

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

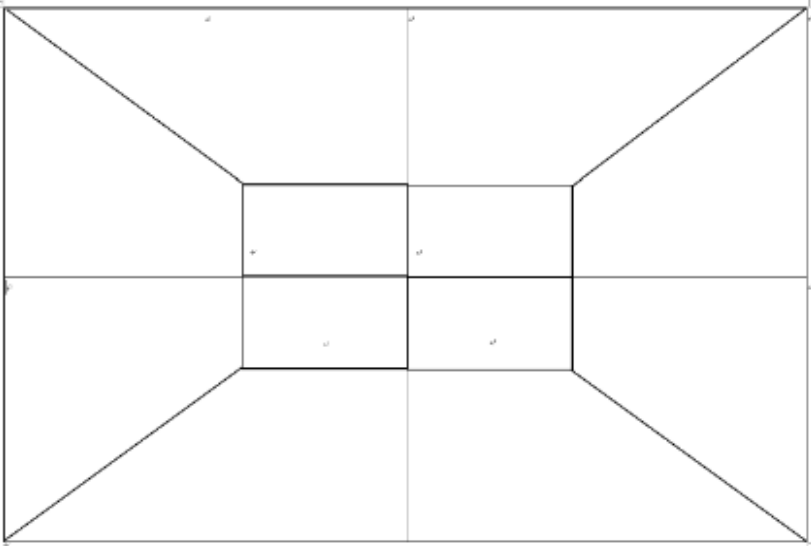
主題名稱		跳繩	教學設計者	簡雯敏老師
教學對象		二年級	教學節次	4週8節/每週2節
領綱 核心素養指標		<p>健體-E-A1 具備良好身體活動習慣，以促進身心健全發展，發展運動與保健的潛能。</p> <p>健體-E-A2 具備探索身體活動的能力，並透過體驗與實踐，處理日常生活中運動的問題。</p> <p>健體-E-C2 具備同理他人感受，在體育活動中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。</p>		
領綱 學習 重點	學習 表現	<p>1c- I -1 認識身體活動的基本動作。</p> <p>1c- I -2 認識基本的運動常識。</p> <p>2c- I -1 表現尊重的團體互動行為。</p> <p>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。</p> <p>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。</p> <p>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> <p>Ha- I -1 跳繩運動相關的簡易動作之手眼動作協調、力量及準確性。</p>		
教學方法		實作教學、遊戲教學		
學習內容英語 content language	英語單字 / 片語	<p>a jump rope</p> <p>a scoreboard</p> <p>a traffic cone</p> <p>shuttle run and jump rope</p> <p>air jump rope</p>		
	英語句子	<p>Let's swing the rope!</p> <p>Swing above your head.</p> <p>Swing on your right-hand side.</p> <p>Swing on your left-hand side.</p> <p>Swing in 8-shape.</p> <p>Swing on the ground. Jump over your rope in place.</p> <p>Tiptoes on the ground. Swing the rope and jump.</p> <p>Hold the handles. Arms to the sides. Place the jump rope behind you.</p> <p>Arms up. Swing forward. Stand on the rope. Swing back.</p> <p>Let's jump when the rope hits the ground.</p> <p>Round _____. On your mark. Get set. Jump!</p> <p>Let's run and jump rope.</p> <p>Let's do shuttle run and jump rope.</p>		

