

臺中市豐原區瑞穗國民小學

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		運動會樂趣多	教學設計者	吳孟珈、陳堉軒
教學對象		二年級	教學節次	5 週 10 節/每週 2 節
領綱 核心素養指標		<p>A1 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 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> <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，在體育活動和健康生活中樂於與人互動、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 1d-I-1 描述動作技能基本常識。 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-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>		
	學習 內容	<p>Ab-I-1 體適能遊戲。 Ga-I-1 走、跑、跳與投擲遊戲。</p>		
教學方法				
學習內容英語 content language		英語 單 字/ 片 語	forward, lane, across, finish line, slow down, stop sit, stand up, turn back, big, soft	
		英語 句 子	Look forward. Stay in your lane. Stay in my lane. Across the finish line. Slow down and stop. Turn back. Roll the ball with one hand/ two hands.	

	<p>Lunge forward. Lift your legs and touch your hands. Swing my arms. Lift and touch.</p>				
<p>英文課室用語 classroom language</p>	<p>Eyes on you. Eyes on me. Hands out. Arms up. Arms down. Hands on top. Hands up. Hands down. Be quiet.</p>				
教學活動		教具	評量		
<p style="text-align: center;"><第一節></p> <p>一、準備活動(10 分鐘)</p> <p>1.T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p> <p>二、發展活動(27 分鐘)</p> <p>1.動一動</p> <p>(1)弓箭步 Forward lunge. 以弓箭步站姿，擺臂數次，更接近跑步動作 Students stand in a lunge with one foot in front of the other, and bend their knees. While lunging, practice arm swinging.</p> <table border="1" data-bbox="129 1514 716 1648"> <tr> <td>T: Lunge forward.</td> </tr> <tr> <td>S: Lunge forward.</td> </tr> </table> <p>(2)擺臂 Arm swing. 讓學生維持一腳前一腳後的站姿，進行擺臂動作，提醒學生將手肘彎曲 90 度，前後擺動，過程中注意身體不能晃動。 Students stand with one foot in front of the other. Bend arms to 90 degrees and swing back and forth. Remind students to keep their bodies still when swinging.</p>		T: Lunge forward.	S: Lunge forward.		<p>能自己喊出動作名稱並完成動作</p> <p>聽口令並完成動作</p>
T: Lunge forward.					
S: Lunge forward.					

T: Swing your arms. (Demo)

S: Swing my arms.

(2)抬腿 Leg lift.

原地站立，手掌心朝下平放置肚臍位子，抬腿將腿碰至手掌心。

Students stand and put your hands in front, palms face down. Raise legs up to touch the palms.

T: Put your hands in front of your belly.

T: Lift your legs and touch your hands.

T: Lift and touch. (Demo)

S: Lift and touch.

T: OK?

S: OK.

T: Go.

(4)跑步的注意事項：

T:運動會快到了，我們有 40 公尺的比賽，跑步的時候要注意 4 個注意事項，請大聲地唸出來

T: 1. Look forward.

S: Look forward.

T: 2. Stay in your lane.

S: Stay in my lane.

T: 3. Cross the finish line.

S: Cross the finish line.

T: 4. Slow down and stop.

S: Slow down and stop.

2. 搶奪寶物

將班級分成四組，在中間區域放置寶物(角錐)，每組距離寶物區 10M，

能完整表達自己的想法。

第一個人出發到中間搶奪寶物，一次只能拿一個，折返回去以後和隊友擊掌，下一個才能再出發。

T:現在我們要分成四組，第一組，男生單數，第二組男生雙數，第三組女生單數，第四組女生雙數，有沒有看到中間的寶物。等等沿著自己的跑道，看著前方的寶物，跑過去之後拿起一個寶物，跑回來以後和隊友擊掌。

T: Let's split into four teams.

T: Team 1,no. 1, 3, 5... Line up here.

T: Team 2,no. 2, 4, 6... Line up here.

T: Team 3,no. 21, 23, 25... Line up here.

T: Team 4,no. 22, 24, 26... Line up here.

