

110 學年度臺中市豐原區瑞穗國民小學雙語體育課程教案設計

課程名稱 Course Title	繩乎其技	教案設計者 Designer	雙語課程教學團隊
實施年級 Grade level	三年級	授課時間 Duration	每節 40 分/8 節 (4 週)
學科核心素養 對應內容 MOE Core Competencies	總綱 General Guideline		
	領綱 Subject-specific Guideline	<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-B1 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-C1 具備生活中有關 運動與健康的道 德知識與是非判 斷能力，理解並遵 守相關的道德規 範，培養公民意 識，關懷社會。</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>	
學科學習重點 Essential Learning Focuses	學習表現 Student performance	<p>1d-II-1 認識動作技能概念與動作練習的策略。</p> <p>1d-II-2 描述自己或他人動作技能的正確性。</p> <p>2c-II-1 遵守上課規範和運動比賽規則。</p> <p>2c-II-2 表現增進團隊合作、友善的互動行為。</p> <p>2c-II-3 表現主動參與、樂於嘗試的學習態度。</p> <p>3a-II-2 能於生活中獨立操作基本的健康技能。</p> <p>3c-II-1 表現聯合性動作技能。</p> <p>3d-II-2 運用遊戲的合作和競爭策略。</p> <p>4d-II-1 培養規律運動的習慣並分享身體活動的益處。</p>	
	學習內容 Learning content	Cb-II-1 運動安全規則、運動增進生長知識。	

		Ic-II-1 民俗運動基本動作與串接。
學科單元 學習目標 Subjects Unit Learning Goals	1.能熟練表現一迴一跳之跳繩技巧。 2.能了解並表現體側跳之技巧。 3.能了解並表現交叉跳之技巧。 4.能了解並表現一跳二迴之技巧。 5.能與同儕共同合作完成團體跳。	
語言學習目標 Language Learning Goals	<p style="text-align: center;">語言學習內容</p> <p><u>Language of learning</u></p> Basic jump Turn the jump rope Jump forward Jump backward Jump left Jump right Jump side to side Hop forward Hop backward Hop right and left Twirl rope <p><u>Language for learning</u></p> keep your feet together Jumping continuously Keep your feet together Switch the role Lift legs Keep balance Match me Running position Step over Twirl rope Side swing Twirl rope outside of the right side Twirl rope outside of the left side Swing forward Cross your hands Uncross your hands Clap hands Jump higher Curl legs Hold the jump rope Stand in the circle Pick the cones Swing the jump rope Draw a card Spade Club Dimond	

	heart		
節次配置 Title of Each Period	1.併腳跳躍練習、單迴旋併腳跳 2.單腳跳躍練習、單腳一迴一跳 3.單腳一迴一跳複習、跑跳 4.體側跳 5.交叉跳 6.一跳二迴旋 7.團體跳 8.機會命運大挑戰		
教學材料資源 及器材 Teaching materials and equipment	跳繩、自製長繩、角錐、普克牌		
第一節 (40 分鐘)			
學科學習目標 Content goals	1.能運用雙腳做不同方向的跳動。 2.能根據指示，完成一迴一跳之跳繩技巧。		
語言學習目標 Language goals	Basic jump Jumping forward Jumping backward Jumping left Jumping right Jumping side to side keep your feet together Jumping continuously Turn the jump rope Keep your feet together		
教學流程 Procedures	一、暖身活動： 1.T: Center, hands up. Ss: Hands up.	時間配置 Time Allocation	評量方式 Assessment

T: Hands out.
 T: Attention!
 S:1, 2.
 2. Let's warm up! (如附件 3)
 3. Run one lap. Go!

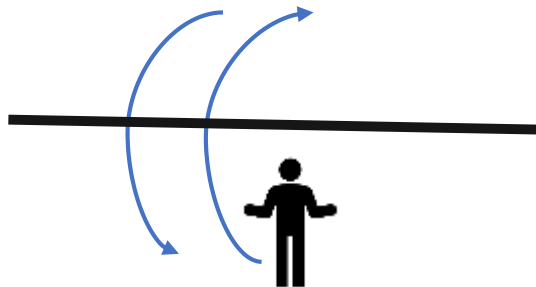
二、發展活動

1.併腳跳練習(前後併腳跳、左右併腳跳)

(1) 前後併腳跳：把小朋友分成兩排（男生一排、女生一排）站於跑道線後並面向前方，並根據哨聲次數進行前原地後跳動。（注意：前後併腳跳過程，盡量不要踩到跑道線）

Jumping forward and backward, left and right:
 Divide students into two groups (boys one line, girls one line)

T: Please stand behind the line, and look forward.
 When you hear the whistling sound, jump forward and backward. (Remember to keep feet together.)



