable) are (season) vegetables.

3、 學習單活動 (10'')

1. 互助找答案

第三節

1、 暖身活動：唱主題歌曲 (5'')

“season song” <https://www.youtube.com/watch?v=ksGiLaIx39c>

歌詞：

There are four seasons that happen in a year.

Spring, Summer, Autumn, Winter.

Can you tell me what season it is?

Let's take a look.

Spring, Summer, Autumn, Winter.

二、 複習英語課文 (10'')

Loquat 枇杷, rose-apple 蓮霧, sweet peas 甜豆, peppers 彩椒, mango 芒果, longan 龍眼, water bamboo 筊白筍, winter melon 冬瓜, persimmon 柚子, cantaloupe 哈密瓜, carrot 紅蘿蔔, okra 秋葵, cherry tomato 聖女番茄, custard apple 釋迦, leaf mustard 芥菜, white cabbage 大白菜.

1. What fruit and vegetable grow in spring/summer/autumn/winter?
2. (fruit) and (fruit) grow in (season).
3. (vegetable) and (vegetable) are (season) vegetables.

三、 分組活動：四季蔬果攤 (20'')

































將全班分成 8 組，每季節各兩組，同學們協力將清單上的蔬果找出歸位。

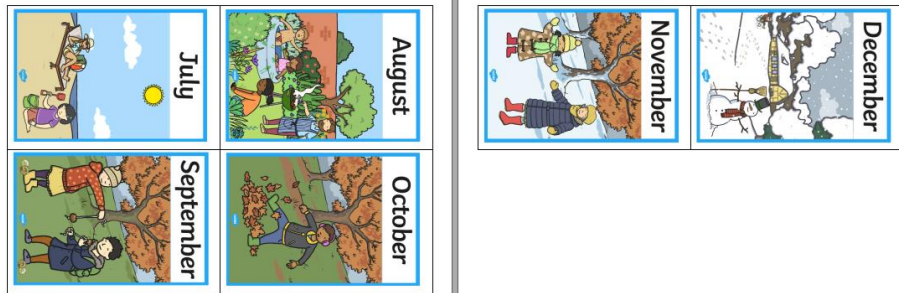
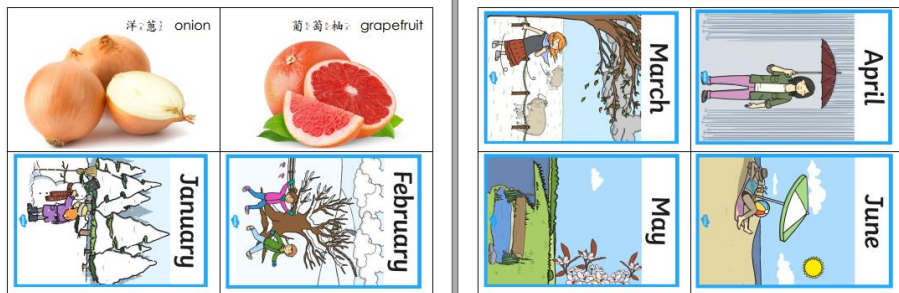
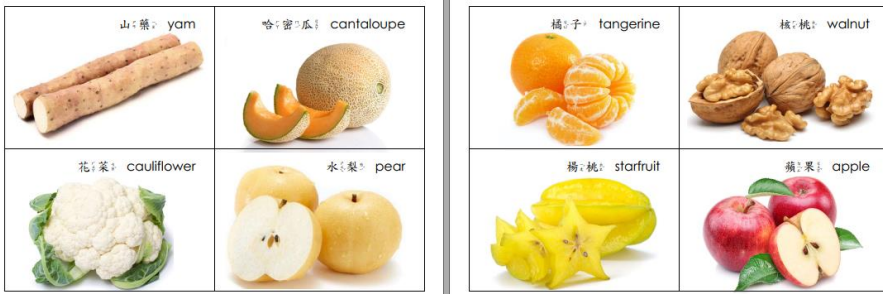
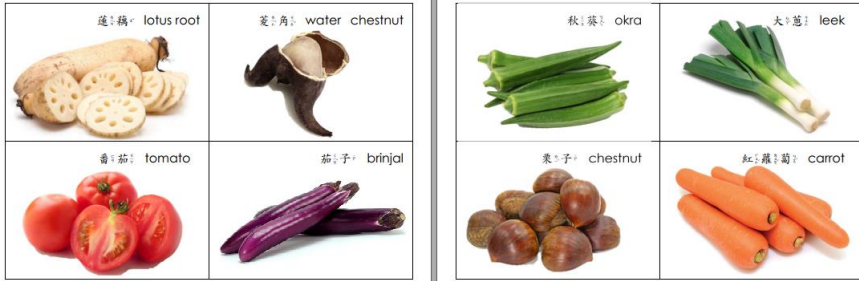
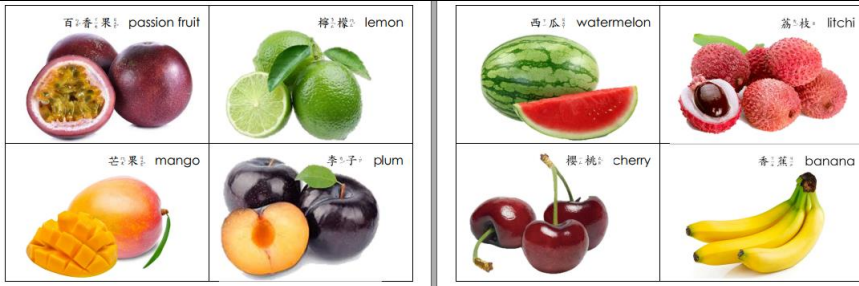
SPRING 1	SPRING 2
<input type="checkbox"/> March <input type="checkbox"/> April <input type="checkbox"/> chili <input type="checkbox"/> peppers <input type="checkbox"/> sweet pea <input type="checkbox"/> peas <input type="checkbox"/> bamboo <input type="checkbox"/> tong-ho <input type="checkbox"/> bean sprout	<input type="checkbox"/> May <input type="checkbox"/> gourd <input type="checkbox"/> choysum <input type="checkbox"/> rose-apple <input type="checkbox"/> mulberry <input type="checkbox"/> loquat <input type="checkbox"/> guava <input type="checkbox"/> jujube