T: Do you see the treasures in the middle?

S: Yes, I do.

T: On your lane, go get one treasure, come back, and high five.

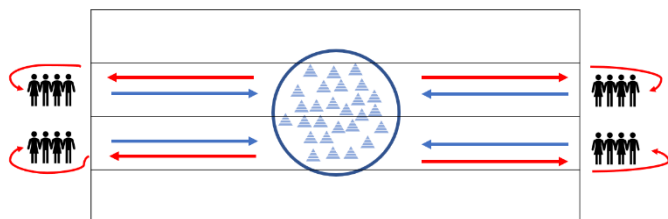
T: OK?

S: OK.

T: Ready, go!

T:注意只能拿一個寶物，回來的時候一定要擊掌完畢才能出發，不然會撞到正在跑的同学。

T: Remember to high five, or you'll get hit.



三、綜合活動(3分鐘)

- 1.詢問同學今天拿了多少個寶物。
- 2.引導學生說出跑步的注意事項，並給予回饋。

<第二節>

一、準備活動(10分鐘)

1.T: Center, hands up.

Ss: Hands up.

T: Hands out.

T: Attention!

S:1, 2.

2. Let's warm up! (如附件 1)

能自己喊出動作名稱並完成動作

3. Run one lap. Go!

二、發展活動(27 分鐘)

1.復習跑步姿勢

(1)弓箭步 Forward lunge.

以弓箭步站姿，擺臂數次，更接近跑步動作

Students stand in a lunge with one foot in front of the other, and bend your knees. While lunging, practice arm swing.

(2) 擺臂 Arm swing.

讓學生維持一腳前一腳後的站姿，進行擺臂動作，提醒學生將手肘彎曲 90 度，前後擺動，過程中注意身體不能晃動。

Students stand with one foot in front of the other. Bend arms to 90 degrees and swing back and forth. Remind students to keep their bodies still when swinging.

(3)抬腿 Leg lift.

原地站立，手掌心朝下平放置肚臍位子，抬腿將腿碰至手掌心。

Students stand and hold hands out in front, palms face down. Raise legs up and touch the palms.

(4)復習跑步的注意事項：

T:Let’s review 4 tips for running.

T:1 Look forward.

S: Look forward.

T:2. Stay in your lane.

S: Stay in my lane.

T:3.Cross the finish line.

S: Cross the finish line.

T:4.Slow down and stop.

S:Slow down and stop.

2.抬腿跑 High knee run

將學生散開以後，把手放在肚臍下方的位子，讓同慢慢地抬起大腿，是大腿去碰觸手不是手去碰觸大腿。

After hands out, put your hands under your belly button. Raise your legs slowly to touch the hands.

T: Put your hands under your belly button. Raise your legs to touch the hands. (demo)

聽口令並
完成動作

T: Use your legs to touch your hands, not your hands to touch your legs. (demo)

T: Ready, go!

T: Speed up slowly.

T: Count to ten.

S: One, two, three...

3.跑一跑 Let's run.

將學生分成三組，每一組開始的姿勢都不同，跑至 20 公尺處要放慢速度並且停下來，聽到老師說 ok 才可以離開自己的跑道，並且從旁邊回去隊伍的最後面。

T: Let's split into 3 teams. Every team does different starting pose. Run 20m, slow down, and stop. When teacher says OK, you can leave your lane, and go back to your team.

(1)高抬腿 10 次，衝刺 High knees 10 times, and then sprint.

(2)小碎步跑，聽到哨聲後衝刺 Run in place using tiny steps, wait for the whistle, and then sprint.

(3)盤腿坐，聽到哨聲後起立衝刺 Sit cross-legged, wait for the whistle, and then stand up and sprint.

(4)坐姿雙腳伸直-正面，聽到哨聲後起立衝刺 Sit with legs straight out in front, wait for the whistle, and then stand up and sprint.

(5)坐姿雙腳伸直-背面，聽到哨聲後起立衝刺. Sit with legs straight out, facing away from the teacher. Wait for the whistle, and then stand up, turn around, and sprint.

