

宜蘭縣宜蘭市黎明國小 109 下學期沉浸式英語教案

二年級英語融入健體領域體育課教學之教學設計與評量-主題二跑步

主題名稱	跑	教學設計者	簡雯敏老師
教學對象	二年級	教學節次	7 週 14 節/每週 2 節
學習表現	<p>1c- I -1 認識身體活動的基本動作。 1c- I -2 認識基本的運動常識。</p> <p>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</p> <p>2d- I -1 專注觀賞他人的動作表現。 3c- I -2 表現安全的身體活動行為。</p> <p>3d- I -1 應用基本動作常識，處理練習或遊戲問題。</p>		
學習內容	<p>Ab- I -1 體適能遊戲。 Bc- I -1 各項暖身伸展動作。</p> <p>Cb- I -1 運動安全常識、運動對身體健康的益處。</p> <p>Cb- I -2 班級體育活動。</p> <p>Fa- I -2 與家人及朋友和諧相處的方式。</p> <p>Ga- I -1 走、跑、跳與投擲遊戲。</p>		
教學方法	實作教學、遊戲教學		
英語學習 Content vocabulary/ sentences patterns	<p>英語單字：</p> <p>動作：walk, run, shuffle run, forward, backward, S-shapes, 身體: head, nose, arms, shoulders, knees, legs, toes, foot, hand, fingers, palm, 拍球：Bounce the ball. Walk forward while bouncing the ball. Walk backward while bouncing the ball. Side walk while bouncing the ball. 熱身操 Warm up. Tilt my head. Rotate my head. Rotate my wrists and ankles. Rotate my knees. Squat down and stand up. Arms push forward and up. Small arm circles. Big arm circles. Give you a big hand. Waist my waist. Bend my back forward and backward. Lunge. Head touch toes and close your body. Bend my knees and straighten my leg. Run in place. Jumping Jacks. March in place. Hold up my knees. Breathe in and breathe out. 數字：number, 1~50 指令：Attention. Eyes front. Left turn. Right turn. Around turn. Look at the center. Spread out. Assemble. Ready! Set! Go! 教室用語：Good morning/afternoon. Is everybody here? Check your sportswear and sneakers. Eyes on me. Look at me. Good job! Great! Excellent! Good for you. Wait. Stop. Go. Show me. Take a bow. 英語片語/句子： Swing arms in place. High knees in place. Bend your arms. Hand-foot coordination.</p>		
教學活動		教具	評量

Running

Session One

Learning Performance : 1c- I -1, 1c- I -2, 3c- I -2;

Learning Content : Bc- I -1, Cb- I -1, Ga- I -1

Greeting

Tr : Good morning/afternoon.

Tr : Is everybody here?-> Ss: Yes, everybody is here. /No.

Tr : Who is not here?/ Ss: Number XX is not here.

Tr: Check your sportswear and sneakers.

Warm up activities

Tr: Everybody, spread out!

Tr: Center! Ss: Hands up!

Tr: Look at the center. Ss: Hands forward.

Tr: Look forward. Ss: Hands down.

Tr: Who are the warm-up teachers today? Raise your hand.

Tr: Today who says 1,2,3,4? The boys or the girls? Ss: The boys.

Tr: What is number 1? Ss: Tilt my head.

Tr: What is number 2? Ss: Rotate my head.

Tr: What is number 3? Ss: Rotate my wrists and ankles.

Tr: Number 4? Ss: Rotate my knees.

Tr: Number 5? Ss: Squat down and stand up.

Tr: Number 6? Ss: Arms push forward and up.

Tr: Number 7? Ss: Small arm circles.

Tr: Number 8? Ss: Big arm circles.

Tr: Number 9? Ss: Give you a big hand.

Tr: Number 10? Ss: Twist my waist.

Tr: Number 11? Ss: Bend my back forward and backward.

Tr: Number 12? Ss: Lunge.

Tr: Number 13? Ss: Your head touches your toes and close your body.

Tr: Number 14? Ss: Bend my knees and straighten my legs.

Tr: Wait. Change sides.

Tr: Number 15? Ss: Run in place.

Tr: How many steps? Ss: 60.

Tr: Number 16? Ss: Jumping Jacks.

實作評量

學生操演熱

身操動作(學

生能聽懂老

師的英語指

令，並能回

應)

Tr: How many times? Ss: 35.
Tr: Number 17? Ss: March in place.
Tr: Number 18? Ss: Hold up my knees.
Tr: Number 19? Ss: Breathe in and breathe out.
Tr: Everybody, assemble! Today's warm-up teachers are Teacher XX and Teacher XX.
Tr: Take a bow.
Warm-up teachers: Thank you, everybody. Ss: You're welcome.

Practice

Tr: Let's do "Swing Arms in Place": Tilt your body forward, bend your arms about 90 degree and half fists. Then swing your arms. From slow to fast.

Tr: Ready! Go!

Tr: Let's do "High Knees in Place" : Practice Hand-foot coordination.

Session Two

(表現 : 1c- I -1, 1c- I -2, 2c- I -2, 3c- I -2;

內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)

Greeting & Warm-up Activities

The same as Session One.

