

109 學年度 體育課-籃球運球，沉浸式英語授課重點 興桂 0113

	今天我們上課的主題是籃球-基本運球。	Today our topic is basketball-dribbling.
	同學們按照座號，男生排成 3 排，女生排成 3 排，一組 4-5 人，第一位同學站在底線的後端。	Class, please get together into three rows for boys and three rows for girls according to your numbers, with 4-5 people each row. The first student from each row, please stand at the bottom line.
上課內容	今天要上課的主題是籃球的基本運球，運球的時候要用手指前端運球，球不要碰到手掌心，每一次運球都要用到手腕的力量，運球的手要有吸附球的感覺，運球的高度在膝蓋與腰部之間，不要太高也不要太低。	The lesson for today is the basic basketball dribbling. When dribbling the ball, use your finger tips. Don't touch the ball with your palm. Every time you dribble, you need to use the power of your wrist. You will have a feeling of absorbing the ball with your dribbling hand. The dribbling level should be between the knee and the waist, not too high or too low.
	每一組第一位同學拿球，聽到哨音後，運球前進，繞過前方三角錐後，再運球回到原來的位置。	The first student in each group, take the ball. After hearing the whistle, dribble the ball forward, get around the cone in the front, and then dribble back to the original position.
	第二個動作，先在原地做高低運球，運球的手先在膝蓋的高度原地運球，運兩個低球，再一個高球運到腰部高度，完成 3 組後向前運球，繞過三角錐後運球回來。	The second movement is to make a high and low dribble on the spot. Dribble low twice at the knee level, and then dribble high once at the waist level. After finishing 3 rounds, dribble forward and get around the cone. Dribble back after passing the triangle.
	第三個動作，先將球向前拋出，不要超過老師的位置，再向前跑，接到球後，繼續運球，來回一次。	The third movement is to pass the ball forward before the position the teacher is at. Run forward, catch the ball, and run back to dribble continuously. Do this round once.
	第四個動作，左右手交替運球來回，一次右手運球，一次左手運球，交替運球來回。	The fourth movement is to crossover dribble by using the left and right hands. That is, dribble back and forth from one hand to the other hand.

