

## 健體領域 體育科目 一年級 單元教案

<b>主題名稱</b>		快樂動一動	<b>教學設計者</b>	吳孟珈
<b>教學對象</b>		一年級	<b>教學節次</b>	4週8節/每週2節
<b>領綱 核心素養指標</b>		<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>英-E-B1 具備入門的聽、說、讀、寫英語文能力。能運用所學字詞及句型進行日常溝通。</p>		
<b>領綱 學習 重點</b>	<b>學習 表現</b>	<p>1. 認知：1c- I -1 認識身體活動的基本動作。 情意：2d-I-1 專注觀賞他人的動作表現</p> <p>2. 技能：3c- I -1 表現基本動作與模仿的能力。</p>		
	<b>學習 內容</b>	<p>Bc-I-1 各項暖身伸展動作 Ib-I-1 唱、跳與模仿性律動遊戲</p> <p>Ac- II -1 簡易的教室用語。 Ac- II -2 簡易的生活用語。 Ac- II -3 第二學習階段所學字詞。 B- II -1 第二學習階段所學字詞及句型的生活溝通。</p>		
<b>教學目標</b>		<p>1. 在遊戲中表達出對肢體各部位的認識及完整概念，並能靈活操作身體表現動作。</p> <p>2. 能主動參與各種身體活動。</p> <p>3. 能專注欣賞他人優良動作表現。</p> <p>4. 能表現認真參與活動的積極態度。</p> <p>5. 能和同學一起合作發揮創意，運用身體表演造型活動。</p> <p>6. 能在引導下自信的表現身體活動。</p>		
<b>教學方法</b>				
<b>體育專業 英語詞彙 (content language)</b>	英語 單 字/ 片 語	Head, Shoulders, Forward, Backward, Arms, Hand, Back, Knees, Triangle, Rectangle, Circle, Flower, Heart, Tree,		
		<p>Move my head. Raise your shoulders. I wave my arms. I clap my hands. I arch my back. I bend my knees. Look forward. Run in my lane. Across the finish line Slow down and stop.</p>		
<b>英語 教室用語 (classroom language)</b>		<p>1. Good morning./Good afternoon. 2. Eyes on me. Eyes on you. 3. Let's take a roll call. When you hear your name, please say "here." 4. Sit down. Hands on your knees. 5. Stand up. 6. Hands on your head.</p>		

	<p>7. Hands up. Hands down.        8. Are you done? Yes! No!        9. Are you ready? Yes! No!        10. Ms./ Mr. ~ I'm /We're done.)        11. Look at your stick/ line/ jump rope.        12. Watch your step.        13. Try your best!        14. Not too fast.        15. You can try this!        16. Stop!</p>		
<b>教學活動</b>		<b>教具</b>	<b>評量方式</b>
<第一節>			能說出動作名稱並完成動作
<p>一、準備活動(10分鐘)</p> <p>1.散開        (以中央伍為準，成體操隊型散開)        T: Center, hands up.        Ss: Hands up.        T: Hands out.        Ss: out        T: Attention!        S:1, 2.</p> <p>2.暖身        Let's warm up! (如附件 1)</p> <p>3.集合        (以中央伍為準，成原來隊型集合)        T: Center, hands up.        Ss: Hands up.        T: go back.        Ss: back        T: Attention!        S:1, 2.</p> <p>二、發展活動(25分鐘)</p> <p>1.動動你的身體 Moving Your Body</p> <p>(1)Head        T: head.        Ss: head.        T: Move your head.        Ss: I move my head.        T: forward, backward, left, right.</p> <p>(2) shoulders        T: shoulders.        Ss: shoulders.        T: Raise your shoulders.        Ss: I raise my shoulders.</p> <p>(3) Arms</p>			能說出部位並完成動作