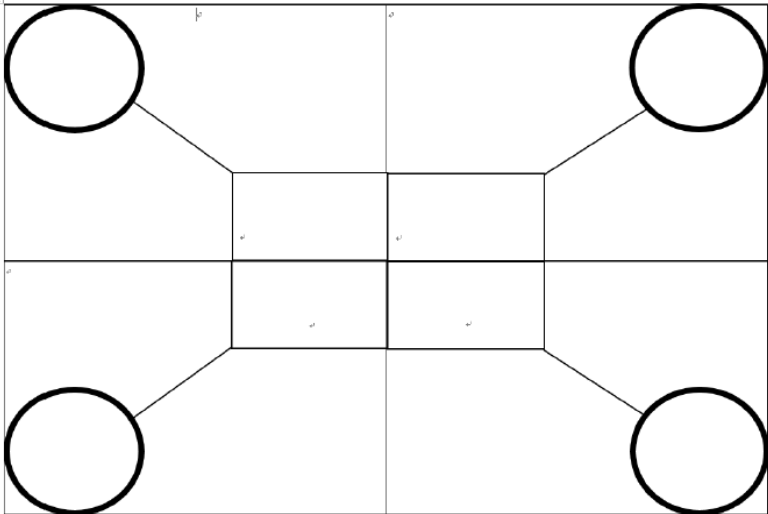
<p>英文課室用語 classroom language</p>	<p>Greeting: Good morning/afternoon. / Goodbye. Roll call: Is everybody here? / Who's not here? Why is he/she not here? Classroom rules: Check your sportswear and sneakers. / Do you bring your jump rope? / Quiet, please. / Louder, please. Lineup formation: Spread out. / Center, hands up! / Look at the center. / Look forward. / Hands forward. / Hands down. / Assemble. / Stand up. / Sit down. Warm-up: Number _____. / Tilt 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. / Twist my waist. / Bend my back forward and backward. / Lunge. / Your head touches your 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. / Switch. Compliments: Good. / Good job. / Great! / Nice. / Well-done. / Give them a big hand. Others: Wait. / You have ____ seconds. / Are you Ready? / Ready? Go! / Time's up. / Let's hooray! / Team ____ gets ____ points. / Follow me. / Attention.</p>		
教學活動		教具	評量
<p style="text-align: center;"><第一節></p> <p>一、準備活動(15分鐘)</p> <p>1. 師生問候</p> <p>T : Good morning/afternoon. T : Roll call. / Is everybody here? / Who is not here? / Why is he/she not here? T : Check your sportswear and sneakers. T : Do you have a jump rope?</p> <p>2. 師生做暖身操</p> <p>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 wrists and ankles. Tr: Number 3? Ss: Rotate my knees. Tr: Number 4? Ss: Squat down and stand up. Tr: Number 5? Ss: Arms push forward and up. Tr: Number 6? Ss: Small arm circles. Tr: Number 7? Ss: Big arm circles. Tr: Number 8? Ss: Give you a big hand. Tr: Number 9? Ss: Twist my waist. Tr: Number 10? Ss: Bend my back forward and backward. Tr: Number 11? Ss: Lunge. Tr: Number 12? Ss: Your head touches your toes and close your body. Tr: Number 13? Ss: Bend my knees and straighten my leg. Tr: Wait. Change sides. Tr: Number 14? Ss: Run in place. Tr: How many steps? Ss: 60.</p>			<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>

<p>Tr: Number 15? Ss: Jumping Jacks. Tr: How many times? Ss: 35. Tr: Number 16? Ss: March in place. Tr: Number 17? Ss: Hold up my knees. Tr: Number 18? Ss: Breathe in and breathe out. Tr: Everybody, assemble! Today's warm-up teachers are Teacher Lin and Teacher Wu. Give them a big hand.</p> <p>二、發展活動(20 分鐘)</p> <p>1. 我是「西部牛仔」(每單項需達 20 下)</p> <p>(1) 頭上迴旋 T: Swing above your head. 20 times. Go!</p> <p>(2) 側迴旋(左右換手) T: Swing on your right-hand side. 20 times. Go! T: Switch. Swing on your left-hand side. 20 times. Go!</p> <p>(3) 交叉迴旋(慣用手) T: Swing in 8-shape. 20 times. Go!</p> <p>(4) 掛肩迴旋 T: Jump rope over your shoulder. Swing the rope on your right-hand side and left-hand side. 20 times. Go!</p> <p>(5) 水平迴旋跳-向地上甩繩(個人跳) T: Swing on the ground. Jump over your rope in place. 20 times. Go!</p> <p>(6) 水平迴旋跳-向地上甩繩(兩人一組) T: You two together. Swing the rope above your head and on the ground.</p> <p>三、綜合活動(5 分鐘)</p> <p>1. 水平迴旋跳-向地上甩繩挑戰賽(分組 PK 選出五名代表，兩組總和比賽成功跳躍的次數)。 T: Swing on the ground. Jump over your rope in place. Ready? Go! T: The winner is Team _____.</p>	<p>跳繩</p> <p>學生能正確做出跳繩基本動作(頭上迴旋、側迴旋、交叉迴旋、掛肩迴旋、水平迴旋跳)。</p> <p>跳繩</p> <p>學生能展現團隊合作的精神，完成比賽。</p>
<p style="text-align: center;"><第二節></p> <p>一、準備活動(15 分鐘)</p> <p>1. 師生問候 T : Good morning/afternoon. T : Roll call. / Is everybody here? / Who is not here? / Why is he/she not here? T : Check your sportswear and sneakers. T : Do you bring your jump rope?</p> <p>2. 師生做暖身操(英文用語參考第一節)</p> <p>3. 師生做無繩操(30 次×2) T: Let's do air jump rope. (1) 雙腿併攏，膝蓋微彎。雙臂垂放兩側，手肘靠近身體，前臂往兩側伸展。 (2) 雙腿有節奏地像彈簧輕跳，用腳尖力量跳起約一兩公分再用腳尖落地，腳跟不觸地。雙手則模擬用手腕搖繩。</p>	<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>