T:	請先站在線後並且雙腳合併，聽到預備時，膝蓋微彎。（講解示範動作） Please stand behind the line. When you hear “Ready?”, bend your Knees slightly.
T:	當聽到第一個哨聲時，請小朋友併腳向前跳過跑道線；聽到第二個哨聲時，再併腳向後跳。（講解示範動作） When you hear the first whistling sound, keep your feet together. When you hear the second whistling sound, jump backward.
提醒小朋友練習前後併腳跳時，不要踩到	

8min

能說出動作名稱並完成動作

8min

聽口令並完成動作

線，並且在做動作時複誦動作詞彙。
Remember to keep your feet together. Don't step on the line.

T: 接著進行連續的前後跳動。
當聽到兩聲哨聲時，請連續跳兩次（向前跳一次，向後跳一次），聽到三聲哨聲時，請連續跳三次（前、後、前，以此類推。）
Let's jump continuously.
When you hear whistling twice, please jump forward and backward.
When you hear whistling three times, please jump forward, backward, and forward. And so on...

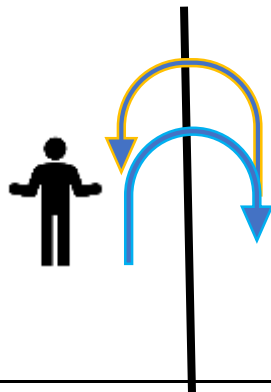
進行連續跳動時，小朋友得根據跳動的次數數數出來。
While you are jumping, count it out.

6~8 min

聽口令並完成動作

(2) 左右併腳跳：請小朋友站於跑道線左側，並根據哨聲次數進行原地左右跳動。（注意：左右併腳跳過程，盡量不要踩到跑道線）

Jumping side to side:
Students stand on the left side of the line. When the teacher blows the whistle, jump to the left side.
When the teacher blows the whistle, jump to the other side.



T: 請先站在線的左邊並且雙腳合併，聽到預備時，膝蓋微彎。（講解示範動作）
Please stand on the left side and bend

	<table border="1"> <tr> <td data-bbox="422 96 542 163"></td> <td data-bbox="542 96 1109 163">your knees slightly.</td> </tr> <tr> <td data-bbox="422 163 542 600">T:</td> <td data-bbox="542 163 1109 600"> <p>當聽到第一個哨聲時，請小朋友併腳向右跳過跑道線；聽到第二個哨聲時，再併腳向左跳。（講解示範動作）</p> <p>When you hear the first sound, please keep your feet together and jump to the right side. When you hear the second sound, please keep your feet together and jump to the left side.</p> </td> </tr> <tr> <td colspan="2" data-bbox="422 600 1109 813"> <p>提醒小朋友練習左右併腳跳時，不要踩到線，並且在做動作時複誦動作詞彙。</p> <p>Remember to keep your feet together. Don't step on the line.</p> </td> </tr> <tr> <td data-bbox="422 813 542 1373">T:</td> <td data-bbox="542 813 1109 1373"> <p>接著進行連續的左右跳動。</p> <p>當聽到兩聲哨聲時，請連續跳兩次（向右跳一次，向左跳一次），聽到三聲哨聲時，請連續跳三次（右、左、右，以此類推。）</p> <p>Let's jump continuously.</p> <p>When you hear whistling twice, please jump to the right side and then to the left side.</p> <p>When you hear whistling three times, please jump to the right side, the left side, and the right side. And so on...</p> </td> </tr> <tr> <td colspan="2" data-bbox="422 1373 1109 1552"> <p>此時進行連續跳動時，小朋友得根據跳動的次數數數出來。</p> <p>While you are jumping, count it out.</p> </td> </tr> </table> <p>2.一迴一跳 (Basic jump) : (單次迴旋雙腳並跳一次)</p> <p>(1)一迴一跳：將小朋友分成兩排於跑道線上（男生一組線上，女生一組線上），哨聲後請小朋友進行一迴一跳的跳成技巧 20 下（可根據學生學習狀況調整次數及組次）。</p> <p>Divide students into two groups (boys one line, girls one line) When students hear the whistle, they start to jump 20 times.</p> <p>Basic Jump: Move with me. (open, stand, forward, swing and jump)</p> <ul style="list-style-type: none"> ● Hold the handles and arms to the sides. ● Stand on the rope. 		your knees slightly.	T:	<p>當聽到第一個哨聲時，請小朋友併腳向右跳過跑道線；聽到第二個哨聲時，再併腳向左跳。（講解示範動作）</p> <p>When you hear the first sound, please keep your feet together and jump to the right side. When you hear the second sound, please keep your feet together and jump to the left side.</p>	<p>提醒小朋友練習左右併腳跳時，不要踩到線，並且在做動作時複誦動作詞彙。</p> <p>Remember to keep your feet together. Don't step on the line.</p>		T:	<p>接著進行連續的左右跳動。</p> <p>當聽到兩聲哨聲時，請連續跳兩次（向右跳一次，向左跳一次），聽到三聲哨聲時，請連續跳三次（右、左、右，以此類推。）</p> <p>Let's jump continuously.</p> <p>When you hear whistling twice, please jump to the right side and then to the left side.</p> <p>When you hear whistling three times, please jump to the right side, the left side, and the right side. And so on...</p>	<p>此時進行連續跳動時，小朋友得根據跳動的次數數數出來。</p> <p>While you are jumping, count it out.</p>		<p>6~8 分鐘</p>	<p>聽口令並完成活動，並遵守活動規則。</p>
	your knees slightly.												
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<p>此時進行連續跳動時，小朋友得根據跳動的次數數數出來。</p> <p>While you are jumping, count it out.</p>													