Practice

Tr: Let's do "Swing Arms in Place".

Tr: Tilt your body forward.

Tr: Bend your arms about 90 degree and half fists.

Tr: Swing your arms. From slow to fast.

Tr: Ready! Go!

Tr: Let's do "High Knees in Place".

Tr: Practice Hand-foot coordination.

Tr: Lift your left knee up to your hip and then your right

實作評量
學生能依老師指令練習動作

實作評量
學生練習跑步分解動作
(學生能聽懂老師的英語指令，做適當動作並能

<p>knee.</p> <p>Tr: Now, do the "Swing Arms in Place" and "High Knees in Place" together.</p> <p>Tr: Now pair up and practice. Please look at your partners. Learn from your partners. Correct your partner's movement.</p> <p>Tr: Let's have a game. I will divide you into four teams. Walk with swing arms and high knees forward and around the traffic cones then back.</p> <p>Tr: The fastest team wins.</p>	<p>欄x20</p> <p>三角錐 *4</p> <p>接力棒 *2</p>	<p>以英語回應)</p> <p>競賽評量 (學生能動作 正確並迅速)</p>
<p>*Session Three*</p> <p>表現 : 1c- I -1, 1c- I -2, 2c- I -1 2c- I -2, 3c- I -2; 內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)</p>		
<p>Greeting & Warm-up Activities</p> <p>The same as Session One.</p>		
<p>Practice</p> <p>1. Run around the playground : Tr. Demo how to do "Walk with swing arms and high knees", then ask Ss to do the same.</p> <p>Tr: Let's walk with swing arms and high knees.</p> <p>Tr: Tilt your body forward.</p> <p>Tr: Bend your arms about 90 degree and half fists.</p> <p>Tr: Swing your right arm and lift your left knee. Then change side.</p> <p>Tr: Ready! Go!</p> <p>2. Game : Individual ->Group practice-> Group Game Practice Hand-foot coordination.</p> <p>Tr: Now pair up and practice walk with swing arms and high knees.</p> <p>Tr: Look at your partners. Learn from your partners.</p>	<p>小紅跨 欄 x20</p> <p>接力棒 x2</p>	
<p>Comprehensive Activity</p> <p>Game: "Red light, Green light" :</p> <p>Tr: Let's play "Tag", but you can only walk with swing arms and</p>	<p>小呼拉 圈 x8</p>	<p>遊戲評量 (學生能聽懂)</p>

<p>high knees.</p> <p>Tr: Who wants to be "it"?</p> <p>Tr: "Eeny, meeny, miny, moe, catch the tiger by the toe. If he hollers let him go. Eeny, meeny, miny, moe." You are "it".</p> <p>Tr: Ready, go!</p>	<p>接力棒 x2</p>	<p>遊戲規則並 正確進行遊 戲)</p>
<p>*Session Four*</p> <p>(表現：2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2; 內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)</p> <p>Greeting & Warm-up Activities</p> <p>The same as Session One.</p> <p>Practice</p> <p>1. Practice "Swing Arms in Place". Tr: Walk with swing arms.</p> <p>2. Game: "Stride Forward" Tr: Let's do "Stride" first. Lift your leg then stride. Tr: Pair-up. Practice Stride Forward. Tr: I will divide you into four teams. Let's play "Stride Forward" competition. Tr: Ready! Go! Tr: Now, let's play "Running Strides" relay game.</p>	<p>小紅跨 欄x6 小呼拉 圈x14 接力棒 x4 交通錐 x4</p>	<p>遊戲評量 (學生能聽懂 遊戲規則並 正確進行遊 戲)</p>
<p>*Session Five*</p> <p>(表現：2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2; 內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)</p> <p>Greeting & Warm-up Activities</p> <p>1. The same as Session One. 2. Do "Lift Leg Running" in place 30 times</p> <p>Practice</p> <p>1. Practice "Lift Leg Running" Tr: Let's do Lift Leg Running 10 times to the yellow line then run back.</p> <p>2. Game: "Stride Forward" Tr: Let's do "Stride" first. Lift your leg then stride. Tr: Now, let's play running strides relay game.</p>	<p>小紅跨 欄x6 小呼拉 圈x24 接力棒 x2 交通錐</p>	

Session Seven

(表現：2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2;

內容 Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)

Greeting & Warm-up Activities

1. The same as Session One.
2. Do Shuffle Run

Practice

1. Discuss how to run
Tr: Eyes front-> Shoulders relaxing-> Arms swing(90 degrees) -> Body Tilt(slightly forward)-> Ball of the foot(touch the ground)
2. Practice" Lift Leg Run"
Tr: Let's do "Lift Leg Run" 10 times.
Tr: Touch the yellow line then run back.
3. Lift Leg Jump Forward
Tr: Let's practice Lift Leg Jump.
Tr: Bend your knees then jump in place.
Tr: Let's practice lift leg jump forward.
Tr: Touch the yellow line then run back.
4. Shuffle run plus agility practice
Tr: Let's do shuffle run.
Tr: Put the yellow duck into the hula hoop.

呼拉圈
*

競賽評量
(學生能聽懂
老師的英語
指令並用英
語數數)