

嘉義市文雅國小 109 學年度四年級下學期英語融入體育

羽球教學之教案設計

<p>主題名稱</p>	<p>「羽」眾不同 Badminton</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>羽球為奧運會正式比賽項目，透過器材，最少能以兩人合作完成運動體驗，是相當適合小學生進行的運動項目之一。訓練過程中，藉由提升桌球技巧的練習，讓學生能增進體能、身體敏捷性和移動爆發力，在兩人對打或四人對打的賽事中，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認識身體活動的動作技能。 2c- II -2表現增進團隊合作、友善的互動行為。 3c- II -1表現聯合性動作技能。 4d- II -1培養規律運動的習慣並分享身體活動的益處。</p> <p>英語領域： 1- II -7 能聽懂課堂中所學的字詞。</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： Cd- II -1 戶外休閒運動基本技能。 Ha- II -1 網/牆性球類運動相關的拋接球、持拍控球、擊球及拍擊球、傳接球之時間、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	<p>健體領域</p> <ol style="list-style-type: none"> 1.瞭解羽球運動的起源。 2.做出觸球體驗的動作。 3.認真學習並注意安全。 4.瞭解羽球拍握法、構造。 6.與同伴合作，和諧的完成動作。 7.完成雙人對打羽球賽事體驗。 <p>英語領域</p> <p>聽懂羽球相關詞彙，專注聆聽並樂於學習，且能順利完成相關運動技巧。</p>	
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---羽球篇		
課前準備	<p>Language of Learning (content-driven)</p> <p>Shuttlecock/birdie 羽球 racket/ bat/racquet 羽球拍 serve 發球 drive 抽球 server 發球員 receiver 接球員 hit/strike 擊球 pass the net 過網 in 界內 out 界外 line 壓線球 let 重發球 forehand stroke 正手拍 backhand stroke 反手拍 a point 一分 score 得分 freehand 非持拍手 footwork 步法練習 fore swing 向前揮拍 back swing 反手揮拍 full swing 全力揮拍 Who will serve first? 誰先發球 Who will receive first? 誰先接球 “Time” 時間到 Change service 換發球 Change ends 交換方位</p> <p>Language for Learning (Classroom English)</p> <p>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</p>	
節次	單元名稱	學習重點(體育/英語)
1~4	觸球體驗 Sense of Ball	<ol style="list-style-type: none"> 1. 反應力遊戲 / Quick Response 2. 球感訓練 / Picking 3. 丟接球練習 / Toss and Catch

5~12	羽球體驗 Badminton is so Fun	1. 小組練習 / Partner Practice 2. 發球、抽球練習 / Serve and Drive 3. 規則說明 / Rules 4. 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) PART 1_MOBILITY 機動性 <div data-bbox="169 703 624 913"> 1. knee to wall  <p>KNEE TO WALL 10 REPS X1</p> </div> <div data-bbox="624 703 1078 913"> 2. adductor activation  <p>ADDUCTOR ACTIVATION 10 REPS X1</p> </div> <div data-bbox="169 913 624 1124"> 3. glute activation  <p>GLUTE ACTIVATION 10 REPS X1</p> </div> <div data-bbox="624 913 1078 1124"> 4. hip mobility  <p>HIP MOBILITY 10 REPS X1</p> </div> <div data-bbox="169 1124 624 1323"> 5. thread the needle  <p>THREAD-THE-NEEDLE 10 REPS X1</p> </div>			教師觀察
PART 2_MOVEMENT PREPARATION 預備動作			
<div data-bbox="169 1375 624 1585"> 1. arabesque  <p>ARABESQUE 6-8 REPS X2</p> </div> <div data-bbox="624 1375 1078 1585"> 2. lunge with rotation  <p>LUNGE WITH ROTATION 6-8 REPS X2</p> </div> <div data-bbox="169 1585 624 1798"> 3. clockwork lunges  <p>CLOCKWORK LUNGES 6-8 REPS X2</p> </div> <div data-bbox="624 1585 1078 1798"> 4. press-up rotation  <p>PRESS-UP + ROTATION 6-8 REPS X2</p> </div>			教師觀察 實作
PART 2_EXPLOSIVE MOVEMENT 爆發性動作			
<div data-bbox="169 1850 624 2058"> 1. calf jumps  <p>CALF JUMPS 6 REPS X3</p> </div> <div data-bbox="624 1850 1078 2058"> 2. vertical jumps  <p>VERTICAL JUMPS 6 REPS X3</p> </div>			教師觀察 同儕互評 遊戲
<div data-bbox="169 2058 624 2112"> 3. split squat jumps </div> <div data-bbox="624 2058 1078 2112"> 4. sprint starts </div>			



