

臺南市新南國小二年級英語融入健康教學之教案設計

單元名稱	我真的很不錯-我喜歡自己 I like me	教學設計者	莊皓閔、洪巧倫
適用年級	二年級	節數	第1節課(共5節)
本教育階段 領綱核心 素養	<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-A3 具備擬定基本的運動與保健計畫及實作能力，並以創新思考方式，因應日常生活情境。</p>		
學習表現	3b-I-1 能於引導下，表現簡易的自我調適技能		
學習內容	Fa-I-1 認識與喜歡自己的方法。		
學習目標	<ol style="list-style-type: none"> 1.描述並接受自己的外形。 2.認識自己的特質。 3.表現喜歡自己、悅納自己的行為。 		
Content language	<p>Vocabulary tall /short /strengthes and weakness /beautiful/handsome/cute/good-looking / person /hobby/favorite</p> <p>Sentences <ol style="list-style-type: none"> 1. Do you like yourself? 2. Yes, I do./ No,I don't. 3. Why? 4. What are your strengthes and weakness? 5. My strengthes are _____. 6. My weakness are _____. 7. I look like a _____ person. </p>		
Classroom language	<p>Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Take out your pencil/book. Turn to page _____. Let's do the practice! You'll have _____ minutes to finish it! Okay! I am done!</p>		

教學活動	評量方式
【第1節】	
一、Warm up 暖身活動(10 mins) 1. 教師播放英語繪本 I like me https://www.youtube.com/watch?v=q_ZzsyLALB0 (youtube) :	學生參與狀況

Let's watch this film quietly.

T : In this book, does she like herself?

Ss: Yes, maybe!

T : When she is happy, what will she do?

Ss: She does fun things.

T : When she feels sad, what will she do?

Ss: She tries and tries, and she cheers herself up.

T : Great! So does she like herself?

Ss: Sure! She does!

T : I want to ask you.

Do you like yourself?

Ss: Yes, I do./ No, I don't.

T: Can you tell me why?

2. Share fun-教師請學生分享，喜歡自己或不喜歡自己的原因。

T : Well done! /Great!/ Try again!/ That's ok.

二、Presentation 發展活動(20 mins)

1. About my profile -- 教師引導學生先完成健體課本 p33 我的檔案
my profile on page 33 of the textbook.

I look like _____. 我長得_____。

My favorite hobbies are _____. 我平常喜歡做的活動是_____。

My favorite food is _____. 我最愛吃的食物是_____。

I dislike _____, because _____. 我討厭做的事情是_____, 因為_____。

I am good at _____. 我很會_____。

T : Turn to page 33, please!

Ss : Yes!

T : Now it's time to write down your profiles.

You'll have 10 minutes to finish it!

Ss : Okay! I am done!

T : So now, please share what your profiles with the one that is sitting next to you.

3. Guess who I am-- 猜猜樂

T : Now, it's game time.

Please hand out all your books.

Teacher will choose one of profiles from the book among you and give you some words from the profile without telling you the owner. You need to guess who is the one that I'm talking about.

T : If you know who he/she is, please tell me why.

三、Wrap up 統整活動(10 mins)

1. Sharefun

T : Talk about whether you like yourself or not?

Ss : Yes, I do/ No, I don't.

T : How about trying to look on the bright side of your weakness?

Ss : May I ?

T : Sure! You can love everything about yourself, because everyone in this world is so unique.

口頭發表

完成健體課本 p33 我的檔案

猜猜樂遊戲
口頭發表

口頭發表

T : No matter who you are, only if you can accept everything about yourself, you will be happy. Just like what we see in the film "I like me."

Some of the students share their ideas with everyone.

■教師說明每個人都有不同的特點，接著詢問學生喜不喜歡現在的自己？為什麼？

■請數名學生自由發表：覺得自己有哪些地方還不錯？

2. Finish homework "I like me" Worksheet

Teacher guides the students to do this worksheet.

I like me.

I like my ears.

I like my smile.

I like my _____.

T : Please tell me about what you like about yourself by drawing and writing.

The worksheet will be your homework and hand it out next time.