T:Let's review 4 tips for running.

T: One?

S: Look forward.

T: Two?

S: Stay in my lane.

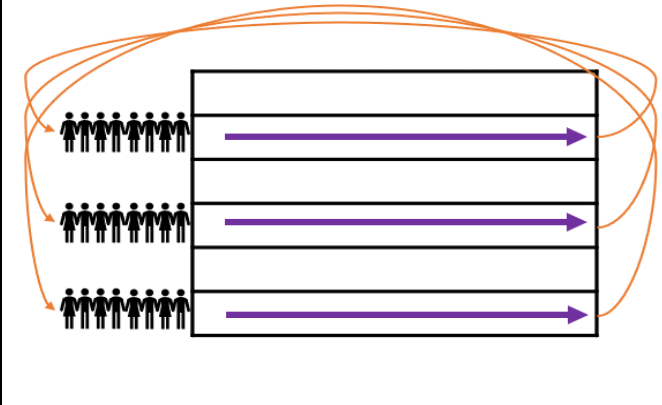
T: Three?

S: cross the finish line.

T: Four?

S: Slow down and stop.

T:非常好，等等跑到終點處，請一定要放慢速度，並且停留在自己的跑道上，聽到老師喊 ok 再從最外面的跑道，回到隊伍最後面。

<p>T:First, high knee run.</p> <p>T: Ready, go!</p> <p>S: One two three four five six seven eight nine ten.</p> <p>T:Very good. Stay in your lane. Across the finish line, slow down and stop.</p> <p>T: Ok, go back.</p> 		
<p>三、綜合活動(3分鐘)</p> <ol style="list-style-type: none"> 1.要學生說說今天自己的表現，並也說出同學表現很好的部分。 2.詢問同學今天跑步的時候有沒有做到跑步注意事項的四個要領。 		<p>能完整表達自己的想法。</p>
<p style="text-align: center;"><第三節></p> <p>一、準備活動(10分鐘)</p> <ol style="list-style-type: none"> 1.T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 2. Let's warm up! (如附件 1) 3. Run one lap. Go! <p>二、發展活動(27分鐘)</p> <ol style="list-style-type: none"> 1.複習跑步姿勢 <ol style="list-style-type: none"> (1)弓箭步 Forward lunge. 以弓箭步站姿，擺臂數次，更接近跑步動作 Students stand in a lunge with one foot in front of the other, and bend your knees. While lunging, practice arm swing. (2)擺臂 Arm swing. 讓學生維持一腳前一腳後的站姿，進行擺臂動作，提醒學生將手肘彎曲 90 度，前後擺動，過程中注意身體不能晃動。 Students stand with one foot in front of the other. Bend arms to 90 degrees 		<p>能自己喊出動作名稱並完成動作</p> <p>聽口令並完成動作</p>

and swing back and forth. Remind students to keep their bodies still when swinging.

(3)抬腿 Leg lift.

原地站立，手掌心朝下平放置肚臍位子，抬腿將腿碰至手掌心。

Students stand and hold hands out in front, palms face down. Raise your legs up and touch the palms.

(4)複習跑步的注意事項：

T:Let's review 4 tips for running.

T:1.Look forward.

S: Look forward.

T:2. Run in your lane,

S: Run in my lane.

T:3.Cross the finish line.

S: Cross the finish line.

T:4. Slow down and stop.

S:Slow down and stop.

2.抬腿跑 High knee run

將學生散開以後，把手放在肚臍下方的位子，讓同慢慢地抬起大腿，是大腿去碰觸手不是手去碰觸大腿。

After hands out, put your hands under your belly button. Raise your legs slowly to touch the hands.

T: Put your hands under your belly button. Raise your legs slowly to touch the hands.

T: Use your legs to touch your hands, not your hands to touch your legs.
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T: Ready, go!

T: Did your legs feel sore?

T: Speed up slowly.

T: Count to ten.

