

## 健體領域 體育科目 一年級 單元教案

<b>主題名稱</b>		呼拉圈	<b>教學設計者</b>	吳孟珈
<b>教學對象</b>		一年級	<b>教學節次</b>	5週 10節/每週 2節
<b>領綱 核心素養指標</b>		<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>英-E-B1 具備入門的聽、說、讀、寫英語文能力。能運用所學字詞及句型進行日常溝通。</p>		
<b>領綱 學習 重點</b>	<b>學習 表現</b>	<p>1. 認知：1c- I -1 認識身體活動的基本動作。 1d- I -1 描述動作技能基本常識。</p> <p>2. 情意：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>3. 技能：3c- I -1 表現基本動作與模仿的能力。 3c- I -2 表現安全的身體活動行為。</p>		
	<b>學習 內容</b>	<p>Ab- I -1 體適能遊戲。 Cb- I -2 班級體育活動。</p> <p>Ac- II -1 簡易的教室用語。 Ac- II -2 簡易的生活用語。 Ac- II -3 第二學習階段所學字詞。 B- II -1 第二學習階段所學字詞及句型的生活溝通。</p>		
<b>教學目標</b>		<p>1. 學習利用呼拉圈跳繩</p> <p>2. 學習旋轉呼拉圈的技巧</p> <p>3. 學習旋轉呼拉圈時可以有不同形式的動作技能。</p> <p>4. 學習呼拉圈在手上繞圈的技能。</p>		
<b>教學方法</b>				
<b>體育專業 英語詞彙 (content language)</b>	英語 單 字/ 片 語	hula hoop、hula hoop jump、hula train、turn、ground, swing, forward, backward,		
		<p>Put the hula hoop on the ground. Step into the hula hoop. Hold the hula hoop. Turn forward and jump. Spin the hula hoop and hands up / Catch it / clap. One arm out. Swing the hula hoop Spin the hula hoop on your arm</p>		

<p>英語 教室用語 (classroom language)</p>	<ol style="list-style-type: none"> <li>1. Good morning./Good afternoon.</li> <li>2. Eyes on me. Eyes on you.</li> <li>3. Let's take a roll call. When you hear your name, please say "here."</li> <li>4. Sit down. Hands on your knees.</li> <li>5. Stand up.</li> <li>6. Hands on your head.</li> <li>7. Hands up. Hands down.</li> <li>8. Are you done? Yes! No!</li> <li>9. Are you ready? Yes! No!</li> <li>10. Ms./ Mr. ~ I'm /We're done.)</li> <li>11. Look at your stick/ line/ jump rope.</li> <li>12. Watch your step.</li> <li>13. Try your best!</li> <li>14. Not too fast.</li> <li>15. You can try this!</li> <li>16. Stop!</li> </ol>		
<b>教學活動</b>		<b>教具</b>	<b>評量方式</b>
<第一節>			
<p><b>一、準備活動(10分鐘)</b></p> <p>1.散開 (以中央伍為準，成體操隊型散開) T: Center, hands up. Ss: Hands up. T: Hands out. Ss: out T: Attention! S:1, 2.</p> <p>2.暖身 Let's warm up! (如附件 1)</p> <p>3.集合 (以中央伍為準，成原來隊型集合) T: Center, hands up. Ss: Hands up. T: go back. Ss: back T: Attention! S:1, 2.</p>			<p>能說出動作名稱並完成動作</p>
<p><b>二、發展活動(25分鐘)</b></p>		呼拉圈	
<p>1.認識呼拉圈 介紹呼拉圈的英文:hula hoop</p> <p>T: What's this? Ss:呼拉圈 T: Hula hoop , please say hula hoop. Ss: Hula hoop.</p> <p>2.跳跳呼拉圈 jump jump hula hoop 我們今天要跳呼拉圈，跳呼拉圈有四個步驟。首先我們要先將呼拉</p>			<p>能回答問題</p> <p>聽口令並</p>

圈放在前方，人站在呼拉圈中間，雙手正握呼拉圈，向前轉動使呼拉圈到腳尖前時跳躍，完成跳呼拉圈動作。一次一次慢慢跳，熟練時再加快速度。

將全班分成三排，成體操隊型散開，並將呼拉圈發下去。

T: Today we are going to jump the hula hoop, we have 4 steps.