- Place the jump rope behind you.
- First, Turn the jump rope, and then jump.

5min

T	請男女生各站一跑道線上，分成兩排。 Boys stand on one line. Girls stand on the other line.
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T	聽到哨聲後，開始一迴一跳的動作。 每次動作我們累積跳 20 下。 When you hear the whistle, you start to jump 20 times.
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	一迴一跳尚無法學會的小朋友不免強動作的連續性，可先讓他迴旋至前方後再雙腳跳過。 If you can't do the basic jump, please turn the jump rope forward, and then jump.
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聽口令並完成活動，並遵守活動規則，避免打傷同學。

5min

(2)說幾下跳幾下：請兩排的隊伍面對面，一組先觀察數數，另一組則根據老師所說出的次數（以英文表示）開始進行一迴一跳。多跳或少跳即挑戰失敗。

Two groups stand face to face. One group sits down to observe, and the other group does basic jumps. Students follow the teacher's direction to do it.

T	現在請小朋友跳 15 下，準備好了嗎？ Let's jump 15 times. Are you ready?
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T	完成後請下一組的小朋友預備。 Okay! Next team! Ready?
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	遊戲結果失敗的同學，可讓他們進行先前的前後併腳跳 5 下，當作腿部加強。 If you fail, keep your feet together and then jump 5 times.
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能完整表達自己的想法

三、綜合活動

1.複習並引導學生說出英文

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2.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。

3.引導學生說出學習的困難點，並給予回饋。

	第一節 結束		
第二節 (40 分鐘)			
學科學習目標 Content goals	1.能熟練表現一迴一跳之技巧。 2.能運用單腳展現一迴一跳。		
語言學習目標 Language goals	Hopping forward Hopping backward Hopping right and left Switch the role Lift legs Keep balance Match me		
教學流程 Procedures	一、暖身活動： 1.T: Center, hands up. Ss: Hands up.	時間配置 Time Allocation	評量方式 Assessment

T: Hands out.
 T: Attention!
 S:1, 2.
 2. Let's warm up! (如附件 3)
 3. Run one lap. Go!

二、發展活動

1.單腳跳躍練習

(1)(複習)一迴一跳 (Basic jump) : 請小朋友兩兩一組面對面間距拉開，複習併腳一迴一跳的跳繩動作。一個小朋友先跳 50 下，另一人幫忙數數，結束後再交換。

Basic Jump:

Two groups stand face to face in the distance. One group jumps. The other group helps their partner to count until 50 times. When the jumping team finishes, switch their role.

T:	請男女生各排成一排，並請兩排面對面對齊。 Boys and girls stand face to face on their line.
T:	男生組別跳繩，女生組別數數。結束後再交換操作。 Boys' team does basic jumps. Girls' team helps them to count. When a team finishes the basic jump, switch it.
T:	請數數的組別要幫忙數出來。 Counting team counts the numbers out.
本次 50 下一迴一跳複習活動採累計方式計算。	

(2)前後單腳跳躍練習：兩個人為一組，在兩人之間的地上將跳繩橫放，一人先練習，另一人數數。

前後單腳跳躍練習時，切勿跳太高，以能跳過跳繩之高度即可，並連續跳十下，而後交換。

Hopping forward and backward:

Two people in a group. Put a rope on the ground between your group. One person practices hopping forward and backward of the rope 10 times continuously. The other helps his/her partner to count. Don't hop too high. When your partner finishes, switch the role.