SUMMER 1	SUMMER 2
<input type="checkbox"/> loofah <input type="checkbox"/> bitter gourd <input type="checkbox"/> winter melon <input type="checkbox"/> asparagus <input type="checkbox"/> water bamboo <input type="checkbox"/> cucumber <input type="checkbox"/> green bean <input type="checkbox"/> water spinach <input type="checkbox"/> mango <input type="checkbox"/> banana <input type="checkbox"/> June	<input type="checkbox"/> potato leaves <input type="checkbox"/> lettuce <input type="checkbox"/> strawberry <input type="checkbox"/> peach <input type="checkbox"/> plum <input type="checkbox"/> longan <input type="checkbox"/> dragon fruit <input type="checkbox"/> passion fruit <input type="checkbox"/> watermelon <input type="checkbox"/> litchi <input type="checkbox"/> July <input type="checkbox"/> August

AUTUMN 1	AUTUMN 2
<input type="checkbox"/> water chestnut <input type="checkbox"/> tomato <input type="checkbox"/> okra <input type="checkbox"/> brinjal <input type="checkbox"/> leek <input type="checkbox"/> chestnut <input type="checkbox"/> carrot <input type="checkbox"/> lotus root <input type="checkbox"/> yam <input type="checkbox"/> cauliflower	<input type="checkbox"/> September <input type="checkbox"/> October <input type="checkbox"/> November <input type="checkbox"/> pomelo <input type="checkbox"/> pear <input type="checkbox"/> tangerine <input type="checkbox"/> starfruit <input type="checkbox"/> apple <input type="checkbox"/> sugarcane <input type="checkbox"/> persimmon

WINTER 1	WINTER 2
<input type="checkbox"/> December <input type="checkbox"/> January <input type="checkbox"/> onion <input type="checkbox"/> broccoli <input type="checkbox"/> radish <input type="checkbox"/> celery <input type="checkbox"/> spinach <input type="checkbox"/> leaf mustard <input type="checkbox"/> white cabbage	<input type="checkbox"/> February <input type="checkbox"/> bokchoy <input type="checkbox"/> orange <input type="checkbox"/> grape <input type="checkbox"/> grapefruit <input type="checkbox"/> custard apple <input type="checkbox"/> cherry tomato <input type="checkbox"/> cantaloupe

 辣:椒: chili  豌:豆: peas  甜:豆: sweet pea  甜:椒: peppers	 竹:笋: bamboo  瓠:瓜: gourd  豆:苗: bean sprout  苣:蒿: tong-ho
 菜:心: choysum  韭:菜: chives  莲:雾: rose-apple  桑:葚: mulberry	 枇:杷: loquat  番:石:榴: guava  枣:子: jujube  凤:梨: pineapple
 莴:苣: lettuce  絲:瓜: loofah  苦:瓜: bitter gourd  冬:瓜: winter melon	 筴:白:笋: water bamboo  蘆:笋: asparagus  黄:瓜: cucumber  山:蕮: spleen wort
 空:心:菜: water spinach  四:季:豆: green bean  地:瓜:薯: potato leaves  奇:異:果: kiwi	 草:莓: strawberry  水:蜜:桃: peach  龍:眼: longan  火:龍:果: dragon fruit



- 1、 講解製作海報步驟。(5’)
- 2、 分組製作季節蔬果海報(30’)

第五節

1、 暖身活動(5’)

複習句型：

1. We are season .
2. Season happens in month, month, and month.
3. Fruit and fruit grow in season .
4. Vegetable and vegetable are season vegetables.

