



110學年度第一學期嘉義市文雅國小三年級英語融入體育領域教學之教案設計

體育領域課程雙語教學教案設計-主題二

主題名稱		接力遊戲 Relay Games	教學設計者	陳思潔
教學對象		三年級	教學節次	6 節課(40 分鐘/每節)
學習重點	學習表現	<p>健體領域：</p> <p>1c-II-1 認識身體活動的基本動作技能。</p> <p>2c-II-2 表現增進團隊合作、友善的互動行為。</p> <p>3d-II-1 運用動作練習的學習策略。</p> <p>4a-II-2 展現促進健康的行為</p> <p>英語領域：</p> <p>1-II-7 能聽懂課堂中所學的字詞。</p>	核心素養	<p>健體-E-A1</p> <p>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，發展運動與保健的特質。</p> <p>健體-E-B1</p> <p>具備運用體育與健康之相關符號知能，能以同理心應用在生活中的運動、保健與人際溝通上。</p> <p>健體-E-C2</p> <p>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，並與團隊成員合作，促進身心健康。</p> <p>英-E-A1</p> <p>具備認真專注的特質及良好的學習習慣，嘗試運用基本的學習策略，強化個人英語文能力。</p>
	學習內容	<p>健體領域：</p> <p>Bc-II-2 運動與身體適能相關保健知識。</p> <p>Cb-II-1 安全規則的遵守、運動促進發展相關知識。</p> <p>Ga-II-1 跑、跳與行進間投擲的遊戲。</p> <p>英語領域：</p> <p>Ac-II-7 簡易的教室用語</p>		
學習目標		<p>健體領域：</p> <p>1. 學生能做出接力的相關動作，團隊合作完成接力賽，培養認真參與學習及愛好運動的習慣。</p> <p>英語領域：</p> <p>1. 瞭解簡易的英語教室用語。</p> <p>2. 認真學習簡易英語教室用語。</p> <p>3. 能使用簡易英語教室用語。</p>		
設計理念		<p>接力賽跑除了選手需要發揮速度以外，也考驗團隊合作精神，尤其在接力棒傳接過程中，需要發揮彼此默契，才能達到速度最佳化。透過遊戲與練習，讓孩子能感受跑步與合作的樂趣，為本單元設計理念。</p>		
教學方法		<p>1. 直接教學法(講述)</p> <p>2. 動作示範</p> <p>3. 小組合作</p>		

	4.影片或圖片輔助說明
英語學習 content vocabulary / sentences patterns	<p>Language of Learning (content-driven)</p> <p>hurdle 跨欄, baton 接力棒, relay race 接力賽</p> <p>switch 交換, pass 傳遞, catch 拿穩, whistle 哨聲, run-up 助跑</p> <p>lane 跑道</p> <p>Language for Learning (Classroom English)</p> <p>Try your best. 盡全力</p> <p>Be careful. 小心</p> <p>Slow down. 慢下來</p> <p>Try it. 試試看</p> <p>Listen carefully. 認真聽</p> <p>Pay attention. 專心</p>

教學活動 (主題一)	教具	評量
<p>Class 1 (40分鐘)</p> <p>引起動機(10分)</p> <p>Warm up routine 暖身運動</p> <p>Teacher: How many laps do we run? 老師: 今天我們跑操場幾圈?</p> <p>Students: We run for ____ laps. 學生: 我們跑__圈。</p> <p>1. Do a gentle jogging around the sports field. (Just jog slowly.) (3 minutes) 慢跑操場(圈數按月逐漸累加, 一開始跑兩圈)</p> <p>https://youtu.be/L_A_HjHZxfl Kids workout 1 Beginners (參考)</p>		實作觀察 口頭評量
<p>2. Neck (forward, backward, both sides) 脖子扭轉</p> 	<p>3. Shoulders Rotations (to front and back) 肩膀扭轉</p> 	

4.Hips (from the left to the right) 左右扭屁股



5.Butt Kicks 踢臀跑



6.Reach and Squat 伸展與深蹲



7.Windmills 手碰腳尖(風車)



8.High Knees(Jog in Place) 高抬腿



9.Jumping Jacks 開合跳



10. Punches 打拳



11. Jump Rope 跳繩



發展活動(25分)

Track Relay Race Rules : Relay Race Rules for Beginners (10分)

<https://youtu.be/kYQ0AD5dUFg>

透過影片內容，介紹基本的relay race規則。

Running Games 跑步接力遊戲(15分)



Place 4 hula hoops in the middle of four borders in the court. Put many balls at the center inside one hula hoop on the ground.

When hearing the whistle, the first players of each team run to the center, pick up two balls, run back and put them into the hula hoops of their teams'. And then the next player can start. When the teacher whistles again, all the players stop and count the balls their team gets. The team which has the most wins.

綜合活動(5分)

Review.

重點歸納

Class 2 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Switch the Baton

Each player holds the bottom of the baton with their left hand. When switching it, pass the baton to the next player's right hand. The next player switches it from right to left hand while running.

