

健體領域體育科目二年級

課程計畫總表及教案(二年級上學期)

教案設計：簡雯敏、林智情	英語協助：謝慧縈	對象：二年級	總節數：20
課程 英語 用語	<p>英語單字：</p> <p>動作：walk, run, jump, march,</p> <p>身體：head, neck, arms, shoulders, knees, legs, toes, foot, feet, waist(s), ankle(s)</p> <p>跳繩 rope skipping, jumping rope, jump rope</p> <p>熱身操 Warm up. Tilt your head. Turn your wrists/ankles. Bend your knees. Up and down. Move your arms. Big/small arm circles. Stretch your legs. Swing your arms. Bend your knees.</p> <p>數字：number, 1~40</p> <p>指令：Attention. At ease. ! Eyes front. Left turn. Right turn. About turn. Look to the center. Ready! Set! Go! Look to the center. Spread out. Wait. Stop. Go. Show me.</p> <p>教室用語：Good morning/afternoon. Is everybody here? Good job! Great! Excellent! Good for you. Wait. Stop. Go. Show me.</p> <p>英語句子：Move your arms. Stretch your legs. Swing your arms. Bend your knees. Show me your _____. Let's play a game. Let's count.</p>		
週	主 題	108 核心素養	學習重點
第 01 ~ 04 週	主題一 集會及熱身口令 第 1 週 體育隊型及行進 第 2 週 朝會六口令 第 3 週 熱身操 第 4 週 複習及考試	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。 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。	學習表現 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。 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
第 5~ 10 週	主題二 跳繩 第 5~6 週 我是西部牛仔 第 7 週 +折返跑 第 8 週 無繩跳+接力賽 第 9-10 週 一跳一迴旋+跳繩測試	健體-E-B1 具備運用體育之相關符號知能，能以同理心應用在生活中的運動與人際溝通上。	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。
第	第 11~12 週 飛盤基本動作	健體-E-C2 具備同理他人感受，在體育活動中樂於	3d- I -1 應用基本動作常

11~15週	第13~14週 反手投擲飛盤 第15週 飛盤擲遠測試	與人互動、公平競爭，並與團隊成員合作，促進身心健康。	識，處理練習或遊戲問題。 4c- I -2 選擇適合個人的身體活動。 4d- I -1 願意從事規律身體活動。
第16週	主題四 班際體育競賽 第16週 班際競賽—跳繩		學習內容 Ab- I -1 體適能遊戲。 Bc- I -1 各項暖身伸展動作 Cb- I -1 運動安全常識、運動對身體健康的益處。
第17~20週	主題五 滾球及拍球 第17週 我是滾球王 第18週 穿越叢林 第19週 拍球要領 第20週 拍球		Cb- I -2 班級體育活動。 Cb- I -3 學校運動活動空間與場域。 Fa- I -2 與家人及朋友和諧相處的方式。 Ga- I -1 走、跑、跳與投擲遊戲。 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。

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	暖身操及跳繩	教學設計者	簡雯敏老師
教學對象	二年級	教學節次	6週12節/每週2節
學習表現	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。 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 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。 3d- I -1 應用基本動作常識，處理練習或遊戲問題。		
學習內容	Ab- I -1 體適能遊戲。 Bc- I -1 各項暖身伸展動作。 Cb- I -1 運動安全常識、運動對身體健康的益處。 Cb- I -2 班級體育活動。 Fa- I -2 與家人及朋友和諧相處的方式。 Ga- I -1 走、跑、跳與投擲遊戲。 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。		
教學方法	實作教學、遊戲教學		
英語學習 Content	英語單字： Greeting: Good morning/afternoon. Is everybody here? Good job!		