<p>二、發展活動(20 分鐘)：甩繩練習 Let's swing the rope!</p> <p>1. 單側搖繩轉圈(30 次)：</p> <p>(1)姿勢同前。單手握住跳繩兩個把手，甩動繩子轉圈。不要太快，大約一秒一圈。</p> <p>T: Let's swing the rope on right- or left-hand side. 30 times. Go!</p> <p>(2)兩手都熟悉後，加上前跳躍動作。看到或聽到繩子觸地就輕跳。練到兩者時間儘量接近。</p> <p>T: Let's jump when the rope hits the ground.</p> <p>2. 掛肩迴旋(30 次)：跳繩掛肩，雙手側甩繩，雙腿有節奏地像彈簧輕跳，用腳尖力量跳起約一兩公分再用腳尖落地，腳跟不觸地。</p> <p>T: Jump rope over your shoulder. Tiptoes on the ground. Swing the rope and jump. 30 times. Go!</p> <p>3. 搖繩技巧與腿部動作時機：標準跳繩姿勢，雙手握好握把站到繩子前。用手腕及前臂力量把繩子從後面越過頭頂往前搖。當繩子接近腳尖時，以腳跟為支點舉起腳尖，像夾子把繩子夾住。順利夾到後，舉起腳跟放開讓繩子回到後方。</p> <p>T: Hold the handles. Arms to the sides. Place the jump rope behind you.</p> <p>T: Arms up. Swing forward. Stand on the rope. Swing back.</p> <p>4. 重複步驟三，唯腳步跳起繩過。</p> <p>T: Swing the rope. And jump over the rope.</p> <p>三、綜合活動(5 分鐘)</p> <p>練習一跳一迴旋(每人累積跳 50 下):老師觀察學生跳繩程度，挑選數位學生前來做示範(面對面)，程度佳的學生示範給需加強的學生看。</p> <p>T: Jump 50 times. (When you hear the whistle, you may start. When you finish, you may sit down.)</p> <p>T: Face to face, and show your classmates.</p>	<p>跳繩</p> <p>跳繩</p>	<p>學生能正確做出跳繩基本動作(單側搖繩轉圈、掛肩迴旋)。</p> <p>學生能一跳一迴旋，累積 50 下。</p>
<p style="text-align: center;"><第三節></p> <p>一、準備活動(15 分鐘)</p> <p>1. 師生問候</p> <p>T : Good morning/afternoon.</p> <p>T : Roll call. / Is everybody here? / Who is not here? / Why is he/she not here?</p> <p>T : Check your sportswear and sneakers.</p> <p>T : Do you bring your jump rope?</p> <p>2. 師生做暖身操(英文用語參考第一節)</p> <p>3. 師生做無繩操(30 次×2)</p> <p>T: Let's do air jump rope.</p> <p>(1)雙腿併攏，膝蓋微彎。雙臂垂放兩側，手肘靠近身體，前臂往兩側伸展。</p> <p>(2)雙腿有節奏地像彈簧輕跳，用腳尖力量跳起約一兩公分再用腳尖落地，腳跟不觸地。雙手則模擬用手腕搖繩。</p>		<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>

