

【附件一】-2

臺北市文山區萬興國小沉浸式英語教學融入健康與體育課程架構

一、實施科目：健康與體育——體育

二、授課時間：每週 2 節

三、授課年級：一年級、二年級

四、課程主題：110 學年度教學單元

實施期程	一年級上學期教學主題
8/30~9/17	單元 5 跑跳動起來（伸展操）
9/20~10/22	單元 4 玩球趣味多（拋接球遊戲）
10/25~11/26	單元 5 跑跳動起來（行走）
11/29~12/30	單元 5 跑跳動起來（賽跑、接力）
1/3~1/20	單元 6 全身動一動（跳繩）

實施期程	一年級下學期教學主題
2/14~3/25	單元 4 玩球樂（滾球）
3/28~4/29	單元 5 伸展跑跳樂（平衡木）
5/2~6/3	單元 6 模仿趣味多（模仿動物）
6/6~6/30	單元 5 伸展跑跳樂（跳躍）

實施期程	二年級上學期教學主題
8/30~9/17	單元 6 全方位位動動樂（伸展操）
9/20~11/26	單元 4 球類遊戲不思議（球類遊戲）
11/29~1/20	單元 5 跑跳親水樂（跳繩遊戲）

實施期程	二年級下學期教學主題
2/14~4/1	單元 5 球球大作戰（球類遊戲）
4/4~5/20	單元 6 跑跳戲水趣（攀爬、跑、跳）
5/23~6/30	單元 7 跳吧！武吧！跳舞吧！（身體協調、團隊合作）

四、對應體育領綱內涵：

學習構面	次項目	學習表現	學習內容
認知	運動知識	1c-I-1 認識身體活動的基本動作。	認識從事身體活動時需要的基本動作相關知識。如：知道傳球時，需要表現手、眼的協調性，才能正確做出傳球動作。
	技能原理	1d-I-1 描述動作技能基本常識。	學習口語表達動作技能表現的相關基本常識。如：能描述出傳球時的動作過程或口訣，增進對傳球動作的掌握。
情意	體育學習態度	2c-I-1 表現尊重的團體互動行為。	在練習或遊戲的小組團體活動中，能表現出尊重他人的想法或是老師指示的合作行為。如：進行分組傳球練習時，能按照老師規定的練習方式，小組每個人都能有相同的練習機會。
	運動欣賞	2d-I-1 專注觀賞他人的動作表現。	學習在團體的練習或展演活動中，能專注觀賞他人的動作表現。如：進行傳球練習時，也能觀察他人的傳球表現，適時提供讚美或建議。
技能	技能表現	3c-I-1 表現基本動作與模仿的能力。	透過基本動作學習，能表現出基本動作與模仿的能力，如：能在安全的環境中，表現出傳球基礎與模仿性動作的能力。
	策略運用	3d-I-1 應用基本動作常識，處理練習或遊戲問題。	透過基本動作學習，能應用基本動作常識，處理練習或遊戲問題。如：能應用基本常識和籃球基礎動作，並處理練習或遊戲問題。
行為	運動計畫	4c-I-1 認識與身體活動相關資源	透過球類遊戲與學習的過程中，認識身體與身體活動之間的相關資源，並選擇適合自己的運動。如：能夠正確選擇並參與適合自身之球類遊戲或身體活動。
	運動實踐	4d-I-1 願意從事規律身體活動。	在學校學習與與日常生活中，善用學校或社區資源，從事規律身體活動。如：能夠善用學校與社區資源，從事規律之身體活動

萬興國小 英語融入一年級體育 上學期課程內容

上課 時程	主題	配合 單元	教學資源	
8/30~ 9/17	Let's Stretch Together	單元5 跑跳動 起來	Lesson plan	
			Goals	學生瞭解伸展運動的重要性。學習和其他人一起合作伸展身體，並組成三角形、圓形、正方形和長方形。
			Target words	warm up, stretch, arm, leg, shoulder, waist, neck, knee, leg, shoulder, back
			Target sentences	Let's warm up. Stretch your arms. Do as I do. Stretch your leg. How do you feel now? Watch me carefully and follow what I do. Follow me. Let's stretch our arms/legs/etc. You can also stretch your _____ like this. Find a partner. Stretch together. What shapes are they making? Which body parts are they stretching? Stretch and make a circle. Stretch and make a triangle. Stretch and make a square. Stretch and make a rectangle.
Activities	1. Can you name all of your body parts? 2. Stretch together. 3. Let's make some more shapes!			