vocabulary/ sentences patterns	<p>Great! Good bye!</p> <p>Action : walk, run, jump, march, swing,</p> <p>Body Parts : head, neck, arms, shoulders, knees, legs, toes, foot, feet, waist,</p> <p>Warm up: Warm up. Tilt your head. Turn your wrists/ankles. Bend your knees. Up and down. Move your arms. Big/small arm circles. Stretch your legs. Swing your arms. Bend your knees.</p> <p>Number : number, 1~40</p> <p>Jump rope : rope skipping, jumping rope, jump rope, swing your rope.</p> <p>English Instruction : Attention. At ease. ! Eyes front. Left turn. Right turn. About turn. Look to the center. Ready! Set! Go! Look to the center. Spread out. Wait. Stop. Go. Show me.</p> <p>Encouragement : Good job! Great! Excellent! Good for you. Nice! Give _____ a big hand.</p> <p>English Sentences : Show me your _____. Let's play a game. Let's count. Do you bring your jump rope?</p>
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教學活動	教具	評量
<p>Jump rope</p> <p>*Session One*</p> <p>Learning Performance : 1c- I -1, 1c- I -2, 3c- I -2; Learning Content: Bc- I -1, Cb- I -1</p> <p>Greeting</p> <p>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. Tr: Do you bring your jump rope? Ss: Yes.</p> <p>Practice</p> <p>Tr: Look to the center. Spread out. Tr: Let's practice how to warm-up. Tr: Tilt your head.->Turn your head. ->Turn your wrists. -> Turn your ankles.-> Tr: Bend your knees. Keep balance your body. -> Up and down. Tr: Stretch your arms. ->Draw a circle. ->Stretch your hands. -></p>	<p>白板 值星 帶 跳繩</p>	<p>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 能回應或接續 指令)</p>

Stretch your feet.-> Stretch your body.

Tr: Run on the spot, 100 times.

Tr: Do Jumping Jacks, 30 times.

Tr: March on the spot and take deep breaths.

Tr: High knee and stand on one foot.

Wrap-up

T: Listen and do the action. Attention.-> At ease. ->Bow. ->Left turn. ->Right turn. ->About turn.

一、暖身操

1.運動隊型：中央伍為準→成做操隊型散開→成集合隊型集合

T: Look to the center. Exercise formation. Close ranks.

2.熱身操(1)頭頸伸展(點→轉)(2)手腕+腳踝轉 (3)腳(膝→蹲起)

Nod/turn around your head/wrist/ankle.

Bend your knees. Up and down.

(4)手臂伸展+畫圈+直臂前後拍手 Stretch your arms.

Draw a circle. Clap your hands.

(5)體側伸展+左右轉體+前彎後仰

Stretch your body. Twist your body.

Bend your body forward and backward.

(6)跨步伸展+坐姿伸展 (7)原地跑步(小碎步)*100

Stretch your feet/body. Run on the spot, march!

(8)開合跳*30+原地踏步深呼吸 (9)抬膝單腳站立

Do Jumping Jacks and take deep breaths.

Stand on one foot and hold up the other foot.

二、複習主題一 六口令+原地踏步、齊步走學生週會常用六口令：

立正、稍息、敬禮(聽到國歌需原地立正、行注目禮)；

向左、右、後轉.....

Attention. At ease. Bow. Left turn. Right turn. About turn.

Session One

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

Learning Content: Bc- I -1, Cb- I -1, Fa- I -2

Greeting

實作評量

測驗六口令

(學生能聽懂

老師的英語指

令)

跳繩

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.
Tr: Do you bring your jump rope? Ss: Yes.

Practice

Tr: Look at the center. Spread out.
Tr: Warm-up teachers come to the front.
Tr: Let's warm-up.
Tr : Tilt your head.->Turn around your head. ->Turn your wrists.
-> Turn your ankles.->
Tr : Bend your knees. Keep balance your body. -> Up and down.
Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. -
> Stretch your feet.-> Stretch your body.
Tr : Run on the spot! 100 times.
Tr : Jumping Jacks. 30 times.
Tr : March on the spot and take deep breaths.
Tr : Hold your knee and stand on one foot. Keep balancing.
Tr : Assemble.
Ss : Thank you, teacher.
Warm up teachers : Thank you all.
Tr : Run along the courtyard/playground/sport field.
Tr : Please keep running in your track.

