

健康與體育領域 核心素養	學習表現	學習內容	對應英語文核心素養
<b>健體-E-A1</b> 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，發展運動與保健的潛能。	<b>1a-III-1</b> 認識生理、心理與社會各層面健康的概念。	<b>Aa-III-2</b> 人生各階段的成長、轉變與自我悅納。	<b>英-E-A1</b> 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。
<b>健體-E-A2</b> 具備探索身體活動與健康生活問題的思考能力，並透過體驗與實踐，處理日常生活中運動與健康的問題。	<b>1b-III-1</b> 理解健康技能和生 活技能對健康維護的重要性。	<b>Hd-III-1</b> 守備/跑分性球類運動基本動作及基礎戰術。	
<b>健體-E-B1</b> 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。	<b>1c-III-3</b> 了解身體活動對身體發展的關係。  <b>Ga-III-1</b> 跑、跳與投擲的基本動作。	<b>Cb-III-3</b> 各項運動裝備、設施、場域。	
<b>健體-E-C1</b> 具備生活中有關運動與健康的道德知識與是非判斷能力，理解並遵守相關的道德規範，培養公民意識，關懷社會。	<b>1c-III-1</b> 了解運動技能要素和基本運動規範。  <b>1c-III-2</b> 應用身體活動的防護知識，維護運動安全。	<b>Cb-III-1</b> 運動安全教育、運動精神與運動營養知識。	<b>英-E-B1</b> 具備入門的聽、說、讀、寫英語文能力。在引導下，能運用所學、字詞及句型進行簡易日常溝通。

<p><b>健體-E-C2</b></p> <p>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、公平競爭，並與團隊成員合作，促進身心健康。</p>	<p><b>2c-III-1</b></p> <p>表現基本運動精神和道德規範。</p> <p><b>2c-III-2</b></p> <p>表現同理心、正向溝通的團隊精神。</p> <p><b>2c-III-3</b></p> <p>表現積極參與、接受挑戰的學習態度。</p>		<p><b>英-E-C2</b></p> <p>積極參與課內英語文小組學習活動，培養團隊合作精神。</p>
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主題 名稱	<b>BIG HIT 樂樂棒球</b>	年 級	四年 級	學習領 域	健康與體育領域
教學 時間	12 節 480 分鐘	設計者	沉浸式英語教學群		

### 教學活動設計

#### 【Warm up】

- 1、引起動機：從職棒談起，詢問同學觀賞棒球比賽（含職棒、世界盃、運動會等）的經驗。
- 2、觀賞棒球比賽的錄影帶或光碟。
- 3、瞭解同學對樂樂棒球的認識，並請其發表。
- 4、觀賞樂樂棒球的教學光碟。
- 5、教師分發學習單，請學生瀏覽學習單內容。
  - \* 棒球與樂樂棒球的比較與相關介紹
  - \* 樂樂棒球的場地介紹（英文用語融入）
  - \* 裁判手勢（英文用語融入）

#### 【Developmental Activities】

- 1、教師介紹樂樂棒球的起源、特性與發展等。
- 2、教師說明學習單內容並示範。

#### 【Practice】

- 1、師生共同討論，教師重點結論。

單字：

動作類: run/stop/play/go/hit/catch/throw/snap/shuffle

球員:runner/pitcher/pitcher/catcher

場地及棒球相關名詞:

baseball/base/homerun/bat/ball/strike/out//first base/second base/third base/

home plate/champion/ MLB

教學用語：

Attention, everybody.

Are you following?

Are you ready?

Repeat after me. Try again.

Good job. See you next week.

~第 1 節 完~

### 【Warm up】

#### 1、暖身運動

(1)配合英文閃示卡，一次介紹兩個動作的英文

(2)讓學生說出動作的英文，也同時做出動作

(3)老師示範暖身運動及運動節拍

(4)請學生在做暖身活動用英文說出數字拍子

one、two、three、four、five、six、seven、eight

英文暖身運動：

(1) Jumping thirty times/ Jumping Jack (2) Neck circles

(3) Arm circles (4) Shoulder circles (5) Hip circles

(6)Knees circles (7) Leg stretches (8) Outer Thigh stretches

(9) Wrists . Ankles circles

### 【Developmental Activities】

#### 1、球場位置介紹

#### 2、丟、接球教學

(1)老師介紹丟 throw、接 catch 動作的英文

(2)請一組學生示範大聲說出英文邊做出動作

教學重點：先求穩定，逐漸加大力道

#### 3、分組練習：兩人一組

## 【Practice】

1、教師介紹場地及跑壘規則

2、比賽進行用語介紹: 打擊開始 play、安全上壘 safe、出局 out

單字:

動作類: run/stop/play/go/hit/catch/throw/snap/shuffle

球員: runner/pitcher/pitcher/catcher

場地及棒球相關名詞:

baseball/base/homerun/bat/ball/strike/out//first base/second base/third base/

home plate/field

教學用語:

樂樂棒:

Move your feet/feet first/Roll ball/Never stand on top of the base/

Keep eyes on the ball

一般課室用語:

Run one lap (around the playground).

Let's warm up. Leader, please come here. Let's start.

Hands out ... down on the floor ... roll ... roll back and forth ... hold your knees ... roll back ... hands on the floor ... turn your head to the side and roll to that side

Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

Are you ready?/

Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

It's time to finish. See you next time.

Do you know how to ...?

Can you show me how to do it?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up /

~第 2、3 節 完~

## 【Warm up】

### 1、暖身運動

(1)配合英文閃示卡，一次介紹兩個動作的英文

(2)讓學生說出動作的英文，也同時做出動作

(3)老師示範暖身運動及運動節拍

(4)請學生在做暖身活動用英文說出數字拍子

one、two、three、four、five、six、seven、eight

英文暖身運動:

(1) Jumping thirty times/ Jumping Jack (2) Neck circles

(3) Arm circles (4) Shoulder circles (5) Hip circles

(6)Knees circles (7) Leg stretches (8) Outer Thigh stretches

(9) Wrists . Ankles circles

## 【Developmental Activities】

### 1、守備指導教學

\*預備姿勢：身體重心降低、注視前方

\*傳球姿勢：手腕、手臂、身體擺動等

\*高飛球練習與判斷：盡量由後往前跑

\*平飛球練習與判斷

\*反彈球練習與判斷：落點與反彈判斷置

2、學生分組練習：兩人一組一顆球，聽老師口令練習高飛、平飛、反彈球等

傳接球。

學生在練習動作時邊說出 catch. throw,教師巡視在旁提醒.

3、傳壘姿勢與判斷：各壘手接球位置

\* 整體守備位置調配與判斷：守備補位、視各跑壘者而判定傳何壘

4、分組練習：四組

\* 區分兩個場地，各有一組依序練習打擊，另一組守備練習，交換練習；教師巡迴指導

### 【Practice】

1、請學生示範。

\* 教師選擇正確動作與錯誤動作的學生示範

2、教師請學生指出正確與錯誤之處。

3、教師指導錯誤改進動作與重點提示。

單字：

動作類: run/stop/play/go/hit/catch/throw/snap/shuffle

球員:runner/pitcher/pitcher/catcher

場地及棒球相關名詞:

baseball/base/homerun/bat/ball/strike/out//first base/second base/third base/

home plate/field

教學用語：

樂樂棒:

Move your feet/feet first/Roll ball/Never stand on top of the base/

Keep eyes on the ball

一般課室用語:

Run one lap (around the playground).

Let's warm up. Leader, please come here. Let's start.

Hands out ... down on the floor ... roll ... roll back and forth ... hold your

knees ... roll back ... hands on the floor ... turn your head to the side and roll to that side

Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

Are you ready?/

Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

It's time to finish. See you next time.

Do you know how to ...?

Can you show me how to do it?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up /

~第 4、5 節 完~

## 【Warm up】

### 1、暖身運動

- i. 配合英文閃示卡，一次介紹兩個動作的英文
- ii. 讓學生說出動作的英文，也同時做出動作
- iii. 老師示範暖身運動及運動節拍
- iv. 請學生在做暖身活動用英文說出數字拍子  
one、two、three、four、five、six、seven、eight

英文暖身運動:

- (1) Jumping thirty times/ Jumping Jack
- (2) Neck circles
- (3) Arm circles
- (4) Shoulder circles
- (5) Hip circles
- (6) Knees circles
- (7) Leg stretches
- (8) Outer Thigh stretches



