

嘉義市文雅國小 109 學年度四年級下學期英語融入體育

籃球教學之教案設計

<p>主題名稱</p>	<p>青出於「籃」 Basketball</p>	<p>教學設計者</p>	<p>陳思潔</p>
<p>教學對象</p>	<p>四年級學生</p>	<p>教學節次</p>	<p>本單元共12節課(每節40分鐘)</p>
<p>設計理念</p>	<p>籃球為奧運會正式比賽項目。訓練過程中，讓學生能體驗運動樂趣減輕煩惱、提高反應能力，強化團隊合作，在籃球賽事中，激發榮譽感與享受運動的樂趣，是本課程設計的主要理念。</p>		
<p>學習重點</p>	<p>學習表現</p> <p>健體領域： 1c-Ⅱ-1認識身體活動的基本動作技能。 2c-Ⅱ-2表現增進團隊合作、友善的互動行為。 3d-Ⅱ-1運用動作練習的學習策略。 4a-Ⅱ-2展現促進健康的行為</p> <p>英語領域： 2-Ⅱ-4 能使用簡易的教室用語</p>	<p>核心素養</p>	<p>健體-E-A1 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，發展運動與保健的特質。</p> <p>健體-E-B1 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。</p> <p>健體-E-C2 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，並與團隊成員合作，促進身心健康。</p> <p>英-E-A1 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。</p>
<p>學習內容</p>	<p>健體領域： Bc-Ⅱ-2運動與身體適能相關保健知識。 Cb-Ⅱ-1安全規則的遵守、運動促進發展相關知識。 Hb-Ⅱ-1 攻守入侵性運動相關的拍球、拋接球、傳接球、擲球及踢球、帶球、追逐球、停球之時間、空間及人與人、人與球關係攻防概念</p> <p>英語領域： B-Ⅱ-1 第二學習階段所學字詞及句型的生活溝通。</p>		

學習目標	健體領域 1.瞭解運球、傳接球、投籃動作要領 2. 遵守紀律、欣賞他人表現、增進人際關係及互助合作的團隊精神。 3.認真學習並注意安全。 4.與同伴合作，和諧的完成賽事。 英語領域 聽懂籃球相關詞彙，專注聆聽並樂於學習，且能順利完成相關運動技巧。		
教學方法	動作示範法、分解練習法		
評量方式	實作評量、遊戲評量、教師觀察、口語評量、同儕互評		
四年級英語融入體育課程地圖---籃球篇			
課前準備	Language of Learning (content-driven) rebound 籃板球 dribble 運球 pass 傳球 travelling 走步 shoot / take a shot 投籃 score / make a basket 投進 miss 沒進 shoot a lay-up 上籃 net 籃網 first half 上半場 second half 下半場 foul 犯規 Language for Learning (Classroom English) Eyes center 中央伍為準 Eyes front 向前看齊 Hands forward 向前看 Hands down 手放下 Wings span 手向兩旁打開伸直 Eyes on me 看老師 Eyes on you 我會注意看老師 Listen up 注意聽		
節次	單元名稱	學習重點(體育/英語)	
1~4	觸球體驗 Sense of Ball	1. 九宮格遊戲 / Tic Tac Toe 2. 運球練習 / Dribbling	
5~12	籃球體驗 Basketball is so Fun	1. 小組練習 / Partner Practice 2. 傳球練習 / Chest Passing, Bounce Passing, Overhead Passing 3. 投球練習 / Shooting 4. 規則說明/ Rules 5. 對打練習 / Play the Game	
教學活動流程		教具	評量

Class 1 (40分鐘)

引起動機

Warm up routine 暖身運動(10分)

<https://youtu.be/KzEF-E80W0A>

1. high kick



2. high knees



3. butt kicks



4. walking lunge w/ twist



5 hip mobility circuit



6 kick back



7 planks



8 air squat



發展活動(25分)

Tic Tac Toe 九宮格遊戲(15分)

Place 9 hoops and 10 jerseys (5 of each color) in the center circle.



The teams queue up at baskets.