8min

4min

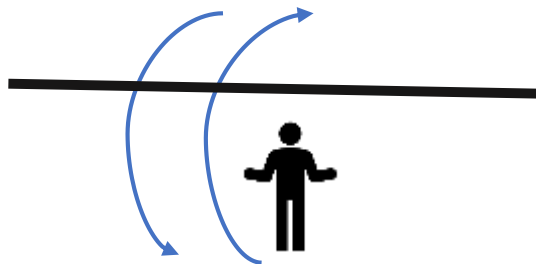
5min

能說出出
動作名稱
並完成動
作

能完成連
續併腳跳
繩動作

聽口令並
完成動作

T:	請男女生各排成一排，並請兩排面對面對齊。 Boys and girls stand face to face on their line.
T:	男生組別跳躍練習，女生組別數數。 結束後再交換操作。 Boys' team does hops. Girls' team helps them to count. When the boys' team finishes the hops, switch it.
T:	請數數的組別要幫忙數出來 (1~10)。 Counting team counts one to ten out.
<p>練習前後單腳跳躍時，左右腳都需要練習，並提醒單腳跳時，身體要保持平衡，腳不需要跳太高亦不需要抬太高。 Remember to keep balance while you are hopping forward and backward. You need to practice both legs. Don't hop or lift your legs too high.</p>	



(3) 左右單腳跳躍練習：兩個人為一組，在兩人之間的地上將跳繩直放，一人先練習，另一人數數。

左右單腳跳躍練習時，切勿跳太高，以能跳過跳繩之高度即可，並連續跳十下，而後交換。

Hopping right and left:

Two people in a group. Put a rope on the ground between your group. One person practices hopping left and right of the rope 10 times continuously. The other helps his/her partner to count. Don't hop too high. When your partner finishes, switch the role.

T: 男生組別跳躍練習，女生組別數數。
結束後再交換操作。
Boys' team does hops. Girls' team helps them to count. When the boys' team finishes the hops, switch it.

T: 請數數的組別要幫忙數出來
(1~10)。
Counting team counts one to ten out.

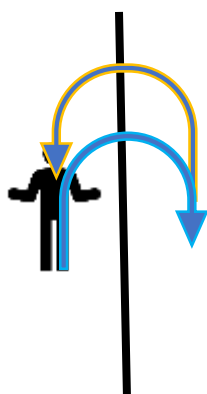
練習左右單腳跳躍時，左右腳都需要練習，並提醒單腳跳時，身體要保持平衡，腳不需要跳太高亦不需要抬太高。
Remember to keep balance while you are hoping left and right. You need to practice both legs. Don't hop or lift your legs too high.

T: 請男女生各排成一排，並請兩排面對面對齊。
Boys and girls stand face to face on their line.

T: 男生組別跳躍練習，女生組別數數。
結束後再交換操作。
Boys' team does hops. Girls' team helps them to count. When the boys' team finishes the hops, switch it.

T: 請數數的組別要幫忙數出來
(1~10)。
Counting team counts one to ten out.

練習左右單腳跳躍時，左右腳都需要練習，並提醒單腳跳時，身體要保持平衡，腳不需要跳太高亦不需要抬太高。
Remember to keep balance while you are hoping left and right. You need to practice both legs. Don't hop or lift your legs too high.



2.單腳一迴一跳：

(1) 單腳一迴一跳：以上述分組的方式，單腳跳練習時，請小朋友單腳站姿將跳繩預備在後（左單腳或右單腳皆可），接著跳繩迴旋至前方時停住，此時單腳輕跳躍過跳繩。

Jump rope on one leg:

Divide students into two groups (boys one line, girls one line) . Hold the handles and arms to the sides.

單腳一迴一跳左右腳都需要練習，根據學生的學習狀況調整難易度，例如：單腳連續次數。

Practice basic jumps with one leg. Remind students switch their legs to practice jump rope on one leg.

T:	請成單腳站姿預備（左右單腳）。 Ready position with one leg.
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T:	跳繩向前迴旋，單腳跳過。 Turn the jump rope and then hop through.
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place the jumping rope behind you. Ready position with one leg (left or right). Turn the jump rope and then hop through.

(2)左腳幾下右腳幾下：以上述分組的方式，兩兩相互模仿對方的單腳跳連續動作，每次模仿之連續動作以兩組一位數為主，例如：左 6 右 8 或右 3 左 7 以此類推。

Match me:

Two students in a group. One person does a few left leg hops and a few right leg hops. The other student matches his/her partner.