■教師歸納說明：每個人都是獨特的，有自己的喜好和專長。我們可以藉由每個人不同的專長來相互學習和幫忙，讓整個班級能達到團隊互助、合作成長的效果。

【第1節結束】

口頭發表

回家完成 I
like me 學
習單

臺南市新南國小二年級英語融入健康教學之教案設計

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Content language	Vocabulary strengthes and weakness/swim/read/piano/play the table tennis/jump/ timid/short/timid/riendly/confident/brave Sentences 1. What can you do? 2. I can _____.(swim,play piano,play table tennis,jump,draw,etc.) 3. I am _____,but I am_____ (weakness-short,timid,etc.) (strengthes -friendly,confident,brave,etc.)		
Classroom language	Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Take out your pencil/book. Turn to page _____. Let's do the practice! You'll have ____ minutes to finish it! Okay! I am done!		

教學活動	評量方式
<p style="text-align: center;">【第2節】</p> <p>一、Warm up 暖身活動(10 mins)</p> <p>1. 教師播放英語歌曲 My body (960) "My Body" by ABCmouse.com - YouTube 帶學生齊唱 Let's watch this film quietly.</p> <p>My body lyrics My head is on top of my body. My head has a nose,mouth,and teeth.</p>	學生參與狀況

My head has two eyes and ears.
My body is special to me! (Give a big hug to self.)
Eyes, ears ,mouth, teeth
My body is special to me, to me!
My body can do many things.
My body is special to me!

T : What did you get from the film?

Ss : My body has lots of parts. They can do many things, and are special to me.

T : You got your healthy body,and it plays an important role to you. That's what it makes each one of you so special.

Ss : Sounds right!But, I don't like my eyes, they are too small.

T : But they work well!

Ss : Yay!That's true!

T : Someone even lost their eyes when they were born.

Ss : What a pity!

T : So do you still think about the size of your eyes matters?

Ss : Hmm....as what you said.....it works quite well.So I think maybe not!

T : Yes!Try to treasure everything you've got and love yourself.

Ss : Okay!

T : Let's try to do the practice like "I am small(negative but acceptable), but I am brave.(positive)"

Ss : Let's do it!

教師請學生嘗試使用以下句子來表達自己，並正向地面對且接受自己較弱的特質。

I am _____(negative but acceptable), but I am _____.(positive)

2. Practice time

T : Well done! /Great!/ Try again!/ That's ok.

■請學生思考自己有哪些很棒的能力或好表現？並記錄於健體課本 p34 表格。

二、Presentation 發展活動(25 mins)

1. Way to go- Make me better

教師播放影片五體不足演說家 Nick Vujicic(先天四肢切斷症候群)

<https://www.youtube.com/watch?v=S3GHLINfnRc> (youtube)

Let's watch this film quietly

T: What did you see in the film?

Ss: Nick lost his legs and hands when he was born.

T: Is he upset?

Ss:No, he looks good, and he has 4 children.

教師引導學生思考，如果你像尼克一樣，遇到天生殘疾的情況，你會如何面對？

Ss:我會覺得我是世界上最可憐的人。

T:尼克有這樣想嗎?還是他怎麼去面對呢?

Ss:他很正面，都是開開心心地去面對事情。

T:沒錯!正向思考很重要喔!他會帶給你許多勇氣與機會，所以尼克這樣正向的心情，開始挑戰到世界各地去演講，他也已經到台灣演講了三次呢!最後，巧遇了自己的老婆，生下了四個可愛健康的孩子!

Ss:因為他的正向思考，肯定自我，所以能夠好運降臨。

口頭發表

完成健體課本 p34 表格

T:剛剛有同學分享，覺得自己的眼睛很小(但是是健康的)，你們覺得想要給他什麼建議呢?

Ss:你的眼睛是健康的，很幸運!可以看到任何想看到的東西啊!

T:沒錯唷!所以大家都可以試著，用正向的心情去看自己覺得是缺點的部分，那些都不會成為問題的。

教師分享

Nick's little boy says:

My dad is different.

My dad is special, but that's ok!

Cause god got his plan on all of us

■教師說明每個人都有不同的特點，接著詢問學生喜不喜歡現在的自己?為什麼?