<p>T: Arms. Ss: Arms. T: Wave your arms. Ss: I wave my arms.</p> <p>2. 老師說，學生做 Listen and do it 進行老師說的小活動，當聽到老師說的指令，學生才可以做動作， 如果沒有老師說學生要靜止不動。</p> <p>T: If you hear “Teacher says,” you need to do it. If you did not hear “Teacher says,” don’t move. Ok?</p> <p>T: Teacher says, “raise your shoulders.” Ss: I raise my shoulders. T: Move your head. Ss: ____ T: Teacher says, “move your head.” Ss: Move my head.</p> <p><b>三、綜合活動(5分鐘)</b></p> <p>1.詢問同學最喜歡哪個部位的動作。 2.請學生以中文分享今天活動的心得，覺得自己甚麼動作做得最好， 因為…</p>		<p>聽口令並 完成動作</p> <p>能完整表 達自己的 想法</p>
<p style="text-align: center;"><b>&lt;第二節&gt;</b></p> <p><b>一、準備活動(10分鐘)</b></p> <p>1.散開 (以中央伍為準，成體操隊型散開) T: Center, hands up. Ss: Hands up. T: Hands out. Ss: out T: Attention! S:1, 2.</p> <p>2.暖身 Let’s warm up! (如附件 1)</p> <p>3.集合 (以中央伍為準，成原來隊型集合) T: Center, hands up. Ss: Hands up. T: go back. Ss: back T: Attention! S:1, 2.</p> <p><b>二、發展活動(25分鐘)</b></p>		<p>能說出動 作名稱並 完成動作</p>

<p>1. 動動你的身體 Revier “moving Your Body”</p> <p>(1) Head T: head. Ss: head. T: Move your head. Ss: Move my head. T: forward, backward, left, right.</p> <p>(2) Shoulders T: shoulders. Ss: shoulders. T: Raise your shoulders. Ss: I raise my shoulders.</p> <p>(3) Arms T: Arms. Ss: Arms. T: Wave your arms. Ss: I wave my arms.</p> <p>(4) Hand T: Today, we will learn something new! T: hands. Ss: hands. T: Good. Clap your hands. Ss: I clap my hands. T: Let’s clap your hands 10 times. Ss: One, two, three, four .... ten.</p> <p>(5) Back T: Back. Ss: Back. T: Arch your back. T: I arch my back.</p> <p>(6) Knees T: Kness. Ss: Kness. T: Bend your knees. Ss: I bend my knees.</p> <p>2. 老師說，學生做 Listen and do it 進行老師說的小活動，當聽到老師說的指令，學生才可以做動作， 如果沒有老師說學生要靜止不動。</p> <p>T: If you hear “Teacher says,” you need to do it. If you did not hear “Teacher says,” don’t move. Ok? Ss: Ok. T: Are you ready? Ss: I’m ready. T: Teacher says, “raise your shoulders.” Ss: I raise my shouldered.</p>		<p>能說出部 位並完成 動作</p> <p>聽口令並 完成動作</p>
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<p>T: Move your head. Ss: ____ T: Teacher says, “move your head.” Ss: Move my head.</p> <p><b>三、綜合活動(5分鐘)</b> 1.詢問同學最喜歡哪個部位的動作。 2.請學生以中文分享今天活動的心得，覺得自己甚麼動作做得最好，因為…</p>		<p>能完整表達自己的想法</p>
<p style="text-align: center;"><b>&lt;第三節&gt;</b></p> <p><b>一、準備活動(10分鐘)</b> 1.散開 (以中央伍為準，成體操隊型散開) T: Center, hands up. Ss: Hands up. T: Hands out. Ss: out T: Attention! S:1, 2.</p> <p>2.暖身 Let's warm up! (如附件 1)</p> <p>3.集合 (以中央伍為準，成原來隊型集合) T: Center, hands up. Ss: Hands up. T: go back. Ss: back T: Attention! S:1, 2.</p> <p><b>二、發展活動(25分鐘)</b> 1.動動你的身體 Revier “moving Your Body”</p> <p>(1) Head T: head. Ss: head. T: Move your head. Ss: Move my head. T: forward, backward, left, right.</p> <p>(2) Shoulders T: Shoulders. Ss: Shoulders. T: Raise your shoulders. Ss: I raise my shoulders.</p>		<p>能說出動作名稱並完成動作</p> <p>能說出部位並完成動作</p>

(3) Arms

T: Arms.