三、綜合活動

- 1.複習並引導學生說出英文
- 2.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。
- 3.引導學生說出學習的困難點，並給予回饋。
- 4.引導學生回答為什麼地板傳球要傳至第二條線。

第二節 結束

第三節 (40 分鐘)

學科學習目標 Content goals	1.能熟練展現單腳單迴旋之技巧。 2.能了解並展現跑跳之技巧。		
語言學習目標 Language goals	Running position Step over		
教學流程 Procedures	一、暖身活動： 1.T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 2. Let's warm up! (如附件 3) 3. Run one lap. Go! 二、發展活動 1.(複習)單腳一迴一跳：請小朋友分成兩排間距取開，根據老師念出的兩組數字進行左右單腳組合跳。 <p style="text-align: center;">Review jump rope on one leg:</p>	時間配置 Time Allocation 8min 27min	評量方式 Assessment 能說出動作名稱並完成動作 聽口令並完成活動，並遵守活動規則

Divide students into two groups (boys one line, girls one line) . Students follow the teacher's direction to do a few left and right hops..

T:	請男女生各排成一排並把間距取開。 Boys and girls stand on their line in the distance.
T:	請小朋友根據老師念出的兩組數字進行左右單腳組合跳。 Students follow the teacher's direction to do a few left and right hops.
T:	左 7 右 2，預備 ~ 開始！ Left 7 times and right twice. Ready! Go!
<p>本次複習可根據小朋友單腳跳躍能力增減複習組次。</p> <p>注意單腳跳躍次數不宜過多，例如單邊次數超過 10 下。</p>	

5min

能完整表達自己的想法

2.跑跳

(1)跑跳分段練習：以上述分組的方式，分段練習時，請小朋友跳繩預備在後並採跑姿預備（左腳前右腳後），接著跳繩迴旋至前方時停住，此時右腳再跨過跳繩左腳微抬起，緊接再將跳繩向前迴旋停住，換左腳跨過跳繩，以此類推。

T:	請各位成跑姿預備。 Running position.
T:	聽到迴旋時，請將跳繩迴旋至前方並且右腳跨過跳繩；再次聽到迴旋時，換左腳跨過跳繩。 Please turn the jump rope forward and step over with your right foot when you hear "turn". When you hear "turn" again, step over with your left foot.
<p>練習跑跳過程容易有身軀前移狀況，要提醒小朋友前移問題須減少，盡可能以單腳輕抬起躍過跳繩即可。</p> <p>step over with left foot</p>	

step over with right foot
continue alternating feet as you are jogging

(2)跑跳連續動作：以上述分組的方式，兩兩互評彼此的跑跳動作，每次跑跳以 20 下為準，另一位觀察者除了幫忙計算亦可檢視對方的動作是否正確。

Divide students into 2 groups. One team helps its partner to count. The other team runs and jumps continuously. The counting team helps the other team to check their action.

(3) 說幾下跳幾下：請兩排的隊伍面對面，一組先觀察數數，另一組則根據老師所說出的次數（以英文表示）開始進行跑跳。多跳或少跳即挑戰失敗。

I say so:

Two teams stand face to face. One team counts, and the other team runs and jumps with jump rope. If you jump more or less, you lose the game.

T	請注意聆聽老師要各位跑跳的次數。 Please follow the directions.
T	跑跳 15 下，預備開始 ~ Run and jump 15 times. Ready? Go!

挑戰之難易度視班級的學習狀況做微調。
提醒小朋友跑跳過程宜在原地進行，腳步交換過程不需要抬太高。

三、綜合活動

- 1.複習並引導學生說出英文
- 2.詢問學生三種運球方式何種最為困難。
- 3.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。

第三節 結束

第四節 (40 分鐘)

<p>學科學習目標 Content goals</p>	<p>1.能熟練跑跳之技巧。 2.能了解並展現體側跳繩之概念。 3.能嘗試操作體側跳之技巧。</p>		
<p>語言學習目標 Language goals</p>	<p>Twirl rope Side swing Twirl rope outside of the right side Twirl rope outside of the left side</p>		
<p>教學流程 Procedures</p>	<p>一、暖身活動：</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 3)</p> <p>3. Run one lap. Go!</p> <p>二、發展活動</p> <p>1.複習跑跳：兩人一組，一人先練習，另一人數數，每次練習 30 下便交換。</p> <p>Review jump and run: Two students in a group. One student practices, and another count. Each person jumps and runs 30 times. When students finish jumping and running, switch.</p> <p>2.交叉甩繩練習：將小朋友分成兩排，彼此間距拉開。本活動主要練習手部交叉甩繩動作，因此不做跳躍動作。注意練習過程，其間距不易太近，甩繩過程應注意節奏穩定，不宜過快。</p> <p>(1)單手交叉迴旋：左手握住跳繩的兩握把，甩繩時，左手先往體右側帶動迴旋，接著再往體左側帶動迴旋。右手握住跳繩甩繩時，先往體左側帶動迴旋，接著再往體右側帶動迴旋。</p> <p>One arm swing: Left hand holds two jump-rope handles. Twirl rope to the right side. Switch to the right hand. Twirl rope to the left side.</p> <p>(2)雙手體側交叉迴旋：兩手各握一握把並將繩保持在前方，右手先往左手帶動繩子疊上交叉，然後再回到體右側成打開狀態；接著左手往右手帶動繩子疊上交叉，然後再回到體左側成打開狀態。</p>	<p>時間配置 Time Allocation</p> <p>8min</p> <p>27min</p> <p>5min</p>	<p>評量方式 Assessment</p> <p>能說出動作名稱並完成動作</p> <p>能根據口令指示，練習動作</p> <p>能完整表達自己的想法。</p>