If a player in the team shoots and scores, he or she can run to the circle and place one jersey into one of the hoops. Then, run back to the team queue up again.

教師觀察

教師觀察
實作

hoops
jerseys
basketball

教師觀察
同儕互評
遊戲



If a player doesn't score, he or she gets the rebound and passes the ball to the next player in the team.



The goal is to place 3 jerseys in a row, vertically, horizontally or diagonally.

Dribbling 運球練習(10分)

<https://youtu.be/CMQp0bwjokw>

Bounce the ball on the floor continuously with one hand at a time.

持續不間斷地，單手讓球反彈

Don't slap it. 不要用手拍 Try to push it. 用推的感覺去運球

Make the ball in your hand for as long of the dribble motion as possible. 運球過程中，手接觸球的時間盡量拉長

Keep your head up to see teammates. 眼神看隊員而不是一直盯著球看

Step #1 - Spread and Relax Your Fingers

Step #2 - Use Your Fingertips For Control

Step #3 - Get Your Body Down Low

Step #4 - Pound the Basketball into the Floor

Step #5 - Protect the Basketball From the Opponent

Step #6 - Keep Your Eyes Up to See the Floor

Step #7 - Learn How to Dribble With Both Hands

手指頭放鬆，用手指控制球，身體微微蹲著，用推的方式運球。

眼神看著周圍地面而不是球。保護自己的籃球不被對手搶走。

左右手都練習運球。

綜合活動(5分)

Review. 複習

Class 2 (40分鐘)

basketball

教師觀察

實作

實作

同儕互評

引起動機

Warm up routine 暖身運動(10分)

發展活動(25分)

Color Run 顏色遊戲(10分)

Players on the left-hand side receive the color black whereas players on the right-hand side receive the color white. The teacher names different terms in both colors. If the term is black, the right-hand side players try to reach the base line before they are caught and vice versa.



站在左側的隊員是黑色，站在右側是白色。老師說一些詞彙，如果是黑色的，在被右側的同學追趕上之前，跑至終點。反之亦然。

Color Dribble 運球遊戲(15分)

Green means dribbling with your left hand.

Yellow means dribbling with your right hand.

If the color isn't green nor yellow, do crossovers.

當聽到綠色，用左手運球。

當聽到黃色，用右手運球。

如果不是黃色也不是綠色，左右手交換運球。

綜合活動(5分)

Review 複習

Class 3 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Dribbling Challenges 運球挑戰賽

1. Stand and dribble the ball around your body without moving

教師觀察

basketball

實作

教師觀察

basketball

遊戲

your feet.

雙腳不動，在身體周圍運球

2. Travel around the ball while it bounces on the same spot.

把球固定一個位置運球，球位置不動，身體在球周圍移動

3. Standing with legs wide apart, dribble in and out around your legs in a figure-eight pattern. 跨下8字運球

綜合活動(5分)

Rules 規則

The ball can only be moved by either dribbling (bouncing the ball) or passing the ball. 籃球可藉由運球或傳球來移動

Once a player puts two hands on the ball (not including catching the ball) they cannot then dribble or move with the ball and the ball must be passed or shot. 球員除了接球可用雙手之外，當雙手持球時，不能再次運球，球必須傳出去或是投籃

The team trying to score a basket is called the **offence** whilst the team trying to prevent them from scoring is called the **defence**.

投籃得分方為進攻方，阻止得分方為防守方。

Violations in basketball include travelling (taking more than one step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands).

違規情況，包含運球走步，兩步運球等

Class 4 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Dribble Relay 運球接力

Run and dribble the ball to the finish and return to the start. Then, pass the ball to the next player.

邊跑邊運球至終點線再回到起點後，把球傳給下一位

One, two, three...Freeze! 一二三木頭人

Run and dribble the ball to the finish and return to the start. When the teacher whistles, stop running and dribbling.