9/20 ~ 10/22	Starting to Play	單元4 玩球趣 味多	Lesson plan	
			Goals	學生學習拋、接球練習，利用角錐製造不同高度的網，透過小組共同合作與討論的能力，讓不同球類保持不落地。
			Target words	throw, practice, pick up, underhand, overhead
			Target sentences	Throw the ball with both hands. Pick up the ball. Go to the back of the line. Wait for the next turn. Throw the ball from bottom up. Practice in turns. Go and pick it up.
Activities	1. Throw the ball underhand. 2. Throw the ball overhead. 3. Throw and catch.			
10/25 ~ 11/26	Fun Walks	單元5 跑跳動 起來	Lesson plan	
			Goals	利用遊戲活動，學生練習不同型式的行進方式、路線，促進身體協調性。
			Target words	walk, left, right, shoulder, arm, hand, head
			Target sentences	Let's turn left. Put the 毬子 on the head. I walk with a 毬子 on my head. Walk forward. Everyone, listen to me! Run! Walk! Jump! We are going to walk in groups and walk in a circle. We're going to try and walk in a different way. You can practice in groups. Let's have a relay game.
Activities	1. Walk in different ways. 2. Put something on your head and walk.			

11/29 ~ 12/30	Run a Race	單元5 跑跳動 起來	Lesson plan	
			Goals	學生學習跑步的基本技能。學生參加接力賽。
			Target words	run, kneel, stand, sit, turn
			Target sentences	Run around the cones. Run to the cones. And high-five the next person. Ready, set, go. Kneel, stand, run. Kneel, turn, stand, run. Sit, stand, run. Sit, turn, stand, run. Run back.
Activities	1. Practice running on the track. 2. Run a relay race.			
1/3~ 1/20	Jump Up High	單元6 全身動 一動	Lesson plan	
			Goals	學生學習跳躍的基本技能：單腳跳和雙腳跳。
			Target words	jump, hop, skip, step, foot (feet), forward, backward, jump rope
			Target sentences	Hop over the jump rope. Hop and step on the jump rope. Skip over the jump rope. Today we are going to use this jump rope Jump over the jump rope. Jump and step on the jump rope. Side-jump over the jump rope Be careful!
Activities	1. Hop and step on the jump rope. 2. Jump over the jump rope.			