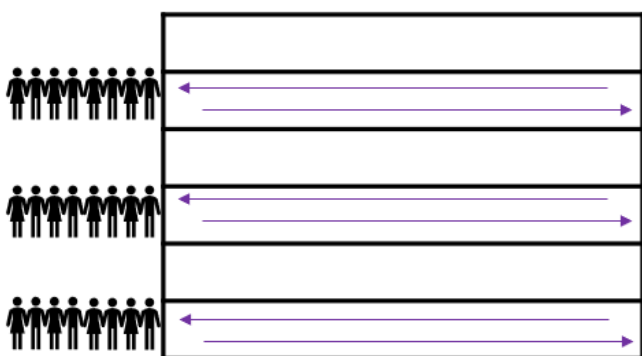
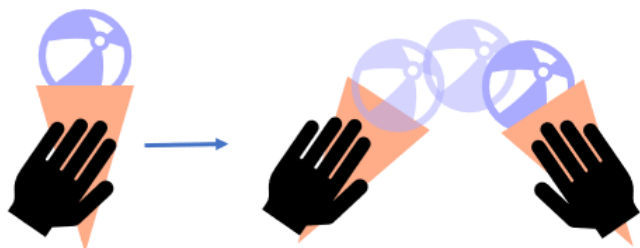
S: One, two, three...

3.聖火傳遞 Torch relay

將班級分成三組，每組有兩個火炬(三角錐)，在第一位同學火炬(三角

錐)上方放置火(小皮球), 進行 15 公尺的折返跑, 不能讓火熄滅(掉下), 並且將火(小皮球)傳給下一棒的火炬(三角錐)上, 在傳遞的過程中不能用手去碰觸(會燙傷)不能讓火熄滅(掉下)。

Let's split into three teams. Each team has two cones and one ball. Put the ball on the cone of the first one. Do 15m shuttle run, don't let the ball fall down, and pass the ball to the next one. When passing the ball, don't touch the ball.



T: Ready, go!

T: Don't touch the ball. (when passing)

S: Go! Go! Go!

三、綜合活動(3分鐘)

1. 要學生說說今天自己的表現, 並也說出同學表現很好的部分。
2. 詢問同學今天跑步的時候有沒有做到跑步注意事項的四個要領。

能完整表達自己的想法。

<第四節>

一、準備活動(10分鐘)

1.T: Center, hands up.

Ss: Hands up.

T: Hands out.

T: Attention!

S:1, 2.

2. Let's warm up! (如附件 1)

3. Run one lap. Go!

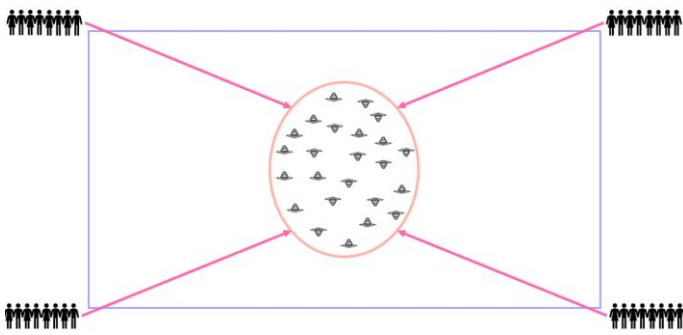
二、發展活動(28分鐘)

(1)複習跑步的注意事項：

T:Let's review 4 tips for running.

能自己喊出動作名稱並完成動作

T:1.Look forward.				
S: Look forward.				
T:2. Stay in your lane.				
S: Stay in my lane.			聽口令並 完成動作	
T:3. Cross the finish line.				
S: Cross the finish line.				
T:4. Slow down and stop.				
S:Slow down and stop.				
2.抬腿跑 High knee run				
<p>將學生散開以後，把手放在肚臍下方的位子，讓同慢慢地抬起大腿，是大腿去碰觸手不是手去碰觸大腿。</p> <p>After hands out, put your hands under your belly button. Raise your legs slowly to touch the hands.</p>				
T: Put your hands under your belly button. Raise your legs slowly to touch the hands.				
T: Use your legs to touch your hands, not your hands to touch your legs.				
T: Ready, go!				
T: Did your legs feel sore?				
T: Speed up slowly.				
T: Count to ten. S: One, two, three...				
3.速度翻轉 Flip up and down				
<p>將隊伍分成四組，在中心點放置圓盤，有正反兩面數量剛好，兩組學生要負責將圓盤擺正，兩組學生要負責將圓盤翻面，計時五分鐘，時間到以後，看看正反兩面的圓盤數量哪個比較多。</p> <p>Let's split into four teams. Put disc cones in the middle. The numbers of front and back cones are the same. Two teams flip the cones to the back side. Other teams flip the cones to the front side. After 5 min, let's see which sides are more.</p>				



