

臺北市內湖國中體育課-排球(低手發球)，沉浸式英語授課重點

上課集合	大家集合，排成 4 排，排頭為準，向右看齊，向前看。	Please get together here in four rows. The first student in each row, please raise your hand and the others, look to the right. Now, look forward.	
	今天我們上課的主題是跳繩。	The topic for today's lesson is "jumping rope".	已註解 [W使1]: volleyball
跑步暖身	一開始，我們先跑操場 2 圈，然後回來這裡做操。	First, let's run 2 laps and then come back here to do some warm-ups.	
上課內容	今天要練習的是排球側面低手發球，首先，我們練習持球拋球，排球平放在手掌上，運用手腕力量將球拋起，要注意不要讓球旋轉，直拋直落，在同一垂直線上。	Today I'm going to practice volleyball side low-hand serve. First of all, let's practice holding the ball, placing the volleyball flat on the palm, and use the wrist to throw the ball up. Don't spin the ball, just throw it up and down on the same vertical line.	已註解 [W使2]: underhand serve 已註解 [W使3]: tossing 已註解 [W使4]: toss 已註解 [W使5]: toss it straight up
	現在講解發球的動作要領，身體與球網成 90 度站立，面向成功路馬路，左腳在前，腳尖朝向目標，右腳在後，距離半步，兩膝微曲，左手持球，置於腹部前方，眼睛注視要擊球的位置。	Now explain the tips for serving the ball. First, stand at 90 degrees to the net, face Cheng-gong road, put your left foot in front and toes towards the target, put right foot in the back, half a step away, slightly bend both knees, hold the ball in your left hand in front of the belly, and keep your eyes on where you want to hit the ball.	已註解 [W使6]: look at
	兩人 1 組，共用 1 顆球，一人先持球，置於對方的擊球點，腰部前方，另一人輕揮臂擊球，半握拳，利用掌根的位置擊球，固定擊球在同一點，先不要太大力，不要將球擊出。	Two people in a group. One holds the ball first, and places the ball in front of the other's hitting point, in front of the waist. Then, the other one makes a fist and uses the lower palm to hit the ball lightly. Hit the same place and don't hit the ball away too hard.	已註解 [W使7]: 去掉

	<p>右打者，右手伸直放鬆，擺向後方，左手將球輕拋離手，右手再由後下方揮擊球的下半部，配合身體扭腰轉體的動作，將球擊出。</p>	<p>For a right hitter, stretch your right hand and swing to the back. Gently throw the ball away from the left hand, and then swing the lower part of the ball with the right hand. You need to twist your body to hit the ball.</p>	<p>已註解 [W使8]: If you are right-handed</p> <p>已註解 [W使9]: Gently toss the ball up with your left hand</p> <p>已註解 [W使10]: hit</p>
	<p>擊球的同學站在原位，另一人到場地對面，都站在場地中間 3 公尺線的位置，開始練習發球，兩邊各發完 10 個球之後，可以漸漸將距離拉開，退至底線的位置發球。</p>	<p>The student who tries to hit the ball stands in the same position, and the other stands on the 3 meter line in the middle of the field and starts to practice serving. After serving 10 balls on each side, you can gradually spread the distance and retreat to the bottom line to start serving.</p>	<p>已註解 [W使11]: court</p> <p>已註解 [W使12]: add distance and serve at the bottom line</p>
<p>課程總結</p>	<p>剛才看同學發球，老師發現有一些缺點提醒同學：</p> <ol style="list-style-type: none"> <li>1. 拋球時沒有拋好，球會旋轉或沒有成一直線落下。</li> <li>2. 擊球點沒有固定，掌根擊球的位置，和球的位置都要固定。</li> <li>3. 手臂揮擊的角度要夠，要像炮彈一樣飛過網。</li> <li>4. 熟悉的同學可以加上扭腰轉體的動作，加強發球的威力。</li> </ol>	<p>Here are some reminders:</p> <ol style="list-style-type: none"> <li>1. The ball is not tossed well: it spins and it doesn't fall down straight.</li> <li>2. The hitting point is not fixed well: Get the hitting point fixed. Use the lower palm to hit the same spot of the ball.</li> <li>3. The angle of swinging arm must be long enough and hit the ball and make it fly over the net like a cannonball.</li> </ol> <p>Once you can serve underhand well, practice body-twisting movement. You can make your serving more powerful.</p>	
<p>下課</p>	<p>我們今天的課程要這裡結束，下課</p>	<p>That's all for today. Time for the break.</p>	