

## 109 學年度 體育課-籃球運球，沉浸式英語授課重點

	今天我們上課的主題是羽球-正手發球發長球。	Today our topic is badminton- forehand long high serve
上課內容	第一，身體輕鬆站立，面對球網，以慣用手右手為例，右手持拍，左手持球，輕鬆抬起。	First, ease your body and stand toward the net. Let's take the right-handed students as an example. Hold the racket in the right hand. Hold the shuttle in the left hand and lift it easily.
	第二，擊球前，兩手向後引拍，重心放在後腳，左手持球，置於身體右前方，扭轉身體，向前揮擊，揮擊同時，左手將球輕鬆放下，重心由後腳轉移至前腳，將球擊出，重心轉移時，要注意身體的平衡。	Second, before hitting the shuttle, swing back both arms. Place your weight on the back leg. Hold the shuttle in the left hand and place it at the right front of the body. Swing the body forward and swing the racket with the right hand too. Meanwhile, drop the ball easily with the left hand, move the weight from the back leg to the front leg, and hit the shuttle. Keep your body in balance when you do this movement.
	擊球時要注意的事項有: 1.當扭轉身體，向前擊球時，要將髖關節往前推，可以使擊球更有力量。 2.從持球到擊球前，眼睛要一直注視著球。 3.當旋轉身體向前擊球時，才將球輕鬆放下，不要太早將球放下。	While hitting the shuttle, here are some things to remind: 1. When you swing the body forward and hit the shuttle, push the hip forward to make the shot more powerful. 2. During the movement from holding the shuttle to hitting the shuttle, focus your eyes on it. 3. After you swing the body forward and swing the racket, you can drop the shuttle easily. Do not drop it too early.
	現在我們要分組，男女生各分成 2 組，各站在羽毛球場的兩邊場地，一個人發 10 球，發到對面後，換對面的同學發 10 個球，如此依序練習。	Now let's practice in groups. Two groups, boys and girls, stand on each side of the badminton court. Serve 10 times each person. After you serve ten times to the other side, the classmate at the other side serve 10 times back. Then keep on practicing like this.