T: 1. Put the hula hoop on the ground.

Ss: Put the hula hoop.

T: 2. Step into the hula hoop.

Ss: Step into the hula hoop.

T: 3. Hold the hula hoop (like this).

Ss: Hold the hula hoop.

T: 4. Turn forward.

Ss: Turn forward.

T: and jump.

Ss: and jump.



完成動作

### 三、綜合活動(5分鐘)

1. 詢問學生對於今天第一次跳呼拉圈是否感到困難。
2. 請學生出來示範動作，給予指導以及提醒全班要注意的動作。

能完整表達自己的想法

## <第二節>

### 一、準備活動(10分鐘)

#### 1. 散開

(以中央伍為準，成體操隊型散開)

T: Center, hands up.

Ss: Hands up.

T: Hands out.

Ss: out

T: Attention!

S: 1, 2.

#### 2. 暖身

Let's warm up! (如附件 1)

#### 3. 集合

(以中央伍為準，成原來隊型集合)

T: Center, hands up.

Ss: Hands up.

T: Go back.

Ss: back

T: Attention!

S: 1, 2.

### 二、發展活動(25分鐘)

#### 1. 複習跳跳呼拉圈 review "jump jump hula hoop"

跳呼拉圈有四個步驟。將呼拉圈放在前方，人站在呼拉圈中間，雙手正握呼拉圈，向前轉動使呼拉圈到腳尖前時跳躍，完成跳呼拉圈動

呼拉圈

聽口令並完成動作

作。一次一次慢慢跳，熟練時再加快速度。  
將全班分成三排，成體操隊型散開，並將呼拉圈發下去。

T: Let's review jump the hula hoop 4 steps.

T: Put the hula hoop on the ground.

Ss: On the ground.

T: Step into the hula hoop.

Ss: Step into the hula hoop.

T: Hold the hula hoop (like this).

Ss: Hold the hula hoop.

T: Turn forward and jump.

Ss: Turn forward and jump.



2.轉轉呼拉圈 spin the hula hoop on the ground

(1) spin and hands up

現在要讓轉轉呼拉圈，有三個步驟。首先我們一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並將手舉起來看著呼拉圈自然停下，不要碰觸呼拉圈。

將全班分成三排，成體操隊型散開，並將呼拉圈發下去。

T: Now we are going to spin the hula hoop, we have 3 steps.

T: One. Hold the hula hoop.

Ss: Hold the hula hoop.

T: Two. Put the hula hoop on the ground.

T: Three. Spin the hula hoop and hands up.

Ss: Spin the hula hoop and hands up.

T: Remember! don't touch the hula hoop.

T: Now switch to the other hand and do it one more time.

T: Say "Spin and hands up."

### 三、綜合活動(5分鐘)

1. 請學生出來示範動作，給予指導以及提醒全班要注意的動作。
2. 詢問學生跳呼拉圈有沒有比上次更進步。

呼拉圈

聽口令並完成動作

能完整表達自己的想法

### <第三節>

#### 一、準備活動(10分鐘)

##### 1.散開

(以中央伍為準，成體操隊型散開)

T: Center, hands up.

Ss: Hands up.

T: Hands out.

Ss: out

T: Attention!

S: 1, 2.

##### 2.暖身

Let's warm up! (如附件 1)

##### 3.集合

(以中央伍為準，成原來隊型集合)

能說出動作名稱並完成動作

T: Center, hands up.

Ss: Hands up.

T: Go back.

Ss: back

T: Attention!

S:1, 2.

## 二、發展活動(25分鐘)

### 1. 複習跳跳呼拉圈 review “jump jump hula hoop”

跳跳呼拉圈有四個步驟。將呼拉圈放在前方，人站在呼拉圈中間，雙手正握呼拉圈，向前轉動使呼拉圈到腳尖前時跳躍，完成跳跳呼拉圈動作。一次一次慢慢跳，熟練時再加快速度。

將全班分成三排，成體操隊型散開，並將呼拉圈發下去。

T: Let's review jump through the hula hoop 4 steps

T: Put the hula hoop on the ground.

Ss: On the ground.

T: Step into the hula hoop.

Ss: Step into the hula hoop.

T: Hold the hula hoop (like this)

Ss: Hold the hula hoop

T: Turn forward.

Ss: Turn forward.