Quick Response 反應力遊戲(10分)



In each team, Player A stands in the middle by the net and throws birdies towards the other teammates so they can try to catch birdies.

Take turns to be Player A. When they catch the birdies, place them along the border.

每組有一人先站再網前持續丟羽球，其他人空手接球，並且把羽毛球排在邊界上，交換練習。

Quick Response II 反應力遊戲II(15分)



Two teams compete with each other.

Each team lies down on the ground and do the superman-position. When hearing the whistle, get up, run and pick up the birdies, then throw them over the net as soon as possible.

兩隊競賽，在球場兩邊做超人姿勢，當鈴聲響，起身跑至場內，將羽球撿起，丟過網。

birdies

教師觀察

birdies

實作

每人手握2桌球，同時放掉，球彈回時再用雙手接回。

綜合活動(5分)

羽球起源故事。

Class 2 (40分鐘)

引起動機

Warm up routine 暖身運動(10分)

發展活動(25分)

Quick Response III 反應力遊戲III(15分)



Two teams compete with each other.

Each team sits down on the ground. When hearing the whistle, get up, run and pick up the birdies, then throw them over the net as soon as possible.

兩隊競賽，在球場兩邊坐下，當鈴聲響，起身跑至場內，將羽球撿起，丟過網。

Quick Response IV 反應力遊戲IV(15分)



Two players play as a group and stand opposite.

Player A holds a birdie first and tries to throw it to hit Player B.

Both players move with side steps. And exchange.

兩人一組，移動步伐，一人拿羽毛球丟向另一人，另一人閃躲，交換角色。

綜合活動(5分)

Review 複習

birdies

實作
同儕互評

教師觀察

birdies

實作
教師觀察

Class 3 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Picking I 球感訓練 I(12分)

Set up hula hoops and birdies on the ground. Each player picks up the birdie with the racket. Then, try to hit the birdie into the hula hoop.

先將羽球呼拉圈放在地上，讓學生利用球拍將羽球拾起。再把羽球打至呼拉圈內。

Toss and catch I 丟接球練習 I(13分)

Toss a birdie upward and catch it with the racket.

拋羽球到空中，再用羽球拍去接球

綜合活動(5分)

Rules of Serve 發球說明

1. The serve must be hit in an upwards direction.

2. When you hit the shuttle, it must be below your waist.

(the head of the racket must be below the racket hand before making contact with the shuttle)(in a badminton serve the whole shuttle must be below 1.15 meters from the surface of the court at the instant of being hit by the server's racket)

3. Both feet should be on the floor.

Class 4 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Picking II 球感訓練 II(12分)

Set up two hula hoops on the ground for each team. Put six birdies in one of the hula hoops. Each player picks up one birdie with the racket and hit it into the other hula hoop. And exchange, until all the teammates finish.

birdies
rackets
hula hoops

遊戲

實作
教師觀察
同儕互評

birdies
rackets
hula hoops

先將6顆羽球放在呼拉圈內，每組的學生輪流利用球拍將羽球拾起，再把羽球打至呼拉圈內，直至每組都輪完。

Toss and catch II 丟接球練習 II(13分)

In each team, Player A tosses birdies upwards and the other players catch it with the racket.

