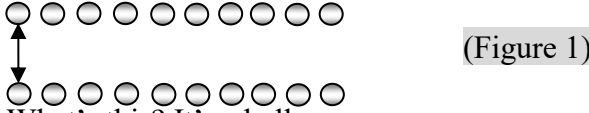


瑞德國小 109 學年第二學期 英語融入體育課程 教案設計
第一單元 球類運動樂趣多

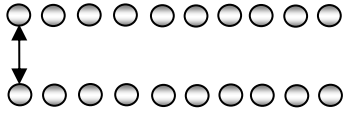
課程名稱 Course Title	球類運動樂趣多		教案設計者 Designer	瑞穗雙語團隊
融入學科領域 Integrated Domain Subjects	<input type="checkbox"/> 藝術 <input type="checkbox"/> 健康與體育 <input type="checkbox"/> 綜合活動 <input type="checkbox"/> 生活課程 <input type="checkbox"/> 數學 <input type="checkbox"/> 自然科學 <input type="checkbox"/> 科技 <input type="checkbox"/> 彈性課程 備註：不包含語文及社會領域			
議題融入 Integrated Issues (無則免填)	<input type="checkbox"/> 性別平等教育 <input type="checkbox"/> 人權教育 <input type="checkbox"/> 環境教育 <input type="checkbox"/> 海洋教育 <input type="checkbox"/> 品德教育 <input type="checkbox"/> 生命教育 <input type="checkbox"/> 法治教育 <input type="checkbox"/> 科技教育 <input type="checkbox"/> 資訊教育 <input type="checkbox"/> 能源教育 <input type="checkbox"/> 安全教育 <input type="checkbox"/> 防災教育 <input type="checkbox"/> 家庭教育 <input type="checkbox"/> 生涯規劃教育 <input type="checkbox"/> 多元文化教育 <input type="checkbox"/> 閱讀素養 <input type="checkbox"/> 戶外教育 <input type="checkbox"/> 國際教育 <input type="checkbox"/> 原住民族教育			
實施年級 Grade level	一~二年級	授課時間 Duration	共 8 節，320 分鐘	
學科核心素養 對應內容 MOE Core Competencies	總綱 General Guideline		C1 具備道德實踐的素養，從個人小我到社會公民，循序漸進，養成社會責任感及公民意識，主動關注公共議題並積極參與社會活動，關懷自然生態與人類永續發展，而展現知善、樂善與行善的品德。 C2 具備友善的人際情懷及與他人建立良好的互動關係，並發展與人溝通協調、包容異己、社會參與及服務等團隊合作的素養。	
	領綱 Subject-specific Guideline		健體-E-C1 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。 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、公平競爭，並與團隊成員合作，促進身心健康。	
學科學習重點 Essential Learning Focuses	學習表現 Student performance		1c -I-1 認識身體活動的基本動作。 2d-I-1 專注觀賞他人的動作表現。 2c-I-1 表現尊重的團體互動行為。 2c - I-2 表現認真參與的學習態度。 3c -I-1 表現基本動作與模仿能力。 3d- I -1 應用基本動作常識，處理練習或遊戲問題。	
	學習內容 Learning content		Ha-I-1 網／牆性球類運動相關的簡易拋、接、控、擊、持拍及拍、擲、傳、滾之手眼動作協調、力量及準確性控球動作。 H c - I - 1 標的性球類運動相關的簡易拋、擲、滾之手眼動作協調、力量及準確性控球動作。 H b - I - 1 陣地攻守性球類運動相關的簡易拍、拋、接、擲、傳、滾及踢、控、停之手	