邊跑邊運球，當聽到哨聲時，停止動作。

basketball

實作
教師觀察
同儕互評

教師觀察
實作
遊戲

<p>綜合活動(5分) Review. 複習</p> <p>Class 5 (40分鐘) 引起動機(10分) Warm up routine 暖身運動</p> <p>發展活動(25分) Partner Chest Passing 兩人一組胸前傳球 Hold the ball close to chest with elbows into sides of your body. Stand with one foot slightly ahead of the other, knees bent and body crouched low. Hold the ball with two hands, thumbs pointing upward and the palms not touching the ball. When you pass the ball to your partner, keep your head up and eyes on the target. 說明胸前傳球動作，兩人一組練傳。 Split-Vision Challenge 三角對傳 Form groups of three players. Each group has two basketballs. Player A and B hold balls first. When the teacher says, “Pass!” Both of them pass. (A to B, B to C.) And gradually increase the speed. 三人一組，拿兩顆球，當老師說傳球時，兩位同時傳出，漸漸加快練習速度。</p> <p>綜合活動(5分) Review. 複習</p>	basketball	同儕互評 教師觀察 實作
<p>Class 6 (40分鐘) 引起動機(10分) Warm up routine 暖身運動</p> <p>發展活動(25分) Partner Bounce Passing 兩人一組彈地傳球 Stand facing a partner. Bounce pass back and forth to each other. 兩人一組面對面，練習用彈地傳球方式練習互傳。 Using one ball, One chest passes the ball and the other bounce passes it. Switch roles after 12 good passes. 兩人一組，只用一顆球，其中一人胸前傳球，另一人彈地傳球，</p>	basketball	同儕互評 教師觀察 實作

<p>12次練習後，再互換角色。</p> <p>綜合活動(5分) Review. 複習</p> <p>Class 7(40分鐘)</p> <p>引起動機(10分) Warm up routine 暖身運動</p> <p>發展活動(25分) Side-step Passing 移動傳球 Partners face each other. Do side-steps to the finish, chest passing the ball back and forth. Reach the end and return to the start. 兩人一組面對面，側步移動間做胸前傳球，至終點線，再移動回起點。 Lead Passing 移動向後傳球 Throw a pass ahead of another player who is on the run. Two partners face about 3 meters apart and run forward. Player A has the ball and chest passes it ahead of Player B, who will run forward to catch it with a jump stop. And switch until reach the finish. 兩人一組，錯開距離，拿球者稍微領先，胸前傳球方式把球向後傳給另一位，接球者跳接後停止，再交換角色，直至終點。</p> <p>綜合活動(5分) Review. 複習</p> <p>Class 8 (40分鐘)</p> <p>引起動機(10分) Warm up routine 暖身運動</p> <p>發展活動(25分) Basic Defensive Stance 基礎防禦站姿 Feet are shoulder-width apart. One foot is slightly ahead of the other. Keep your seat low and back straight. Keep one hand up and the other lower, palms up and fingers spread. Keep your eyes on your opponents. Keep your feet moving.</p>	<p>birdies rackets</p>	<p>同儕互評 教師觀察</p> <p>同儕互評 教師觀察 實作</p>
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<p>雙腳與肩同寬，前後站，維持低重心，背挺直。一手較上一手較下，手掌向外，手指頭散開。視線維持在對手身上。移動步伐。</p> <p>Slide Drill 划步練習</p> <p>Form groups of six players. Pick one as the leader of each group. Follow the leader. Do side steps along of the lines. Don't cross your feet and keep your seat low all the time.</p> <p>每組6人，選一人當隊長，跟著隊長一起做划步，維持重心低，腳步不會交叉。</p> <p>綜合活動(5分)</p> <p>Review.</p> <p>複習今日所學</p> <p>Class 9 (40分鐘)</p> <p>引起動機(10分)</p> <p>Warm up routine 暖身運動</p> <p>發展活動(25分)</p> <p>Lay-up Shot 三步上籃</p> <p>Being by holding the ball in both hands.</p> <p>Step forward with left foot and let the ball bounce once near this foot.</p> <p>Catch the ball in both hands off the dribble.</p> <p>Step right foot, then left foot, keeping the ball to the right side of your body.</p> <p>Push upward off your left foot, driving the right knee up to increase the height of your jump.</p> <p>Bring the ball up to shoot.</p> <p>左腳踏出時，運球一次，雙手持球，踏出右腳，再踏左腳，右腳膝蓋抬高，再把球丟入籃框。</p> <p>綜合活動(5分)</p> <p>Review. 複習</p> <p>Class10 (40分鐘)</p> <p>引起動機(10分)</p> <p>Warm up routine 暖身運動</p>	<p>basketball</p> <p>basketball</p>	<p>同儕互評 教師觀察</p> <p>同儕互評 教師觀察 遊戲</p> <p>同儕互評 教師觀察 實作</p>
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發展活動(25分)