2、 分組練習(10’)

讓同學討論分配誰負責介紹那些蔬果。

3、 分組介紹(20’)

四、自我檢視合作評量(5’)

<p>Name: _____ Class: _____</p> <p>四季蔬果海報製作-自我合作評量表</p> <p>請仔細閱讀問題目標，在□裡打勾。</p> <ol style="list-style-type: none"> 1. 我的蔬果海報主題是： <ul style="list-style-type: none"> <input type="checkbox"/> Spring <input type="checkbox"/> Summer <input type="checkbox"/> Autumn <input type="checkbox"/> Winter 2. 製作海報時，我在小組裡被分配的工作是？ <ul style="list-style-type: none"> <input type="checkbox"/> 設計 <input type="checkbox"/> 畫圖 <input type="checkbox"/> 剪紙 <input type="checkbox"/> 黏貼 <input type="checkbox"/> 將主題分類 <input type="checkbox"/> 其他(自己填寫) 3. 我的小組成員，有幾次跟其他合作的人？ <ul style="list-style-type: none"> 我以前跟其他一起合作過的有_____ (填數字) 人。 我第一次跟其他一起合作的有_____ (填數字) 人。 4. 在製作海報時，我們小組有沒有爭吵？ <ul style="list-style-type: none"> <input type="checkbox"/> 有爭吵 <input type="checkbox"/> 沒有爭吵 5. 在討論時，我有提出意見的想法。 <ul style="list-style-type: none"> <input type="checkbox"/> 有，我試著表達對海報的想法。 <input type="checkbox"/> 沒有，我把分配給我的事情做好。 6. 在討論時，我的意見有沒有被同組成員接受？ <ul style="list-style-type: none"> <input type="checkbox"/> 有，大家都同意我的想法。 <input type="checkbox"/> 有一些同意我，有一些不同意我。 <input type="checkbox"/> 沒有，全組員都不喜歡我的意見。 7. 我的意見不被接受時，我覺得... <ul style="list-style-type: none"> <input type="checkbox"/> 很難過，為什麼要拒絕我。 <input type="checkbox"/> 很生氣，為什麼我一定要聽別人的意見，他們為什麼不聽我的想法。 <input type="checkbox"/> 很丟臉，我的意見很糟，讓我觉得自己很糟糕。 <input type="checkbox"/> 沒關係，這只是一個討論的過程，別人有更佳的意見也可以聽。 	<ol style="list-style-type: none"> 8. 當與組員意見不合時，我當時是如何處理的？ <ul style="list-style-type: none"> <input type="checkbox"/> 全組投票，少數服從多數，繼續一起。 <input type="checkbox"/> 有一些爭吵，因為我覺得我的想法比較好，應該聽我的。 <input type="checkbox"/> 不理睬他/她，各自做自己想做的部分。 <input type="checkbox"/> 直接放棄，反正都不聽我說，那我也不做了。 9. 我的組員有沒有協助我製作海報？ <ul style="list-style-type: none"> <input type="checkbox"/> 有，每個人都很專心盡力幫忙。 <input type="checkbox"/> 沒有，有人沒有幫忙協助。 10. 面對有不願意合作同學，我處理的方式是... <ul style="list-style-type: none"> <input type="checkbox"/> 不理他，跟其他人繼續把事情做完。 <input type="checkbox"/> 關心他，聽他為什麼不合作。 <input type="checkbox"/> 告訴老師，希望老師罵他、叫他做事。 11. 小組有沒有在課內完成海報任務？ <ul style="list-style-type: none"> <input type="checkbox"/> 有，我們在課前就將海報完成。 <input type="checkbox"/> 沒有，但是我課下繼續將海報完成。 <input type="checkbox"/> 沒有，我沒有完成就先去下課了。 12. 分組合作任務過程分享 <p>請在下方寫下做海報的過程，你有經歷什麼有趣、開心、難過、生氣、傻眼、害怕、不喜歡的事情，請分享在下：</p> <hr/> <hr/> <hr/>
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第六節

靠山吃山、靠海吃海(10’)

一、猜一猜，台灣在地食物從哪裡來？

Land 陸地, island 島嶼, sea 海, vegetable 蔬菜, farming 農業, fruit 水果, orchard 果樹, animal 動物, seafood 海產, fishing 捕魚, fishery 漁業, forestry 林業, livestock 畜牧業,

1. How do people get food in Taiwan?

2. What do we farm in Taiwan?

3、學習單練習

第七課

自然食物與加工食品

暖身活動 10'')

猜一猜，什麼

natural food 自然食物, processed food 加工食物, meat, fish and seafood, beans and grains, fruits, vegetables.

1. What is the processed food made from?

2. Which processed food is made from natural food?