Ss: Arms.

T: Wave your arms.

Ss: I wave my arms.

(4) Hand

T: Hands

Ss: Hands

T: Good. Clap your hands.

Ss: I clap my hands.

(5) Back

T: Back.

Ss: Back.

T: Arch your back.

T: I arch my back.

(6) Knees

T: Knees.

Ss: Knees.

T: Bend your knees.

Ss: I bend my knees.

2. 老師說，學生做 Listen and do it

進行老師說的小活動，當聽到老師說的指令，學生才可以做動作，如果沒有老師說學生要靜止不動。

聽口令並  
完成動作

T: If you hear “Teacher says,” you need to do it. If you did not hear “Teacher says,” don’t move. Ok?

Ss: Ok.

T: Are you ready?

Ss: I’m ready.

T: Teacher says, “raise your shoulders.”

Ss: I raise my shoulders.

T: Move your head.

Ss: \_\_\_\_

T: Teacher says, “move your head.”

Ss: Move my head.

3. 全身動起來

讓學生利用自己的身體，做出圖卡中的圖案。

能說出圖  
形並完成  
動作

T: Eyes on me.

Ss: Eyes on you.

T: What’s this?



Ss: 三角形。

T: Yes, it’s a triangle. Say “triangle.”

Ss: Triangle.

T: Now, use your body to make a triangle.

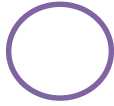
T: What’s this?



Ss: 長方形。

T: Yes, it's a rectangle. Say "rectangle."  
Ss: Rectangle.  
T: Now, use your body to make a rectangle.

T: What's this?



Ss: 圓形。

T: Yes, it's a. Say "Circle."

Ss: Circle.

T: Now, use your body to make a circle.

T: Good job! I see a big circle and small circle.

T: What's this?



Ss: 花。

T: Yes, it's a flower. Say "flower."

Ss: Flower.

T: Now, use your body to make a flower.

T: I see a lot of beautiful flowers.

T: What's this?



Ss: 愛心。

T: Yes, it's a flower. Say "Heart."

Ss: Heart.

T: Now, use your body to make a heart.

T: What's this?



Ss: 樹。

T: Yes, it's a flower. Say "Tree."

Ss: Tree.

T: Now, use your body to make a tree.

### 三、綜合活動(5分鐘)

- 1.詢問同學最喜歡哪個圖卡，並做出動作。
- 2.請學生以中文分享今天活動的心得，覺得自己甚麼動作做得最好，因為…

能完整表達自己的想法

### <第四節>

#### 一、準備活動(10分鐘)

##### 1.散開

(以中央伍為準，成體操隊型散開)

T: Center, hands up.

Ss: Hands up.

T: Hands out.

Ss: out

T: Attention!

S:1, 2.

##### 2.暖身

Let's warm up! (如附件 1)

能說出動作名稱並完成動作

### 3.集合

(以中央伍為準，成原來隊型集合)

T: Center, hands up.

Ss: Hands up.

T: go back.

Ss: back

T: Attention!

S:1, 2.

## 二、發展活動(25分鐘)

### 1.動動你的身體 Review “moving Your Body”

聽到老師的指令後，說出英文並做出正確的動作。

T: Move your head.

Ss: Move my head.

T: Raise your shoulders.

Ss: I raise my shoulders.

T: Wave your arms.

Ss: I wave my arms.

T: Clap your hands.

Ss: I clap my hands.

T: Arch your back.

T: I arch my back.

T: Bend your knees.

Ss: I bend my knees.

能說出動作名稱並完成動作

### 2.全身動起來

複習圖卡，並將學生分成五組，並讓小組成員們利用身體，做出一個大的圖案。

T: Eyes on me.

Ss: Eyes on you.

T: What's this?

Ss: Triangle.

T: Now, make a big triangle.



T: What's this?

Ss: Rectangle.

T: Now, make a big rectangle.



T: What's this?