每組一位學生拋出羽球到空中，隊員再用羽球拍去接球，輪流擔任拋球與接球員。

綜合活動(5分)

Review 複習

Class 5(40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Forehand High Serve 正手發高球



1. Use a Forehand Grip 正手持球拍
2. Get a Good Shuttle Grip 手持羽球
3. Get into Position! 預備動作
4. Take Aim! 瞄準目標
5. Fire Away! 發射

<https://www.bgbadminton.com/5-steps-to-master-the-forehand-badminton-serve/>

[nton-serve/](https://www.bgbadminton.com/5-steps-to-master-the-forehand-badminton-serve/)

Each player takes turns to practice high serves.

每位學生輪流練習發高球至正確位置。

綜合活動(5分)

Rules 規則說明

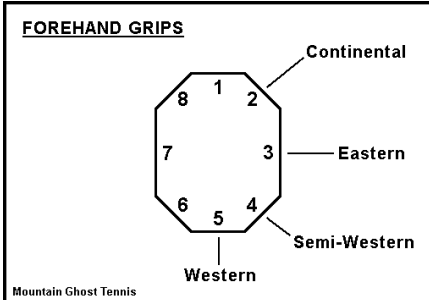
Grip 握拍

Eastern grip 東方式握拍法 / Western grip 西方式握拍法

教師觀察
實作
遊戲

birdies
rackets

同儕互評
教師觀察
實作



The Western grip (Bevel 5)



The Eastern grip (Bevel 3)



Class 6 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Forehand Stroke 正手拍擊球練習(15分)

Hold the racket in the Eastern grip horizontally. Toss the birdie up without spin and hit it up with rackets as many times as possible without dropping.

直握正拍，球上拋後，持續擊羽球不落地

Forehand Low Serve 正手發低球(10分)

Each player takes turns to practice low serves.

(To execute the different forehand serves, vary the power used, and angle of contact with the shuttle to change the trajectory.)

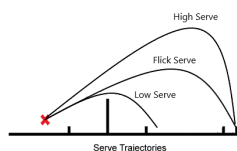
(As for the low serve, it should sail just above the net, landing right behind the service line.)

每位學生輪流練習正手發低球至正確位置。

綜合活動(5分)

Review.

複習今日所學



同儕互評
教師觀察
實作

同儕互評
教師觀察

birdies
rackets

Class 7 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Packet Relay 團隊接力比賽(10分)

Form groups of six players.

Six players stand in a line with arm-spaced.

The first one strikes the birdie with the racket to the next player.

The next player catches the birdie with the racket and passes it.

Until the birdie reaches the last player, the last one reverses and strikes it again until the first one catches the birdie.

六人一組排成一行，擊羽球給下一位，下一位用球拍接羽球後再繼續，直至最後一位，最後一位往回傳，直至第一位接住羽球

Partner Stroke 夥伴擊球練習(15分)

Form groups of two players.

Player A gets a birdie and stand opposite Player B.

Player A makes a forehand stroke and Player B hits it back to Player A.

Repeat and change roles.

兩人一組，A正手拍把羽球擊給B，B正手拍回擊球給A。

持續練習並交換身分。

綜合活動(5分)

Review. 複習

Class8 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Grid Serve 九宮格發球(12分)

Set up nine buckets of 3*3 grids on the ground.

Each player serves the ball and see if the birdie can be hit into one of the buckets. If so, the player scores.