T: and jump

Ss: and jump

T: One more time.

T: Turn forward and jump.

Ss: Turn forward and jump.



### 2. 複習轉轉呼拉圈 Review “spin the hula hoop on the ground”

#### (1) Spin and hands up

現在要讓轉轉呼拉圈，有三個步驟。首先我們一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並將手舉起來看著呼拉圈自然停下，不要碰觸呼拉圈。

將全班分成三排，成體操隊型散開，並將呼拉圈發下去。

T: Now we are going to spin the hula hoop, we have 3 steps.

T: One. Hold the hula hoop.

Ss: Hold the hula hoop.

T: Two. Put the hula hoop on the ground.

T: Three. Spin the hula hoop and hands up.

Ss: Spin the hula hoop and hands up.

T: Remember! don't touch the hula hoop.

T: Now switch to the other hand and do it one more time.

T: Say “Spin and hands up.”

#### (2) spin and catch

我們一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並且用手抓住呼拉圈。

T: Eyes on me

Ss: Eyes on you

呼拉圈

聽口令並  
完成動作

呼拉圈

聽口令並  
完成動作

聽口令並  
完成動作

<p>T: One. Hold the hula hoop. Ss: Hold the hula hoop. T: Two. Put the hula hoop on the ground. T: Three. Spin the hula hoop and hands up. Ss: Spin the hula hoop. T: Catch it! Ss: Catch it! T: Good job ! Now, one more time. Please say, “spin and catch.” Ss : Spin and catch.</p> <p><b>三、綜合活動(5分鐘)</b></p> <p>1. 詢問學生跳呼拉圈有沒有比上次更進步。 2. 請學生出來做出今天上課學習的內容，鼓勵或提醒同學該注意的事項。</p>		<p>能完整表達自己的想法</p>
<p style="text-align: center;"><b>&lt;第四節&gt;</b></p> <p><b>一、準備活動(102分鐘)</b></p> <p>1. 散開 (以中央伍為準，成體操隊型散開) T: Center, hands up. Ss: Hands up. T: Hands out. Ss: out T: Attention! S: 1, 2.</p> <p>2. 暖身 Let's warm up! (如附件 1)</p> <p>3. 集合 (以中央伍為準，成原來隊型集合) T: Center, hands up. Ss: Hands up. T: go back. Ss: back T: Attention! S: 1, 2.</p> <p><b>二、發展活動(25分鐘)</b></p> <p>2. 複習轉轉呼拉圈 Review “spin the hula hoop on the ground” (1) spin and hands up 現在要讓轉轉呼拉圈，有三個步驟。首先我們一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並將手舉起來看著呼拉圈自然停下，不要碰觸呼拉圈。 將全班分成三排，成體操隊型散開，並將呼拉圈發下去。</p> <p>T: Now we are going to spin the hula hoop , we have 3 steps. T: One. Hold the hula hoop. Ss: Hold the hula hoop.</p>	<p style="text-align: center;">呼拉圈</p>	<p>能說出動作名稱並完成動作</p> <p>聽口令並完成動作</p>

<p>T: Two. Put the hula hoop on the ground.  T: Three. Spin the hula hoop and hands up.  Ss: Spin the hula hoop and hands up.  T: Remember! don't touch the hula hoop.  T: Now switch to the other hand and do it one more time.  T: Say "Spin and hands up."</p> <p>(2)Review "spin and catch"  我們一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並且用手抓住呼拉圈。</p> <p>T: Eyes on me  Ss:Eyes on you  T: One. Hold the hula hoop.  Ss:Hold the hula hoop.  T: Two. Put the hula hoop on the ground.  T: Three. Spin the hula hoop and hands up.  Ss: Spin the hula hoop.  T: Catch it!  Ss: Catch it!  T: Good job! Now, one more time. Please say, "spin and catch."  Ss : Spin and catch.</p> <p>(3) Spin and clap  一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並在呼拉圈停下之前拍手三次。</p> <p>T: One. Hold the hula hoop.  Ss:Hold the hula hoop.  T: Two. Put the hula hoop on the ground.  T: Three. Spin the hula hoop and hands up.  Ss: Spin the hula hoop.  T: Clap! One, Two, Three.  Ss: Clap! One, Two, Three  T: Good job! Now, one more time. Please say, "spin and clap."  Ss : Spin and clap.</p> <p><b>三、綜合活動(5分鐘)</b>  1. 請學生出來做出今天上課學習的內容，鼓勵或提醒同學該注意的事項。  2. 詢問學生有沒有人可以拍手之後抓住呼拉圈。</p>		<p>聽口令並完成動作</p> <p>聽口令並完成動作</p> <p>能完整表達自己的想法</p>
<p style="text-align: center;"><b>&lt;第五節&gt;</b></p> <p><b>一、準備活動(10分鐘)</b>  1.散開  (以中央伍為準，成體操隊型散開)  T: Center, hands up.  Ss: Hands up.  T: Hands out.  Ss: out  T: Attention!  S:1, 2.</p>		<p>能說出動作名稱並完成動作</p>