選手左手握住接力棒底部，傳給下一位的右手，接住者，再將接力棒從右手換至左手，以此類推。

Passing and Catching Practice 傳接練習

Form six players as a team and have them line up, one-armed away from each other. The first player holds the baton, the rest of the players reach out their right hands and wait for the baton. When hearing the whistle, the first one says "Catch." The

Youtube影片

呼拉圈
小球

接力棒*4

教師觀察
學生實作
口語回答

教師觀察
口語評量

教師觀察
實作評量

教師觀察

<p>next one catches the baton and switches it the left hand.</p> <p>每隊6位小選手排成一列，每人距離一手臂寬，第一位左手拿接力棒，其餘伸出右手。聽到哨聲，第一位說catch，第二位接住後，再把接力棒換手，以此類推。</p> <p>綜合活動(5分)</p> <p>Review.</p> <p>重點歸納</p> <p>Class 3 (40分鐘)</p> <p>引起動機</p> <p>Warm up routine 暖身運動(10分)</p> <p>發展活動(25分)</p> <p>Under the Tunnel Relay 隧道傳接球接力</p> <p>Form six players as a team. The first one gets a basketball while the rest of the Players lie down on their bellies. When the teachers says “Pass,” the rest form a tunnel (downward-facing dog pose) so that the first one can roll the ball all the way through the tunnel and the last one who catches the ball runs to the front of the line. The first team reaches the finish wins.</p> <p>六人一組，五人肚子著地躺下，第一人拿球，老師說PASS時即開始，五人做出隧道，第一人讓球沿著隧道滾至最後一人。最後一人接到球則跑至最前，以此類推，最快抵達終點線的隊伍獲勝。</p> <p>Passing and Catching Practice 傳接練習</p> <p>Form six players as a team and have them line up, 5-metered away from each other. The first player holds the baton, running slowly to the next one, the rest of the players reach out their right hands and wait for the baton.</p> <p>The first one says “Catch,” when he/she is close and ready to pass it.</p> <p>The next one catches the baton and switches it the left hand.</p> <p>每組6人，彼此距離約5公尺遠，練習慢速跑至下一人時傳接力棒。</p> <p>綜合活動(5分)</p> <p>Review.</p> <p>重點歸納</p>	<p>接力棒*4</p> <p>籃球*4</p>	<p>實作評量</p> <p>口語評量</p> <p>教師觀察</p> <p>實作評量</p> <p>口語評量</p>
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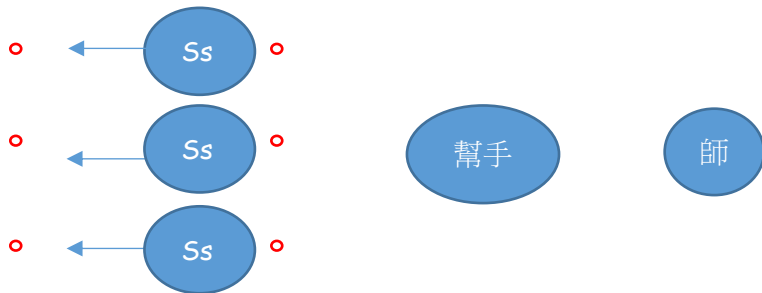
Class 4 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Run-up Practice 助跑練習



教師滾球到小幫手的地方時，同學要向前跑20公尺，前幾次教師會滾球後搭配哨音，跑至定點後返回小組隊伍最後方。(如圖示，紅色圓為圓盤定位)

Chain Game 連鎖跑步練習

Place four cones at the finish. For the first time, the first player from each team runs to the finish, runs around the cone and back. For the second time, two players hand in hand and run to the finish and back until all the team members hand in hand, run to the finish and back.

每組第一次，第一位跑步至終點繞角錐後，回到起點，接著兩位手牽手一起跑，接著三位，四位.....以此類推，直至所有選手手牽手一起跑完。

綜合活動(5分)

Review.

重點歸納

Class 5 (40分鐘)

引起動機(10分)

Warm up routine 暖身運動

發展活動(25分)

Touch the Cone 角錐反應力遊戲

Form two players competing each other. Place a cone between them. Everyone sits down facing each other. Teacher will say, "Head," "Shoulders," "Knees," or

球
角錐數個

教師觀察
實作演練

角錐*4

教師觀察
實作評量

角錐數個

教師觀察

<p>“Cone.” The kids touch their body parts or the cone according to what the teacher says.</p> <p>兩人一組對抗，雙方面對面坐下，中間放一個角椎。老師會說 head, shoulders, knees or cone. 根據老師說的部位，碰自己的身體的頭，肩膀，膝蓋或是中間的角錐。</p> <p>Relay Race 接力賽練習</p> <p>Four teams run a relay race. 四隊跑接力賽跑。</p> <p>綜合活動(5分)</p> <p>Review.</p> <p>重點歸納</p>	<p>接力棒*4</p>	<p>口語發表</p> <p>教師觀察 實作評量</p>
<p>Class 6 (40分鐘)</p> <p>引起動機(10分)</p> <p>Warm up routine 暖身運動</p> <p>發展活動(25分)</p> <p>Catch the Ball 搶球反應力遊戲</p> <p>Two teams compete with each other. Line up in a round format. The teacher places 12 cones around the round court. Four of the cones are red and the rest are yellow. Put a basketball in the center of the circle.</p> <p>When hearing one whistle, the players move CW, when hearing two whistles, move CCW. When the teacher says “Catch,” the four players who are beside the red cones run to the center and catch the ball. The fastest player wins.</p> <p>Relay Race 接力賽練習</p> <p>Four teams run a relay race. 四隊跑接力賽跑。</p> <p>綜合活動(5分)</p> <p>Review.</p> <p>重點歸納</p>	<p>角錐 球</p> <p>接力棒</p>	<p>教師觀察 口語發表</p> <p>教師觀察 實作評量</p>