■請數名學生自由發表：覺得自己有哪些地方還不錯?

■教師統整：勇於表現自己的優點，並學習他人的優點，可以讓自己變得更好。如果你能接受全部的自己，不管是缺點或優點，都是屬於自己的一部分。

2. Practice time 完成健體課本 p35 表格

Let's do the practice on p34 of the textbook.

I want to make me become a better one

ex.

I want to be a good painter (teacher, driver, etc.)

What can you do?

I can read, and practice more painting.

I can ask for help from my classmate who is good at drawing.

I can _____ .

三、Wrap up 統整活動(10 mins)

1. Sharefun

T: One student in each team needs to come to front to share your p35 worksheet with classmates.

Ss: I want to be a _____

T: Thanks for your sharing.

■教師歸納說明：每個人都是獨特的，有自己的喜好和專長。我們可以藉由每個人不同的專長來相互學習和幫忙，讓整個班級能達到團隊互助、合作成長的效果。

【第2節結束】

口頭發表

完成健體課本 p35 表格

口頭分享

臺南市新南國小二年級英語融入健康教學之教案設計

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學習表現	1a-I-1 認識基本的健康常識。		
學習內容	Da-I-2 身體的部位與衛生保健的重要性。		
學習目標	<p>1.認識眼睛、耳朵、鼻子、嘴巴等感官的功能和重要性。</p> <p>2.舉例說明生活中愛護眼睛、耳朵、鼻子、嘴巴的方法。</p>		
Content language	<p>Vocabulary eyes/ears/nose/tongue/mouth/hands/see/listen/taste/smell/touch sad/unhappy/angry/upset</p> <p>Sentences 1. I can _____(see/ listen/ smell / taste /touch) with my _____. (eyes/ears/nose/tongue/mouth/ hands) 2. If you lose your (eyes/ears/nose/tongue/mouth/hands/), you will feel _____. (sad/unhappy/angry/upset)</p>		
Classroom language	<p>Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Take out your pencil/book. Turn to page _____. Let's do the practice! You'll have_____minutes to finish it! Okay! I am done!</p>		

教學活動	評量方式
【第3節】	
<p>一、Warm up 暖身活動(10 mins)</p> <p>1. 教師播放英語歌曲 Five Senses Song https://www.youtube.com/watch?v=vXXivIGqliE (youtube)請學生齊唱： Let's watch this film quietly.</p>	學生參與狀況

Teacher uses the song to introduce five senses to students.

Lyrics

I have two eyes so I can see, and nose to smell.

I have ten fingers that can touch.

They do it very well.

**I have two ears, so I can hear,
the birds up in the trees.**

**I have a tongue insided my moutch,
to taste the food I eat.**

2. Guess and Cover game

Teacher uses games to check students' understanding about five sense organs' functions.
s/p-: I can _____(see/listen/smell/taste) with my _____(eyes/ears/nose/mouth).

T : Well done! /Great!/ Try again!/ That's ok.

二、Presentation 發展活動(20 mins)

1. Try and Feel activity 五感消失體驗活動(1)

教師請各組派出一位學生，輪流體驗五感消失(眼睛+耳朵)的活動。

組一二三:眼睛看不見(戴著眼罩寫字，或清出空間讓學生矇眼走直線)

組四五六:耳朵聽不清楚(讓學生戴上耳塞，聽辨輕聲說話的聲音)

1. Share fun 分享時間

Pretend you lose your five sense organs, and you will feel.....

If you lose your eyes, you will feel _____

If you lose your ears, you will feel _____

If you lose your noses, you will feel _____

If you lose your mouth, you will feel _____

3. 教師播放英語影片

a. How to take care of your eyes

[\(961\) How to take care of your eyes | Good Habits for kids | Moral Stories | Polly Olly - YouTube](#)

b.How to take care of your eyes

[\(961\) How to take care of our ears? to avoid hearing loss - YouTube](#)

教師與同學討論，應該要如何愛護眼睛及如何愛護耳朵?

三、Wrap up 統整活動(10 mins)

1. Practice time

T : Review the ways to protect eyes and ears.