<p>2.暖身 Let's warm up! (如附件 1)</p> <p>3.集合 (以中央伍為準，成原來隊型集合) T: Center, hands up. Ss: Hands up. T: go back. Ss: back T: Attention! S:1, 2.</p> <p><b>二、發展活動(25 分鐘)</b></p> <p>1.複習轉轉呼拉圈 Review “spin the hula hoop on the ground” (1) spin and hands up 現在要讓轉轉呼拉圈，有三個步驟。首先我們一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並將手舉起來看著呼拉圈自然停下，不要碰觸呼拉圈。 將全班分成三排，成體操隊型散開，並將呼拉圈發下去。</p> <p>T:Now we are going to spin the hula hoop , we have 3 steps. T: One. Hold the hula hoop. Ss:Hold the hula hoop. T: Two. Put the hula hoop on the ground. T: Three. Spin the hula hoop and hands up. Ss: Spin the hula hoop and hands up. T: Remember! don't touch the hula hoop. T: Now switch to the other hand and do it one more time. T: Say “Spin and hands up.”</p> <p>(2)review spin and catch 我們一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並且用手抓住呼拉圈。 T: Eyes on me Ss:Eyes on you T: One. Hold the hula hoop. Ss:Hold the hula hoop. T: Two. Put the hula hoop on the ground. T: Three. Spin the hula hoop and hands up. Ss: Spin the hula hoop. T: Catch it! Ss: Catch it! T: Good job! Now, one more time. Please say, “spin and catch.” Ss : Spin and catch.</p> <p>(3) Review “spin and clap” 一隻手拿著呼拉圈，將呼拉圈直立放在地上，轉動呼拉圈並在呼拉圈停下之前拍手三次。 T: One. Hold the hula hoop. Ss:Hold the hula hoop.</p>	<p>呼拉圈</p>	<p>聽口令並完成動作</p> <p>聽口令並完成動作</p> <p>聽口令並完成動作</p>
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<p>T: Two. Put the hula hoop on the ground.  T: Three. Spin the hula hoop and hands up.  Ss: Spin the hula hoop.  T: Clap! One, Two, Three.  Ss: Clap! One, Two, Three  T: Good job! Now, one more time. Please say, "spin and clap."  Ss : Spin and clap.</p> <p>4.轉動呼拉圈 spin the hula hoop on your arm</p> <p>(1)呼拉圈盪鞦韆 Swing the Hula Hoop  面向老師立正站好，接著將右手握拳並向旁邊伸直做延伸(手掌在下手背在上，整隻手伸直，輕輕的將整隻手順時鐘做轉圈並提醒學生整隻手都要打直不能彎曲，手也不能抬高或者掉下去，避免之後放上呼拉圈會轉動不起來或者飛出去。將呼拉圈放在手上輕輕地晃動，向盪鞦韆一樣向前向後。</p> <p>T: Eyes on me.  Ss: Eyes on you  T: One arm out.  T: Swing your arms.  T: Now put the hula hoop on your arm and swing the hula hoop back and forward.  T: Switch to the other arm and do it one more time.</p> <p>三、綜合活動(5分鐘)</p> <ol style="list-style-type: none"> <li>1. 詢問學生呼拉圈盪鞦韆的注意事項。</li> <li>2. 複習轉呼拉圈三階段的英文。</li> </ol>		<p>聽口令並完成動作</p> <p>能完整表達自己的想法</p>
<p style="text-align: center;">&lt;第六節&gt;</p> <p>一、準備活動(10分鐘)</p> <ol style="list-style-type: none"> <li>1.散開  (以中央伍為準，成體操隊型散開)  T: Center, hands up.  Ss: Hands up.  T: Hands out.  Ss: out  T: Attention!  S:1, 2.</li> <li>2.暖身  Let's warm up! (如附件 1)</li> <li>3.集合  (以中央伍為準，成原來隊型集合)  T: Center, hands up.  Ss: Hands up.  T: go back.  Ss: back  T: Attention!  S:1, 2.</li> </ol>		<p>能說出動作名稱並完成動作</p>