Ss: Circle.

T: Now, make a big circle.



T: What's this?

Ss: Flower.

T: Now, make a big flower.



T: What's this?




Ss: Heart.


T: Now, make a big heart.





能說出圖形並完成動作



<p>T: What's this? </p> <p>Ss: Tree.</p> <p>T: Now, use your body to make a big tree.</p> <p><b>三、綜合活動(5分鐘)</b></p> <p>1.請學生以中文分享今天活動的心得，覺得自己的組別甚麼圖形做得最好，因為…</p>		<p>能完整表達自己的想法</p>
<p style="text-align: center;"><b>&lt;第五節&gt;</b></p> <p><b>一、準備活動(10分鐘)</b></p> <p>1.散開 (以中央伍為準，成體操隊型散開)</p> <p>T: Center, hands up. Ss: Hands up. T: Hands out. Ss: out T: Attention! S:1, 2.</p> <p>2.暖身 Let's warm up! (如附件 1)</p> <p>3.集合 (以中央伍為準，成原來隊型集合)</p> <p>T: Center, hands up. Ss: Hands up. T: go back. Ss: back T: Attention! S:1, 2.</p> <p><b>二、發展活動(25分鐘)</b></p> <p>1.全身動起來 複習圖卡，並將學生分成五組，並讓小組成員們利用身體，做出一個大的圖案。</p> <p>T: Eyes on me. Ss: Eyes on you. T: What's this?  Ss: Triangle. T: Now, make a big triangle.</p> <p>T: What's this?  Ss: Rectangle. T: Now, make a big rectangle.</p>		<p>能說出動作名稱並完成動作</p> <p>能說出圖形並完成動作</p>

T: What's this?   
Ss: Circle.  
T: Now, make a big circle.

T: What's this?   
Ss: Flower.  
T: Now, make a big flower.

T: What's this?   
Ss: Heart.  
T: Now, make a big heart.

T: What's this?   
Ss: Tree.  
T: Now, use your body to make a big tree.

## 2. 模仿動物我最行

老師口頭說出動物的英文，讓學生利用身體，模仿出動物的動作或者是長相，如果學生不懂英文是什麼，老師則模仿動物的動作讓學生了解。

T: Teacher will say some animal names.  
T: If you understand, mimic that animal.  
T: Dog.  
S: 狗 (mimic dog)

Cat, bear, lion, bird, rabbit, snake.

## 三、綜合活動(5分鐘)

1. 請學生以中文分享今天活動的心得，說說自己最喜歡的動物。

聽口令並完成動作

能完整表達自己的想法

## <第六節>

### 一、準備活動(10分鐘)

#### 1. 散開

(以中央伍為準，成體操隊型散開)

T: Center, hands up.

Ss: Hands up.

T: Hands out.

Ss: out

T: Attention!

S: 1, 2.

#### 2. 暖身

Let's warm up! (如附件 1)

#### 3. 集合

(以中央伍為準，成原來隊型集合)

T: Center, hands up.

Ss: Hands up.

T: go back.

能說出動作名稱並完成動作

<p>Ss: back T: Attention! S:1, 2.</p> <p><b>二、發展活動(25 分鐘)</b></p> <p>1. 跑步的注意事項 告訴學生跑步時的注意事項。</p> <p>T:1. Look forward. (看前方) S: Look forward. T:2. Run in your lane. (跑在自己的跑道上) S: Run in my lane. T:3. Cross the finish line. (跑過終點線) S: Cross the finish line. T: 4. Slow down and stop. (減速並停下來) S: Slow down and stop.</p> <p>2. 一二三木頭人 設置起跑線和終點線，並將學生分組，要求只能走在自己的跑道上，當老師喊一二三動物時，做出動物的動作並停止動作。</p> <p>T: Teacher will say one, two, three: (animal)! T: You need to mimic that animal and stop. T: When you touch the finish line, you win.</p> <p><b>三、綜合活動(5 分鐘)</b> 1.請學生以中文分享今天活動的心得，說說自己最喜歡的動物。</p>		<p>聽口令並完成動作，並遵守活動規則</p> <p>聽口令並完成動作，並遵守活動規則</p> <p>能完整表達自己的想法</p>
<p style="text-align: center;"><b>&lt;第七節&gt;</b></p> <p><b>一、準備活動(10 分鐘)</b></p> <p>1.散開 (以中央伍為準，成體操隊型散開) T: Center, hands up. Ss: Hands up. T: Hands out. Ss: out T: Attention! S:1, 2.</p> <p>2.暖身 Let's warm up! (如附件 1)</p> <p>3.集合 (以中央伍為準，成原來隊型集合) T: Center, hands up. Ss: Hands up. T: go back. Ss: back</p>		<p>能說出動作名稱並完成動作</p>

