

領域/科目	健體領域		設計者	廖柏勳
實施年級	6年級 23人		總節數	共1節, 40分鐘
主題名稱	足球帶球前行與射門			
教學單元活動設計				
學習目標	<ol style="list-style-type: none"> 學生能用左右腳控制足球 學生能用基本盤球技巧過人 學生能完成射門 			
學習表現	<p>1c-III-1 了解運動技能要素和基本運動規範。</p> <p>1c-III-3 了解身體活動對身體發展的關係。</p> <p>1d-III-1 了解運動技能的要素和要領。</p> <p>1d-III-2 比較自己或他人運動技能的正確性。</p> <p>2c-III-3 表現積極參與、接受挑戰的學習態度。</p> <p>4c-III-2 比較與檢視個人的體適能與運動技能表現。</p>			
教學用英語	Classroom Language	<ol style="list-style-type: none"> 1. Time for class. 2. Hold your balls. 3. Make ___ lines. 4. Let's do the warm-up. 5. Do you understand? 6. I will divide you into ____ groups. 7. It's practice time. 8. Class dismissed. 9. Did anyone get hurt? 10. Who is not here? 11. Are you okay? 		
	Target Language	<ol style="list-style-type: none"> 1. control (Do you control your ball?) 2. inside foot, outside foot, sole (How to control the ball?) 3. Keep the ball close to you. Stop the ball whenever you need. (What are the key points of dribbling?) 		
教學活動內容及實施方式				時間
<p>一、 Warm-up</p> <p>A. Warm-up</p> <p>a. 慢跑一圈暖身(Jogging for one lap):</p> <p>*Students do soccer dribbling while jogging.</p> <p>*Students should keep their ball in their lane.</p> <p>a. 動態暖身操(Warm-up sequence):</p> <p>*arm circle → backwards → arm scissors → star jump → toe touch → hip joint → calf</p> <p>b. 健身動作複習 (Fitness move review--squat):</p> <p>* Moves: feet straight → knees out / back straight → hands up / bum back → bum down</p> <p>二、 Presentation-Dribbling</p>				10 mins

<p><u>足球帶球(Soccer dribbling)</u></p>	<p>15 mins</p>
<p>a. 教師示範正確運球與錯誤運球 (Do you control your ball?)</p> <p>b. 教師解說運球注意事項：</p> <ol style="list-style-type: none"> 1. 介紹腳掌各部位(inside foot, outside foot, sole) 2. 如何控制球的左右? (Use inside foot and outside foot to control your ball) 3. 運球的關鍵 (The key point of drbbling is "Keep the ball close to you."and “Stop the ball whenever you need.”.) <p>c. 學生分排練習帶球練習：</p> <ol style="list-style-type: none"> 1. 將學生分成 4 組 (Divided students into 4 groups.) 2. 教師將圓盤角錐在限定範圍內任意擺放，且稱之為地雷區 (Teacher sets some cones in the restricted area. And the area become minefield.) 3. 學生要在不觸碰到角錐的情況下帶球通過地雷區，並完成射門 (Students have to dribble through the minefield without touch the landmine. After that they have to shoot the ball to the goal.) 4. 學生若在途中觸碰地雷視為出局，必須帶球從球場側邊離開 (If the student touch the landmine while passing the minefield, the student is out. The student has to go to the side of the court and go back to the line.) 5. 教師秒數設定 10→8→5 秒內通過 (Time limitation, students have to pass the minefield within 10→8→5 seconds.) 6. 教師動作示範(Demonstration) 7. 學生分排練習(Students’ practice time.) 	
<p>三、 Wrap-up <u>小組競賽 (Game time)</u></p>	<p>15 mins</p>
<p>a. 教師解說競賽規則 (Teacher explain the game.)</p> <ol style="list-style-type: none"> 1. 學生分成進攻與防守兩組 (Students will be divide into offense team and defense team.) 2. 進攻組要安全通過地雷區並完成射門 (Offense team has to pass the minefield and shoot the ball into the goal) 3. 防守組以將進攻球員的球踢出界的方式阻止進攻 (Defense team has to kick the balls out of bound to stop offense.) 4. 進攻與防守隊每次聞哨聲出發，一次各派出兩名球員 (There will be four players on the court. Two from offense team,and two from defense team. Players start after the whistle.) 5. 一場時間為 3 分鐘，進球數較多者獲勝 (3 minutes a game. The team with more goals win the game.) <p>b. 分隊進行競賽 (Game Time)</p> <p>c. 教師總結課程，並預告下次課程 (Conclusion)</p>	
<p>試教成果 或教學提醒</p>	