<p>二、發展活動(15 分鐘)：甩繩練習</p> <p>1. 單側搖繩轉圈(30 次)：</p> <p>(1)姿勢同前。單手握住跳繩兩個把手，甩動繩子轉圈。不要太快，大約一秒一圈。</p> <p>T: Let's swing the rope on right- or left-hand side. 30 times. Go!</p> <p>(2)兩手都熟悉後，加上前跳躍動作。看到或聽到繩子觸地就輕跳。練到兩者時間儘量接近。</p> <p>T: Let's jump when the rope hits the ground.</p> <p>2. 掛肩迴旋(30 次)：跳繩掛肩，雙手側甩繩，雙腿有節奏地像彈簧輕跳，用腳尖力量跳起約一兩公分再用腳尖落地，腳跟不觸地。</p> <p>T: Jump rope over your shoulder. Tiptoes on the ground. Swing the rope and jump. 30 times. Go!</p> <p>3. 轉動跳繩→踩繩→過繩 (30 次)</p> <p>(口訣: open, stand, swing back, swing forward and go over/jump)</p> <p>T: Hold the handles. Arms to the sides. Place the jump rope behind you.</p> <p>T: Arms up. Swing forward. Stand on the rope. Swing back.</p> <p>三、綜合活動(10 分鐘)：練習一跳一迴旋</p> <p>1. 每人跳 50 下×2</p> <p>T: Let's jump rope. 50 times. Go!</p> <p>2. 計時 20 秒(與鄰排同學比賽次數多寡)</p> <p>T: You have 20 seconds. Go!</p> <p>T: Time's up.</p>	<p>跳繩</p> <p>跳繩</p>	<p>學生能夠經由口訣的輔助，流暢的做出跳繩動作(跳繩、踩繩、過繩)。</p> <p>學生能夠一跳一迴旋 20 秒累積 40 下。</p>
<p style="text-align: center;"><第四節></p> <p>一、準備活動(15 分鐘)</p> <p>1. 師生問候</p> <p>T : Good morning/afternoon.</p> <p>T : Roll call. / Is everybody here? / Who is not here? / Why is he/she not here?</p> <p>T : Check your sportswear and sneakers.</p> <p>T : Do you bring your jump rope?</p> <p>2. 師生做暖身操(英文用語參考第一節)</p> <p>3. 師生做無繩操(30 次×2)</p> <p>二、發展活動(10 分鐘)</p> <p>1. 大白鯊咬繩：轉動跳繩→踩繩→過繩 (30 次)</p> <p>(口訣: open, stand, swing back, swing forward and go over/jump)</p> <p>T: Hold the handles. Arms to the sides. Place the jump rope behind you.</p> <p>T: Arms up. Swing forward. Stand on the rope. Swing back.</p> <p>2. 一跳一迴旋：每人跳 50 下×2</p>	<p>跳繩</p>	<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p> <p>學生能夠在老師的提醒之下，說出口訣，流暢的做出跳繩動作</p>

<p>T: Let's jump rope for 50 times. We have 2 rounds. T: Round 1. Everybody, jump rope. 50 times. Go! T: Round 2. Everybody, jump rope. 50 times. Go!</p> <p>三、綜合活動(15分鐘)：一跳一迴旋分組賽</p> <p>1. 四人一組，計時30秒，一人跳另三人數，將每生跳躍次數記錄在計分紙上。 T: 4 students in a group. You have 30 seconds. One of you jump rope and the others count. Write down how many times he/she jumps rope on the scoreboard.</p>  <p>2. 選出各組跳躍次數最多者為勝。 T: The winner, please hands up!</p>	<p>跳繩 計分紙 數張 麥克筆 數支</p>	<p>(跳繩、 踩繩、過 繩)。 學生能在 30秒 內，一跳 一迴旋 50下。</p>
<p style="text-align: center;"><第五節></p> <p>一、準備活動(15分鐘)</p> <p>1. 師生問候 T: Good morning/afternoon. T: Roll call. / Is everybody here? / Who is not here? / Why is he/she not here? T: Check your sportswear and sneakers. T: Do you bring your jump rope?</p> <p>2. 師生做暖身操(英文用語參考第一節) 3. 師生做無繩操(30次×2)</p> <p>二、發展活動(10分鐘)</p> <p>1. 大白鯊咬繩：轉動跳繩→踩繩→過繩(30次) (口訣: open,stand,swing back,swing forward and go over/jump) T: Hold the handles. Arms to the sides. Place the jump rope behind you. T: Arms up. Swing forward. Stand on the rope. Swing back.</p> <p>2. 一跳一迴旋：每人跳60下×2 T: Let's jump rope for 60 times. We have 2 rounds. T: Round 1. Everybody, jump rope. 60 times. Go!</p>	<p>跳繩</p>	<p>學生能聽 懂英文指 令並以英 文回應， 做出正確 的暖身操 動作。 學生能夠 說出口 訣，流暢 的做出跳 繩動作 (跳繩、</p>

