

項目/ 單元名稱	羽球「羽我同行」	教學設計者	體育-郭長鑫 英語-李珮綺
教學對象	國小六年級	教學節數	3 節課 (每節 40 分鐘)
參考資料	教師手冊		
設計理念	<p>1. 在學生還未真正接觸過羽球時，先利用球感練習，讓學生可以增加自己對羽球的興趣以及增加自己的自信心。</p> <p>2. 利用各式各樣的動作，來達到球感的練習。</p> <p>3. 藉此練習，慢慢的導入上課所要教授的課程，讓學生可以循序漸進，不致於一下子就要學會一些較難的動作。</p> <p>6-III-1 具有好奇心，主動向教師或同學提出問題。</p> <p>6-III-2 樂於參與課堂中各類練習活動，不畏犯錯。</p> <p>6-III-4 會在生活中或媒體上注意到學過的英語。</p> <p>6-III-5 樂於接觸課外英語學習素材。</p> <p>6-III-6 在生活中接觸英語時，樂於探究其意涵並嘗試使用。</p>		
教學目標	<p>一、認知</p> <p>1. 認識羽球的英文及起源。</p> <p>二、技能</p> <p>1. 能做出正確的各式各樣球感練習動作。</p> <p>2. 學會羽球正反手握拍法。</p> <p>3. 學會基本羽球擊球動作。</p> <p>三.情意</p> <p>1.培養積極進取、團隊合作的精神。</p> <p>2.培養欣賞他人的能力。</p> <p>1-III-6 能聽懂課堂中所學的字詞。</p>		

	<p>1-III-7 能聽懂簡易的教室用語。</p> <p>1- III-8 能聽懂簡易的日常生活用語。</p> <p>1-III-9 能聽懂簡易句型的句子。</p> <p>1-III-10 能聽懂簡易的日常生活對話。</p>	
英語學習 融入	<p>-單字 badminton(羽毛球), racket(球拍), bird(shuttle)(球), forehand(正手), backhand(反手), grip(握拍), serve(發球), receive(接球), short(短球), low shot (低球), return(回球), shot/hit (擊), winner(贏者), singles court (單打球場), doubles court (單打球場), before the wind (順風), against the wind (逆風), smash (殺球/扣殺), fore swing (向前揮拍), back swing (向後揮拍), full swing (權力揮拍), 踏步 (side step), 推蹬(Chasse Step), High forehand stroke (正手向上擊球), High backhand stroke (反手向上擊球), forehand grip (正手握拍), backhand grip (反手握拍)</p> <p>-教室用語 Pair up. / Count 1-30. / Play a game. / Cool down(收操). / See you next time. Try it again. / Great job. / Attention. / Line up. / Stand up.</p> <p>-句子 Practice by yourself. / Attention! / Practice with your partner. / Let's cool down your body.</p>	
課程大綱	節次	每節重點
	第一節	學會正確的握拍動作，並瞭解揮拍擊球時手腕的重要性。
	第二節	學會正確的向上擊球動作，並養成擊球時不看球拍（要看球）的習慣。 學會正確向前擊球的動作，並可以移動身體至適當位置擊球。
	第三節	學會正確的發球動作，並可以分組進行單雙打的團體賽。

各節課程之教案內容

節次	教學活動流程	時間	教學資源	教學目標 (評量)
第一節	<p>一、集合、整隊</p> <p>-Attention! It's time for class. -Warm up exercise.</p> <p>1. 教師說明羽球運動起源，引起學生的學習興趣。 -Teacher will talk about the origin of badminton.</p>	40'	哨子 羽球拍 羽球	

-Who likes to play badminton?

-Do you know how to play?

二、發展活動

1-1 正手向上擊球:教師示範並說明「正手向上擊球」的動作要領。兩腳自然開立,正手握拍、手臂前伸、拍面與地面平行。擊球時應放鬆手腕,保持球落於拍面的中心區域。教師請學生找一個不會被干擾的空間練習正手連續向上擊球。每人一顆球,一支球拍,原地練習,球拍以正面將球往上打,連續打 30 次左右。

T: Do you know how to do low serve?

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

-Let us review forehand grip. (正手握拍)

- High forehand stroke (正手向上擊球)

The teacher demonstrates and explains the action essentials of "High forehand stroke".

*Move your feet and bend bend your knees.

*Hold the racket with your forehand, extend your arms, and keep the racket face parallel to the ground. When hitting the ball, you should relax your wrists and keep the ball on the center area of the racket surface.

- Everyone find a space to practice forehand continuous upward shots.

- Hit the ball up to about 30 times in a row.

1-2 反手向上擊球:教師示範並說明「反手向上擊球」的動作要領。兩腳自然開立,反手握拍、手臂側前方伸出、拍面與地面平行。接著,教師請學生找一個不會被干擾的空間練習反手連續向上擊球。每人一顆球,一支球拍,原地練習,球拍以反面將球往上打,連續打 30 次左右。

-Let us review backhand grip. (反手握拍)

-High backhand stroke (反手向上擊球)

*Move your feet and bend bend your knees.