	<p>(本動作練習可先練習單邊交叉打開，並注意帶動繩子時都必須是迴旋狀態。)</p> <p>Side swing without jump: Open the jump rope. Twirl rope outside of the left arm (on top of the other hand), and then open the jump rope. Twirl rope outside of the right side (on the top of the other hand), and then open the jump rope.</p> <p>3.體側跳：承上述練習熟悉後，單邊交叉打開後，雙腳同一時間跳過去。(本技巧練習屬難易較高之動作，初次練習速度不宜過快，多加揣摩練習方可習得)</p> <p>Side swing: Open the jump rope. Twirl rope outside of the left arm (on top of the other hand), open the jump rope and then jump through. Twirl rope outside of the right side (on the top of the other hand), open the jump rope, and then jump through.</p> <p>三、綜合活動</p> <ol style="list-style-type: none"> 1.複習並引導學生說出英文 2.詢問學生原地運球和行進中運球的差異。 3.請學生說出學習困難點，並給予回饋。 <p style="text-align: center;">第四節 結束</p>		
第五節 (40 分鐘)			
學科學習目標 Content goals	<ol style="list-style-type: none"> 1.能熟悉體側跳之技巧。 2.能了解並展現交叉跳之運繩概念。 3.能嘗試操作交叉跳之技巧。 		
語言學習目標 Language goals	Swing forward Cross your hands Uncross your hands		
教學流程 Procedures	一、暖身活動： 1.T: Center, hands up. Ss: Hands up.	時間配置 Time Allocation	評量方式 Assessment

	<p>T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let's warm up! (如附件 3)</p> <p>3. Run one lap. Go!</p> <p>二、發展活動</p> <p>1.複習體側跳：兩人一組，互相觀察及指導，一人先練習，另一人數數，每次練習 20 下便交換。(練習時、各組別之間距要取開。)</p> <p>1. Side swing (review) Two students in a team. One student practices side swing 20 times, the other one helps him/her to count.</p> <p>2 手部交叉動作練習：(本動作純粹練習手部，沒有跳躍動作)</p> <p>(1)交叉空間感受練習：首先讓跳繩在體前呈打開狀態，聽到交叉後，雙手在腹部前成交叉狀態。 (此動作可重複練習數次熟悉交叉動作及交叉空間感，注意！不論是打開或交叉狀態，雙手的位置都應在腰部兩側)</p> <p>Cross and open</p> <ul style="list-style-type: none"> ● Open your jump rope. ● Second, when you hear “cross”, please cross your hands in front of your belly. <p>(2)前交叉：接著，請小朋友將跳繩預備在後，開始向前迴旋時，繩索在前方雙手成交叉狀態後停止。(此動作可重複練習數次熟悉交叉動作及交叉空間感，注意！練習前交叉時，交叉時機點的掌握很重要)</p> <p>Swing and Cross:</p> <ul style="list-style-type: none"> ● Place the jump rope behind you. ● Swing forward and cross your hands. ● Stop! <p>3.前交叉跳：承上述練習熟悉後，跳繩向前交叉時再加一個跳躍動作，此時雙手仍成交叉狀態，待跳繩再次迴旋到前方雙手再打開跳一次即完成一個完整的前交叉跳。(本技巧練習屬難易較高之動作，初次練習速度不宜過快，多加揣摩練習方可習得)</p> <p>Criss and cross: (swing, cross, jump, swing uncross, jump)</p> <ul style="list-style-type: none"> ● Place the jump rope behind you. 	<p>8min</p> <p>27min</p> <p>5min</p>	<p>能說出動作名稱並完成動作</p> <p>能根據口令指示，練習動作</p> <p>能完整表達自己的想法。</p>
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	<ul style="list-style-type: none"> ● Swing forward and cross your hands, and then jump. ● Swing forward and uncross your hands, and then jump. <p>三、綜合活動</p> <p>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。</p> <p>2.引導學生說出學習的困難點，並給予回饋。</p> <p style="text-align: center;">第五節 結束</p>		
第六節 (40 分鐘)			
學科學習目標 Content goals	1.能了解運繩節奏與跳躍間之差異性。 2.能嘗試一跳二迴旋之技巧。		
語言學習目標 Language goals	Clap hands Jump higher Curl legs		
教學流程 Procedures	一、暖身活動： 1.T: Center, hands up. Ss: Hands up.	時間配置 Time Allocation	評量方式 Assessment