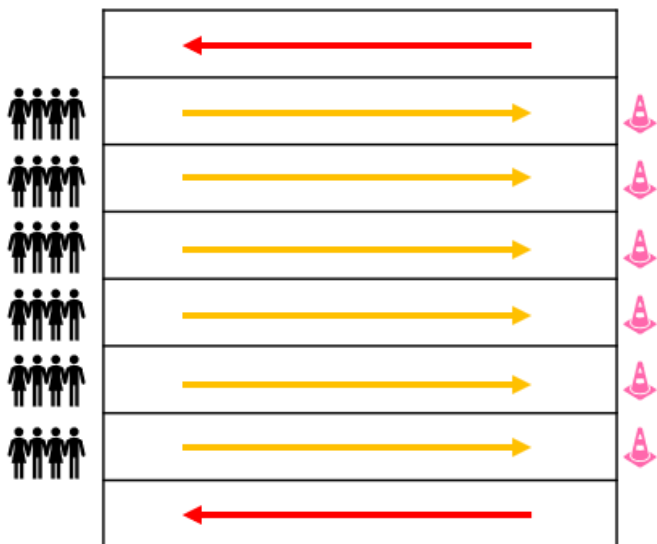
4. 一二三木頭人 One, two, three, freeze!

先教學四個動作英文：

- (1) sit 坐
- (2) stand 站立
- (3) hand up 舉手
- (4) turn back 向後轉

將班級分成六組在跑道上，每次一組一個人出發，只能跑在自己的跑道上，老師喊口令：「one two there sit」並做出動作不能移動，跑到 15 公尺處將角錐拿起，等全部的同學都到以後聽哨聲從第一道跟第八道回去隊伍最後面排隊，換下一個人進行活動。

Let's split into six teams. Every time, the first one of each team goes. Listen to what teacher says, stop running, and do the action. The first one who takes the cone up is the winner. (After everyone is finished, go back to your team on first and last lanes. Next one goes on.)



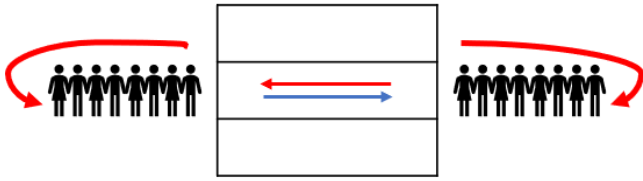
- T: Ready, go!
- T: On your lane.
- S: Go! Go! Go!

三、綜合活動(2分鐘)

- 1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
- 2. 引導學生說出學習的困難點，並給予回饋。