Wrap-up

Tr : Listen and action : Attention. At ease. Bow. Left turn. Right turn. About turn.
Tr : Jump rope testing. Number _____. Ready. Set. Go.
T : You all do a great job. Please keep jumping rope at your free time. It will help you keep healthy and grow up.

一、熱身操

1.運動隊型：中央伍為準→成做操隊型散開→成集合隊型集合

Look to the center. Spread formation. Close ranks.

2.熱身操(如第一節)

競賽評量
(學生能用英語數數)

跳繩

二、跑操場

Run along the courtyard/playground/sport field.

三、測驗主題一(依照號碼分組考試)，未測驗者跳繩。

Test about Attention. At ease. Bow. Left turn. Right turn.
About turn.

Session 2

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

Learning Content : Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2,
Ha- 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.

Tr: Do you bring your jump rope? Ss: Yes.

Warm Up

Tr: Look at the center. Spread out.

Tr: Warm-up teachers come to the front.

Tr: Let's warm-up.

Tr : Tilt your head.->Turn around your head. ->Turn your wrists.
-> Turn your ankles.->

Tr : Bend your knees. Keep balance your body. -> Up and down.

Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. -
> Stretch your feet.-> Stretch your body.

Tr : Run on the spot! 100 times.

Tr : Jumping Jacks. 30 times.

Tr : March on the spot and take deep breaths.

Tr : Hold your knee and stand on one foot. Keep balancing.

Tr : Assemble.

Ss : Thank you, teacher.

Warm up teachers : Thank you all.

Tr : Run along the courtyard/playground/sport field.

Tr : Please keep running in your track.

Practice

Tr : Let's do "I am a cowboy."
Tr : First, spin the rope above your head.
Tr : Ready! Go!
Tr : Now spin the rope on the side.
Tr : Ready! Go!
Tr : Spin the rope on both side.
Tr : Ready! Go!
Tr : Hang the rope on your shoulders and jump.
Tr : Ready! Go!
Tr : Spin the rope and jump.
Tr : Ready! Go!

Wrap-up

T : Let's play a game.
T : Let's divided you into 6 teams.
T : Spin the rope on one side. And let's count together.
T : Say "Go! Go! Go!" to your teammates.

- 一、熱身操(如第一節)
二、跑操場 (如第二節)
三、我是「西部牛仔」(每一單項需達 20 下) I am a cowboy.
(1)頭上迴旋 (2)側迴旋(左右換手) (3)交叉迴旋(慣用手)
Spin the rope above your head/on the side. Switch. Cross.
(4)掛肩迴旋 (5)水平迴旋跳-向地上甩繩(個人跳)
Hang the rope on your shoulders and spin.
Spin the rope and jump.
•活動：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)。
Let's play a game. Let's count.

Session 4

Learning Performance : 1c-I-1, 1c-I-2, 2c- I -1, 2c-I-2, 3c-I-2;
Learning Content: Ab-I-1, Bc-I-1, Cb-I-1, Cb-I-2, Fa-I-2, Ha-I-1)

Greeting

競賽評量

(學生能聽懂老師的英語指令並用英語數數)

跳繩

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.
Tr: Do you bring your jump rope? Ss: Yes.

Warm Up

Tr: Look at the center. Spread out.
Tr: Warm-up teachers come to the front.
Tr: Let's warm-up.
Tr : Tilt your head.->Turn around your head. ->Turn your wrists.
-> Turn your ankles.->
Tr : Bend your knees. Keep balance your body. -> Up and down.
Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. -
> Stretch your feet.-> Stretch your body.
Tr : Run on the spot! 100 times.
Tr : Jumping Jacks. 30 times.
Tr : March on the spot and take deep breaths.
Tr : Hold your knee and stand on one foot. Keep balancing.
Tr : Assemble.
Ss : Thank you, teacher.
Warm up teachers : Thank you all.
Tr : Run along the courtyard/playground/sport field.
Tr : Please keep running in your track.

Practice

Tr : Let's practice "I am a cowboy."
Tr : Ready! Go!
Tr : Spin the rope above your head.
Tr : Ready! Go!
Tr : Spin the rope on the side.
Tr : Ready! Go!
Tr : Spin the rope on both side.
Tr : Ready! Go!
Tr : Hang the rope on your shoulders and spin.
Tr : Ready! Go!
Tr : Spin the rope and jump.
Tr : Ready! Go!