		眼、手腳動作協調、力量及準確性控球動作。
學科單元 學習目標 Subjects Unit Learning Goals	<p>能運用身體各部位做出擊氣球的動作。 能掌握氣球的特性，在適當的擊球點擊球。 能同理他人學習難處，共同合作學習。</p> <p>能運用雙、單手做出大球拋球動作。 能單手做出拋小球動作。 能與同學合作，進行練習與遊戲。 能理解並遵守運動規範。</p> <p>能學會原地單、雙手拍球的基本動作及各種變化拍球的技能。 能和同學合作一起進行各種變化拍球遊戲。 能利用所學的拍球技 能進行團體遊戲。</p> <p>做出持球與接球的正確動作。 做出向上拋球與自己拋接的動作技能。 認真參與遊戲，表現互助合作的態度。 學會向前拋球的動作技能，並具備跑壘的基本概念。 願意認真參與競賽、遵守競賽規則，從中培養團隊默契與精神。 做出握拳擊球的動作技能。 學會判斷球的來向，做出接球的動作。 試著將球擊出並擊遠，快樂參與擊球過關的遊戲。</p>	
語言學習目標 Language Learning Goals	語言學習內容 <i>Language of learning</i>	
	<p>1. 目標字詞 Target vocabulary: ball, hit, balloon, chest, foot, throw, basket, hula hoop, jump rope, dribble, high, low, fast, slow, squat, make a circle, hit, catch</p> <p>2. 目標句型 Target sentence-patterns: Hit the balloon with one hand / two hands / your chest / your foot. Throw the ball with one hand / two hands. Throw the ball into the basket. Dial the phone. Dribble the ball high / low / fast / slow. Squat and dribble. Hit and catch the ball. Pass the ball forward.</p>	
節次配置 Title of Each Period	<p>第一節 Hit the balloon (40 分鐘) 第二節 Hit the balloon correctly! (40 分鐘) 第三節 Throw the ball into the basket (40 分鐘) 第四節 Throw the ball in (40 分鐘) 第五節 Dribble the ball high / low (40 分鐘) 第六節 Dribble the ball fast / slow (40 分鐘) 第七節 Throw and catch the T-ball (40 分鐘) 第八節 Hit the T-ball (40 分鐘)</p>	
教學材料資源 及器材 Teaching materials and	Balloon, volleyball, T-ball, bases, basket, hula hoop, jump rope, number cards, cones and sticks	

equipment			
第 1 節 Hit the balloon (40 分鐘)			
Content goals	能運用身體各部位做出擊氣球的動作。 能掌握氣球的特性，在適當的擊球點擊球。 能同理他人學習難處，共同合作學習。		
Language goals	Hit the balloon with hands, chest, and foot. (listening) What's this? It's a balloon. What can you hit the balloon with? Hands / Chest / Foot. (speaking)		
教學流程 Procedures	教學準備:平坦的安全場地 一、暖身活動 1. Greetings and call the roll. 2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 3. Let's warm up! (如附件 1) 4. Run one lap. Go! 二、發展活動	時間配置 Time Allocation 15 分鐘	評量方式 Assessment 聽口令，並 做暖身操
	1. Time to group up (boys face girls in two lines) (see Figure 1)  2. What's this? It's a balloon. 3. What can you hit the balloon with? Hands / Chest / Foot. 4. Hit the balloon with one hand. Try not to let the balloon touch the ground. Boys first while girls sing the alphabet. Then girls while boys sing the alphabet. 5. Hit the balloon with two hands. 6. Hit the balloon with your chest. 7. Hit the balloon with your foot. 8. Group students into 5 teams. Each team has one balloon. Students stand in a circle. Students take turns to hit the balloon. The last team whose balloon falls on the ground wins. (see Figure 2)	20 分鐘	聽口令，並 完成動作

	 <p>(Figure 2)</p> <p>三、綜合活動</p> <ol style="list-style-type: none"> 1.詢問上課內容是否瞭解。 2.詢問可否完成動作及困難點。 3.詢問是否有其他創意的做法。 <p>-----</p>	5 分鐘	能說出自己想法及感受
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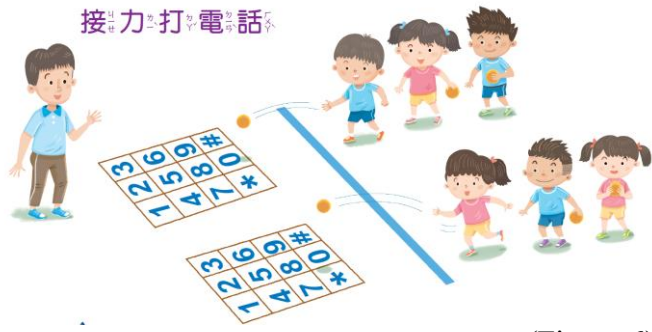
第 2 節 Hit the balloon correctly! (40 分鐘)