萬興國小 英語融入一年級體育 下學期課程內容

上課 時程	主題	配合 單元	教學資源								
2/22 ~ 3/26	Roll the Ball Around	單元 4 玩球樂	<p style="text-align: center;">Lesson plan</p> <table border="1" style="width: 100%;"> <tr> <td style="width: 15%;">Goals</td> <td>學生透過滾動不同大小的球類進而體驗感知滾球的樂趣。</td> </tr> <tr> <td>Target words</td> <td>ball, roll, big, small, dodgeball, tee-ball, basketball, left, right</td> </tr> <tr> <td>Target sentences</td> <td>Roll the small ball. Roll the ball left and right. Can you roll the ball? Is it easy to roll the basketball/dodgeball/ tee-ball? Can you roll the ball to the wall? Can you catch it? Roll the ball to your partner. Catch the ball and roll it back. Move fast and catch the ball. This is a basketball. It is big. This is a tee-ball. It is small. This is a dodgeball. It is big and soft.</td> </tr> <tr> <td>Activities</td> <td>1. Introduction to balls. 2. Practice bowling. 3. Bowling game</td> </tr> </table>	Goals	學生透過滾動不同大小的球類進而體驗感知滾球的樂趣。	Target words	ball, roll, big, small, dodgeball, tee-ball, basketball, left, right	Target sentences	Roll the small ball. Roll the ball left and right. Can you roll the ball? Is it easy to roll the basketball/dodgeball/ tee-ball? Can you roll the ball to the wall? Can you catch it? Roll the ball to your partner. Catch the ball and roll it back. Move fast and catch the ball. This is a basketball. It is big. This is a tee-ball. It is small. This is a dodgeball. It is big and soft.	Activities	1. Introduction to balls. 2. Practice bowling. 3. Bowling game
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3/29~ 4/30	The Balance Beam	單元 5 伸展跑 跳樂	<p style="text-align: center;">Lesson plan</p> <table border="1" style="width: 100%;"> <tr> <td style="width: 15%;">Goals</td> <td>學生學習上、下平衡木，以及如何在平衡木上前進。</td> </tr> <tr> <td>Target words</td> <td>stand, walk, right, left, get on, get off, keep balance, in a straight line, on the balance beam</td> </tr> <tr> <td>Target sentences</td> <td>I stand on my left foot. We walk in a straight line. I get on the balance beam. Put your left/right arm out. Can you keep balance? Put your left arm and your right arm out. Now can you keep balance?</td> </tr> </table>	Goals	學生學習上、下平衡木，以及如何在平衡木上前進。	Target words	stand, walk, right, left, get on, get off, keep balance, in a straight line, on the balance beam	Target sentences	I stand on my left foot. We walk in a straight line. I get on the balance beam. Put your left/right arm out. Can you keep balance? Put your left arm and your right arm out. Now can you keep balance?		
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Target sentences	I stand on my left foot. We walk in a straight line. I get on the balance beam. Put your left/right arm out. Can you keep balance? Put your left arm and your right arm out. Now can you keep balance?										

				<p>Let's practice keeping balance. Before walking on the balance beam, let's practice on the floor first. Practice in pairs. How long can you stand like this? Let's practice walking in a straight line. Try to walk like a crab, from left to right.</p>
			Activities	<ol style="list-style-type: none"> 1. Practice keeping balance. 2. Practice walking in a straight line. 3. Try to walk like a crab, from left to right.
5/3~ 6/4	Act Like Animals	單元 6 模仿趣 味多	Lesson plan	
			Goals	學生學習動物如何保護自己，進而模仿動物。
			Target words	snake, tiger, monkey, eagle, guess
			Target sentences	<p>Who am I? You are a tiger. Take a guess. What is the tiger like in your mind? Are there any special things of tigers/snakes/monkeys? Such as... Think of as many movements as you can. The third animal is a monkey. Let's share group by group.</p>
			Activities	<ol style="list-style-type: none"> 1. Know animals. 2. Name the animal characteristics. 3. Imitate animals.

6/7~6/30	Hop and Jump	單元 5 伸展跑 跳樂	Lesson plan	
			Goals	學生學會單腳跳、雙腳跳的不同變化方式。
			Target words	hop, in a straight line, around, stand
			Target sentences	<p>Hop around. Stand on one foot. Who can hop faster? How long can you keep like this? Can you run forward/backward? Do you play hopscotch? Can you stand on one foot? This is a straight line. Let's practice standing on one foot. You may hop faster. Can you jump in a straight line? You can jump and go through the Hula-Hoops. You can play hopscotch more often.</p>
Activities	<ol style="list-style-type: none"> 1. Play hopscotch. 2. Jump and go through the Hula-Hoops. 			