## 二、發展活動(25 分鐘)

### 1. 轉動呼拉圈 Spin the hula hoop on your arm

#### (1) Review “swing the hula hoop”

向老師立正站好，接著將右手握拳並向旁邊伸直做延伸(手掌在下手背在上，整隻手伸直，輕輕的將整隻手順時鐘做轉圈並提醒學生整隻手都要打直不能彎曲，手也不能抬高或者掉下去，避免之後放上呼拉圈會轉動不起來或者飛出去。將呼拉圈放在手上輕輕地晃動，向盪鞦韆一樣向前向後。

T: Eyes on me.

Ss: Eyes on you

T: One arm out.

T: Swing your arms.

T: Now put the hula hoop on your arm.

T: Spin the hula hoop back and forward.

T: Switch to the other arm and do it one more time

#### (2) Spin the hula hoop on your arm

面向老師立正站好，接著將右手握拳並向旁邊伸直做延伸(手掌在下手背在上，整隻手伸直，輕輕的將整隻手順時鐘做轉圈並提醒學生整隻手都要打直不能彎曲，手也不能抬高或者掉下去，避免之後放上呼拉圈會轉動不起來或者飛出去。將呼拉圈放在手上輕輕地晃動，向盪鞦韆一樣向前向後，並將呼拉圈轉起來。

T: Eyes on me.

Ss: Eyes on you

T: One arm out.

T: Swing your arms.

T: Put the hula hoop on your arm and swing the hula hoop back and forward.

T: Now spin it. Don't spin it too fast.

### 2. 呼拉圈火車 Hula train

將呼拉圈放身體上，雙手握著呼拉圈前方，不能讓呼拉圈掉下去，將班上學生分成 4 組，跑步 15m 後折返，進行跑步接力活動。

T: This is a hula train.

T: Hold the front. Don't drop it.

T: Run to the line, (showing the students where the line is) and run back.

T: Pass the hula hoop and next one, go.

T: Okay?

Ss: Okay!

T: Ready, set, (whistling)

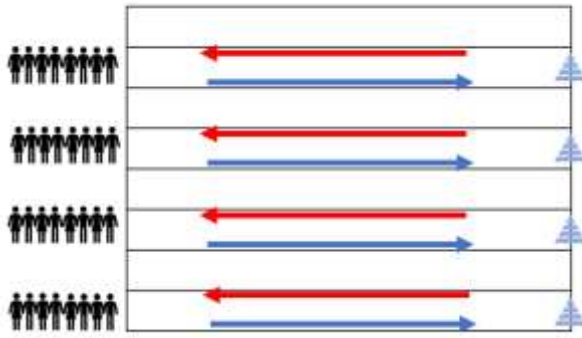
呼拉圈

聽口令並完成動作

聽口令並完成動作

呼拉圈  
三角錐

聽口令並完成動作，並遵守活動規則



能完整表達自己的想法

### 三、綜合活動(5分鐘)

1. 詢問學生有沒有成功轉動呼拉圈。
2. 請已經成功的同學出來示範動作並給予鼓勵。

### <第七節>

#### 一、準備活動(10分鐘)

1. 散開  
(以中央伍為準，成體操隊型散開)  
T: Center, hands up.  
Ss: Hands up.  
T: Hands out.  
Ss: out  
T: Attention!  
S:1, 2.

2. 暖身  
Let's warm up! (如附件 1)

3. 集合  
(以中央伍為準，成原來隊型集合)  
T: Center, hands up.  
Ss: Hands up.  
T: Go back.  
Ss: back  
T: Attention!  
S:1, 2.