(9) Wrists . Ankles circles

### 【Developmental Activities】

1、跑壘指導教學

\*壘包與壘距介紹：防守隊紅色；攻擊隊白色

2、跑壘方向：一、二、三、本壘包；路徑（避免妨礙守備）

\*踩壘位置與姿勢：攻守不同

3、打擊教學： \*打擊動作英文 swing

(1)打擊姿勢教學:單腳向前跨步---重心放低----眼睛看球揮擊

(2)設置打擊教具

(3)一半的學生負責守備撿球，另一半學生練習打擊

### 【Practice】

1、教師請學生發表心得。

2、教師指導錯誤改進動作與重點提示。

單字：

動作類: run/stop/play/go/hit/catch/throw/snap/shuffle

球員:runner/pitcher/pitcher/catcher

場地及棒球相關名詞:

baseball/base/homerun/bat/ball/strike/out//first base/second base/third base/

home plate/field

教學用語：

樂樂棒:

Move your feet/feet first/Roll ball/Never stand on top of the base/

Keep eyes on the ball

一般課室用語:

Run one lap (around the playground).

Let's warm up. Leader, please come here. Let's start.

Hands out ... down on the floor ... roll ... roll back and forth ... hold your

knees ... roll back ... hands on the floor ... turn your head to the side and roll to that side

Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

Are you ready?/

Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

It's time to finish. See you next time.

Do you know how to ...?

Can you show me how to do it?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up /

~第 6、7 節 完~

## 【Warm up】

### 1、暖身運動

(1)配合英文閃示卡，一次介紹兩個動作的英文

(2)讓學生說出動作的英文，也同時做出動作

(3)老師示範暖身運動及運動節拍

(4)請學生在做暖身活動用英文說出數字拍子

one、two、three、four、five、six、seven、eight

英文暖身運動:

(1) Jumping thirty times/ Jumping Jack (2) Neck circles

- (3) Arm circles (4) Shoulder circles (5) Hip circles  
(6) Knees circles (7) Leg stretches (8) Outer Thigh stretches  
(9) Wrists . Ankles circles

### **【Developmental Activities】**

- 1、教師說明比賽規則與裁判手勢
  - 2、裁判手勢練習：口述配合動作。
  - 3、檢測學生示範。
  - 4、學生分組比賽練習：兩組
- \*一組攻擊，另一組防守；採正式比賽；部分學生擔任裁判，教師適時指導

### **【Practice】**

- 1、教師請學生發表心得。
- 2、教師指導歸納與重點提示。

**單字：**

動作類: run/stop/play/go/hit/catch/throw/snap/shuffle

球員:runner/pitcher/pitcher/catcher

場地及棒球相關名詞:

baseball/base/homerun/bat/ball/strike/out//first base/second base/third base/

home plate/field

**教學用語：**

樂樂棒:

Move your feet/feet first/Roll ball/Never stand on top of the base/

Keep eyes on the ball

一般課室用語:

Run one lap (around the playground).

Let's warm up. Leader, please come here. Let's start.

Hands out ... down on the floor ... roll ... roll back and forth ... hold your knees ... roll back ... hands on the floor ... turn your head to the side and roll to that side

Good job./Who isn't here today? /Pay attention, everybody. /Do you understand? Are you ready?/

Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

It's time to finish. See you next time.

Do you know how to ...?

Can you show me how to do it?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up /

~第 8、9 節 完~

## 【Warm up】

### 1、暖身運動

- (1)配合英文閃示卡，一次介紹兩個動作的英文
- (2)讓學生說出動作的英文，也同時做出動作
- (3)老師示範暖身運動及運動節拍
- (4)請學生在做暖身活動用英文說出數字拍子

one、two、three、four、five、six、seven、eight

英文暖身運動:

- (1) Jumping thirty times/ Jumping Jack (2) Neck circles  
(3) Arm circles (4) Shoulder circles (5) Hip circles  
(6) Knees circles (7) Leg stretches (8) Outer Thigh stretches  
(9) Wrists . Ankles circles

### 【Developmental Activities】

1、正式比賽：

\*分甲乙2組循環，兩組比賽；一組擔任裁判、計分、各項紀錄等工作；

教師適時指導

單字：

動作類: run/stop/play/go/hit/catch/throw/snap/shuffle

球員:runner/pitcher/pitcher/catcher

場地及棒球相關名詞:

baseball/base/homerun/bat/ball/strike/out//first base/second base/third base/  
home plate/field

教學用語：

樂樂棒:

Move your feet/feet first/Roll ball/Never stand on top of the base/

Keep eyes on the ball

一般課室用語:

Run one lap (around the playground).

Let's warm up. Leader, please come here. Let's start.