	<p>T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let's warm up! (如附件 3)</p> <p>3. Run one lap. Go!</p> <p>二、發展活動</p> <p>1.節奏差異練習：</p> <p>(1) 節奏差異練習(手)：跳繩屬具節奏性的運動，若只能用跳躍及拍手代表跳繩時的一迴一跳該怎麼表現呢？（請小朋友想過後，挑選自願示範者示範，理想的動作應是，跳躍後再拍手一下，接著再換大家一起練習。）熟悉一迴一跳節奏後，在請大家試試跳躍後拍手兩下的節奏感。（注意跳躍時小腿不宜後勾，並強調跳高一點點比較來得及拍手兩下）</p> <p>Tempo claps: T: Let's try to jump with claps instead of basic jumps. T: Any volunteers? (The volunteer shows the movement.) T: Are you ready? Ss: Yes! T:Jump and clap your hands once. T:Go!</p> <p>T: Let's try to jump with claps your hands twice. Jump higher, please. Don't curl your legs.</p> <p>(2) 節奏差異練習(跳繩)：單手持繩迴旋，先練習熟悉一迴一跳的感覺（左右手都要嘗試練習），接著再試著加快迴旋，使其節奏在一跳後達到兩迴旋（左右手都要嘗試練習）。</p> <p>（注意甩繩過程彼此間距需取開，加快繩速後節奏需穩定，跳躍時小腿不宜後勾）</p> <p>pre-basic jump: T: Let's practice using one hand to hold the handles, and then turn the jump rope forward with jumping. T: Great! Switch to the other hand. Go! T: Good! Let's practice turning the jump rope twice with one jump, and don't curl your legs. T: Good Job!</p> <p>2.一跳二迴旋：承上述練習熟悉後，雙手持跳繩進行一跳二迴旋的嘗試。（本技巧練習屬難易較高之動作，多加揣摩練習方可習得）</p>	<p>8min</p> <p>27min</p> <p>5min</p>	<p>能說出動作名稱並完成動作</p> <p>能根據口令指示，練習動作</p> <p>能完整表達自己的想法</p>
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	<p>Double unders:</p> <ul style="list-style-type: none"> ● Place the jump rope behind you. ● Keep your arms straight to your side. ● Swing forward--jump, turn , turn. ● (Turn the jump rope with your wrists) <p>三、綜合活動</p> <p>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。</p> <p>2.引導學生說出學習的困難點，並給予回饋。</p> <p style="text-align: center;">第六節 結束</p>		
<h3>第七節 (40 分鐘)</h3>			
<p>學科學習目標 Content goals</p>	<p>1.能藉遊戲了解進繩之時間概念。</p> <p>2.能與同儕一同完成團體跳之技巧。</p>		
<p>語言學習目標 Language goals</p>	<p>Hold the jump rope Stand in the circle Pick the cones Swing the jump rope</p>		
<p>教學流程 Procedures</p>	<p>一、暖身活動：</p> <p>1.T: Center, hands up. Ss: Hands up.</p>	<p>時間配置 Time Allocation</p>	<p>評量方式 Assessment</p>

T: Hands out.

T: Attention!

S:1, 2.

2. Let's warm up! (如附件 3)

3. Run one lap. Go!

二、發展活動

1.入繩節奏

(1)節奏大風車：將三至四組，每組分配一條尾端加重加長版跳繩。各組先派一位學生在圓心做持繩迴旋的動作，其餘的組員則在圓形內，當繩索開始迴旋時，組員要根據迴旋的速度做起跳，避免被繩索勾到。被勾到的組員則換做持繩者。

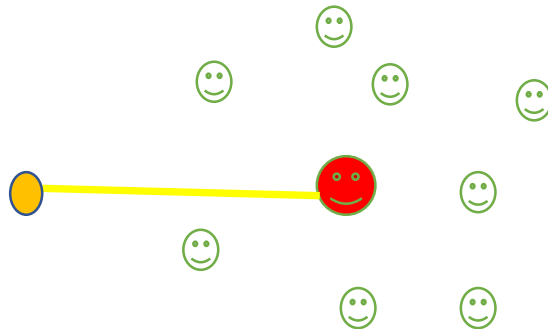
Windmill:

Divide students into 3 or 4 groups.

Each group has a long jump rope.

One student (turner) stands in the center and holds the jump. Other students (jumpers) stand in the circle.

The turner starts turning the jump rope. If a jumper hits the rope while jumping, he/ she has to be the turner.