能完整表達自己的想法。

<p style="text-align: center;"><第五節></p> <p>一、準備活動(10 分鐘)</p> <p>1.T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p> <p>二、發展活動(27 分鐘)</p> <p>1. 介紹龍球以及注意事項以及滾球方式</p> <table border="1" data-bbox="129 1016 812 1720"> <tr> <td>T: Today, we're going to show you the ball. Big or small?</td> </tr> <tr> <td>S: Big.</td> </tr> <tr> <td>T: Hard or soft?</td> </tr> <tr> <td>S: Soft.</td> </tr> <tr> <td>T: There are two ways to roll the ball. One way is to stand beside the ball and roll with one hand. The other way is to stand behind the ball and roll with two hands. (Demo)</td> </tr> <tr> <td>T: When rolling the ball, your fingers face downward, and push it.</td> </tr> <tr> <td>T: Don't kick the ball.</td> </tr> <tr> <td>T: Don't run too fast.</td> </tr> </table> <p>2.原地滾球練習 Roll the ball (1)球感練習-單手 Roll the ball with one hand 在跑道上分成兩組，距離 8 公尺，站在球的側邊，原地單手將球推給對面以後到隊伍最後面排隊。 Let's split into two teams. Stand beside the ball and roll it to the other team. Then, go to the back of your line.</p>	T: Today, we're going to show you the ball. Big or small?	S: Big.	T: Hard or soft?	S: Soft.	T: There are two ways to roll the ball. One way is to stand beside the ball and roll with one hand. The other way is to stand behind the ball and roll with two hands. (Demo)	T: When rolling the ball, your fingers face downward, and push it.	T: Don't kick the ball.	T: Don't run too fast.		<p>能自己喊出動作名稱並完成動作</p> <p>聽口令並完成動作</p>
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S: Big.										
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T: There are two ways to roll the ball. One way is to stand beside the ball and roll with one hand. The other way is to stand behind the ball and roll with two hands. (Demo)										
T: When rolling the ball, your fingers face downward, and push it.										
T: Don't kick the ball.										
T: Don't run too fast.										



T: Girls, one team, boys, one team.

T: After rolling the ball, go to the back of your line.

T: Don't roll the ball to other lanes.

3.跑一跑 Run

(1)帶球跑 With the ball

在跑道上分成兩組，距離 10 公尺，將大球舉在頭頂上，慢跑至對面，交給下一棒，並到隊伍的最後面排隊，等待下一次。

Let's split into two teams. Raise the ball over your head, run to the other team, and go to the back of the line.



三、綜合活動(3 分鐘)

1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。
2. 引導學生說出學習的困難點，並給予回饋。

能完整表達自己的想法。

<第六節>

一、準備活動(10 分鐘)

1.T: Center, hands up.

Ss: Hands up.

T: Hands out.

T: Attention!

S:1, 2.

2. Let's warm up! (如附件 1)

3. Run one lap. Go!

二、發展活動(28 分鐘)

1.複習原地滾球練習

(1)球感練習-單手 Roll the ball with one hand

在跑道上分成兩組，距離 8 公尺，站在球的側邊，原地單手將球推給對面以後到隊伍最後面排隊。

Let's split into two teams. Stand beside the ball and roll it to the other team.

Then, go to the back of your line.

能自己喊出動作名稱並完成動作

T: Attention!

S:1, 2.

2. Let's warm up! (如附件 1)

3. Run one lap. Go!

二、發展活動(28 分鐘)

1.複習原地滾球練習

(1)球感練習-單手 Roll the ball with one hand

在跑道上分成兩組，距離 8 公尺，站在球的側邊，原地單手將球推給對面以後到隊伍最後面排隊。

Let's split into two teams. Stand beside the ball and roll it to the other team. Then, go to the back of your line.



T: Girls one team, boys one team.

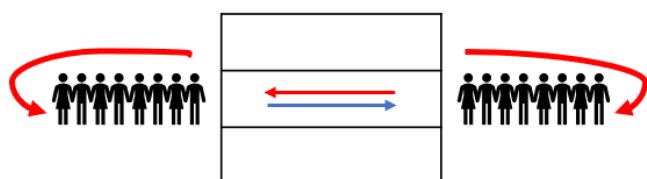
T: After rolling the ball, go to the back of your line.

T: Don't roll the ball to other lanes.

(2)雙手滾球 Roll the ball with two hands

在跑道上分成兩組，距離 8 公尺，站在球的後面，雙手將球推給對面以後到隊伍最後面排隊。

Let's split into two teams. Stand beside the ball and roll it to the other team. Then, go to the back of your line.