競賽評量
(學生能聽懂
老師的英語指
令並用英語數
數)

跳繩

Wrap-up

Tr : Let's play a game.

Tr : Let's divided into 6 teams.

Tr : Spin the rope above your head and let's count together.

Tr : Say "Go! Go! Go!" to your teammates.

Tr : Say "Great!" to your teammates.

Tr : Don't say bad words to others.

一、熱身操(如第一節)

二、跑操場 (如第二節)

三、我是「西部牛仔」(如第三節)

- 活動：水平迴旋跳-頭上甩繩PK賽(分組選出五名代表，五名代表，再和敵對PK成功跳躍次數的總和)

Session 5

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

Learning Content : Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- 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.

Tr: Do you bring your jump rope? Ss: Yes.

Warm Up

Tr: Look at the center. Spread out.

Tr: Warm-up teachers come to the front.

Tr: Let's warm-up.

Tr : Tilt your head.->Turn around your head. ->Turn your wrists.
-> Turn your ankles.->

Tr : Bend your knees. Keep balance your body. -> Up and down.

Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. -
> Stretch your feet.-> Stretch your body.

Tr : Run on the spot! 100 times.

Tr : Jumping Jacks. 30 times.

競賽評量

(學生能聽懂老師的英語指令並用英語數數及幫同學加油)

跳繩

Tr : March on the spot and take deep breaths.
 Tr : Hold your knee and stand on one foot. Keep balancing.
 Tr : Assemble.
 Ss : Thank you, teacher.
 Warm up teachers : Thank you all.
 Tr : Run along the courtyard/playground/sport field.
 Tr : Please keep running in your track.

Practice

Tr : Practice as a group of three.
 Tr : Two students spin the rope together. The other one jump rope. Then take turns.
 Tr : Please look at your teammate's posture.
 Tr : Say "Good job!" or tell your teammate how to correct his/her posture.

Wrap-up

Tr : Let's play a game.
 Tr : Three as a team. Each team member jumps 20 seconds. Let's count and add them up. Then see which team is the winner.
 Tr : Don't forget to say "Go! Go! Go!" to everyone.

- 一、熱身操(如第一節)
- 二、跑操場 (如第二節)
- 三、練習:三人一組繞圈跳繩 (Practice as a group of three)
- 活動：加總每人 20 秒所跳的次數和敵對一決高下
 Let's count. Go! Go! Go!

Session 6

Learning Performance : 2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2;
 Learning Content : Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- 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.

競賽評量
 (學生能聽懂老師的英語指令並用英語數數及幫同學加油)

跳繩

Tr: Do you bring your jump rope? Ss: Yes.

Warm Up

Tr: Look at the center. Spread out.

Tr: Warm-up teachers come to the front.

Tr: Let's warm-up.

Tr : Tilt your head.->Turn around your head. ->Turn your wrists.
-> Turn your ankles.->

Tr : Bend your knees. Keep balance your body. -> Up and down.

Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. -
> Stretch your feet.-> Stretch your body.

Tr : Run on the spot! 100 times.

Tr : Jumping Jacks. 30 times.

Tr : March on the spot and take deep breaths.

Tr : Hold your knee and stand on one foot. Keep balancing.

Tr : Assemble.

Ss : Thank you, teacher.

Warm up teachers : Thank you all.

Tr : Run along the courtyard/playground/sport field.

Tr : Please keep running in your track.

Practice

Tr : Please pair up.

Tr : Spin the rope above your head and do the shuffle run.

Tr : Let's practice.

Tr : Keep running on your track. Don't run into others.

Tr : Ready! On your mark! Go!

Tr : Go! Go! Go!

Wrap-up

T : Let's play the game as last time.

T : Three as a team. Each team member jumps 20 seconds. Let's
count and add them up. Then see which team is the winner.

T : Let's challenge last time's winner.

T : Don't forget to say "Go! Go! Go!" to everyone.