萬興國小 英語融入二年級體育 上學期課程內容

上課 時程	主題	配合 單元	教學資源								
8/31~ 9/18	Warm- up, Icebrea ker	單元 6 全方位 位動動 樂	<p style="text-align: center;">Lesson plan</p> <table border="1" style="width: 100%;"> <tr> <td data-bbox="571 421 726 582">Goals</td> <td data-bbox="726 421 1524 582">學生遵守課堂規範、備其上課用品。學生藉由觀察與模仿教師動作，聽懂暖身操動作，在運動前確實暖身，保護身體避免受傷。</td> </tr> <tr> <td data-bbox="571 582 726 694">Target words</td> <td data-bbox="726 582 1524 694">jog, jump, roll, touch, hop, circle arm, hip, leg, toe, knee</td> </tr> <tr> <td data-bbox="571 694 726 1624">Target sentences</td> <td data-bbox="726 694 1524 1624"> Good morning, everyone. Who's not here today? Let's call it a day. See you next time. Let's play a game. Let's make two teams. Team A and Team B. Is everything clear? Warm-up 1. Jogging on the spot (10 sec) 2. Star jumps (x10) 3. Arm circles - from small to big (x10) / from big to small (x10) 4. Arm scissors (x10) 5. Hip circles (x10) 6. Single leg lunges (10 sec/leg) 7. Ankle rolls (10 sec/leg) 8. Toe touches (x10) 9. Open the gate (x10) / Close the gate (x10) 10. Knee hops (x10) </td> </tr> <tr> <td data-bbox="571 1624 726 1736">Activities</td> <td data-bbox="726 1624 1524 1736"> 1. Warm-up 2. Hopscotch </td> </tr> </table>	Goals	學生遵守課堂規範、備其上課用品。學生藉由觀察與模仿教師動作，聽懂暖身操動作，在運動前確實暖身，保護身體避免受傷。	Target words	jog, jump, roll, touch, hop, circle arm, hip, leg, toe, knee	Target sentences	Good morning, everyone. Who's not here today? Let's call it a day. See you next time. Let's play a game. Let's make two teams. Team A and Team B. Is everything clear? Warm-up 1. Jogging on the spot (10 sec) 2. Star jumps (x10) 3. Arm circles - from small to big (x10) / from big to small (x10) 4. Arm scissors (x10) 5. Hip circles (x10) 6. Single leg lunges (10 sec/leg) 7. Ankle rolls (10 sec/leg) 8. Toe touches (x10) 9. Open the gate (x10) / Close the gate (x10) 10. Knee hops (x10)	Activities	1. Warm-up 2. Hopscotch
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Activities	1. Warm-up 2. Hopscotch										

9/21~ 11/27	Easy Ball Skills	單元 4 球類遊 戲不思 議	Lesson plan	
			Goals	學生聽懂指令（單手拋、雙手接）做出相對應的接、拋、傳球動作，培養基本球感，且在活動中表現出安全的球類運動方式，以利學生日後銜接進階的球類運動技術。
			Target words	ball, hand, feet, face, eye, head throw, catch, clap, touch, pass, bounce, shoot time, partner, group, person
			Target sentences	Touch your shoulders/knees/ankles. Throw the ball in the air, and catch it with one/both hands. Clap your hands as many times as possible. Eyes on the ball. Try not to move your feet. Pass the ball to your partner/the person next to you. Bounce/ overhead/ baseball pass. Shoot the ball to the basket. Stand with feet shoulder-width apart. One leg forward. Find a partner. You two work with each other. Make a group of ____. 3 more minutes. Time's up. You did a great job! Watch out! Don't do it again!
Activities	1. Throw and catch 2. Pass the ball 3. Shoot			

11/30 ~1/20	Jump Rope	單元 5 跑跳親 水樂	Lesson plan	
			Goals	學生能表現出一跳一迴旋的基本跳繩技巧，透過相關的單人/雙人/多人跳繩遊戲熟練之。跳繩運動變化多樣，且場地、器材限制少，期許學生主動利用下課、回家後的時間多練習，增強心肺功能，培養良好運動習慣。
			Target words	swing, jump, skip jump rope, handle, circle, minute, once, twice over, back, in front of in pairs, together hand, wrist, leg, knee
			Target sentences	Swing a jump rope by your side. Let's swing a jump rope over our heads. Use your hands and wrists to swing the rope. Everyone has to do 100 skips. Can you jump higher? Can you jump once/twice? You can slow down a little bit. Please count. Work in pairs. Give it a try! Practice more! Much better! Be careful!
Activities	1. Side swing 2. Jump over rope (forward/backward) 3. Scissors 4. Single leg 5. Bell jump (left/right/ forward/ backward) 6. Two face to face 7. Two in one			