#### 二、發展活動(25分鐘)

1. 轉動呼拉圈 Spin the hula hoop on your arm

##### (1)Review “swing the hula hoop”

面向老師立正站好，接著將右手握拳並向旁邊伸直做延伸(手掌在下手背在上，整隻手伸直，輕輕的將整隻手順時鐘做轉圈並提醒學生整隻手都要打直不能彎曲，手也不能抬高或者掉下去，避免之後放上呼拉圈會轉動不起來或者飛出去。將呼拉圈放在手上輕輕地晃動，向盪鞦韆一樣向前向後。

- T: Eyes on me.  
Ss: Eyes on you  
T: One arm out.

呼拉圈

聽口令並完成動作

T: Swing your arms  
T: Now put the hula hoop on your arm.  
T: Swing the hula hoop back and forward.  
T: Switch to the other arm and do it one more time.

### (2) Spin the hula hoop on your arm

面向老師立正站好，接著將右手握拳並向旁邊伸直做延伸(手掌在下手背在上，整隻手伸直，輕輕的將整隻手順時鐘做轉圈並提醒學生整隻手都要打直不能彎曲，手也不能抬高或者掉下去，避免之後放上呼拉圈會轉動不起來或者飛出去。將呼拉圈放在手上輕輕地晃動，向盪鞦韆一樣向前向後，並將呼拉圈轉起來。

T: Eyes on me.  
Ss: Eyes on you  
T: One arm out.  
T: Swing your arms.  
T: Put the hula hoop on your arm.  
T: Swing the hula hoop back and forward.  
T: Now spin it , not too fast.

### 2.套圈達人

將小角錐、大角錐放在五公尺遠讓學生將呼拉圈套進去角錐，小角錐因小，容易被打倒，提醒學生注意力量，大角錐比較高，提醒學生太低會套不進去。

T: There are big cones and small cones over there.  
T: Hold the hula hoop like this.



T: Run to the line and turn the hula hoop forward.  
T: You need to use your two hands to hold the hula hoop and throw it to the cones.  
T: Pick it up and run back.  
T: Pass the hula hoop and next one, go.

### 三、綜合活動(5分鐘)

1. 詢問學生有沒有成功轉動呼拉圈。
2. 詢問學生套圈有沒有得分。
3. 請這課程才成功的同學出來示範動作並給予鼓勵。

聽口令並完成動作

聽口令並完成動作，並遵守活動規則

呼拉圈  
大角錐  
小角錐

能完整表達自己的想法

<第八節>

一、準備活動(10分鐘)

1.散開

(以中央伍為準，成體操隊型散開)

T: Center, hands up.

Ss: Hands up.

T: Hands out.

Ss: out

T: Attention!

S:1, 2.

2.暖身

Let's warm up! (如附件 1)

3.集合

(以中央伍為準，成原來隊型集合)

T: Center, hands up.

Ss: Hands up.

T: go back.

Ss: back

T: Attention!

S:1, 2.

二、發展活動(25分鐘)

1.轉動呼拉圈 Spin the hula hoop on your arm

(1)Review Swing the Hula Hoop

面向老師立正站好，接著將右手握拳並向旁邊伸直做延伸(手掌在下手背在上，整隻手伸直，輕輕的將整隻手順時鐘做轉圈並提醒學生整隻手都要打直不能彎曲，手也不能抬高或者掉下去，避免之後放上呼拉圈會轉動不起來或者飛出去。將呼拉圈放在手上輕輕地晃動，向盪鞦韆一樣向前向後。

T: Eyes on me.

Ss: Eyes on you

T: One arm out.

T: Swing your arms.

T: Now put the hula hoop on your arm.

T: swing the hula hoop back and forward.

T: Switch to the other arm and do it one more time.

(2) Spin the hula hoop on your arm

面向老師立正站好，接著將右手握拳並向旁邊伸直做延伸(手掌在下手背在上，整隻手伸直，輕輕的將整隻手順時鐘做轉圈並提醒學生整隻手都要打直不能彎曲，手也不能抬高或者掉下去，避免之後放上呼拉圈會轉動不起來或者飛出去。將呼拉圈放在手上輕輕地晃動，向盪鞦韆一樣向前向後，並將呼拉圈轉起來。

T: Eyes on me.

Ss: Eyes on you

T: One arm out.