<p>T: Round 2. Everybody, jump rope. 60 times. Go!</p> <p>三、綜合活動(15 分鐘)：一跳一迴旋分組賽</p> <p>1. 四人一組，計時 30 秒，一人跳另三人數，將每生跳躍次數記錄在計分紙上，進行兩回合。</p> <p>T: 4 students in a group. You have 30 seconds. One of you jump rope and the others count. Write down how many times he/she jumps rope on the scoreboard. We have two rounds.</p> <p>T: Round 1. On your mark. Get set. Jump!</p> <p>T: Time's up! Now write down the times on the scoreboard.</p> <p>T: Round 2. On your mark. Get set. Jump!</p> <p>T: Time's up! Now write down the times on the scoreboard.</p>  <p>2. 選出個人(兩回中擇一)最高紀錄，另各組跳躍次數最多者為勝。</p> <p>T: The winner, please hands up!</p> <p>3. 由老師訂定新目標，下次挑戰成功者即為該組加分。</p>	<p>跳繩</p> <p>計分紙 數張</p> <p>麥克筆 數支</p>	<p>踩繩、過繩)。</p> <p>學生能在 30 秒內，一跳一迴旋 60 下。</p>
<p style="text-align: center;"><第六節></p> <p>一、準備活動(15 分鐘)</p> <p>1. 師生問候</p> <p>T : Good morning/afternoon.</p> <p>T : Roll call. / Is everybody here? / Who is not here? / Why is he/she not here?</p> <p>T : Check your sportswear and sneakers.</p> <p>T : Do you bring your jump rope?</p> <p>2. 師生做暖身操(英文用語參考第一節)</p> <p>3. 師生做無繩操(30 次×2)</p> <p>二、發展活動(10 分鐘)：一跳一迴旋練習</p> <p>1. 一跳一迴旋：每人跳 100 下</p> <p>T: Let's jump rope for 100 times.</p> <p>T: Everybody, jump rope. 100 times. Go!</p> <p>2. 一跳一迴旋：每人跳 30 秒，學生自己數次數。</p> <p>T: Let's jump rope for 30 seconds. Please count how many times</p>	<p>跳繩</p>	<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p> <p>學生能夠完成老師指派的任務。</p>

you
jump rope. Ready? Go!

三、綜合活動(15 分鐘)：一跳一迴旋分組賽

1. 四人一組，計時 30 秒，一人跳另三人數，將每生跳躍次數記錄在計分紙上(進行兩回合)。

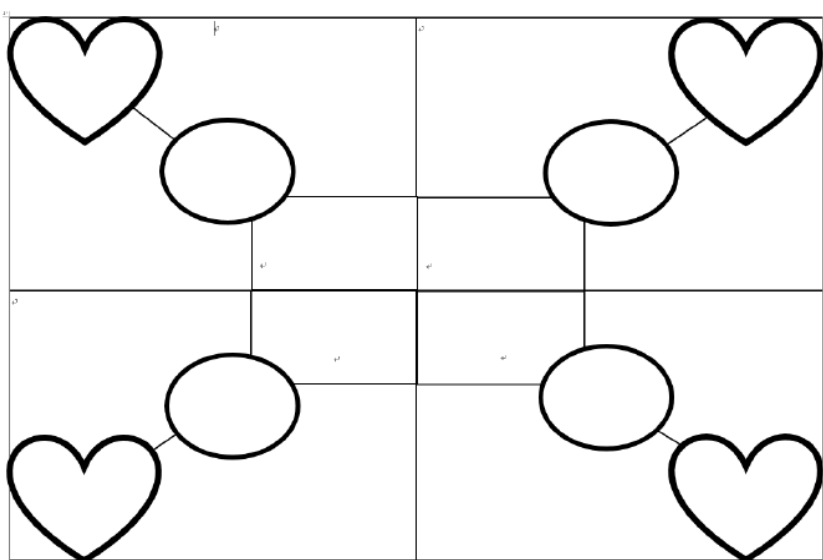
T: 4 students in a group. You have 30 seconds. One of you jumps rope and the others count. Write down how many times he/she jumps rope on the scoreboard. We have two rounds.

T: Round 1. On your mark. Get set. Jump!

T: Time's up! Now write down the times on the scoreboard.

T: Round 2. On your mark. Get set. Jump!

T: Time's up! Now write down the times on the scoreboard.



2. 選出個人(兩回中擇一)最高紀錄，倘若比上次課堂次數增加，即為該隊加一分；若超越(或等於)老師所訂下之目標，則為該隊加兩分。

T: The winner, please hands up!

T: Look at the times you jumped rope last time on the scoreboard.

This time you jumped rope more times, please hands up. Then you can get 1 point. If you jumped rope more times than the times in the heart shape, you can get 2 points.

3. 公布分組競賽成績。

T: Team ___ you get ___ points. Team ___ you get ___ points. So, the winner is Team _____. Let's hooray!