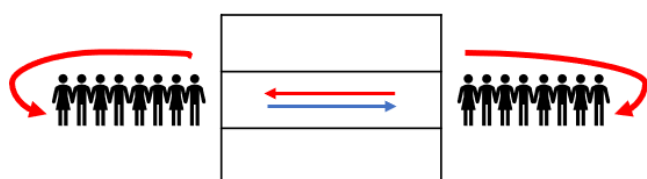


2.跑步滾球 Run and roll the ball

(1)跑步滾球-單手 With one hand

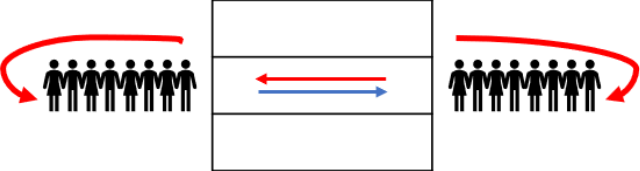

在跑道上分成兩組，距離 15 公尺，站在球的側邊將球往前滾，邊跑推滾球，滾到對面時交給下一棒，並到隊伍的最後面排隊，等待下一次。

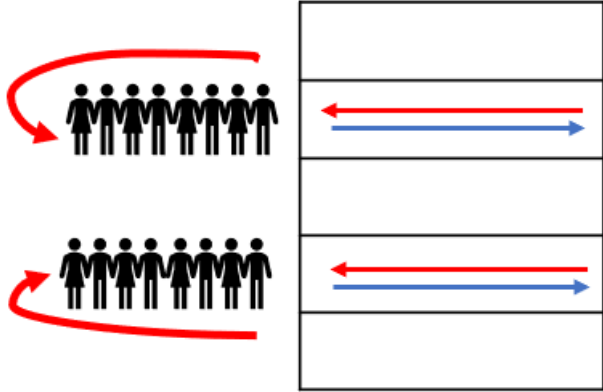
Let's split into two teams. Stand beside the ball. Run and roll it to the other team. Then, go to the back of the line.



動作

聽口令並
完成動作

<p>三、綜合活動(2 分鐘)</p> <p>1.詢問學生，覺得自己喜歡用單手滾球還是雙手滾球。</p> <p>2.引導學生說出滾球的注意事項。</p>		<p>能完整表達自己的想法。</p>
<p style="text-align: center;"><第八節></p> <p>一、準備活動(10 分鐘)</p> <p>1.T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p> <p>二、發展活動(28 分鐘)</p> <p>1.複習跑步滾球</p> <p>(1)跑步滾球-單手 With one hand 在跑道上分成兩組，距離 15 公尺，站在球的側邊將球往前滾，邊跑推滾球，滾到對面時交給下一棒，並到隊伍的最後面排隊，等待下一次。 Let's split into two teams. Stand beside the ball. Run and roll it to the other team. Then, go to the back of the line.</p>  <p>(2)跑步滾球-雙手 With two hands 在跑道上分成兩組，距離 15 公尺，站在球的側邊將球往前滾，邊跑推滾球，滾到對面時交給下一棒，並到隊伍的最後面排隊，等待下一次。 Let's split into two teams. Stand beside the ball. Run and roll it to the other team. Then, go to the back of the line.</p>  <p>2.滾球我最行 將全班分成兩組，進行 15 公尺的滾球比賽。</p>		<p>能自己喊出動作名稱並完成動作</p> <p>聽口令並完成動作</p>

