

# Bilingual P.E. Education Teaching Observation (臺北市內湖國中)

## 綜合體適能活動

Stap	Teaching Content	Keyword	Aid / Equipment
Warm up	<ol style="list-style-type: none"> <li>1. 關節運動</li> <li>2. 伸展活動</li> <li>3. 開合跳</li> <li>4. 慢跑</li> </ol>	<p>Neck 、 shoulder 、 waist 、 knee 、 wrist &amp; ankle 、</p> <p>Arm 、 Leg(up 、 down) 、 Lunge stap</p> <p>20</p> <p>Jog 2 laps</p>	Whistle
Main activitys	<ol style="list-style-type: none"> <li>1. 抬腿跑</li> <li>2. 折返跑</li> <li>3. 取物折返跑(每隊 13 個角椎)</li> <li>4. 小欄架活動               <ol style="list-style-type: none"> <li>a. 跨步跑</li> <li>b. 雙腳跳(併腿跳)</li> <li>c. 左右小碎步跑</li> <li>d. 左右併腿跳</li> <li>e. 併腿跳 + 繞圈</li> </ol> </li> </ol>	<p>Run in place Keep your knee high Swing your arm Listen to the whistle</p> <p>Listen to the whistle</p> <p>Relay Give a high five</p> <p>a. Run forward and cross the hurdle Cross the hurdle and run forward.</p> <p>b. Listen to the whistle and set off one student at a time .</p> <p>c. If you accidentally kick down the hurdle, please straighten it.</p> <p>d. Jump across the hurdle with both feet together.</p> <p>e. Stand by the hurdle. The first whistle, keep trotting on the spot; when you hear the second whistle, cross the hurdle and keep trotting on the spot. Repeat the action</p>	<p>Cones</p> <p>~~~~~</p> <p>Fence / rail</p>

	<p>5. 跨欄摸角椎 (依指定顏色觸摸、進階為一次兩~三色)。</p> <p>6. 擲球跨欄接球遊戲(第一區彈地一次接住 1 分，第二區彈地兩次後接住 2 分)</p>	<p>several times.</p> <p>5. Hurdle and touch corner Touch according to the specified color, advanced to two to three colors at a tim.</p> <p>6. Throwing ball hurdle catching game.</p>	<p>Fence / rail &amp; Cones</p> <p>Fence / rail &amp; ball</p>
Organize activities			