Content goals	能運用身體各部位做出擊氣球的動作。 能掌握氣球的特性，在適當的擊球點擊球。 能同理他人學習難處，共同合作學習。		
Language goals	Hit the balloon, hands, chest, and foot. (listening) What's this? It's a balloon. What can you hit the balloon with? Hands / Chest / Foot. (speaking)		
教學流程 Procedures	<p>教學準備:平坦的安全場地</p> <p>一、暖身活動</p> <ol style="list-style-type: none"> 1. Greetings and call the roll. 2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 3. Let's warm up! (如附件 1) 4. Run one lap. Go! <p>二、發展活動</p> <ol style="list-style-type: none"> 1. Time to group up (boys face girls in two lines) (see Figure 3)  <p>(Figure 3)</p> <ol style="list-style-type: none"> 2. What's this? It's a balloon. 	<p>時間配置 Time Allocation</p> <p>15 分鐘</p> <p>20 分鐘</p>	<p>評量方式 Assessment</p> <p>聽口令，並做暖身操</p> <p>聽口令，並完成動作</p>

	<p>3. What can you hit the balloon with? Hands / Chest / Foot.</p> <p>4. Hit the balloon with one hand. Try not to let the balloon fall down. Boys first while girls sing the alphabet. Then girls while boys sing the alphabet. Tips: 1) Put your hand behind your body. 2) When the balloon falls to chest's height, hit the balloon upward.</p> <p>5. Hit the balloon with two hands. Tips: Same as one hand.</p> <p>6. Hit the balloon with your chest. Tips: 1) Bend your knees a little and lean your body backward. 2) When the balloon falls to chest height, jump up and hit the balloon.</p> <p>7. Hit the balloon with your foot. Tips: 1) Bend your knees a little. 2) When the balloon falls to knee height, hit the balloon upward.</p> <p>8. Group students into 6 teams. Two teams face each other across a line (see Figure 4). Students try to hit the ball to the opposite side of the line. If the balloon falls on the ground of one team's area, they lose.</p> <p>飛越吧氣球</p>  <p>(Figure 4)</p> <p>三、綜合活動</p> <p>1.詢問上課內容是否瞭解。</p> <p>2.詢問可否完成動作及困難點。</p> <p>3.詢問是否有其他創意的做法。</p> <p>-----</p>	5 分鐘	能說出自己想法及感受
第 3 節 Throw the ball into the basket (40 分鐘)			
Content goals	能運用雙、單手做出大球拋球動作。 能單手做出拋小球動作。 能與同學合作，進行練習與遊戲。		
Language goals	Throw the ball into the basket. (listening) What's this? It's a big / small ball. (speaking)		
教學流程 Procedures		時間配置 Time Allocation	評量方式 Assessment

	<p>教學準備:平坦的安全場地</p> <p>一、暖身活動</p> <ol style="list-style-type: none"> 1. Greetings and call the roll. 2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 3. Let's warm up! (如附件 1) 4. Run one lap. Go! <p>二、發展活動</p> <ol style="list-style-type: none"> 1. Group students into 5 teams. Each team has two balls and one basket. First pass out big balls, then collect and pass out small balls. 2. Students line up in their groups facing their basket. The first two students in line hold the balls. One by one, students throw the big ball into the basket with two hands. Pass the ball to the next student in line. 3. What's this? It's a big ball. Throw the big ball into the basket with one hand. 4. What's this? It's a small ball. Throw the small ball into the basket with one hand. 5. <Sharp Shooter> The team who throws the ball into the basket the most times in 30 seconds wins. <p>三、綜合活動</p> <ol style="list-style-type: none"> 1.詢問上課內容是否瞭解。 2.詢問可否完成動作及困難點。 3.詢問是否有其他創意的做法。 <p>-----</p>	<p>15 分鐘</p> <p>20 分鐘</p> <p>5 分鐘</p>	<p>聽口令，並做暖身操</p> <p>聽口令，並完成動作</p> <p>能說出自己想法及感受</p>
第 4 節 Throw the ball in (40 分鐘)			
Content goals	<p>能運用雙、單手做出大球拋球動作。</p> <p>能單手做出拋小球動作。</p> <p>能與同學合作，進行練習與遊戲。</p>		
Language goals	<p>Throw the ball into the hula hoop / in between the jump ropes. Dial the phone. (listening)</p> <p>What's this? It's a hula hoop. (speaking)</p> <p>What's this? It's a jump rope. (speaking)</p>		
教學流程 Procedures	<p>教學準備:平坦的安全場地</p> <p>一、暖身活動</p>	<p>時間配置 Time Allocation</p>	<p>評量方式 Assessment</p>