萬興國小 英語融入二年級體育 下學期課程內容

上課 時程	主題	配合 單元	教學資源	
2/22~ 4/2	Balls	單元 5 球球大 作戰	Lesson plan	
			Goals	學生在簡易運動場地練習跑壘、傳接綜合型遊戲，以培養守備/跑分性球類運動相關的簡易拋、傳、擲之手眼協調，力量及準確性控球動作。
			Target words	throw, roll, hit, pick, knock down, swing higher, lower, overhead, underhand hula-hoop, bottle, meter right hand, left hand, palm, finger, wrist, arm
			Target sentences	Throw the ball overhead/underhand. Roll the ball (to the target). Stop the ball. Get the ball into the hula-hoop/basket. Set up the target. Use your right hand/left hand/palm/finger/wrist/arm to... How do you throw/roll/hit the ball to the basket/bottle/hula-hoop? What will you do? High-five with your teammates. Try again! You can do it! Much better! You got it! May I have your attention? No shouting/cheating/fighting in the class.
Activities	1. Runaway ball 2. Hula-hoop target 3. Go bowling			

4/5~5/ 21	Boulder ing	單元 6 跑跳戲 水趣	Lesson plan	
			Goals	學生透過遊戲展現並提升手腳協調、支撐、攀爬、跑、跳的能力，在活動中遵守安全規範並積極參與。
			Target words	rock climbing, bouldering, wall, side shoulder, knee, feet, leg, climb, bend, kick, hold slow, fast
			Target sentences	<p>Kick the ball with the inside of the foot. Stop the ball with the side of your foot.</p> <p>Pass the ball with your feet only.</p> <p>Bend your knees.</p> <p>Let's do jump squats/ single-leg squat/ plank/ side-plank together.</p> <p>Rotate your shoulders like this.</p> <p>What's the best route to take?</p> <p>Take it slow/fast.</p> <p>Use your right/left hand to hold the ____ stone.</p> <p>Step on the _____ stone.</p> <p>Think quickly or you'll fall down on the ground.</p> <p>Hit the ground with bent legs.</p> <p>Who wants to try it?</p> <p>Who's next?</p> <p>Wait for your turn, please.</p> <p>One point for team A. Team A got the point.</p> <p>If you have any questions, please tell/ask me.</p>
Activities	<ol style="list-style-type: none"> 1. Kicking the ball 2. Three-legged race 3. Bouldering 			


5/24~ 7/2	Body Movem ents	單元 7 跳吧！ 武吧！ 跳舞 吧！	Lesson plan	
			Goals	學生在身體協調訓練運動中除了認識身體活動的基本動作與模仿能力外，亦須表現安全的身體活動、尊重團體的互動、認真參與的學習態度。
			Target words	sit, stand, squat, move, jump, curl, hop, walk forward, backward, upside down, up, down yellow cone, white cone, blue cone, red cone body, leg, thigh, back
			Target sentences	Turn right/left. Turn the cones upside down. Go forward/backward/up/down. Let's sit down on the mat. Stand/jump/hop on one foot/ left leg/ right leg. Hop/jump to the hula-hoop. Support your body like this. Can you curl up your body? Roll your body to the right/left/ cones. Keep your balance. Don't cross the white line before you start the game. Give your teammate a high-five and he/she can start. You have to take turns. Let's see which team will do the best. You can have a try. Try to run as fast as possible. Give them a big hand. The winner team is _____.
Activities	1. Move sideways 2. Roll yourself 3. Flip the cones			

健康與體育領域沉浸式英語教學教案設計

校名：臺北市萬興國民小學

主題	Balls – Go Bowling	融入學科領域	健康與體育
教材來源	自編	教案設計者	陳昕
年級	二年級	授課時間	共 1 節
總綱	<p>A1 身心素質與自我精進 具備身心健全發展的素質，擁有合宜的人性觀與自我觀，同時透過選擇、分析與運用新知，有效規劃生涯發展，探尋生命意義，並不斷自我精進，追求至善。</p> <p>C2 人際關係與團隊合作 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。</p>		
領綱	<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，發展運動與保健的潛能。</p> <p>健體-E-C2 具備同理他人感受，在體育活動中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。</p>		
學習表現	<p>1d - I -1 描述動作技能基本常識。</p> <p>2c - I -1 表現尊重的團體互動行為。</p> <p>2d - I -2 接受並體驗多元性身體活動。</p>		
學習內容	<p>Ga - I -1 走、跑跳與投擲遊戲。</p> <p>Hc - 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。</p>		
學習目標			
Language of learning			
1. 聽懂相關生字與片語，如：throw, roll, cone, ball, right hand, left hand。			
Language for learning (language skills)			
<p>1. 聽懂並回答問題（引導學生描述）</p> <p>How do you throw/roll ball to hit the cones?</p> <p>Wh</p> <p>t will you do?</p> <p>How many cones did you hit?</p> <p>2. 熟悉其他語言技能</p> <p>Roll the ball to the cones.</p>			