T: Attention!

S: 1, 2.

## 二、發展活動(25分鐘)

### 1. 複習跑步的注意事項

T: 1. Look forward. (看前方)

S: Look forward.

T: 2. Run in your lane. (跑在自己的跑道上)

S: Run in my lane.

T: 3. Cross the finish line. (跑過終點線)

S: Cross the finish line.

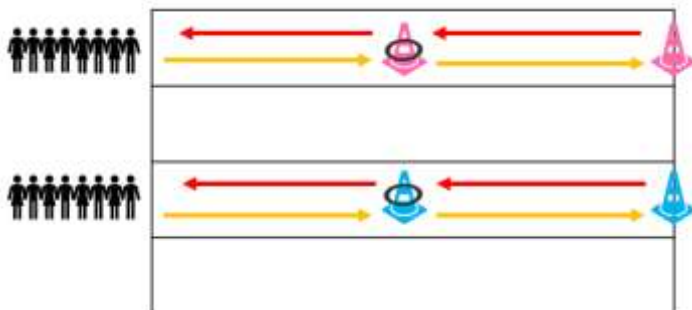
T: 4. Slow down and stop. (減速並停下來)

S: Slow down and stop.

### 2. Hula hoop train

將班級分組，並在跑道上設置兩個角錐，第一個角錐放置呼拉圈，跑至第一個呼拉圈，拿起呼拉圈，將呼拉圈向後轉套住身體，並向前跑至第二個角錐之後返回，將呼拉圈向前轉並放回第一個角錐，並回到隊伍和下一位擊掌。

T: Run to the first cone, pick the hula hoop up, turn the hula hoop back, run to the second cone, run back to the first cone, turn the hula hoop forward, put it back, high five and next one, go.



## 三、綜合活動(5分鐘)

1. 請學生以中文分享今天活動的心得。

聽口令並完成動作，並遵守活動規則

聽口令並完成動作，並遵守活動規則

能完整表達自己的想法

## <第八節>

### 一、準備活動(10分鐘)

#### 1. 散開

(以中央伍為準，成體操隊型散開)

T: Center, hands up.

Ss: Hands up.

T: Hands out.

Ss: out

T: Attention!

S: 1, 2.

能說出動作名稱並完成動作

2.暖身

Let's warm up! (如附件 1)

3.集合

(以中央伍為準，成原來隊型集合)

T: Center, hands up.

Ss: Hands up.

T: go back.

Ss: back

T: Attention!

S:1, 2.

二、發展活動(25 分鐘)

1. 複習跑步的注意事項

T:1. Look forward. (看前方)

S: Look forward.

T:2. Run in your lane. (跑在自己的跑道上)

S: Run in my lane.

T:3. Cross the finish line. (跑過終點線)

S: Cross the finish line.

T: 4. Slow down and stop. (減速並停下來)

S: Slow down and stop.

2. 測驗 40 公尺跑

將班級分組，進行兩次跑步，檢測學生有沒有做到跑步注意事項。

	Look forward	Run in your lane	Across the finish line	Slow down and stop
Amy				
Jack				
Jay				
Peter				
Bob				

三、綜合活動(5 分鐘)

1.請學生以中文分享有沒有做到跑步的注意事項。

聽口令並完成動作，並遵守活動規則

能完整表達自己的想法