一、熱身操(如第一節)

二、頭上甩繩跳躍(兩人一組)+折返跑

實作評量
(學生能聽懂
老師的英語指
令)

Spin the rope above your head.

三、練習:三人一組繞圈跳繩

- 活動:加總每組 20 秒所跳的次數和敵對一決高下。

Let's count. Go!Go!Go! Way to go!

Session 7

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

Learning Content : Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- 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.

Tr: Do you bring your jump rope? Ss: Yes.

Warm Up

Tr: Look at the center. Spread out.

Tr: Warm-up teachers come to the front.

Tr: Let's warm-up.

Tr : Tilt your head.->Turn around your head. ->Turn your wrists.
-> Turn your ankles.->

Tr : Bend your knees. Keep balance your body. -> Up and down.

Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. -
> Stretch your feet.-> Stretch your body.

Tr : Run on the spot! 100 times.

Tr : Jumping Jacks. 30 times.

Tr : March on the spot and take deep breaths.

Tr : Hold your knee and stand on one foot. Keep balancing.

Tr : Assemble.

Ss : Thank you, teacher.

Warm up teachers : Thank you all.

Tr : Run along the courtyard/playground/sport field.

Tr : Please keep running in your track.

Practice

Tr : Jump rope and count to 20.

跳繩

實作評量

(學生能聽懂

老師的英語指

<p>Tr : _____. You did a good job. Please come to front and show others.</p> <p>Tr : Let's give him/her a big hand.</p> <p>Tr : Now, let's jump rope and count to 20 again.</p> <p>Tr : Do you remember how to shuttle run?</p> <p>Tr : Let's shuttle run with jump rope.</p> <p>Tr : Please keep on your track. Don't run into others.</p> <p>Tr : Go! Go! Go!</p> <p>Wrap-up</p> <p>T : Jump rope and count to 50, three times.</p> <p>一、熱身操+無繩跳(30次×2)(如第一節)</p> <p>二、每人20次一跳一迴旋(四組)+折返跑 Jump rope and count to 20. Shuttle Run.</p> <p>三、練習一跳一迴旋50次×3循環 Jump rope and count to 50.</p> <p>*Session 8*</p> <p>Learning Performance : 2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2; Learning Content : Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ha- I -1)</p> <p>Greeting</p> <p>Tr : Good morning/afternoon.</p> <p>Tr : Is everybody here?-> Ss: Yes, everybody is here. /No.</p> <p>Tr : Who is not here?/ Ss: Number XX is not here.</p> <p>Tr: Check your sportswear and sneakers.</p> <p>Tr: Do you bring your jump rope? Ss: Yes.</p> <p>Warm Up</p> <p>Tr: Look at the center. Spread out.</p> <p>Tr: Warm-up teachers come to the front.</p> <p>Tr: Let's warm-up.</p> <p>Tr : Tilt your head.->Turn around your head. ->Turn your wrists. -> Turn your ankles.-></p> <p>Tr : Bend your knees. Keep balance your body. -> Up and down.</p> <p>Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. - > Stretch your feet.-> Stretch your body.</p>	跳繩	令並用英語數數及幫同學加油)
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Tr : Run on the spot! 100 times.
 Tr : Jumping Jacks. 30 times.
 Tr : March on the spot and take deep breaths.
 Tr : Hold your knee and stand on one foot. Keep balancing.
 Tr : Assemble.
 Ss : Thank you, teacher.
 Warm up teachers : Thank you all.
 Tr : Run along the courtyard/playground/sport field.
 Tr : Please keep running in your track.

Practice

Tr : Let's practice jump rope and run.
 Tr : Here is the starting line. There is the finish line.
 Tr : Please jump rope and run to the finish line.
 Tr : Please keep running on your track.
 Tr : Let's do jump rope and run relay race.
 Tr : Two as a team. One stands on the start line, and the other stands on the finish line.
 Tr : The one on the start line, jump rope and run first. Run to the finish line then give the jump rope to your teammate and stay on the finish line. The other teammate run to the start line.
 Tr : Please keep running on your track.
 Tr : Ready! Set! Go!