Dribble and Shoot 運球投籃

Form groups of six. The first player dribble the ball to the two point field goal area and shoot. Pick up his/her own rebound and dribble back to the team. Pass the ball to the next player. And repeat.

每組六人，第一人先運球至二分区內，再投籃，撿回自己的籃板球，再把球運回隊伍，交給下一人。

Cones Dribble and Shoot

Place a set of cones on the ground. When dribbling along the cones, avoid hitting them. When reaching the two point field goal area, shoot. Pick up his/her own rebound and dribble back to the team. Pass the ball to the next player. And repeat.



綜合活動(5分)

Review

複習今日所學(5分)

Class11 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Catch the Cone Drill 角錐運球練習

For each player, put one cone in front of the player on the ground. When dribbling with the right hand, try to pick the cone up and put it down with the left hand. Then, switch.

每位球員面前，再地上放一角錐。先用右手運球，運球時，用左手把角錐拿起來，再放回地上。接著，換左手運球，右手拿角錐。

Reflex 反應能力練習

Having two players facing each other.

basketball
cones

basketball
cone

basketball

Basketball
Tennis ball

同儕互評
教師觀察
實作

同儕互評
教師觀察
實作

<p>Player A holds a ball chest-high while Player B puts two hands above the ball. Player A decides when to let go the ball and Player B tries to catch the ball before it hits the ground. Then switch.</p> <p>兩人面對面，其中一人先持球，另一人把雙手放在球上方。持球者決定何時放手，另一人在球落在地面前把球抓住。反覆練習。</p> <p>Put two hands behind the back and try again.</p> <p>換成把雙手放在背後練習接球。</p> <p>Hand-Eye Coordination Drill 手眼協調練習</p> <p>Having two players facing each other about three meters apart.</p> <p>Each player has one basketball and one of them has a tennis ball as well.</p> <p>Both players start by bouncing the basketball.</p> <p>The one who has a tennis ball throws the tennis ball to the other player. The other player catches the tennis ball and throws back.</p> <p>兩人一組，兩人都有一顆籃球，其中一位另一手有一顆網球。兩人同時運籃球，有網球者把球傳給另一位，接著再傳回來，兩者的籃球運球不停止。</p> <p>綜合活動(5分)</p> <p>Review</p> <p>複習今日所學(5分)</p> <p>Class12 (40分鐘)</p> <p>引起動機(10分)</p> <p>Warm up routine 暖身運動</p> <p>發展活動(25分)</p> <p>Game Playing 對抗賽</p> <p>Form groups of six. Having two groups compete with each other.</p> <p>每隊六人，兩隊彼此對抗進行比賽。</p> <p>綜合活動(5分)</p> <p>Review</p> <p>複習今日所學(5分)</p>	<p>basketball</p>	<p>同儕互評 教師觀察 實作</p>
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Vocabulary

rebound 籃板球

dribble 運球

pass 傳球

travelling 走步

shoot / take a shot 投籃

score / make a basket 投進

miss 沒進

shoot a lay-up 上籃

net 籃網

first half 上半場

second half 下半場

foul 犯規

Eyes center 中央伍為準

Eyes front 向前看齊

Hands forward 向前看

Hands down 手放下

Wings span 手向兩旁打開伸直

Eyes on me 看老師

Eyes on you 我會注意看老師

Listen up 注意聽