地上放九宮格的桶子，每人輪流發球，若羽球落至桶內，則球

birdies
rackets

同儕互評
教師觀察
實作

同儕互評
教師觀察

birdies
rackets
buckets

同儕互評
教師觀察
遊戲

<p>員得分。</p> <p>Backhand Low Serve 反手發球練習(13分)</p> <p>Players should start by holding the racket using the thumb grip.</p> <p>The shuttle should be held at waist height, and body weight should be distributed between both feet.</p> <p>The backswing for this stroke is much shorter, it can only go back to about level with the body. Make sure the hand and wrist are cocked.</p> <p>Now shift the weight on to the balls of the feet or on the toes. Again with this stroke, there is not much use of the wrist and contact should be made around the thigh area. The racket should move in a pendulum action with little follow through.</p> <p>反手握拍，練習發球</p> <p>綜合活動(5分)</p> <p>Review</p> <p>複習今日所學(5分)</p> <p>Class9 (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>Golf Relay 高爾夫發球接力賽(12分)</p> <p>Form groups of six players.</p> <p>At the end of the court, place four hula hoops.</p> <p>The first player serves. The next player goes to where the birdies lands, pick it up and serves again. Until the birdie is served into the hula hoop, the team scores.</p> <p>每組第一位學生開始發球，球落地處，為下一位學生發球處，直至把球發入呼拉圈內，該組得一分。</p> <p>Partner Stroke 夥伴擊球練習(13分)</p> <p>Form groups of two players.</p> <p>Player A gets a birdie and stands opposite Player B.</p> <p>Player A makes a backhand stroke and Player B hits it back to Player A.</p> <p>Repeat and change roles.</p> <p>兩人一組，A反手拍把羽球擊給B，B反手拍回擊球給A。</p>	<p>birdies</p> <p>rackets</p> <p>hula hoops</p>	<p>同儕互評</p> <p>教師觀察</p> <p>實作</p> <p>同儕互評</p> <p>教師觀察</p> <p>實作</p> <p>同儕互評</p>
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<p>持續練習並交換身分。</p> <p>綜合活動(5分) Review 複習今日所學(5分)</p> <p>Class10 (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 Stroke 夥伴擊球練習(15分) Form groups of two players. Player A gets a birdie and stands opposite Player B. Player A makes a forehand stroke first and Player B hits it back with a forehand stroke as well to Player A. Then, both players keep hitting without dropping with a backhand stroke. Repeat. 兩人一組，反覆持續練習正手拍與反手拍。 Serve 發球練習(10分) Each player takes turn to serve for five times. 每位同學輪流發球五次後換人練習。</p> <p>綜合活動(5分) Review 複習今日所學(5分)</p> <p>Class11 (40分鐘) 引起動機(10分) Warm up routine 暖身運動</p> <p>發展活動(25分) Drive Drills 抽球練習 https://youtu.be/sO4z3UI3UpI (影片說明) https://youtu.be/SoRIxfSVQpk https://youtu.be/nQjcz4DGzdQ Bend slightly forward until the height where your eyes are approximately level with the top of the net.</p>	<p>birdies rackets</p> <p>birdies rackets films</p>	<p>教師觀察 實作</p> <p>同儕互評 教師觀察 實作</p>
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Hit the shuttle when it's IN FRONT of you.

Extend your non-racket arm for better body balance.

Allow your bodyweight to follow the momentum of your swing.

膝蓋微蹲，視線與網子高度平行，羽球至正面時回擊。非持拍手用於保持身體平衡，身體順著揮拍移動。

Drive



Forehand Drive Shot 正手抽球

Backhand Drive Shot 反手抽球

Form groups of two players.

Practice the forehand drive first. Then, try the backhand drive.

兩人一組，練習正手抽球與反手抽球。

綜合活動(5分)

Review

複習今日所學(5分)

Class12 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Play the Game 比賽開打

Singles 單打

A point is scored when you successfully hit the shuttlecock over the net and land it in your opponent's court before they hit it. A point can also be gained when your opponent hits the shuttlecock into either the net or outside the parameters.

To win a game you must reach 21 points before your opponent.

Players must serve diagonally across the net to their opponent.

A serve must be hit underarm and below the server's waist. No overarm serves are allowed.

進行單打比賽。

birdies
rackets
net

綜合活動(5分) Review 複習今日所學(5分)		
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Vocabulary

shuttlecock/birdie 羽球
 racket/ bat/racquet 羽球拍
 serve 發球
 drive 抽球
 server 發球員
 receiver 接球員
 hit/strike 擊球
 pass the net 過網
 in 界內
 out 界外
 line 壓線球
 let 重發球
 a point 一分
 score 得分
 freehand 非持拍手
 fore swing 向前揮拍
 back swing 反手揮拍
 full swing 全力揮拍
 forehand stroke 正手拍
 backhand stroke 反手拍
 Who will serve first? 誰先發球
 Who will receive first? 誰先接球
 "Time" 時間到
 Change service 換發球
 Change ends 交換方位
 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