

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 周儀老師 謝慧縈老師
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>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 -2 班級體育活動。</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>the start line</p> <p>Shuttle Run and Jump Rope</p> <p>Air Jump Rope</p>	
		英語 句 子	<p>Let's jump rope!</p> <p>Are you ready? On my mark. Get set. Jump!</p> <p>Let's do Shuttle Run and Jump Rope.</p> <p>Hold the handles.</p> <p>Do big arm circles.</p> <p>Run over the rope.</p> <p>Run from the start line to the traffic cone, then run around it and back to the start line.</p>	
英文課室用語 classroom language		<p><b>Greeting:</b> Good morning. / Goodbye.</p> <p><b>Roll call:</b> Is everybody here? / Who's not here? Why is he/she not here?</p> <p><b>Classroom rules:</b> Check your sportswear and sneakers. / Do you have the jump rope? / Quiet, please. / Louder, please.</p> <p><b>Lineup formation:</b> Spread out. / Center, hands up! / Look at the center. / Look forward. / Hands forward. / Hands down. / Assemble. / Stand up. / Sit down.</p> <p><b>Warm-up:</b> Number _____. / Tilt head. / Rotate wrists and ankles. / Rotate knees. / Squat down and stand up. / Arms push forward and up. / Small arm circles. / Big</p>		

	<p>arm circles. / Give you a big hand. / Twist waist. / Bend back forward and backward. / Lunge. / Head touches toes and close body. / Straighten and bend leg. / Run in place. / Jumping Jacks. / March in place. / Hold up knees. / Breathe in and breathe out. / Switch.</p> <p><b>Compliments:</b> Good. / Good job. / Great! / Nice. / Well-done. / Give them a big hand.</p> <p><b>Others:</b> Wait. / You have ___ seconds. / Are you Ready? / Ready? Go! / Time's up. / Let's hooray! / Team ___ gets ___ points. / Follow me. / Attention.</p>		
<b>教學活動</b>		<b>教具</b>	<b>評量</b>
<p style="text-align: center;">&lt;第七節&gt;</p> <p>一、準備活動(10分鐘)</p> <p>1. 師生問候</p> <p>T: Good morning.</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 have a jump rope?</p> <p>2. 師生做暖身操</p> <p>S: Hi, teachers! Good morning.</p> <p>T: Everyone! S: Here! T: Spread out! S: Go!</p> <p>T: Center! S: Hands up!</p> <p>T: Look at the center. S: Hands forward.</p> <p>T: Look forward. S: Hands down.</p> <p>T: Who are the warm-up teachers today? Please hands up.</p> <p>T: Today boys say 1,2,3,4, so girls say.....? S: 5,6,7,8.</p> <p>T: Number 1 is .....? T+S: Tilt head.</p> <p>T: Number 2? T+S: Rotate wrists and ankles.</p> <p>T: Number 3? T+S: Rotate knees.</p> <p>T: Number 4? T+S: Squat down and stand up.</p> <p>T: Number 5? T+S: Arms push forward and up.</p> <p>T: Number 6? T+S: Small arm circles.</p> <p>T: Number 7? T+S: Big arm circles.</p> <p>T: Number 8? T+S: Give you a big hand.</p> <p>T: Number 9? T+S: Twist waist.</p> <p>T: Number 10? T+S: Bend back forward and backward.</p> <p>T: Number 11? T+S: Lunge.</p> <p>T: Number 12? T+S: Head touches toes and close your body.</p> <p>T: Number 13? T+S: Straighten and bend leg. T: Stop. Change sides.</p> <p>T: Number 14? T+S: Run in place. T: How many steps? S: 70.</p> <p>T: You have 2 rounds. Round 1, you count. Go! Round 2, I count. Go!</p> <p>T: Number 15? T+S: Jumping Jacks. T: How many times? S: 25.</p> <p>T: Number 16? T+S: March in place.</p> <p>T: Number 17? T+S: Hold up knees.</p> <p>T: Number 18? T+S: Breathe in and breathe out.</p> <p>T: Let's do air jump rope (無繩操). How many times? S: 30.</p> <p>T: Arms to the sides and tiptoes on the ground. Rotate your wrists and jump. You have 2 rounds. Round 1, you count. Go! Round 2, I count.</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>Go!</p> <p>T: Everyone! S: Here! T: Assemble! S: Go!</p> <p>T: Today's warm-up teachers are Teacher ____and Teacher ____. Give them a big hand. S: Thank you. -&gt; Ss: You're welcome!</p> <p><b>二、發展活動(25 分鐘)</b></p> <p>1. 複習一跳一迴旋</p> <p>(1) 一跳一迴旋：個人暖身跳，每人跳 100 下。</p> <p>T: Let's jump rope for 100 times. Are you ready?</p> <p>S: Yes. On my mark. Get set. T: (Blow the whistle) !</p> <p>(2) 一跳一迴旋分組賽：實力相當的四人一組，計時 30 秒，一人跳另三人數，將每生跳躍次數記錄在計分板上。</p> <p>T: 4 students in a team. You have 30 seconds. One of you jump rope and the others count. Write down the times he/she jumps rope on the scoreboard.</p> <p>T: Are you ready? S: Yes. On my mark. Get set.</p> <p>T: (Blow the whistle) !</p> <p>T: Time's up! Please write down the score on the scoreboard.</p> <p>Change!</p> <p>2. 跑步跳折返練習(Shuttle Run and Jump Rope )</p> <p>(1) 教師示範跑步跳折返方式</p> <p>T: Assemble here! T: Sit down. Ss: I sit down.</p> <p>T: Listen to me. Ss: Listen to you.</p> <p>T: Do you remember how to do the Jump Rope and Run? Hold the handles. -&gt; Do big arm circles. -&gt; Run over the rope and to the traffic cone.</p> <p>T: 今天要增加一個任務，要在 traffic cone 做折返的動作。</p> <p>T: When you hear the whistle, please run from the start line to the traffic cone, then run around it and back to the start line.</p> <p>(2) 學生分四組，練習跑步跳折返。</p> <p>T: Let's do the Shuttle Run and Jump Rope.</p> <p>T: Listen to the whistle and run from the <u>start line</u> to the <u>traffic cone</u>, then <u>run around</u> it and <u>back to</u> the start line.</p> <p><b>三、綜合活動(5 分鐘)</b></p> <p>1. 公布一跳一迴旋分組賽成績：教師一組一組公布個人成績，讓學生從記錄中看到自己因為練習後的進步。</p> <p>T: Assemble! Please sit down.-&gt; Ss: I sit down.</p> <p>T: Let's check the points.</p> <p>T: Who is the winner in this team? Please stand up!</p> <p>Team __ gets __ points. Team __ gets __ points.</p> <p>T: So the winner is Team __!</p> <p>Ss(Team __): Yeah! Hurray!</p> <p>2. 課堂總結</p> <p>T: The class is over. Don't forget your water bottles and clothes.</p> <p>S: Goodbye, teachers!</p> <p>Ts: Goodbye!</p>	<p>跳繩 計分紙/ 板 白板筆</p> <p>交通錐</p>	<p>學生能正確做出一跳一迴旋的跳繩動作。</p> <p>能專心聽講並依指令完成指定動作</p> <p>能依指令做出正確動作及回應。</p> <p>學生能正確做出跑步跳折返的跳繩動作。</p> <p>學生能比較自己的練習前後跳繩次數，接納自己的學習成果。</p>
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