	<p>1. Greetings and call the roll.</p> <p>2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p> <p>3. Let's warm up! (如附件 1)</p> <p>4. Run one lap. Go!</p> <p>二、發展活動</p> <p>1. Group students into 5 teams. Each team has one ball.</p> <p>2. What's this? It's a hula hoop. Throw the ball into the hula hoop with one hand. Collect the ball and pass to the next student. Then, students back up and lengthen the distance.</p> <p>3. What's this? It's a jump rope. Two students hold a jump rope with both hands (see Figure 5). A third student throws the ball in between the rope with one hand. Students take turns holding the rope and throwing the ball, rotating through the line. After all the students in the group rotate through, lengthen the distance.</p>	<p>15 分鐘</p> <p>20 分鐘</p>	<p>聽口令，並做暖身操</p> <p>聽口令，並完成動作</p>
	<div data-bbox="367 1032 1038 1440" data-label="Image"> <p>The illustration shows three children on a grassy field. Two girls, one in a pink shirt and orange shorts, and another in a pink shirt and yellow shorts, are holding a jump rope. A boy in a blue shirt and blue shorts is running towards them, ready to throw a ball. The scene is bright and cheerful.</p> </div> <p data-bbox="541 1451 831 1496">▲ 拋向銀河</p> <p data-bbox="906 1518 1038 1556">(Figure 5)</p> <p data-bbox="379 1554 1018 1771">4. <Dial the phone> Group students into 2 teams. Teacher says a phone number (can repeat several times so the students remember the numbers). Students throw the ball one number at a time. The fastest team wins.</p>		

	 <p>(Figure 6)</p> <p>三、綜合活動</p> <ol style="list-style-type: none"> 1.詢問上課內容是否瞭解。 2.詢問可否完成動作及困難點。 3.詢問是否有其他創意的做法。 <p>-----</p>	5 分鐘	能說出自己想法及感受
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第 5 節 Dribble the ball high / low (40 分鐘)

Content goals	能學會原地單、雙手拍球的基本動作及各種變化拍球的技能。 能和同學合作一起進行各種變化拍球遊戲。 能利用所學的拍球技		
Language goals	Dribble the ball high / low. Squat and dribble. Dribble relay. (listening) Is it high or low? It's high / low. (speaking)		
教學流程 Procedures	<p>教學準備:平坦的安全場地</p> <p>一、暖身活動</p> <ol style="list-style-type: none"> 1. Greetings and call the roll. 2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 3. Let's warm up! (如附件 1) 4. Run one lap. Go! <p>二、發展活動</p> <ol style="list-style-type: none"> 1. Group students into pairs. Each pair has one ball. 2. Students take turns dribbling the ball with two hands. 3. Students try to dribble the ball high with two hands. Is it high or low? It's high / low. 4. Dribble the ball low with two hands. 5. Dribble the ball high with one hand. 6. Dribble the ball low with one hand. 7. Squat and dribble. 	<p>時間配置 Time Allocation</p> <p>15 分鐘</p> <p>20 分鐘</p>	<p>評量方式 Assessment</p> <p>聽口令，並做暖身操</p> <p>聽口令，並完成動作</p>



(Figure 7)

8. <Dribble relay> Group students into 5 teams. Each team makes a circle. Each team one ball. One student in each team dribbles the ball 10 times and passes the ball to the next student. The fastest team to have all students dribble the ball wins.