Teacher shows that 4 teams' discusion results (sharefun part)on the board.

Ss: Teacher guides students to finish PE textbook P41.p43

2. Finish homework "five senses body parts" worksheet

Teacher guides the students to do this worksheet.

■教師歸納：透過感官我們才能學習新的事物，讓生活變得更美好。平常要好好愛

PPT-翻翻樂
口頭發表

完成健體課
本 p39 感官
消失體驗活
動

口頭發表

口頭發表

完成健體課
本 p41. p43

護它們，別讓它們受到傷害。

【第3節結束】

回家完成
five
senses
body parts
學習單

臺南市新南國小二年級英語融入健康教學之教案設計

單元名稱	我是感官好主人-照顧我的眼耳鼻口 Take good care of my sense organs (2) ---nose & mouth、	教學設計者	莊皓閔、洪巧倫
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Content language	<p>Vocabulary eyes/ears/nose/tongue/mouth/hands/see/listen/taste/smell/touch sad/unhappy/angry/upset</p> <p>Sentences 1. I can _____(see/ listen/ smell / taste /touch) with my _____. (eyes/ears/nose/tongue/mouth/ hands) 2. If you hurt your (eyes/ears/nose/tongue/mouth/hands/), you will feel _____. (sad/unhappy/angry/upset)</p>		
Classroom language	<p>Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Take out your pencil/book. Turn to page _____. Let's do the practice! You'll have_____minutes to finish it! Okay! I am done!</p>		

教學活動	評量方式
<p style="text-align: center;">【第4節】</p> <p>一、Warm up 暖身活動(10 mins)</p> <p>1. 教師播放英語歌曲 Five Senses Song 帶學生一起複習(上周已學習過) https://www.youtube.com/watch?v=vXXivIGqliE (youtube)請學生齊唱： Let's review this film together. Teacher uses the song to introduce five senses to students.</p>	學生參與狀況

Lyrics

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the birds up in the trees.

I have a tongue insided my moutch,

to taste the food I eat.

2. Guess and Cover game

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s/p-: I can _____(see/listen/smell/taste) with my _____(eyes/ears/nose/mouth).

T : Well done! /Great!/ Try again!/ That's ok.

二、Presentation 發展活動(20 mins)

1. Try and Feel activity 五感消失體驗活動(2)

教師請各組派出一位學生，體驗五感消失(鼻子+嘴巴)的活動。

組一二三:鼻子聞不到味道(用衛生紙塞住鼻孔，再聞紙袋內的物品)

組四五六:嘴巴無法說話(不能說話，只能用比手畫腳的方式讓同學猜出紙條上的文字內容。

2. Share fun 分享時間

Pretend you lose your five sense organs, and you will feel.....

If you hurt your noses, you will feel _____.

If you hurt your mouth, you will feel _____.

If you hurt your eyes, you will feel _____.

If you hurt your ears, you will feel _____.

3. 教師播放英語影片

a. How to take care of your noses (youtube)

<https://www.youtube.com/watch?v=1cwSHomb9fo>

b.How to take care of your mouth? (youtube)

<https://www.youtube.com/watch?v=3Qvo1nlkQnM>

看完影片後，教師引導學生去思考，針對鼻子及嘴巴的保護，有哪些方面需要注意?請各組討論後，派一位同學代表發言。

三、Wrap up 統整活動(10 mins)