<第七節>

一、準備活動(10 分鐘)

1. 師生問候

T: Good morning/afternoon.

T: Roll call. / Is everybody here? / Who is not here? / Why is he/she not here?

T: Check your sportswear and sneakers.

T: Do you bring your jump rope?

2. 師生做暖身操(英文用語參考第一節)

跳繩

計分紙
數張

麥克筆
數支

學生能在
30 秒
內，一跳
一迴旋
70 下。

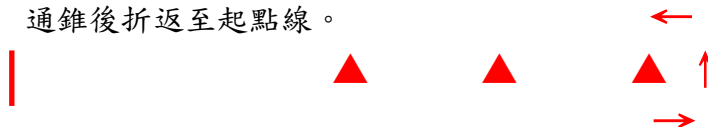
學生能聽
懂英文指
令並以英
文回應，
做出正確
的暖身操
動作。

<p>二、發展活動(20 分鐘) 一跳一迴旋、跑步跳個人練習</p> <ol style="list-style-type: none"> 一跳一迴旋：每人跳 100 下 T: Let's jump rope for 100 times. T: Everybody, jump rope. 100 times. Go! 一跳一迴旋：每人跳 30 秒，學生自己數次數，進行兩回合。 T: Let's jump rope for 30 seconds. Please count how many times you jump rope. Ready? Go! 練習跑步跳：操場跑道一圈或籃球場直線前進。 T: Let's run and jump rope for one lap around the track/ along the straight line on the basketball court. Ready? Go! 教師巡堂，檢視每生跑步跳繩姿勢，視學生練習狀況，斟酌學生進行之圈/趟數。 <p>三、綜合活動(10 分鐘)：跑步跳衝刺賽</p> <ol style="list-style-type: none"> 四人一組，最快抵達終點線者獲勝，勝者可得一分。 T: 4 students in a group. You run and jump rope along the straight line. The one who reaches the finish line first can get one point. 待每生皆完成分組競賽後，統計兩隊累積之分數，分數多者為獲勝隊伍。 T: Team ___ you get ___ points. Team ___ you get ___ points. So, the winner is Team _____. Let's hooray! 	<p>跳繩</p> <p>跳繩</p>	<p>學生能夠完成老師指派的任務。</p> <p>學生能夠正確順暢的做出跑步跳的動作，維持 5 公尺。</p>
<p style="text-align: center;"><第八節></p> <p>一、準備活動(10 分鐘)</p> <ol style="list-style-type: none"> 師生問候 T : Good morning/afternoon. T : Roll call. / Is everybody here? / Who is not here? / Why is he/she not here? T : Check your sportswear and sneakers. T : Do you bring your jump rope? 師生做暖身操(英文用語參考第一節) <p>二、發展活動(20 分鐘)：一跳一迴旋、跑步跳繩折返跑個人練習</p> <ol style="list-style-type: none"> 一跳一迴旋：每人跳 100 下 T: Let's jump rope for 100 times. T: Everybody, jump rope. 100 times. Go! 一跳一迴旋：每人跳 30 秒，學生自己數次數，進行兩回合。 T: Let's jump rope for 30 seconds. Please count how many times you jump rope. Ready? Go! 練習跑步跳繩折返跑 (1)於中點線放置一個交通錐，以跑步跳繩方式前進，並於交通錐後折返至起點線。 	<p>跳繩</p> <p>交通錐 數個</p>	<p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p> <p>學生能夠完成老師指派的任務。</p>

T: Let's do shuttle run and jump rope. You run and jump rope to and

around the traffic cone and come back. Ready? Go!

(2) 於中點線放置三個交通錐，以跑步跳繩方式前進，並於交通錐後折返至起點線。



T: Let's do shuttle run and jump rope again. This time, you run and

jump rope around the traffic cones and run and jump rope back.

Then you come back. Ready? Go!

三、綜合活動(10分鐘):跑步跳繩折返跑接力衝刺賽(放置3個交通錐)

1. 四人一組，最快抵達終點線者獲勝，勝者可得一分。

T: 4 students in a group. You run and jump rope to and around the

traffic cones and then come back. The one who reaches the finish

line first can get one point.

2. 待每生皆完成分組競賽後，統計兩隊累積之分數，分數多者為獲勝隊伍。

T: Team ___ you get ___ points. Team ___ you get ___ points. So, the

winner is Team ___. Let's hooray!

跳繩

交通錐
數個

學生能夠
正確順暢
的根據老
師規定的
路線，做
出跑步跳
折返跑的
動作。