 <p>三、綜合活動(2分鐘)</p> <p>1.請學生說說今天自己的表現，並也說出同學表現很好的部分。</p> <p>2.引導學生說出滾球的注意事項。</p>		<p>能完整表達自己的想法。</p>
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<p style="text-align: center;"><第九節></p> <p>一、準備活動(10分鐘)</p> <p>1.T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let's warm up! (如附件 1)</p> <p>3. Run one lap. Go!</p> <p>二、發展活動(28分鐘)</p> <p>(1)複習跑步的注意事項</p> <table border="1" data-bbox="129 1559 791 2024"> <tr> <td data-bbox="129 1559 791 1744"> <p>T:運動會快到了，今天要測驗 40m，看大家有沒有做到跑步時要注意的 4 個注意事項，請大聲地唸出來：</p> </td> </tr> <tr> <td data-bbox="129 1744 791 1839"> <p>T:1. Look forward.</p> </td> </tr> <tr> <td data-bbox="129 1839 791 1933"> <p>S: Look forward.</p> </td> </tr> <tr> <td data-bbox="129 1933 791 2024"> <p>T:2. Run in your lane.</p> </td> </tr> </table>	<p>T:運動會快到了，今天要測驗 40m，看大家有沒有做到跑步時要注意的 4 個注意事項，請大聲地唸出來：</p>	<p>T:1. Look forward.</p>	<p>S: Look forward.</p>	<p>T:2. Run in your lane.</p>		<p>能自己喊出動作名稱並完成動作</p> <p>聽口令並完成動作</p>
<p>T:運動會快到了，今天要測驗 40m，看大家有沒有做到跑步時要注意的 4 個注意事項，請大聲地唸出來：</p>						
<p>T:1. Look forward.</p>						
<p>S: Look forward.</p>						
<p>T:2. Run in your lane.</p>						

<p>S: Run in my lane.</p> <p>T:3.Cross the finish line.</p> <p>S: Cross the finish line.</p> <p>T:4.Slow down and stop.</p> <p>S:Slow down and stop</p>			
(2)40m 測驗			
學生在跑道上分組好，並且聽從老師的哨聲出發。			
<p>T:現在照著跑步隊伍排好，聽到老師的哨聲在衝刺出去。</p>			
<p>T: Team 1 ! Ready ! go !</p>			
<p>T: Team 2 ! Ready ! go !</p>			能完整表達自己的想法。
<p>T: Team 3 ! Ready ! go !</p>			
<p>T: Team 4 ! Ready ! go !</p>			
三、綜合活動(2 分鐘)			
1.請學生說說今天自己的表現，並也說出同學表現很好的部分。			
2.引導學生說出滾球的注意事項。			

<第十節>			
一、準備活動(10 分鐘)			
<p>1.T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p>			能自己喊出動作名稱並完成動作

2. Let's warm up! (如附件 1)

3. Run one lap. Go!

二、發展活動(28 分鐘)

(1)複習跑步的注意事項

T:運動會快到了，今天要測驗 40m，看大家有沒有做到跑步時要注意的 4 個注意事項，請大聲地唸出來：

T:1.Look forward.

S: Look forward.

T:2.Run in your lane.

S: Run in my lane.

T:3.Cross the finish line.

S: Cross the finish line.

T:4.Slow down and stop.

S:Slow down and stop.

(2)40m 測驗

學生在跑道上分組好，並且聽從老師的哨聲出發。

T:現在照著跑步隊伍排好，聽到老師的哨聲在衝刺出去。

T: Team 1 ! Ready ! go !

T: Team 2 ! Ready ! go !

聽口令並
完成動作

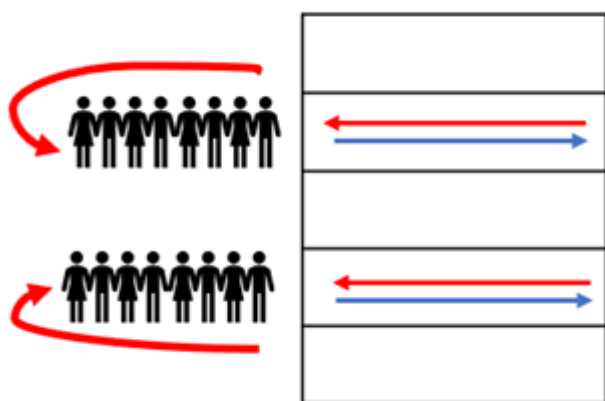
能完整表
達自己的
想法。

T: Team 3 ! Ready ! go !

T: Team 4 ! Ready ! go !

2.滾球測驗

將全班分成兩組，進行 15 公尺的滾球比賽。



三、綜合活動(2 分鐘)

- 1.請學生說說今天自己的表現，並也說出同學表現很好的部分。
- 2.引導學生說出滾球的注意事項。