拍球接龍

遊戲規則
輪流到圈內拍球10下，先完成的組別獲勝。



(Figure 8)

三、綜合活動

1. 詢問上課內容是否瞭解。
2. 詢問可否完成動作及困難點。
3. 詢問是否有其他創意的做法。

5 分鐘

能說出自己想法及感受

第 6 節 Dribble the ball fast / slow (40 分鐘)

<p>Content goals</p>	<p>能學會原地單、雙手拍球的基本動作及各種變化拍球的技能。 能和同學合作一起進行各種變化拍球遊戲。 能進行團體遊戲。</p>		
<p>Language goals</p>	<p>Dribble the ball fast / slow. Dribble and turn around. Different dribble relay. (listening) Is it fast or low? It's fast / slow. (speaking)</p>		
	<p>教學準備:平坦的安全場地</p>	<p>時間配置 Time Allocation</p>	<p>評量方式 Assessment</p>

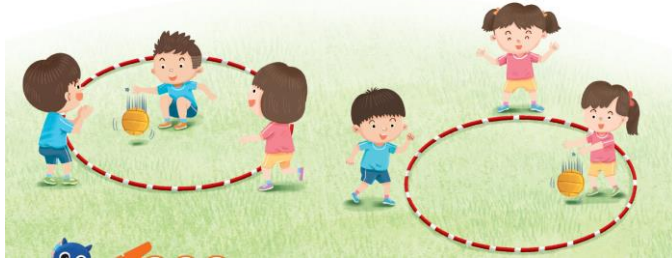
教學流程 Procedures	<p>一、暖身活動</p> <ol style="list-style-type: none"> 1. Greetings and call the roll. 2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 3. Let's warm up! (如附件 1) 4. Run one lap. Go! <p>二、發展活動</p>	15 分鐘	聽口令，並 做暖身操
	<ol style="list-style-type: none"> 1. Group students into pairs. Each pair has one ball. 2. Review high dribble, low dribble, and squat dribble. 3. Dribble the ball slow with two hands. Is it fast or low? It's fast / slow. 4. Dribble the ball fast with two hands. 5. Dribble the ball slow with one hand. 6. Dribble the ball fast with one hand. 7. Dribble and turn around (see Figure 9). 	20 分鐘	聽口令，並 完成動作



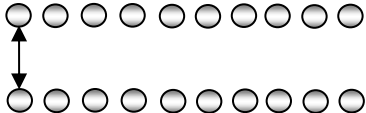
(Figure 9)

8. Students face each other in pairs. Take turns to dribble back and forth to each other (see Figure 10).

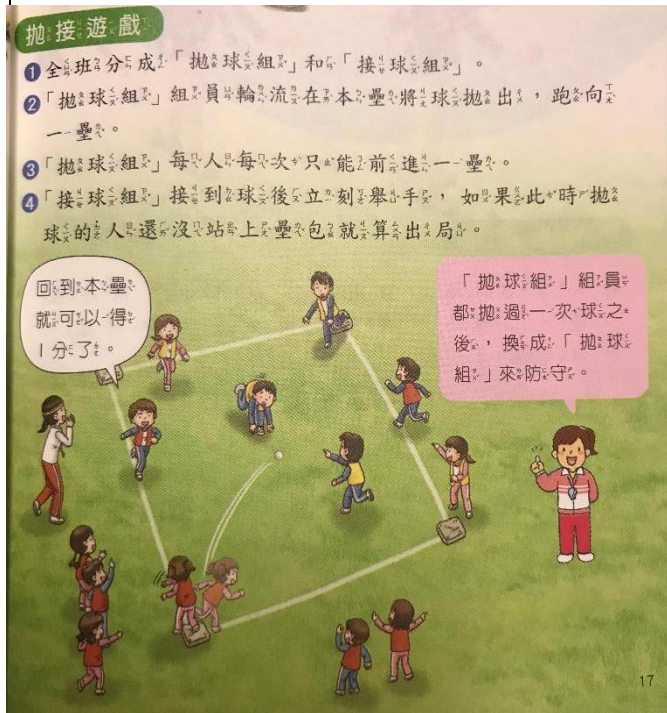


	<p>(Figure 10)</p> <p>9. <Different dribble relay> Each team makes a circle. One student of each team dribbles one kind of dribble. The fastest team to go through all of the different kinds wins.</p> <p>創意拍球接力</p>  <p>(Figure 11)</p> <p>三、綜合活動</p> <ol style="list-style-type: none"> 1.詢問上課內容是否瞭解。 2.詢問可否完成動作及困難點。 3.詢問是否有其他創意的做法。 	5 分鐘	能說出自己想法及感受
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第 7 節 Throw and catch the T-ball (40 分鐘)