*Hold the racket with your forehand, extend your arms, and

	<p>keep the racket face parallel to the ground. When hitting the ball, you should relax your wrists and keep the ball on the center area of the racket surface.</p> <p>- Everyone find a space to practice backhand continuous upward shots.</p> <p>- Hit the ball up to about 30 times in a row</p> <p>三、綜合活動</p> <p>1. 掌握正確的握拍動作，有助於學習其他羽球相關姿勢。</p> <p>2. 教師指導學生進行緩和運動。</p> <p>-Today we have learned “forehand grip and backhand grip”. What are they?</p> <p>-Who can show me “forehand grip / backhand grip”?</p> <p>-Let’s cool down your body. And have deep breath. (breath in / out)</p> <p>-Attention! It’s time for break. See you next time. Goodbye~</p> <p style="text-align: center;">----- 第一節完 -----</p>			
<p style="text-align: center;">第 二 節</p>	<p>一、集合、整隊。</p> <p>-Attention! It’s time for class.</p> <p>-Warm up exercise.</p> <p>二、發展活動</p> <p>1-1 踮步 (side step)</p> <p>往前接球時利用左腳推動右腳，回中間預備時，利用右腳推動左腳回中間 1 人 5 球練習。</p> <p>*1. First step your right foot moving to the right side with a lunge.</p> <p>*2.For traveling back to the side, do a hop 2 or 3 going back to the base.</p> <p>*3.Same step 1, but using the left foot.</p> <p>*4.For traveling ack to the base, use your right foot backward and do a hop 2 or 3 going back to the base.</p> <p>*5. Line up by numbers.</p>	<p style="text-align: center;">40’</p>	<p style="text-align: center;">哨子 羽球拍 羽球 羽球網 架</p>	

*6. Each one practice 5 balls.

1-2 推蹬(Chasse Step)

分往上推蹬與往前推蹬，往上推蹬，通常用於搶網搓球、撲球、推球，較屬於進攻時的腳步，往前推蹬，通常用於救球、被動挑球等，屬於快接不到球來不及時。運用的時機在於，踏步後要擊球的瞬間，左腳腳尖對地面用力一蹬，利用產生出來的衝力去擊球，主動時，可幫助自己更早一點打到球，對手的反應時間就又更少一點，被動時，可在球快落地前接到球，化險為夷 1 人 5 球練習。

*1.Start ready position with the racket in front of you push off the ground with both feet bring them closer in the air as you move toward the shuttle , remember to extend the non racket arm to behind you to help you balance.

*2.If you have to cover a long distance quickly do a chasse step run forward and lunge toward the shuttle.

*3.This steps also allows you to move back and take off with both legs if you need to jump with both legs if you need to hit the shuttle.

*4. Line up by numbers.

*5. Each one practice 5 balls.

三、綜合活動

1. 教師請技優學生示範動作，其他同學觀摩。
2. 教師指導學生進行緩和運動。(收操)

-Now I will ask a well-done student to show us the actions we learned today!

-Let's cool down your body. And have deep breath. (breath in / out)

-Attention! It's time for break. See you next time. Goodbye~

----- 第二節完 -----

<p style="text-align: center;">第 三 節</p>	<p>一、集合、整隊。 -Attention! It's time for class. -Warm up exercise.</p> <p>二、發展活動</p> <p>1-1 右前方的球 (Right side V-Front) 啟動完→右腳向右前方跨出第一步→利用左腳推動右腳向 右前方做一個蹣步→蹣步完左腳腳尖馬上給地面一個作用 力做推蹬→擊球(右腳落地的時候以右腳腳跟著地是維持身 體穩定的方法)→擊球後右腳前腳掌隨之給地面一個作用力 做回動→接著用右腳推動左腳往中間慢慢蹣步回防。 After starting → take the first step with the right foot forward and forward → use the left foot to push the right foot forward to make a side step → after the side step, then use Chasse Step (the left foot will immediately give a force to the ground)to push the ball → hit the ball (right foot landing When you hit the ground with your right heel, it is a way to maintain your body stability)→After hitting the ball, the forefoot of your right foot will then give the ground a force to move back→ Then use your right foot to push your left foot to the middle and slowly step back to the defense. -Line up by numbers. -Let's practice Right side V-Front</p> <p>1-2 左前方的球(Left side V-Front) 啟動完→右腳向左前方跨出第一步→利用左腳推動右腳向 左前方做一個蹣步→蹣步完左腳腳尖馬上給地面一個作用 力做推蹬→擊球(右腳落地的時候以右腳腳跟著地是維持身 體穩定的方法)→擊球後右腳前腳掌隨之給地面一個作用力 做回動→接著用右腳推動左腳往中間慢慢蹣步回防。 After starting → take the first step forward with the right foot → use the left foot to push the right foot forward to the left to make a side step → after the side step, then use Chasse Step (the toe of the left foot immediately gives a force to the ground) to push the ball → hit the ball (right foot landing When you hit the ground with your right heel, it is a way to maintain your body stability)→After hitting the ball, the forefoot of your right</p>	<p style="text-align: center;">40'</p>	<p style="text-align: center;">哨子 羽球拍 羽球 羽球網 架</p>	
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foot will then give the ground a force to move back→ Then use your right foot to push your left foot to the middle and slowly step back to the defense.

-Line up by numbers.

-Let's practice Left side V-Front

三、綜合活動

1. 教師請技優學生示範動作,其他同學觀摩。

2. 教師指導學生進行緩和運動。

- Now I will ask a well-done student to show us the actions we learned today!

-Let's cool down your body. And have deep breath. (breath in / out)

-Attention! It's time for break. See you next time. Goodbye~

----- 第三節完 -----