Hands out ... down on the floor ... roll ... roll back and forth ... hold your  
knees ... roll back ... hands on the floor ... turn your head to the side and roll to  
that side

Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

Are you ready?/

Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

It's time to finish. See you next time.

Do you know how to ...?

Can you show me how to do it?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up /

~第 10、11 節 完~

### 【Warm up】

#### 1.暖身運動。

(1)配合英文閃示卡，一次介紹兩個動作的英文

(2)讓學生說出動作的英文，也同時做出動作

(3)老師示範暖身運動及運動節拍

(4)請學生在做暖身活動用英文說出數字拍子

one、two、three、four、five、six、seven、eight

#### 英文暖身運動：

(1) Jumping thirty times/ Jumping Jack (2) Neck circles

(3) Arm circles (4) Shoulder circles (5) Hip circles

(6)Knees circles (7) Leg stretches (8) Outer Thigh stretches

(9) Wrists . Ankles circles

**【Developmental Activities】**

成果評量 1 ---paper test

成果評量 2 --- action test

~第 12 節 完~

大榮國小沉浸式英語---樂樂棒 成果評量 1 ---paper test

Class: \_\_\_\_\_ Name: \_\_\_\_\_ Number: \_\_\_\_\_

1. 樂樂棒的英文

- A. ball                      B. Tee-ball                      C. Bee-ball

2. 丟球的英文

- A. catch the ball      B. think the ball      C. throw the ball

3. Knees rotation

- A. 臀部轉動                      B. 膝蓋轉動                      C. 腳踝轉動

4. head rotation 的意思是

- A. 手部轉動                      B. 肩部轉動                      C. 頭部轉動

5. 接球的英文

- A. catch the ball      B. think the ball      C. throw the ball

6. 壘包的英文

- A. ball                      B. base                      C. boss

7. out 的意思是

- A. 出局                      B. 上壘                      C. 打擊開始

8. 跑步的英文

- A. jump                      B. hit                      C. run

9. 比賽中當老師說『Time』意思是

- A. 比賽開始                      B. 比賽結束                      C. 比賽暫停



**\*請寫出這幾週上樂樂棒球課的感想或心得 (一定要寫喔):**



大榮國小沉浸式英語---樂樂棒 成果評量 2 --- action test

Class: \_\_\_\_\_ Name: \_\_\_\_\_ Number: \_\_\_\_\_

Item	Excellent	Good	Fair	Poor
1、jumping 30 times				
2、Do shoulders rotation				
3、Do hips rotation				
4、Do waist twisting				
5、Run from first base to second base				
6、hit the ball				
7、throw and catch team work (two students in pairs)				

**Excellent**: All goals achieved beyond expectation 所有目標皆達成且超越期望

**Good**: All goals achieved 所有目標皆達成

**Fair**: Minimum goals achieved 達成基本目標

**Poor**: Minimum goals achieved with minor flaws 達成基本目標，但有些缺失

教學使用的英語用語:

暖身:

- (1) Jumping thirty times/ Jumping Jack
- (2) Neck circles
- (3) Arm circles
- (4) Shoulder circles
- (5) Hip circles
- (6) Knees circles
- (7) Leg stretches
- (8) Outer Thigh stretches
- (9) Wrists . Ankles circles

樂樂棒:

Move your feet/feet first/Roll ball/Never stand on top of the base/

Keep eyes on the ball

一般課室用語:

Run one lap (around the playground).

Let's warm up. Leader, please come here. Let's start.

Hands out ... down on the floor ... roll ... roll back and forth ... hold your knees ... roll back ... hands on the floor ... turn your head to the side and roll to that side

Good job./Who isn't here today? /Pay attention, everybody. /Do you understand?

Are you ready?/

Repeat after me.

You have 5 (4, 3, ...) minutes to do this.

It's time to finish. See you next time.

Do you know how to ...?

Can you show me how to do it?

What is it?

If you have any questions, please raise your hand.

Be careful.

Slow down. Say it.

Pairs (threes, fours, fives ...).

Do what I say./Say what you can do.

I can (do) . . . /Try it. Group discussion Attention

Turn left / turn right/ stand up / squat down/ line up/ clean up /

學科領域專用英語:

動作類: run/stop/play/go/hit/catch/throw/snap/shuffle

球員:runner/pitcher/pitcher/catcher

場地及棒球相關名詞:

baseball/base/homerun/bat/ball/strike/out//first base/second base/third base/

home plate/field