1. 保護五感我最行

針對五感的保護，以健體課本 p44&p46 的內容進行討論。請學生完成健體課本 p45.p47

■教師歸納：眼睛、耳朵、鼻子、嘴巴等感官雖然非常重要，但卻常常被忽視。每個人都應該當感官的好主人，好好愛護它們，避免這些重要的感官受傷。

【第4節結束】

PPT-翻翻樂
口頭發表

口頭發表

口頭發表

完成健體課
本 p45. p47

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學習表現	3a-I-1 嘗試練習簡易的健康相關技能。 3a-I-2 能於引導下，於生活中操作簡易的健康技能		
學習內容	Ba-I-2 眼耳鼻傷害事件急救處理方法。		
學習目標	1.嘗試練習眼睛、耳朵、鼻子、嘴巴傷害事件的急救技能。		
Content language	Vocabulary hurt/damage/eyes/ears/nose/tongue/mouth/hands/see/listen/taste/smell/touch sad/unhappy/angry/upset Sentences 1. I can _____(see/ listen/ smell / taste /touch) with my _____. (eyes/ears/nose/tongue/mouth/ hands) 2. If you hurt your (eyes/ears/nose/tongue/mouth/hands/), you will feel _____. (sad/unhappy/angry/upset)		
Classroom language	Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Take out your pencil/book. Turn to page _____. Let's do the practice! You'll have _____minutes to finish it! Okay! I am done!		

教學活動	評量方式
【第5節】	
一、Warm up 暖身活動(10 mins) 1. 教師播放英文影片 Kids Learn Safety - First Aid for Children - Accident Prevention https://www.youtube.com/watch?v=9DcCW-KwX6Y Let's watch this film together. a. As you see, there are so many accidents around us, and what you can do when accidents happens? b. If it happens at school, what would you do?	學生參與狀況 口頭發表

Sharefun

Teammates discuss with each other, and share ideas with teacher.

二、Presentation 發展活動(20 mins)

1. 搶救感官大作戰 Against the crisis for hurting my senses

除了學會保護自己的感官，面對生活中的危機，也有可能造成感官不舒適甚而受傷。究竟有哪些方法能降低傷害呢？

3. Accidents around us

Eyes damage-hurting my eyes & sands in my eyes

Ears damage -insects in my ears & water in my ears

Noses damage -nosebleed

Mouth damage -hurting my tongue

a. 眼睛救護站

眼睛有異物怎麼辦? sands in my eyes

[\(963\) 眼睛癢癢有異物 醫生說千萬不要這樣做 - YouTube](#)

眼睛外傷怎麼辦? hurting my eyes

<https://www.youtube.com/watch?v=XI3mhk9r8k&t=2s>

Discussion time

Please discussion this situation with your teammates, and write it down on your board.

Teacher will choose one from each team to show the ideas of your team.

耳朵救護站—耳朵進水怎麼辦? water in my ears

耳朵進水時，可以用棉花棒掏耳朵嗎？

<https://www.youtube.com/watch?v=TinLWhjH39I> (youtube)

耳朵進蟲怎麼辦? insects in my ears

蒼蠅進耳朵 泡油時間不足未殺死 恐傷耳膜

<https://www.youtube.com/watch?v=XOv8igiC7tk> (youtube)

Discussion time

Please discussion this situation with your teammates, and write it down on your board.

Teacher will choose one from each team to show the ideas of your team.

b. 鼻子救護站-流鼻血怎麼辦?

哇！流鼻血了！頭該前傾還是後仰 nosebleed

<https://www.youtube.com/watch?v=1TAcpF54pZs>

Discussion time

Please discussion this situation with your teammates, and write it down on your board.

Teacher will choose one from each team to show the ideas of your team.

c. 嘴巴救護站-咬到舌頭怎麼辦? hurting my tongue

[\(963\) How to Heal a Bitten Tongue - YouTube](#)

Discussion time

Please discussion this situation with your teammates, and write it down on your board.

Teacher will choose one from each team to show the ideas of your team.

T : Well done! /Great!/ Try again!/ That's ok.

教師統整以上關於眼耳鼻口等危機處理的方式。

口頭發表

口頭發表

口頭發表

口頭發表

教師說明

三、Wrap up 統整活動(10 mins)

1. Teacher summarizes important concepts of unit 2, and show slides to help student to clarify misconception.

2.“I love my self “board game

Teachers uses PE textbook p54-55 data ,and copy it as A3 size. Print it out and hand out each team one A3 page. Let teammates in each team practice concepts of unit 2 with partners through board game.

■教師歸納：眼睛、耳朵、鼻子、嘴巴等感官雖然非常重要，但卻常常被忽視。每個人都應該當感官的好主人，好好愛護它們，避免這些重要的感官受傷。

【第5節結束】

PPT

健體課本
p54-55
(小組遊戲
複習)