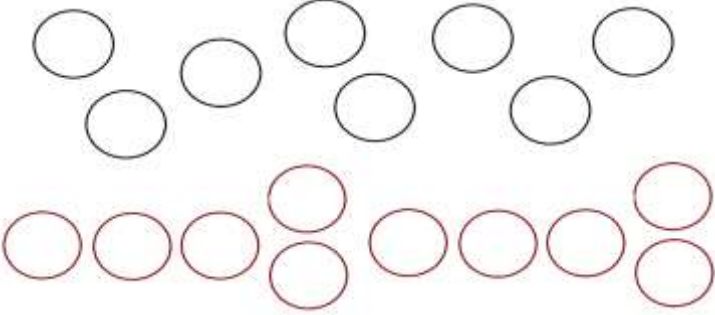
T: Swing your arms.

能說出動作名稱並完成動作

呼拉圈

聽口令並完成動作

聽口令並完成動作

<p>T: Now put the hula hoop on your arm.  T: Swing the hula hoop back and forward.  T: Now, spin it. Don't spin too fast.</p> <p>2. 跳跳跳 Jump Jump Jump</p> <p>將呼拉圈放在地上不規律地放著讓學生利用跳的方式跳在呼拉圈中間提醒學生一定要看好呼拉圈的距離再跳，避免踩到呼拉圈扭傷腳。</p> <p>T: Eyes on me  Ss: Eyes on you  T: Can you see the hula hoop?  Ss: Yes!  T: You can jump, hop or skip.  T: Remember ! Don't step on the hula hoop, or you will fall down .  T: If you are done. Run back and high five. Next one, go.</p>  <p>三、綜合活動(5分鐘)</p> <ol style="list-style-type: none"> <li>1. 詢問學生有沒有成功轉動呼拉圈。</li> <li>2. 請這課程才成功的同學出來示範動作並給予鼓勵。</li> <li>3. 預告下周開始測驗。</li> </ol>	<p>呼拉圈</p> <p>聽口令並完成動作，並遵守活動規則</p> <p>能完整表達自己的想法</p>
<p style="text-align: center;">&lt;第九節&gt;</p> <p>一、準備活動(10分鐘)</p> <ol style="list-style-type: none"> <li>1. 散開  (以中央伍為準，成體操隊型散開)  T: Center, hands up.  Ss: Hands up.  T: Hands out.  Ss: out  T: Attention!  S:1, 2.</li> <li>2. 暖身  Let's warm up! (如附件 1)</li> <li>3. 集合  (以中央伍為準，成原來隊型集合)  T: Center, hands up.  Ss: Hands up.  T: go back.  Ss: back</li> </ol>	<p>能說出動作名稱並完成動作</p>

<p>T: Attention! S:1, 2.</p> <p><b>二、發展活動(25 分鐘)</b></p> <p>1.練習考試項目 Spin the hula hoop on your arm</p> <p>T:Right arm out. T:Put the hula hoop on your arm and spin it. Stop! (Whistling) Left arm out. Spin your arms. Put the hula hoop on your arm and Spin it. Stop! (Whistling)</p> <p>Now we're going to practice hula jump. Stand inside the hula hoop. Turn and jump. Turn and jump.</p> <p>(二)、測驗(評量表如附件)</p> <ol style="list-style-type: none"> <li>1.進行呼拉圈繞手測驗(左)</li> <li>2.進行呼拉圈繞手測驗(右)</li> <li>3.進行呼拉圈跳繩測驗</li> </ol> <p><b>三、綜合活動(5 分鐘)</b></p> <ol style="list-style-type: none"> <li>1.稱讚今天測驗表現優異的同學。</li> <li>2.下一堂課會繼續完成測驗。</li> </ol>		<p>聽口令並完成動作</p> <p>聽口令並完成動作</p>
<p style="text-align: center;"><b>&lt;第十節&gt;</b></p> <p><b>一、準備活動(10 分鐘)</b></p> <p>1.散開 (以中央伍為準，成體操隊型散開)</p> <p>T: Center, hands up. Ss: Hands up. T: Hands out. Ss: out T: Attention! S:1, 2.</p> <p>2.暖身 Let's warm up! (如附件 1)</p> <p>3.集合 (以中央伍為準，成原來隊型集合)</p> <p>T: Center, hands up. Ss: Hands up. T: go back. Ss: back T: Attention! S:1, 2.</p>		<p>能說出動作名稱並完成動作</p>