Wrap-up

Tr : Jump rope and count to 50. Three times.

- 一、熱身操+無繩跳(30次×2)(如第一節)
- 二、跑步跳接力賽：操場跑道或籃球場直線折返(先練習跑步跳→再接力賽)。
 Jump rope run relay race. Ready. Set. Go!
- 三、練習一跳一迴旋 50次×3循環
 Jump rope and count to 50.

實作評量
 (學生能聽懂老師的英語指令並用英語數數及幫同學加油)

跳繩

Session 9

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

Learning Content : Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2, Ga- I -1, Ha- 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.

Tr: Do you bring your jump rope? Ss: Yes.

Warm Up

Tr: Look at the center. Spread out.

Tr: Warm-up teachers come to the front.

Tr: Let's warm-up.

Tr : Tilt your head.->Turn around your head. ->Turn your wrists.
-> Turn your ankles.->

Tr : Bend your knees. Keep balance your body. -> Up and down.

Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. -
> Stretch your feet.-> Stretch your body.

Tr : Run on the spot! 100 times.

Tr : Jumping Jacks. 30 times.

Tr : March on the spot and take deep breaths.

Tr : Hold your knee and stand on one foot. Keep balancing.

Tr : Assemble.

Ss : Thank you, teacher.

Warm up teachers : Thank you all.

Tr : Run along the courtyard/playground/sport field.

Tr : Please keep running in your track.

Practice

Tr : Let's practice jump rope and run.

Tr : Here is the starting line. There is the finish line.

Tr : Please jump rope and run to the finish line.

Tr : Do your best.

Tr : Please keep running on your track.

Tr : Let's do jump rope and run relay race.
Tr : Let's divided you into four teams and half on the start line,
and the other half on the finish line.
Tr : Let's do the relay race.
Tr : Please keep running on your track.
Tr : Ready! Set! Go! Go! Go! Go!

Wrap-up

Tr : Jump rope and count to 100. Twice times.
Tr : Do your best and let's count.
Tr : Next lesson we will test your jump rope skill.

- 一、熱身操+無繩跳(30次×2)(如第一節)
- 二、1.跑步跳繩衝刺賽(四組) Jump rope sprint.
2.跑步跳折返跑接力賽(四組) Jump rope run relay race.
3.每人 20 次一跳一迴旋(四組)+折返跑

Ready. Set. Go.

三、練習一跳一迴旋 100 次×2

- 活動：分組 10 秒計次賽

Let's count.

Session 10

Learning Performance : 2c- I -1, 2c- I -2, 2d- I -1, 3c- I -2;
Learning Content : Ab- I -1, Bc- I -1, Cb- I -1, Cb- I -2, Fa- I -2,
Ga- I -1, Ha- 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.
Tr: Do you bring your jump rope? Ss: Yes.

Warm Up

Tr: Look at the center. Spread out.
Tr: Warm-up teachers come to the front.
Tr: Let's warm-up.
Tr : Tilt your head.->Turn around your head. ->Turn your wrists.

-> Turn your ankles.->

Tr : Bend your knees. Keep balance your body. -> Up and down.

Tr : Stretch your arms. ->Draw a circle. ->Stretch your hands. -
> Stretch your feet.-> Stretch your body.

Tr : Run on the spot! 100 times.

Tr : Jumping Jacks. 30 times.

Tr : March on the spot and take deep breaths.

Tr : Hold your knee and stand on one foot. Keep balancing.

Tr : Assemble.

Ss : Thank you, teacher.

Warm up teachers : Thank you all.

Tr : Run along the courtyard/playground/sport field.

Tr : Please keep running in your track.

Practice

Tr : Today we will do the test.

Tr : Four as a group. Please jump 50 times.

Tr : Ready! Set! Go!

Tr : Now we will count how many you can jump in 1 minute.

Tr : Two as a group. One jump, the other one count.

Tr : Ready! Set! Go!

Tr : Good job!

Wrap-up

Tr : You all do a great job. Please keep jump rope at your free time. It will help you grow up and healthy.