5min

能說出動作名稱並完成動作

5min

能根據遊戲指令開心遊戲

5min

4min

能根據遊戲指令開心遊戲

T	一位同學在圓心迴旋，其餘同學在圓內。 One student (turner) stands in the center and holds the jump. Other students (jumpers) stand in the circle.
T	圓內起跳者在跳起瞬間要喊出跳（英語）的詞彙。 While a jumper is going to jump, he/she has to say "jump".

6min

能與同儕合作完成動作

本遊戲要注意中間持繩者迴旋不宜過快且保持在原地，持繩高度環繞高度需保持在腰部下。

(2)掃地機器人：如同上述的遊戲方式，在適當的空間裡安排 2~3 位持繩迴旋者稱之為掃地機器人，而機器人是可以在迴旋過程緩慢移動的，其餘的人則必須在被掃到以前，盡可能拿到最多的扁錐。

Robot Vacuum

2~3 students (turners) stand in the center and hold the jump rope. The turners start turning the jump rope and move slowly. The other jumpers have to try to pick disc cones from the ground as much as they can.

(3)擺繩跳躍：三個人為一組，兩人各持握把一端並擺動繩索，另一人則判斷擺動的頻率入繩跳躍。

(擺動的頻率不宜過快)

In the middle:

Three students in a group. Two students hold each handle, and swing the jump rope. The other one determines the speed to jump in.



(4)大迴旋跳：承上述活動，熟悉繩索擺動節奏後即可嘗試將迴旋帶起。(迴旋過程不宜過快，且頻率要穩定)

2.大繩團體跳：大繩團體跳繩體較長，中間可容納較多的學生，甩繩的部分必須由老師協同幫忙。讓班級小朋友自我挑戰同時最多可以多少人一起跳。

Group jump rope:

- Prepare a long rope.
- A student and the teacher turn the jump rope for

10min

6min

能與同儕合作完成動作

能與同儕合作完成動作

能完整表達自己的想法

	<p>everyone else to jump.</p> <ul style="list-style-type: none"> Students challenge themselves to see how many students can jump together at the same time. <p>三、綜合活動</p> <p>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。</p> <p>2.引導學生說出學習的困難點，並給予回饋。</p> <p style="text-align: center;">第七節 結束</p>		
第八節 (40 分鐘)			
學科學習目標 Content goals	<p>1.能清楚明白六種跳繩技巧之操作方式。</p> <p>2.能根據遊戲指示，展現跳繩技巧。</p>		
語言學習目標 Language goals	<p>Draw a card</p> <p>Spade</p> <p>Club</p> <p>Dimond</p> <p>heart</p>		
教學流程 Procedures	<p>一、暖身活動：</p> <p>1.T: Center, hands up.</p> <p>Ss: Hands up.</p>	時間配置 Time Allocation	評量方式 Assessment

	<p>T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let's warm up! (如附件 3)</p> <p>3. Run one lap. Go!</p> <p>二、發展活動</p> <p>1. 複習各式跳繩技巧： 將小朋友分成四組，每組別給予一份跳繩技巧牌（共六張），各組小朋友自行輪流抽牌，抽到什麼技巧該組員就一起練習動作 10 下。</p> <p>Review:</p> <ul style="list-style-type: none"> ● Divide students into four groups. ● Each group gets six skill cards. ● Students take turns to draw a card and do the movement 10 times. <p>2.機會命運大挑戰： 首先準備一組撲克牌及一組六張的跳繩技巧牌。將男女生分為兩組，並由他們各組決定好順序，每一次挑戰各派一位上來抽技巧牌與撲克牌，抽中的技巧牌則為必須執行的技巧動作，而撲克牌上的數字則為必須完成的數字，另外若抽起的撲克為黑桃或黑梅則由男生執行跳繩動作，反之若抽起的撲克為紅心或紅磚則由女生執行跳繩動作。動作成功完成則該組別加一分！</p> <p>Chance and fate:</p> <ul style="list-style-type: none"> ● Divide students into 2 groups. ● Each time a member comes out to draw a skill card and a poker card. The skill presents the movement, and the poker number presents the frequency that the student has to do. ● When a student gets a spade or a club, the boy has to do the movement. ● On the contrary, when a student gets a diamond or a heart, the girl has to do the movement. ● When someone finishes the action, their team can get on point. <p>三、綜合活動</p> <p>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。</p> <p>2. 引導學生說出學習的困難點，並給予回饋。</p>	<p>8min</p> <p>10min</p> <p>15~20min</p> <p>5min</p>	<p>能說出動作名稱並完成動作</p> <p>能根據指令完成動作。</p> <p>能享受遊戲情境中，並盡力完成任務。</p> <p>能完整表達自己的想法。</p>
第八節 結束			