<p>Stop the ball. Set up the cones. Raise your hands if you have questions.</p>			
<p>Language through learning</p>			
<p>聽懂在學習過程中，出現的語言，例如：說明活動進行方式時所使用的語言 (Roll the ball to the cones.)；完成指定動作，從教師及同儕所獲得的回饋 (Good job!)。</p>			
<p>For teacher</p>		<p>For students</p>	
<p>以英文呈現教學內容。在說明活動程序時，可中英文並用。 課室用語，儘量以英文說明。</p>		<p>學生可以中文提問、回答問題及進行討論。</p>	
<p>教學方法：合作學習法。 教室用語： Listen carefully. Raise your hands if you have questions. Try again! You can do it! Much better! You got it! Good job!</p>			
<p>學習活動</p>		<p>時間</p>	<p>教具</p>
<p>暖身活動</p>		<p>10 分</p>	<p>學生上體育課需自備水壺</p>
<p>1. 暖身操：每個暖身動作由教師說名稱，學生做動作並用英文數 1-10。</p> <p>Warm-up</p> <ul style="list-style-type: none"> ● Jogging on the spot (10 sec) ● Star jumps (x10) ● Arm circles - from small to big (x10) / from big to small (x10) ● Arm scissors (x10) ● Hip circles (x10) ● Single leg lunges (10 sec/leg) ● Ankle rolls (10 sec/leg) ● Toe touches (x10) ● Open the gate (x10/leg) ● Knee hops (x10) <p>2. 慢跑操場2圈共280公尺。</p>			<p>學生能聽懂指令，確實完成暖身動作。</p>
<p>發展活動</p>		<p>10 分</p>	<p>足球 x15 顆</p>
<p>1. Rolling the ball 學生兩兩一組，練習地板滾球動作，控制方向和力道，逐漸加長傳球距離。</p>			<p>學生能兩兩練習滾球動作。</p>

<p>(1) Find a partner and take one ball.</p> <p>(2) Roll the ball to your partner, and he/she rolls the ball back to you.</p> <p>(3) Practice as many times as you can. Try to roll your ball faster!</p>	15 分	足球 x3 顆、角 錐 x18 個	學生能聽懂活動進行方式、用中/英文提問。在活動進行中表現安全的體育行為、遵守規定、且發揮團隊精神互相鼓勵、提醒。
<p>2. Go Bowling</p> <p>關卡佈置：排放三組角錐（如下圖）、標示起始線（離角錐3公尺遠）。</p>  <p>將全班學生分成三組，排直線坐下。每組第一位學生持球，用直線滾球方式把前方角錐擊倒，撿球、回復角錐位置後再換下一位進行。每組各自累積擊倒角錐的數量為得分數。</p> <p>(1) Listen carefully. You have to stand behind the starting line and roll your ball to hit the cones.</p> <p>(2) Next, you pick the ball and set up the cones.</p> <p>(3) Then, pass the ball to the next person to start the game again.</p> <p>(4) Remember to count the number of cones you hit!</p> <p>(5) Questions: How do you throw/roll ball to hit the cones? What will you do? Raise your hands if you have questions.</p>	5 分	球籃、 足球 x15 顆 、角錐 x18 個	學生能用中/英文回答問題。
<p>綜合活動</p> <p>1. 總結：累積各組得分。</p>			

<p>(1) Team A/B/C, How many cones did you hit? The winner today is Team _____. Good job, everyone!</p> <p>(2) Raise your hands if you have questions.</p> <p>2. 收拾體育器材。</p> <p>(1) Please put all the balls into the basket, and stack the cones together.</p>			<p>學生能把器材歸位。</p>
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