Content goals	<p>做出持球與接球的正確動作。</p> <p>做出向上拋球與自己拋接的動作技能。</p> <p>學會向前拋球的動作技能，並具備跑壘的基本概念。</p>		
Language goals	<p>Throw and catch the T-ball. Pass the ball forward. Throw and run. (listening)</p> <p>What's this? It's a T-ball. (speaking)</p>		
教學流程 Procedures	<p>教學準備:平坦的安全場地</p> <p>一、暖身活動</p> <ol style="list-style-type: none"> 1. Greetings and call the roll. 2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 3. Let's warm up! (如附件 1) 4. Run one lap. Go! <p>二、發展活動</p> <ol style="list-style-type: none"> 1. Time to group up (boys face girls in two lines) (see Figure 12)  <p>(Figure 12)</p> <ol style="list-style-type: none"> 2. What's this? It's a T-ball. 3. One student throws the ball up. The same 	<p>時間配置 Time Allocation</p> <p>15 分鐘</p> <p>20 分鐘</p>	<p>評量方式 Assessment</p> <p>聽口令，並做暖身操</p> <p>聽口令，並完成動作</p>

- student catches the ball.
4. One student throws the ball up. The other student catches it.
 5. Pass the ball forward. One student tosses the ball forward and the other student catches.
 6. <Throw and run> 1) Group students into 2 teams, one team is the “Throw team” and the other team is the “Catch team.” 2) Throw team takes turns to throw the ball away and run to first base (one base only). 3) When one of the Catch team catches the ball, he/she should raise his/her hand and say “Catch!” 4) If the student on the Throw team is not on first base yet, he/she will be out. 5) If anyone on the Throw team makes it back to home base, they can get one point.
 7. Assessment: students line up and one by one try to throw the ball as far as they can.



(Figure 13) 5 分鐘

三、綜合活動


1. 詢問上課內容是否瞭解。
2. 詢問可否完成動作及困難點。
3. 詢問是否有其他創意的做法。

能說出自己想法及感受

第 8 節 Hit the T-ball (40 分鐘)

Content goals

做出握拳擊球的動作技能。
學會判斷球的來向，做出接球的動作。

	試著將球擊出並擊遠，快樂參與擊球過關的遊戲。		
Language goals	Hit and catch. (listening) What's this? It's a T-ball. (speaking)		
教學流程 Procedures	<p>教學準備:平坦的安全場地</p> <p>一、暖身活動</p> <ol style="list-style-type: none"> 1. Greetings and call the roll. 2. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 3. Let's warm up! (如附件 1) 4. Run one lap. Go! <p>二、發展活動</p> <ol style="list-style-type: none"> 1. What's this? It's a T-ball. 2. <Hit and catch> Pair students up. Practice holding the ball out with one hand and swinging the other hand to hit the ball (see Figure 14). the other student catches the ball. 3. <Hit and catch> 1) Group students into 2 teams, one team as Hit team and the other team as Catch team. 2) Hit team takes turns to hit the ball and Catch team catches. 4. <Hit and run> (1) Students on the Hit team take turns hitting the ball and run to first plate. If a student on the Catch team catches the ball, they must raise their hand and say "Catch!" and then pass the ball to one other student. If anyone on the hit team makes it back to home plate, they get one point. 	時間配置 Time Allocation	評量方式 Assessment
	 <p>(Figure 14)</p>	15 分鐘	聽口令，並做暖身操
	<p>三、綜合活動</p> <ol style="list-style-type: none"> 1. 詢問上課內容是否瞭解。 2. 詢問可否完成動作及困難點。 3. 詢問是否有其他創意的做法。 <p>-----</p>	20 分鐘	聽口令，並完成動作
		5 分鐘	能說出自己想法及感受

<p>參考資料 Reference</p>	<p>翰林 一年級下學期 健康與體育 第七單元 球類運動樂趣多 康軒 二年級下學期 健康與體育 第四課 小球輕鬆玩</p>
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